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Research Paper

Self Concept and Body Image among Women Suffering from Eating Disorder and Normal Women with Regards to Age.

Psychology

KEYWORDS :

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ABSTRACT

The main aim of the present research is to study of self concept and body image among women suffering from eating disorder and normal women with regards to age. Eating aptitude test EAT 26 by Dr. G Garner was administrated to identify women suffering from eating disorder. For this study, 120 normal and women suffering from eating disorder of two age group (15 to 25 age and 30 to 40 years) to measure self concept and body image, self concept questioner by V K Mittal and S Abrol and Body shape questionnaire (BSQ) by cooper et al was used. Results indicate that, Women suffering from eating disorder significantly differ as compare to normal women on self concept and body image. 15 to 25yrs. age group of women differ significantly as compare to 30 to 40yrs. age group of women on body image. 15 to 25yrs. age group of women do not differ significantly as compare to 30 to 40yrs. age of women on self concept.

Introduction:

Rapid changes are being carried out in every walk of life due to the development of science and technology and industrialization, urbanization in modern age. On account of this, life style of human beings is being changed. Changed life style has increased human needs. Due to the blind running after the means of material happiness, the proportion of complication, conflict, anxiety, pressure, frustration have increased. Such situation produces stress. There are individual differences in coping with such stressful situation. Some people face stressful situations quietly, while some others become the victim of behavioral disorders.

Rapid changes in the life style of modern age have made the role of women complex. The women have to against simultaneously with individual family, social, vocational and cultural situation. In during so the women experiences severe stress. Such severe stress brings mental disorder in women. Amongst different disorders prevailing in current age, the proportion of eating disorder is more. Such disorder is found more in women than men. Specifically, it is found more in women between age of 18 to 35 years. There are also types of eating disorders (1) Anorexia Nervosa (2) Bulimia Nervosa.

Such belief prevails amongst women that thinness of body brings success, attraction, health, happiness are popularly. It is helpful in adjusting with family members while on the other side instead of eating for survival, people live for eating. Food has become pleasurable activity today. It has become a sign of social complication to eat Gujarati, Punjabi, Marathi, Chinese, and Continental Mugalai and invite friends and relatives to eat such items. On account of such items. on account of such opposing tendencies, some women d more dieting than necessary while some women eat more than necessary (They become foodaholics) and some others become the victim of bulimia nervosa. Some other women are keeping themselves thin and in the anxiety of becoming overweight become the victim of anorexia nervosa. Some women believe that dieting disturbs their lifestyle. As a result they being to take more food and become the victim of Obesity.

The study of personality indicates that the women who have become the victim of Anorexia Nervosa, whose weight is balanced, are found more neurotic or obsessional. The women who had decreased their weight is balanced are found more neurotic or obsessional. The women who had decreased their weight by dieting are more introvert, more anxious are more parasite than women of normal weight. While the women who had become the victim of bulimia Nervosa or Obesity are anxious, depressed and with low self esteem. They wish to be perfect, yet have a poor self image, negative self worth are shy are lack assertive. They are often pre-occupied with fewer rejections in sexual relationship and with not being attractive enough to please a man.

According to Attie, Brooks- Gunn, (1989) Disturbances in body image have suggested to be associated with a high risk for developing EDS, depression and low self-esteem. Smolak & Levine, (1994). In order to increase the like hood of attending success in school and their social aspects of life, many young girls believe that they must fit the thin ideal. Cash and Szymanki, (1995) have found that the magnitude of the discrepancy between self-perception of one's body and internalized ideas about it are associated with body dissatisfaction and eating disorders. Cash and Szymanki, (1995) have found that the magnitude of the discrepancy between self-perception of one's body and internalized ideas about it are associated with body dissatisfaction and eating disorders. Stomer, Thompson, (1996), body dissatisfaction is thought to arise primarily from sociocultural pressures to be thin, and physical deviation, from the current thin ideal espoused for women in western culture. Socio -cultural pressure to be thin emanates from a wide number of sources, including mass media, parents, siblings, and peers and dating partners. Persistent messages that one is not thin enough putatively result in dissatisfaction with one's physical appearance and women in general are more prone to suffer those pressures.

Connors, (1996) found that the normative levels of body dissatisfaction and dieting so prevalent in the current sociocultural context may be differentiated from clinically significant eating disorders on basis of emotional disturbance. Body dissatisfaction and dieting behaviors could be viewed as spanning a continuum from slight to very intense. Individuals may mild to moderate levels without other life impairment. Women with more symptoms with eating disorders seem to have high levels of body dissatisfaction and disturbed eating attitudes and behaviors in conjunction with other psychological problems including greater levels of depression feelings of ineffectiveness, self-critism, impulsivity, emotional reactivity and life impairment.

According to APA, (2000) Eating disturbances and disorders occur in children, adolescents, adults and the elderly, but the majority of the research has focused on people between the age of twelve and twenty-two. Andersen, Cohn, & Holherook. (2000) studied that unhealthy eating, weight related behaviors, and body image dissatisfaction exists in vast numbers of young females, as well as college students and adults.

Cattarin, Thompson, Thomas, and Williams, (2000), they found that media presented images of women have the ability to affect (either positively or negatively) both mood and satisfaction with appearance within a normative female sample. A moderating factor to this finding was the tendency of the participant to internalize socio cultural norms for attractiveness. Thus, if females are especially susceptible to the socio cultural norm of attractiveness being associated with thinness and are bombarded with image of such, they tend to be more at risk to have a higher level of body dissatisfaction, and thus an eating disorder.

Shislak &Crago, (2001) found that low self-esteem, weight concerns, dietary restraint, body dissatisfaction, depression, negative

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emotionality early maturation and being overweight are risk factors for the development of eating disorders and disturbance. **De Raich et al. (1992)** have found that incidence of eating disorder and body dissatisfaction has shown in young people.

Cusumano and Thmpson, (2001) have found that young girls are more weight dissatisfied than boys. In the present research, the attempt has been made to make comparative study of self concept and Body image of women suffering from eating disorder and normal women between age of 15 to 25 yrs and 30 to 40 yrs.

Statement of Problem:
In present research researcher has tried to study "Self concept and Body Image among Women suffering from eating disorder and normal women with Regards to Age"

Objectives of the study:
The main objectives of the present research were as under
1. To study and compare self concept between women suffering from eating disorder and normal women
2. To study and compare self concept between 15 to 25yrs. and 30 to 40 yrs. age group of women.
3. To study interaction effect between type of women and age of women with regards to self concept.
4. To study and compare body image between women suffering from eating disorder and normal women
5. To study and compare body image between 15 to 25yrs. and 30 to 40 yrs. age group of women.
6. To study interaction effect between type of women and age of women with regards to body image.

Hypothesis:
The main hypothesis of this present research was as under

Sample:
In present research the data was randomly collected from various areas of Ahmadabad city. Total sample was consisted of 120 women. It is categorized as under

Age	women		Total
	Suffering from eating disorder	Normal	
15 to 25 yrs	30	30	60
30 to 40 yrs	30	30	60
Total	60	60	120

Variables:
In present research type of women (suffering from eating disorder and normal women) and Age (15 to 25 yrs. Age group of women and 30 to 40 yrs. Age group of women) were considered as independent Variables and scores of self concept and body image were considered as dependent Variable.

Tools:
In present research following tools were used for data collection.
1. Eating Aptitude Test (EAT-26) by Dr. D Garner.
2. Self-Concept Questionnaire (SCQ) by V K Mittal and S Abrol.
3. Body shape questionnaire (BSQ) by cooper et.al.

Procedure:
In present research, with the help of EAT-26, researcher has identified the women suffering from eating disorder and normal women. The age groups of women were 15 to 25yrs. and 30 to 40yrs. After identification of women suffering from Eating Disorder and normal women, self-concept questionnaire by V. K. Mittal and S. Abrol and Body shape questionnaire (BSQ) by cooper et al. were administered in individual setting. After completion of data collection, scoring was done as per scoring key of each tool.

Statistical Analysis:
To find out the main and interaction effect of two independent variables like type of women and age of women on scores of self concept and body image, two-way analysis of variance was used.

Result and Discussion:
Table No.1
Results of ANOVA on self concept of various groups of women.

Source of variation	Sum of square	df	Mean sum of square	F	Level of significant
Ass	5070.000	1	5070.000	5.127	.05
Bss	2613.333	1	2613.333	2.643	NS
A x Bss	3434.700	1	3434.700	3.474	NS
Error	114701.667	116	988.807		
Tss	4686480.000	119			

Table No: 1 shows that the results of ANOVA of self concept of women of various group. F ratio for self concept of type of women (Ass) is 5.127. Which is significant at .05 level. It means women suffering from eating disorder significantly differ as compare to normal women on self concept. The mean score of women suffering from eating disorder on self concept is 188.45 and normal women are 201.450. It is clearly says that women suffering from eating disorder has poor self concept than normal women. Normal women develop proper self-concept while those suffering from eating disorders are not psychologically normal. The reason is that women with eating disorders have low self-esteem, feeling worthlessness and always underestimated them in society. They need acceptance and approval from others. These are the reasons why women with eating disorders have poor self-concept. They make self defeating statements after food consumption. Nelson, Hughes, Katz, and Searight (1999) conducted a study about the anorexic eating attitudes and behaviors of female college students. Using data, they constructed a picture of a typical female problem eater: she had low physical and personal self-esteem. Low physical self-esteem involves a negative perception of one's appearance, physical competence, while low personal self-esteem involves a diminished view of one's self-worth and personal competence.

F ratio for self concept of Age of women (Bss) is 2.643, which is not significant. It means 15 to 25yrs age group of women do not differ significantly as compare to 30 to 40yrs age of women on self concept. The mean scores of 15 to 25yrs age group of women on self concept is 199.617and 30 to 40yrs age of women is 190.283. It is clearly says that both age groups of women do not differ significantly with regards to their self concept.

F ratio for self concept of type of women and Age of women (AxBss) is 3.474. This is not significant. It means significant interaction effect do not existed between type of women and Age of women on self concept. The mean scores of women suffering from eating disorder and 15 to 25yrs age of women on self concept is 198.467. Mean scores of women suffering from eating disorder of 30 to 40yrs age of women on self concept is 178.433. Mean scores of normal women of 15 to 25yrs age of women on self concept is 200.767. Mean scores of normal women of 30 to 40yrs age of women on self concept is 202.133. It is clearly says that all four groups are do not differ with regards to their self concept.

Table No.2 Result of ANOVA on Body Image of various groups of women.

Source of variation	Sum of square	df	Mean sum of square	F	Level of significant
Ass	22331.408	1	22331.408	47.160	.01
Bss	3131.408	1	3131.408	6.613	.05
A x Bss	576.408	1	576.408	1.217	NS
Error	54929.367	116	473.529		
Tss	80968.592	119			

Table No: 2 shows that the results of ANOVA of body image of women of various groups. F ratio for body image of type of women (Ass) is 47.160, which is significant at .01 level. It

means women suffering from eating disorder significantly differ as compare to normal women on body image. The mean score of women suffering from eating disorder on body image is 83.033 and a normal woman is 55.750. It is clearly says that women suffering from eating disorder are more worried and dissatisfaction with their body image as compared to normal women. Women suffering from eating disorder have negative body image. Women suffering from bulimia nervosa and anorexia nervosa do not have a positive body image. Women with over eating habits or under eating habits do not have positive body image because women with bulimia generally obese and anorexia nervosa are extremely thin, not having positive body image. If you have a body image, you are satisfied with what you see. Your body image is negative; women suffering from eating disorder do not see their body in a normal sense. A study by Bunnell, Cooper, Hertz and Shenker, (1992) also supports the conclusions of Cooper and his colleagues (1987). They found that adolescents who suffer from bulimia nervosa seem to have higher BSQ score than other eating disorder peers. However it was noted by the authors that adolescent females in general have higher BSQ scores than adults. Smolak and Levine (1994) In order to increase the like hood of attending success in school and their social aspects of life, many young girls believe that they must fit in thin ideal.

F ratio for body image of Age of women (Bss) is 6.613, which is significant at .05 level. It means 15 to 25yrs age group of women differ significantly as compare to 30 to 40yrs age group of women on body image. The mean scores of 15 to 25yrs age group of women on body image is 64.283 and normal women is 74.500. It is clearly says that 15 to 25yrs age groups of women are more aware of their body image than 30 to 40yrs age groups of women

F ratio for body image of type of women and Age of women (AxBss) is 1.217. Which is not significant. It means significant interaction effect do not existed between type of women and Age of women on body image. The mean scores of women suffering from eating disorder of 15 to 25yrs. age of women on body image is 75.733. Mean scores of women suffering from eating disorder of 30 to 40yrs. age of women on body image is 90.333. Mean scores of normal women of 15 to 25yrs. age of women on body image is 52.833 and mean scores of normal women of 30 to 40yrs. age of women on body image is 58.667. It is clearly says that each group equally aware of their body image.

Conclusions:

1. Women suffering from eating disorder significantly differ as compare to normal women on self concept.
2. 15 to 25yrs. age group of women do not differ significantly as compare to 30 to 40yrs. age of women on self concept.
3. Significant interaction effect do not existed between type of women and age of women on self concept.
4. Women suffering from eating disorder significantly differ as compare to normal women on body image.
5. 15 to 25yrs. age group of women differ significantly as compare to 30 to 40yrs. age group of women on body image.
6. Significant interaction effect do not existed between type of women and age of women on body image.

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