

Ties of Internet Addiction with Eating Disorder among Female Sportspersons and Non-Sports Persons

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Abstract

Internet has become an inseparable part of life nowadays. Circumstantial hearsays have specified that those who use internet are strikingly addicted to the Internet in the similar mode that others became addicted to the alcohol or drugs; consequently, there is loss in academic, social, and occupational scenario. Excessive use of everything is bad and internet is also an example of it. Anorexia nervosa is known by individual's refusal to keep up negligibly ordinary body weight; it is additionally an arrangement with apprehension of expanding weight, and aggravation in the view of the shape and size of the body. The objective behind the research work was to discover the ties of internet addiction with eating disorder. The data was collected in Punjab State and age limit was set between 18-28 years. Total sample of volunteers for the study were 198 and further divided into two groups namely sportspersons (99) and non sports persons (99). Data collection was done through internet abdication scale by Young and Anorexia Test by Dr.V.L Chouhan and Aditi Banerjee. Score was analyzed by product movement correlation through trial version of SPSS (16). The level of significant chosen to test the hypothesis was 0.05 level. The result of the study showed no significant relation of internet addiction with eating disorder among sports person and non-sports person female on whole. Significant relationship of internet addiction and eating disorder was found among non-sports person. Significant relationship of internet addiction and eating disorder was found among sports person females.

Introduction

The invention of the computer and therefore the emergence of the internet have revolutionized our mode of life. These technologies profit several folks in multiple ways that, however they additionally produce negative results for a few. One negative result involves changing into “addicted” to the activities related to the computer and therefore the net. This study is incredibly necessary to analyze the seriousness of net addiction within the

society and sports society currently on a daily basis. Net is incredibly helpful for user to seek out data for his or her current work. But presently net isn't solely used for seeking data however being use to utilize leisure time. If this development continues with none resolution, then net addiction has become terribly serious and high. Thus, to analyze the seriousness of the internet addiction is that the main issue to begin in order that this downside may be solved. So, this research search for how much serious net addiction among sports and non-sports persons exists. This study also will justify the negative consequences of net addiction if any. Besides that, this study is additionally necessary to let those individuals who are involved or taking care of sports like folks and teachers. In a general public that keeps on prizing slenderness, practically everybody stresses over their weight at any rate once in a while. Individuals with eating disorder take such worries to extremes, creating anomalous dietary patterns that undermine their prosperity and even their lives. Having a contorted body image among youthful young ladies has been connected to the advancement of useless eating designs and even clutters, for example, Anorexia Nervosa, Bulimia Nervosa, or Binge Eating Disorder (Ata, et al., 2006). Self-esteem is a vital component, as the exploration indicates it straightforwardly identifies with one's body image and how immature young ladies see themselves. Likewise, self-esteem compares with enthusiastic and mental advancement, which can influence a youthful young lady in a positive or negative way. As showed by the National Institute of Mental Health, dietary issue in a general sense impacts young women and women. In any case, dietary issues aren't just an issue for the young women so every now and again depicted in the media. People now and again have dietary problem without their families or sidekicks routinely suspecting that they have an issue. Careful that their behavior is abnormal, people with dietary problem may pull over from social contact, cover their behavior, and deny that their eating illustrations are risky.

This study also will justify the negative consequences of net addiction if any. Besides that, this study is additionally necessary to let those individuals who are involved or taking care of sports like folks and teachers. Through this study, they can begin to bear in mind of this downside in order that will try and management their wards/students. The study can help the sportspersons to improve their body structure according to requirement. More point by point learning of eating conduct is a fundamental part of a full comprehension of dietary problems and may give an establishment to investigations of way physiology and for the improvement of new treatment strategies.

Statement of the problem

The research was aimed at finding out the ties internet addiction with eating disorder among state level sports person and non sports persons of Punjab. Thus, the problem is stated as “Ties of Internet Addiction with Eating Disorder among Female Sportspersons and Non-Sports Persons”.

Objectives of the Study

- To find out relationship of internet addiction with eating disorder among female sports persons.

- To ascertain relationship of internet with eating disorder among female non- sports person.

Hypotheses

1. There would be a significant relationship of internet addiction with eating disorder among female sports persons.
2. There would be a significant relationship of internet addiction with eating disorder among female non- sports persons.

Delimitation

The study was restricted to 198 hundred female sports person and non-sports persons from Punjab only.

Age range was restricted to 18-28 years of age.

The study was delimited to the following variables and tools:-

Internet Addiction: Young's Internet Addiction Test (IAT) by Young (1998)

Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971)

Design of the study

This research is a descriptive survey with a field study.

Sampling Technique

The sample frame comprised of 198 female subjects. The subjects will be selected as sample of the study with purposive sampling technique from Punjab state. The subject was from 18-28 years of age range.

Variables and Tools

Internet Addiction: Young's Internet Addiction Test (IAT) By Young (1998).

Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971)

Collection of data

Subjects were oriented with the need and value of the study. The researcher approached various venues of state level of competitions. Subjects were given information about the scales. Translation was done wherever required. They were instructed to fill the questionnaire patiently and truly.

Statistical Analysis

Software, SPSS (Ver.16) was used to analyze the collected data. Mean, standard deviation and Pearson Product Moment Correlation was performed to see whether any significant relationship exist among sportspersons and non-sportspersons.

TABLE NO. 1

RELATIONSHIP OF INTERNET ADDICTION WITH EATING DISORDER AMONG FEMALE NON-SPORTS PERSON

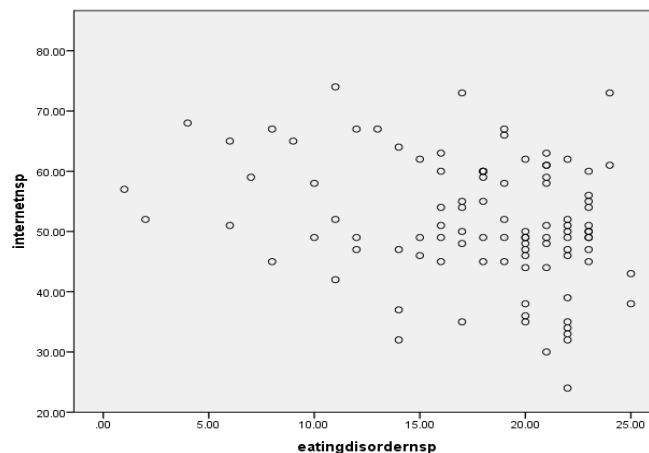
Non-Sportspersons	Number	Mean	S.D.	'r' value
Internet Addiction	99	51.47	10.22	-.27
Eating Disorder	99	17.76	5.29	

Significance level set on 0.05 level

Table-1 displays the descriptive statistics for internet addiction with eating disorder among female non-sports person. The table show calculated means of internet addiction and eating disorder among female non-sports person 51.47 and 17.76 and the standard deviation 10.22 and 5.29 respectively and r values is -.278. So, the hypothesis, which states that there would be a significant relationship of internet addiction with eating disorder among female non-sports person has been accepted.

FIGURE NO 1

GRAPHICAL REPRESENTATION OF RELATIONSHIP OF INTERNET ADDICTION WITH EATING DISORDER AMONG FEMALE NON-SPORTS PERSONS



This graph represented Relationship of internet addiction with eating disorder among female non-sports person.

TABLE 2

RELATIONSHIP OF INTERNET ADDICTION WITH EATING DISORDER FEMALE SPORTS PERSON

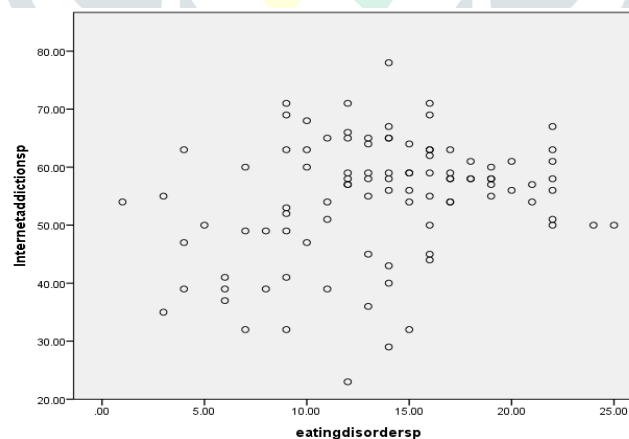
Sportspersons	Number	Mean	S.D.	'r' value
Internet Addiction	99	54.68	10.45	.26
Eating Disorder	99	13.61	5.18	

Significance level set on 0.05 level

Table-2: reveals the descriptive statistics for internet addiction with eating disorder among female sports person. The table shows calculated mean of internet addiction and eating disorder among female sports person 54.68 and 13.61 and the standard deviation 10.45 and 5.18 and r values is .26 respectively. So, the hypothesis, which states that there would be significant relationship of internet addiction with eating disorder female sports person, has been accepted.

FIGURE NO 4.3

GRAPHICAL REPRESENTATION OF RELATIONSHIP OF INTERNET ADDICTION WITH EATING DISORDER AMONG FEMALE SPORTS PERSONS



This graph represented relationship of internet addiction with eating disorder female sports person.

Conclusions

Finally on the basis of results the researcher would like to conclude that there is no negative effect of internet addiction found on eating disorder of sports persons or non sports persons. Though significant relationship was

found in case of sports person and non sportspersons. There was a negative relationship found between internet uses and eating disorders. But still the youth needs to be educated about the uses.

Recommendation

1. Similar study can be conducted on all the games.
2. Similar study can be distributed within the totally different level of participation.
3. Similar study can be conducted by involving psychological, social science and purposeful variable elements.
4. Similar study can be conducted on sizeable amount of subject

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