Analysis of Eating Disorder Among Physical and Non-Physical Education Educators of Lovely Professional University

Dr. Sonu Kumar  Dr. Manjot Kaur
Assistant Professor
Lovely Institute of Education
Lovely Professional University, Punjab, India

Abstract

**Introduction**-There is a usually believed misconception that eating disorders are a lifestyle choice. Eating disorders are really serious and frequently lethal sicknesses that are linked with severe disturbances in the behavior of people’s eating and connected thoughts and feelings. Obsession with diet, body weight, and shape may also sign an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

**Object of study**- To find out the relationship of eating disorder among Physical Educators and Non-Physical Educators.

**Selection of subjects**- For this purpose, a total 60 Educators were randomly selected from the faculty department of Physical education, Sports Department and different department of Lovely Professional University. In which 30 subjects were from Department of Physical Education and 30 From Other departments of Lovely professional university, Phagwara, Jalandhar, Punjab, India. The data was collected by Anorexia test by Vijay Lakshmi Chouhan and Aditi Banerjee (1971). Further to find out the relation in eating disorders among Physical Educators and Non-Physical Educators score of subjects on selected variables. ‘t’ value was calculated for testing of hypothesis, the level of significance was set at 0.05 level. Result- as a result it was calculated that the mean of both group are 6.17 and 8.00 while SD are 3.43 and 4.25. The calculated “t” value is 1.83 which is greater than the tabulated value i.e. 1.67 at .05 level of significance.

**Conclusion**- As a conclusion it was found that there is a significant difference in eating disorder Physical Educators and Non-Physical Educators of Lovely Professional university.

**Key Words**- Diet, Eating Disorder, Anorexia Nervosa, Bulimia Nervosa, Binge-eating Disorder, Lovely Professional University.
Introduction- There is a usually believed misconception that eating disorders are a lifestyle choice. Eating disorders are really serious and frequently lethal sicknesses that are linked with severe disturbances in the behavior of people’s eating and connected thoughts and feelings. Obsession with diet, body weight, and shape may also sign an eating disorder. Eating disturbances may comprise insufficient or unnecessary food consumption which can finally harm an individual’s health.

First of all we should know what eating disorder is. We all have different tastes and habits in food. We also modify our Choice from time to time, sometime go on diets and give in to cravings and some time we eat excess of requirement. This eating habit causes us to very fast change in our eating ways; We may initiate to eat very small or tremendously large shares of food on a regular basis. Sometimes We may even stop eating for a period of time and it is totally different from people who fast for religious or cultural reasons. Eating disorders are serious psychological sicknesses that can cause significant damage to your health. However, they are completely treatable and the sooner one reaches for help, the higher the chances of recovery.

The most common forms of eating disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder and affect both females and males.

- **Anorexia Nervosa**- The individual who commonly feel the fear to gain weight, fear of maintain healthy body, and have an imaginary perception of body or physique are come under this type Illness. Anorexia can have harmful for health effects, some are like brain harm, multi-organ failure, bone harm, cardiac problems, and infertility in men and women. Death risk is highest in individuals who have this disease.

- **Bulimia Nervosa**- The individual who eat many times for compensate from overeating are come under this category. Men and women who suffer from Bulimia may fear obesity and feel strictly unhappy with their body size and shape. Most of the time binge eating is done in secret to save from shame. Bulimia can have harming effects, such as stomach problems, dehydration, and heart problems resulting from an electrolyte imbalance.

- **Binge Eating Disorder**- the person who has no control over eating habits comes under this category. Individual who struggle with this disorder may also have feelings of guilt, distress, and embarrassment related to their binge-eating, which could stimulus the further development of the eating disorder.
Review of Related Literature- B. Rospond et al., 2015 said that according to recent study of WHO it is assessed that by and by in the approximation of 35% of the universal populace is either overweight or stout. BMI is the parameter to assess Overweight. It is currently demonstrated by the different clinical creature what's more, human investigations that the reason for the heaviness isn't just physiological; yet in addition psychological considered as the principal anxious illness. Consequently, monoamine reuptake inhibitors have been the most usually used medications for the treatment of heaviness. In the present study equally the information turning out from the individual perfect examination demonstrates the reality there is brokenness of CNS. That reason decline convergence of serotoninergic (5-HT), dopaminergic and noradrenergic driving over the top nourishment utilization or bingetingdisordr. Since of this medication like Sibutramine is a 5-HT-NA reuptake inhibitor and furthermore that demonstrations as anorexic specialist was endorsed in Europe and US for the treatment of corpulence. The examination of human CNS by neuroimaging has confirmed that introduction to satisfactory nourishment can initiate the parts of the mind as those saw amid medication longing for. In this manner, sometimes, corpulence can be considered as sustenance compulsion multi-stage complex malady and for the administration of heaviness not just metabolic measures yet in addition mental treatment should be considered.

- Massimo Cuzzolaro 2013, Examines research study on the presence of binge eating disorder is an important indication of co-morbid psychological problem especially depression, anxiety disorders, and substance abuse disorders. In the scientific studies it is found that unhappiness at the baseline is associated with increasing obesity in normal women at the follow up period. Likewise, obese women at baseline have a slightly high risk of depression at the follow up period. It is apparent that most of the patients diagnosed with the mental disorder are disposed to to get overweight or obesity. People with serious mental disorders like, schizophrenia, CAD, and other psychological disorders are up to three times more prone to have obesity compared to the general population. In one study it was found that obesity and emotional disorder accounts for significant socio economic load worldwide due to internal stigmatization, discrimination and social prejudice. When all these factors are magnified and seen, finally it can be said that there is a multifaceted relationship between the obesity and the psychopathology. Therefore, assessment and treatment of obese patients with being eating disorder should consider cognitive behavioral as well as pharmacological treatment options focused for treating obesity but also mental or psychological disorders.

Purpose of the study- The purpose of the study was to Analysis of Eating disorder among Physical and Non-Physical Education Educators of Lovely Professional University. Selection of Subjects- Total 60 subjects were wide range of 25 to 60 years of Lovely Professional University, Punjab were selected as the subjects for the study. 30 Out of the sample of 60 were from department of Physical Education and sports department and rest of 30 from other different department of Lovely Professional University. Who were
further divide into two groups. Two groups were named as first one i.e. Physical Educators and second i.e. is Non-Physical Educators group.

Data Collection and Assessment of data: - The data was collected by using survey technique by administering questionnaire on the respondents by using Anorexia test by Vijay Lakshmi Chouhan and Aditi Banerjee (1971). In order to analyze the score selected parameters descriptive analysis was used. Further to find out the relation in eating disorders among Physical Educators and Non-Physical Educators score of subjects on selected variables ‘t’ test was applied. The level of significance was set at 0.05 level.

Analysis of the data and Results-

COMPARATIVE ANALYSIS OF EATING DISORDERS AMONG PHYSICAL EDUCATORS AND NON-PHYSICAL EDUCATORS

<table>
<thead>
<tr>
<th>Group</th>
<th>No of Subject</th>
<th>Mean</th>
<th>S D</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Education</td>
<td>30</td>
<td>6.17</td>
<td>3.43</td>
<td>1.83*</td>
</tr>
<tr>
<td>Non-Physical Education</td>
<td>30</td>
<td>8.00</td>
<td>4.25</td>
<td></td>
</tr>
</tbody>
</table>

Table value of ‘t’ test (df=58) = 1.67

An examination of Table clearly reveals that the mean score of Physical Education and Non-Physical Education group is 6.17 and 8.00 respectively. Standard deviation of Physical Education and Non-Physical Education group is 3.43 and 4.25 respectively.

It is also clear that ‘t’ value is significant as the calculated ‘t’ value is greater than the tabulated value i.e. 1.67 at 0.05 level of confidence. It shows that Physical Educators and Non-Physical educators differ from each other in case of Eating Disorders.

The Graphical representation of mean score and standard deviation of eating disorders among Physical Educators and Non-Physical Educators are presented in figure 1.
Fig. 1 – Graphical representation of mean score and standard deviation of eating disorders among Physical Educators and Non-Physical Educators.

Conclusion

On the basis of data collection and assessment it was concluded that there is significance difference in Eating Disorders of both groups.

REFERENCES

7. Haller E “eating disorders”