

# Comparison of Eating Disorder between Athletes and Non – Athletes

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## Abstract

*The purpose of the study was to compare eating disorder of athletes and non - athletes. To achieve the purpose of the study, 60 women were selected from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli. The selected subjects were divided into two groups with 30 subjects each namely athletes and non - athletes. The athletes are randomly selected and also, care was taken to include only those subjects who had to their credit, some distinguished performance in their respective events at various competitions. Totally 30 athletes were selected for this study. The non athletes are considering as those who never participate in any sports activities. The investigator revived the available scientific literature pertaining to the problem under study from books, Journals, magazines and research paper, Anorexia Nervosa and Bulimia Nervosa were to be predicted the eating disorder among athletes and non – athletes. The selected dependent variables are tested by using the standardized questionnaire namely Eating Attitude Test (EAT) which was developed by Garner & Garfinkel in 1979. The static group comparison design was used for this study. All the subjects were tested on selected psychological variable. The data pertaining to the variables were examined by using independent ‘t’ test. The level of significance was fixed at .05 level of confidence for all the cases. It was concluded that, there was a significant difference exists between athletes and non-athletes on the selected eating disorders such as anorexia nervosa and bulimia nervosa it was also concluded that, Non athletes showed poor eating habit when compared to athletes.*

**Keywords :** Anorexia Nervosa Bulimia Nervosa, Athletes and Non – Athletes.

## Introduction

Eating disorders are common psychiatric disorders, especially in adolescent and adult females. People who suffer from eating disorders have some of the highest levels of inpatient

hospitalizations, psychosocial impairment, suicide attempts, mortality rate and treatment seeking compared to other common psychiatric disorders (**Johnson, 1996**). Women engaging in eating disorder behaviors tend to have lower levels of self-esteem. Lower levels of self-esteem have been found to predict higher levels of eating disturbances. The presence of negative self-perceptions and low self-esteem also seem to have a greater impact on body dissatisfaction, than does actual body weight or body mass index (BMI).

Eating disorders consist of three specific diagnoses, anorexia nervosa (AN), bulimia nervosa (BN) and eating disorder not otherwise specified (EDNOS) (Franko, Wonderlich, Little & Herzog, 2004). Approximately .5 to 1% of women meet criteria for anorexia nervosa, and 1- 2 % for bulimia nervosa. Also, 2 to 4 %, have a sub-threshold diagnosis for either of these disorders (Diagnostic and Statistical manual of Mental Disorders, Fourth Edition, Text Revision (**Guarda, A. S. & Heinberg, L. J. 2004**)).

Anorexia nervosa (AN) is characterized by extreme fear of becoming overweight, disturbed perception of body shape, emaciation, denial of the seriousness of low bodyWeight, and amenorrhea in females. Similar to Anorexia, Bulimia (BN) is characterized by undue influence of body shape on self-evaluation. For many people, the binges continue until a sometimes-painful feeling of extreme fullness occurs. Binges typically take place when the individual is alone due to the embarrassment that most people with bulimia report regarding their eating behavior.

### **Statement of the Problem**

The purpose of the study was to compare eating disorder of athletes and non - athletes.

### **Methodology**

To achieve the purpose of the study, 60 women were selected from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli. The selected subjects were divided into two groups with 30 subjects each namely athletes and non - athletes. The athletes are randomly selected and also, care was taken to include only those subjects who had to their credit, some distinguished performance in their respective events at various competitions. Totally 30 athletes were selected for this study. The non athletes are considering as those who never participate in any sports activities. The investigator revived the available scientific

literature pertaining to the problem under study from books, Journals, magazines and research paper, Anorexia Nervosa and Bulimia Nervosa are to be predicted the eating disorder among athletes and non – athletes. The selected dependent variables are tested by using the standardized questionnaire namely Eating Attitude Test (EAT) which was developed by Garner & Garfinkel in 1979. The static group comparison design was used for this study. All the subjects were tested on selected psychological variable. The data pertaining to the variables were examined by using independent ‘t’ test. The level of significance was fixed at .05 level of confidence for all the cases.

### Analysis of Data

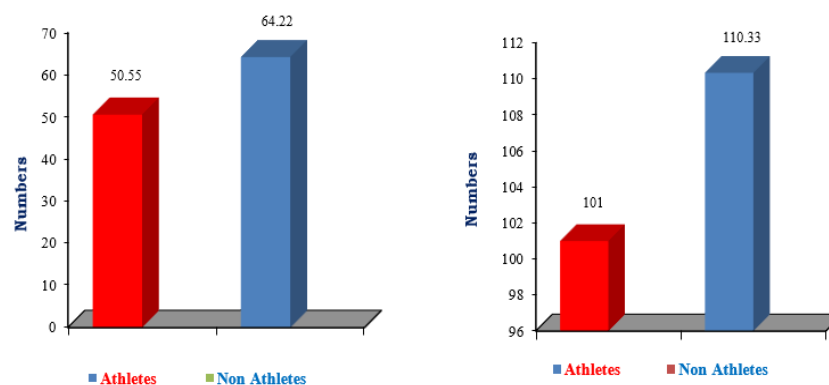
The results of independent variables on each criterion variable are analysed and presented below.

#### The Summary of Mean And Independent ‘t’ Test on Anorexia Nervosa and Bulimianervosa of Athletes and Non – Athletes

Variable	Group	Number	Mean	Standard Deviation	Obtained ‘t’ Ratio
<b>ANOREXIA NERVOSA</b>	Athletes	30	50.55	5.97	3.89*
	Non -Athletes	30	64.42	10.80	
<b>BULIMIA NERVOSA</b>	Athletes	30	101.00	8.54	2.36*
	Non - Athletes	30	110.33	10.71	

\* Significant at .05 level. The table value for .05 level of significance with df 58 is 2.00

#### Mean Values of Athletes and Non - Athletes on Anorexia Nervosa And Bulimia Nervosa



### Discussion on Findings

The results of the study indicate that, there was a significant difference exists between athletes and non-athletes on the selected variables such as anorexia nervosa and bulimia

nervosa. Also show that, the non-athletes showed poor eating habit when compared to the athletes. The findings of the present study were supported by many research findings and few are presented below.

Bulik, C. M., Berkman, N. D., Brownley, K. A., Sedway, J. A., & Lohr, K. N. (2007) surveyed 695 college athletes (382 women from eight sports and 313 men from seven sports) using a questionnaire developed for their study, Eating Disorders of Athletes, based on DSM-III (APA, 1980) criteria for anorexia and bulimia. The athletes were from 22 Midwest colleges and universities. Twenty-one athletes (3%) met the criteria for anorexia, including 16 women and 5 men. One hundred ninety-five athletes (21.5%) met the criteria for bulimia, including 150 women and 45 men. The prevalence of eating disorders reported in this study was higher than that reported for other college students.

Striegel-Moore, R.H., Dohm, F. A., Kraemer, H. C., Schreiber, G. B., Crawford, P. B., & Daniels, S. R. (2005) examined the prevalence of eating disorders among 191 high-performance men and women athletes (104 women and 87 men) from 14 universities and 12 clubs throughout Canada. Each participant completed the Eating Attitudes Test (EAT; Garner & Garfinkel, 1979). Overall, 11 women (10.6%) and 4 men (4.6%) scored in the anorexic range (over 30) on the EAT. This prevalence for women athletes was comparable to what had been reported in other studies of university populations, but the prevalence for men was higher than respective reports from other studies examining college students.

It is inferred from the literatures and from the result of the study that there was a significant difference exists between athletes and non-athletes on eating disorder. Hence it is concluded from the result of the study and also from the literature cited; the eating disorder should be considered properly for non-athletes.

## Conclusion

From the analysis of the data, the following conclusions were drawn.

1. There was a significant difference exists between athletes and non-athletes on the selected eating disorders such as anorexia nervosa and bulimia nervosa.
2. Non athletes showed poor eating habit when compared to athletes

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