

# BODY IMAGE AND EATING DISORDER A CO-VARIATE ON PERSONALITY TRAITS OF PRE-ADOLESCENCE BOYS

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**Abstract:** In today's scenario eating habits in pre-adolescence boys is familiarly seen it has a retrospective effect on social and personal life. The body image of a preadolescent influences his or her eating habits which also determines his or her psychological behavior in various aspects. A change in eating habits can create a positive effect on personality as well as his or her body image if it is identified at an early stage. Researcher conducted the study on one thousand two hundred (n=1200) boy's students of age 13 – 15 years were selected from various SSC, CBSE, ICSE Board schools of Navi Mumbai region was pulled as sample. For collection of data, standardized Questionnaire from Experts such as Personality Traits, Professor R.D.Helode, Body Image शरीरकीछवि:संशोधितस्व-आंकलनमापनी Dr C.D.Helode and Dr Ajay Karkare and eating Disorders EDI Questionnaire [Dr.Agashe and Karkare 2007] were used. The data of all the variables were primarily processed for descriptive statistics. Further, by using IBM SPSS-22 Software the data were analyzed by employing Linear Regression Analysis (Analysis of Variance). The Results revealed that Body image was a predominant factor in predicting personality dimensions in lonely boys, whereas a poor predictor in personality dimensions of Neuroticism boys. Eating disorder was a predominant factor in predicting personality dimensions in Extrovert boys, whereas a poor predictor in personality dimensions of Neuroticism boys. It was also revealed that It was concluded that joint contribution of Body image and eating disorder was found to be a poor predictor of personality dimensions of Neuroticism boys at 13.82%, whereas body image and eating disorder was found to be an equal and week predictor of personality dimension of Extrovert boys at 36.09%. Hence it is concluded that body image and eating disorder was found a higher predictor of personality dimension of lonely boys at 37.26%.

In the current scenario Physical health and mental well-being plays the crucial role for every individual around in the society. People are more concerned about what is the physical and mental image affects their presence in the society. Across all age group everyone is conscious about how he or she looks. Appearance is important for every single person to reflect a status quo in the surrounding. Well-being of a person depends upon the eating and water drinking habits of a person. Parents of modern age are very keen about their child's appearance. Abnormal body weight, dietary concerns, unusual behavior, abnormal weight gain and unhealthy weight loss are most important concerns among school going children. Eating disorders are among the most common psychi-atric disorders in modern generation students. Eating disorder is affecting millions of students and young generation worldwide. There is a common culture that focuses on weight loss and body image. Intense focus on thinness can lead to negative body image and unhealthy eating disorder among children. Sometimes, this unhealthy eating behavior leads to eating disorders such as anorexia nervosa (characterized to refusal to eat), bulimia (consumption of more food than most of the other people) and binge eating disorders. Early detection and treatment improves or can bring adequate changes in health, fitness, personality as well as body image.

## OBJECTIVE

- To study the individual contribution of Body image in predicting Personality Dimension Extrovert, Neuroticism and lonely of Boys School Students.
- To study the individual contribution of Eating Disorders in predicting Personality Dimension Extrovert, Neuroticism and lonely of Boys School Students.
- To study the joint contribution of Body image and Eating Disorders in predicting Personality Dimension Extrovert, Neuroticism and lonely of Boys School Students.

## I. INTRODUCTION

## HYPOTHESIS



There is no significant individual as well as joint contribution of Body Image and Eating Disorders in predicting Personality Dimension Extrovert, Neuroticism and lonely of Boys School Students.

**II. METHODOLOGY**

The following methodological steps were taken in order to conduct the present study

**Sample**

To conduct the study Total One thousand two hundred (n=1200) boys school students of age 13 – 15 years were selected through simple random sampling method from various SSC, CBSE, ICSE Board schools of Navi Mumbai region.

Table of Sample Selected

GENDER	SSC	CBSE	ICSE
BOYS	400	400	400
Total 1200 Samples			

**Tools**

For collection of data, standardized Questionnaire from Experts such as Personality Traits, Professor R.D.Helode, Body Image शरीरकीछवि:संशोधितस्व-आंकलनमापनीDr

C.DHelode and Dr Ajay Karkare and eating Disorders EDI Questionnaire [Dr.Agashe and Karkare 2007] were used on students of age 13-15 years across various educational boards in Navi Mumbai District.

**Procedure**

The researcher has selected three different schools which are affiliated to various educational boards at state and national level for pilot study. After taking a permission form right authority, One Hundred (N = 100 Boys) students were pulled for pilot study from each affiliated board. All the subjects were instructed to seat on the benches in a class room. The Inventories were administered after explaining the instruction printed on the first page. Helpers were asked to distribute Pencil and both Inventory one by one to each subject. After completion of the filling up the answer the helpers have collect it from all the subjects. The helpers were trained in such a way that in case of any query they were able to help the subjects. Subjects were instructed on basic dos and don'ts to get the accurate readings. The data of all the variables were primarily processed for descriptive statistics. Further, by using IBM SPSS-22 Software the data were analyzed by employing Linear Regression Analysis (Analysis of Variance).

**III. ANALYSIS OF DATA**

**Table 1: Contribution of Eating Disorder in predicting Personality Traits of Extrovert, Neuroticism and Lonely Boys**

Personality Traits	Percentage Contribution of Eating Disorder in boys
<b>Extrovert</b>	17.83%
<b>Neuroticism</b>	6.14%
<b>Lonely</b>	15.92%

Results presented in table 1 revealed that Eating disorder was a highest predictor in extrovert boys at 17.83%, as compared to Neuroticism at 6.14% which was the poor predictor than lonely boys at 15.92%.

**Figure:- 1 Bar Diagram showing percentage contribution of Eating Disorder in predicting Personality traits of boys.**

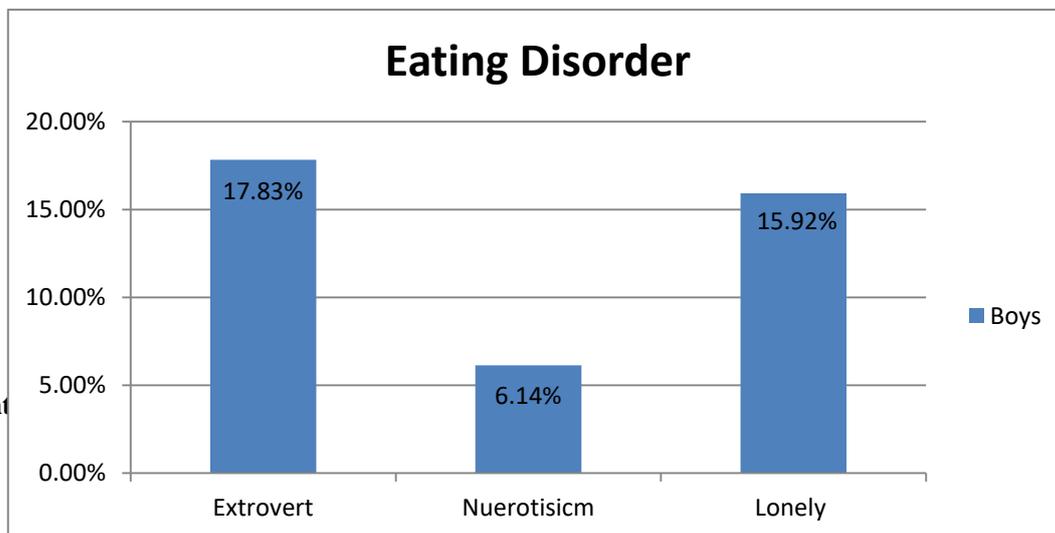
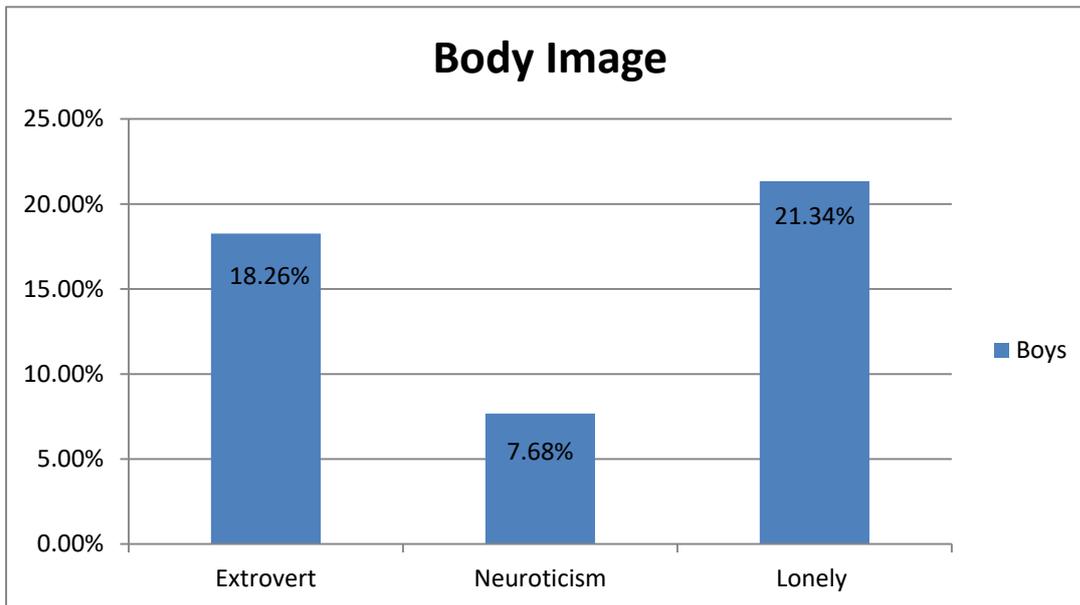


Table 2: Cont

y Boys

Personality Traits	Percentage Contribution of Body Image in Boys
<b>Extrovert</b>	18.26%
<b>Neuroticism</b>	7.68%
<b>Lonely</b>	21.34%

Results presented in table 2 revealed that Body Image was a highest predictor in Lonely Boys at 21.34%, as compared to Extrovert at 18.26% which was the poor predictor than Neuroticism at 7.68%.



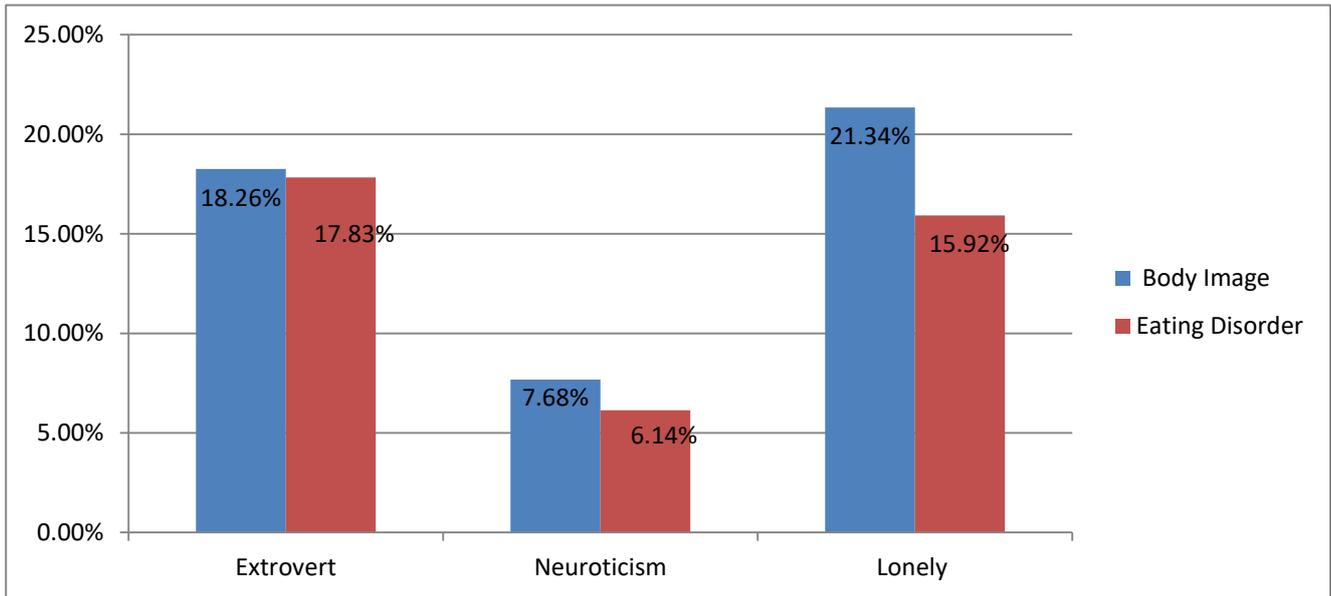
**Figure: - 2 Bar Diagram showing percentage contribution of Body Image in predicting Personality traits of Boys.**

**Table 3: Joint contribution of Body Image and Eating Disorder in predicting Personality Traits of Extrovert, Neuroticism and Lonely Boys.**

Personality Traits	% Contribution of Body Image in boys	% Contribution of Eating Disorder in boys
<b>Extrovert</b>	18.26%	17.83%
<b>Neuroticism</b>	7.68%	6.14%
<b>Lonely</b>	21.34%	15.92%

Results presented in table 3 revealed that Body Image and Eating Disorder was a highest predictor in Lonely boys at 21.34% and 15.92% as compared to Extrovert Boys at

18.26% and 17.83% which was the poor predictor than Neuroticism boys at 7.68% and 6.14%.



#### IV. RESULT AND DISCUSSION

Body image was a predominant factor in predicting personality dimensions in lonely boys, whereas a poor predictor in personality dimensions of Neuroticism boys. Eating disorder was a predominant factor in predicting personality dimensions in Extrovert boys, where as a poor predictor in personality dimensions of Neuroticism boys.

#### V. CONCLUSION

It was concluded that joint contribution of Body image and Eating disorder was found to be a poor predictor of personality dimensions of Neuroticism boys at 13.82%, whereas body image and eating disorder was found to be an equal and weak predictor of personality dimension of Extrovert boys at 36.09%. Hence it is concluded that body image and eating disorder was found a higher predictor of personality dimension of lonely boys at 37.26%.

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