

Short Communication

Assessment of knowledge regarding eating disorders among college girls in Chennai city a cross-Sectional survey-Based study

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Keywords

Eating Disorder, Food, Obesity, College Girls

Received

23/12/2020

Reviewed

25/12/2020

Revised

&

Accepted

30/12/2020

Refer This Article

Dr. B. Gowsalya, Dr Joseph Maria Adaikalam, 2020. Assessment of knowledge regarding eating disorders among college girls in Chennai city a cross-Sectional survey-Based study. Journal of medical pharmaceutical and allied sciences, V 9 - I 6, Pages - 2618 – 2620.

Doi: <https://doi.org/10.22270/jmpas.V9I6.1000>.

ABSTRACT

More than 1.2 million people in the world affect with eating disorders and the incident rate seems to be increasing over the past two decades. Main aim of this study is to assess the knowledge, awareness of eating disorders and explaining the lifestyle modification modalities for eating disorders and its preventive measures to adolescent girls. This is a cross-sectional survey-based study. We have observed the data from 181 participants. We noted that inappropriate compensatory behaviours reported at disconcertingly high rates among women in their body shapes as well as their food pattern, our research finding shows almost 47% of women their self-limiting intake of foods And Less than 4% peoples tried laxatives (a substance that loosens stools) as a means of controlling their body shape. Were Only 20% of participants avoiding foods when they feel hungry. It has been hypothesized that food plays a more role in energy production and many major activities. This Filed work will create a special awareness to understand the impact and consequences of eating disorders.

INTRODUCTION

Anti-diabetic medication treats polygenic disorder In this contemporary state, more than 1.2 million people in the world affected with eating disorders and the incident rate seems to be increasing over the past two decades., even in developing Asian countries.^[1] Eating- related problems particularly among college girls represent a significant health concern on the college campus. Dissatisfaction with the body appearance, weight issue and unhealthy weight control are prevalent among even average weight students.^[2] Recent studies found that about one-quarter of the female undergraduates eating was out of control and 6% reported using laxatives or forcing themselves to vomit after eating. A high prevalence of disordered eating behaviours was also reported among a group of female athletes and adolescent females. Overall, 35 to 40 percent of teenage women experience weight management problems, finding themselves too obese or aim to being slender^[3] Approximately 2% to 4% of the young adult female population has full syndrome of the eating disorder (EDS).^[4] An estimated 1.1 to 4.2 per cent of women have bulimia nervosa, 0.5 to 3.7 per cent of women reported with symptoms of anorexia nervosa and one per cent adult female reported with anorexia in their

lifetime^[5] World Mental Survey recently estimated the lifetime prevalence of binge eating disorder(BED) which ranges from 0.2% and 79 % and individuals met BED criteria for another psychiatric disorder. The mean age of onset of binge eating disorder (BED) in this survey was 18. That's a time when adults are finished schooling and starting college, getting jobs and relationships. so. We have to raise awareness and detection and intervention early before it takes on the health and mental health^[6] majority of the patients reported with chronic conditions like diabetes, asthma, cancer and many more and they are often self-prescribed with complementary medicine and alternative therapies such as herbal medicines, Ayurveda, Siddha etc., for the conditions at least once in their lifetime in the need of self-satisfaction^[7,8] Majority of the population relies on herbs and natural supplements for weight loss program due to overcoming the eating disorders. We believe more patient awareness need to be created to avoid serious Drug-Drug interactions and Drug-Herb interactions.^[9,10] This present study is carried out to estimate the knowledge of eating disorders in college students. The importance of this study is to give knowledge, awareness of eating disorders and its preventive measures to adolescent girls and also to

assess the unambiguous behavioral features such as self-vomiting and dieting, binge eating and body image concern among college girls in Chennai city.

METHODS & MATERIAL

This is the cross-sectional survey-based study conducted among college girls in Chennai city for two months. Girls studying college-aged between 19 -25 years, Adolescent girls, Government and private college girls are incorporated in this study. Meanwhile, Students who are not willing to participate in this study and Adolescent boys are excluded from this stud. Size of the study sample was estimated based on the mother article The expected sample size was found to be 181 participants.

DATA COLLECTION PROCEDURE

The data will be collected by a single person by a structured questionnaire in the classroom after explaining them about the study. All the students will be instructed to take the consent form to home and get it filled by their parents/guardians, that was collected back on the subsequent day and then questionnaire will be filled by the investigator. All the collected data were justified using Microsoft Excel 2019.

RESULTS & DISCUSSION

The study was carried out among 181 college girls in Chennai city, were 54.5% belongs to UG category and 54.5% belongs to PG category. In our study, 47.9 % of responder expressed that they are voluntarily limiting theirs in taking of meal. However, 87% of participants conveyed that they go for a long time fasting (Figure 1).

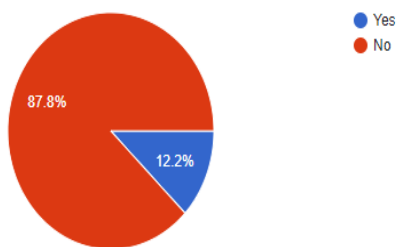


Figure 1: Response for Long period Fasting.

Meanwhile, 67% participant accepted that they exclude foods from their regular diet to reduce the influence of their body shape. Around 73% of participants following rules for their calorie limit. In our study 87.4 %, participants believe that they can achieve proper shape if they persistently empty their stomach. (Figure 2).

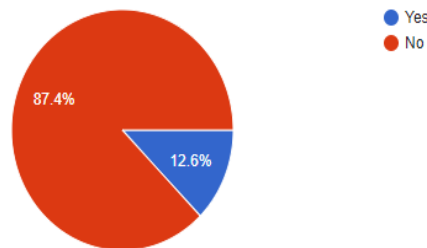


Figure 2: Weight & persistent shape achievement by emptying their stomach

The majority (67.7%) of the study participants would like to have a flat stomach. 69.6% reported that it was very difficult to concentrate on things they like more (for example, food, snacks working, reading). Majority of the participants facing the same issues like it's very difficult to change their habits and they are very concerned about their body shapes (Figure 3).

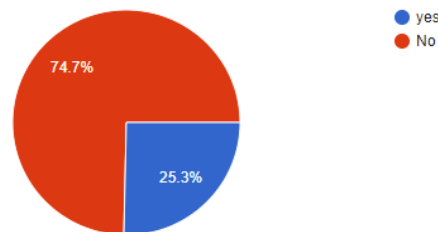


Figure 3: Facing difficulties in changing their habits

Majority of the study participants have the fear that tends to lose their control in overeating. 1/3rd of the study participants have a fear of weight gain. 64.2% of participants told that they feel out control when they eat. Only 5% of responders conveyed that they go for self-sick (vomit) as a means of controlling their body shapes. Significantly more women reported that they habitually feel that they cannot control what or how much they eat. Nearly 40% of participants feel uncomfortable seeing their body shape in the mirror. Majority of the people (70%), they don't believe that food dominates their life. The present study sought to expand upon previous community-based studies by assessing the knowledge of eating disorders among college students. Our results indicate that unhealthy compensatory behaviors occur at disconcertingly high rates among females in their body shapes as well as their food patter. For example, almost 47% of women their self-limiting the intake of foods And Less than 4% of peoples tried laxatives (a substance that loosens stools) as a means of controlling their body shape. Only 20% of participants avoiding foods when they feel hungry.

CONCLUSION

The survey is clearly explaining that eating habits play a major in psychological and physical appearances in college students. Eating unplanned meals not only causes fat deposition it results in critical mental changes in college students regarding their physical appearances. Health care team like unionist may conduct special awareness programs to advice the youngsters regarding their food and habits and its clinical outcomes. This data shows the exact mindset of college students regarding their food habits. Furthermore, the analysis required to overcome nutrient oriented disorders. It has been hypothesized that food plays a more role in energy production and many major activities. We believe this research will create a special awareness in understanding impact and consequence of eating disorder among all the college girls in Chennai city

Funding:

None

CONFLICT OF INTEREST

The authors have no conflicts of interest regarding the content of this article

ACKNOWLEDGEMENT:

We would like to thank all health care professionals.

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