

MANAGING EATING DISORDER IN ADOLESCENT GIRLS WITH SUPERVISED YOGIC EXERCISES: AN EXPERIMENTAL STUDY

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Abstract:- Eating disorder is the third most chronic disease that affects females of adolescent age. This study was conducted to assess the impact of yogic exercises in reducing the eating disorder in adolescent females. To conduct the study, 20 adolescent females (Ave. age 17.12 years) with signs of eating disorder were selected for this experimental study. A three months yogic exercise was planned by the researcher as per the need of this study. The eating disorder inventory standardized by Agashe and Karkare (2007) was employed for data collection. In this one group pre-post test design data was collected twice i.e. before the commencement of yogic exercise program and after the completion of yogic exercise program. Pre-post paired comparison revealed significantly reduced post test scores on eating disorder as compared to pre-test scores. The researcher concludes that participation in yogic exercise program even of short duration of three months can control the disordered eating behaviour in adolescent females.

Keywords: Eating disorder, Adolescent females, Yoga.

1 INTRODUCTION

Eating disorder is a psychological problem which denotes abnormal eating habits ranging from over eating or starving. When an individual tends to modify his/her behaviour towards choice and consumption of food it is denoted as disordered eating. The underlying causes of eating disorder are societal norms for body image and physical shape or excessive concern for own weight. Eating disorder occurs because a person pays too much attention to eating pattern. In anorexia nervosa a person has the obsession to reduce weight or attain optimum body weight for age. Anorexia nervosa is disordered behaviour to loose body weight 15% below the ideal body weight for given age. The other form of eating disorder is binge eating. Binge eating is consuming too much food in very short time. The binge eating is often associated with guilt and depression. Too much selection for food items or pattern to specific food items is another form of eating disorder and it is known as picky eating. Eating disorder is very common in adolescents and its prevalence is increasing day by day. It is among the top five chronic illness that is common in adolescent females. The incidence is ever increasing in adolescent females due to changing lifestyle. The two major types of eating disorder i.e. anorexia nervosa and bulimia nervosa is associated with quite a few physical, psychological and social health issues including mortality (Moore, 1988; Hall et al., 1989; Bachrach, 1990; Fisher, 1992, Whitakar, 1992; Rock et al., 1994). In Indian scenario Mammen et al. (2007), Mishra et al. (2011), Lal et al. (2015), Gupta et al. (2017) to name a few have conducted research on eating disorder. Number of therapeutic measures has been advocated in the past to control eating disorder in adolescent females and yoga is one of them. It was opined that yoga boost self acceptance which nullifies negative body image and participants tends to experience their body internally and thereby disorder eating is controlled. But there is no scientific base to this theory hence the present study was planned.

1.1 AIMS & Objective

The main objective of the present study is to find out the effect of three months supervised yogic exercise program in controlling the disordered eating behaviour of adolescent females.

1.2 Hypothesis

It was hypothesized that three months supervised yogic exercise program will be useful in reducing disordered eating tendencies in adolescent females.

1.3 Methodology

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

1.4 Sample



To conduct the study, 20 adolescent females (Ave. age 17.12 years) with eating disorder were selected for this experimental study. The sample was selected from city of Indore, Madhya Pradesh.

1.5 Tools

Eating disorder inventory standardized by Agashe and Karkare (2007) was used for assessment purpose. There are positive and negative worded statements in this inventory. 25 statements contained in this inventory which assesses eating disorder. This inventory is highly reliable and enjoys significant content validity. The score of 10 and above indicate that the person is suffering from eating disorder.

1.6 Yogic Exercise Program

Three months yoga exercise program was prepared by the researchers. Suitable asanas such as Savasan, Ardha, Chakrasan, Padmasan, Pranayam as well as, OM chanting and Anulom Vilom etc. were incorporated in this 40 minutes yogic program.

2 RESEARCH DESIGN

Pre-post single group experimental design was used.

2.1 Procedure

300 adolescent girls were selected in the city of Indore were chosen for initial phase of this study. The EDI prepared by Agashe and Helode (2007) was administered on these selected subjects. After scoring adolescent females with scores more than 10 on EDI were segregated. Out of these subjects those who are willing to participate in the yogic exercise program were selected. Hence 20 adolescent females were chosen and subjected to three month yogic exercise program. After completion of program the data on EDI was again collected. Paired 't' test was used for data analysis. Results are shown in table 1.

3 RESULT AND DISCUSSION

Table No. 1
Pre and Post-Test Mean and S.D. on Eating Disorder Scores in a Group of Adolescent Females (N=20)

Variable	Eating Disorders		Mean Difference	't'
	Pre Test Mean± S.D.	Post Test Mean± S.D.		
Eating Disorder	15.40 ± 2.48	10.30 ± 2.90	5.15	5.48**

** Significant at .01 level

A significant decrease as shown in table 1 was observed in post test scores on eating disorders as compared to pre-test measures. The pre test mean score on eating disorder inventory was 15.40 which was decreased by 3.22 points when assessed after completion of yogic exercise program (Post test mean = 10.30). It shows that after participation in three months yogic exercise program disordered eating in adolescent females gets decreased significantly ($t=5.48$, $p<.01$). The results are consistent with conclusion made by Hall et al. (2016) and clearly indicate that due to enhanced body image eating habits improves.

4 CONCLUSION

Keeping the results and discussion into contention the author concludes that three months supervised yogic exercise program is very much beneficial in controlling eating disorder in adolescent females. The researcher recommends that yogic practices should be incorporated in the treatment of eating disorders among adolescent females apart from other measures.

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