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RESEARCH ARTICLE

RELATIONSHIP BETWEEN ANOREXIA NERVOSA (DESIRE FOR THINNESS) AND MENTAL HEALTH AMONG JUNIOR COLLEGE STUDENTS

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Abstract

Anorexia nervosa, a type of eating disorder is commonly seen in teenagers. An intense fear of gaining weight and distorted body image compels the teenagers to go on diet, which is resulting in eating less and skipping the meal and ultimately making the teenagers more prone to stress, anxiety, depression and other mental health issues. The study was taken with an intention to find the association of anorexia and mental health. A sample of 913 adolescents from junior college were selected as sample and a standardized test was administered. The findings showed that there is a positive correlation between eating disorder and mental health among adolescents.

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Introduction:-

Eating disorders may result in symptoms such as poor sensitivity and low self-esteem, which can impair an individual's ability to function and move properly in society. While many of the symptoms of eating disorders are the consequence of disordered and inappropriate eating behavior patterns, is there a link between eating disorders and mental health issues? Additionally, literature has shown the presence of co-occurring depression and eating disorders in a person. According to a research involving over 2,400 participants, 94 percent of people receiving inpatient treatment for an eating problem also had symptoms of sadness. Depression and eating disorders often exhibit similar symptoms, making it difficult for experts to differentiate between the two. Both of these mental health issues result in mood changes such as irritation, anxiety, guilt, shame, and poor self-esteem. Individuals with an eating disorder and depression may also exhibit changes in appetite, disordered eating habits, and physical symptoms such as digestive problems, muscular pains, and bloating.

Eating Disorder

Dr.KhanZeenat M (2021) Eating Disorder: Eating less food or skipping meals to satisfy the gregarious instinct of acceptance , looking fit and perfect in society with respect to body image .

According to the WHO (World Health Organization), mental health is described as: "A condition of well-being in which a person recognizes his or her own potential, is capable of coping with regular life challenges, is capable of creative and fruitful employment, and is capable of contributing to his or her society." The WHO emphasizes the critical nature of mental health, emphasizing that it "does not imply the absence of mental illness".

Mental health is described as according to the medical dictionary Medilexicon, it is being free of mental illness:a well-being in which one has integrated one's natural inclinations, resulting in a fulfillment that is acceptable to both oneself and society.

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Eating disorders often begin with a desire to lose weight in order to maintain fitness and health. However, in some individuals, these beneficial behaviors develop in serious health problems, such as binge eating, bulimia, anorexia nervosa, or other illnesses.

It has also been shown, however, that depression is a common function. Twenty-four percent of bipolar patients met the criteria for eating disorders, according to a research done in 2008 by specialists at the University of Pittsburgh Medical Center. About 44% of those surveyed said they had a hard time controlling their eating.

About half of those diagnosed with binge eating disorder also have a history of depression, according to the National Institute of Diabetes and Digestive and Kidney Diseases. According to the National Eating Disorders Association, three percent of individuals in the United States have binge eating disorder, making it the most common eating issue.

Researchers have shown that anorexia, another eating disorder, affects a significant proportion of people who suffer from depression. Anorexics don't eat enough food to maintain a healthy weight. This may lead to dire consequences. Anorexia patients are about 50 times more likely to die by suicide than the community as a whole.

Anorexia nervosa is a psychological disease. One of the most severe eating disorders seen in teenagers is anorexia nervosa. Although people may avoid eating at parties or eat restaurants in order to prevent starving, a continuous concern with body image, appearance, and negative emotions about those issues is often accompanied by this behavior. Other mental health problems like as stress and worry, as well as mood disorders such as depression and anxiety, are also common comorbidities for anorexia nervosa.

Mental Illness and Anorexia Nervosa

For example, depression or bipolar disorder is described as feelings or thoughts that affect a person's ability to live their life as they would ordinarily. When these two traits occur concurrently, there is a reasonable reason to diagnose someone with serious health issues that may have a detrimental effect on physical and mental health.

Given the physiological and psychological consequences of anorexia nervosa, it is difficult to escape this issue. Additionally, poor self-esteem and a lack of self-concept are recognized to be major contributors to anorexia nervosa. These emotions often serve as a catalyst for people who are preoccupied with how their bodies seem to others.

Eating Disorders & Anxiety

According to one investigation, the rate of anxiety disorders in those with anorexia, bulimia, and binge-eating disorder is 48–51%, whereas the rate is 54–81% in those with anorexia nervosa and 55–65% in those with binge-eating disorder. These figures demonstrate the importance of anxiety in the lives of people who struggle with eating disorders, since this disease may impede recovery if left untreated.

Depression & Eating Disorders

There is evidence that depression may also be brought on by an eating problem. Dr. Lisa Lilienfeld, an associate professor of clinical psychology at Argosy University in Arlington, Virginia, says, “Being extremely underweight and malnourished, which is typical in anorexia, has been shown to have detrimental physiological changes that influence mood.

“People who acquire eating disorders believe that they are not good enough as individuals,” Sacker explains. “They develop an obsession with perfection. This perfectionism starts to manifest itself in their eating habits. However, sadness and anxiety are present. Frequently, these individuals have had significant mental trauma.”

Individuals who have binge eating disorder may be overweight or obese, such as in the case of this individual. When they become aware of this, they may experience chronic sadness over their look. They may feel disgusted with themselves after a binge eating session, thus exacerbating their melancholy.

1. Sleep problems
2. Loss of appetite
3. Loss of libido
4. Loss of interest in activities that once were pleasurable

5. Feelings of sadness or unhappiness
6. Irritability or anger

It is often believed that the identification of severe depression is a simple task. However, there may be significant obstacles to discovering an effective treatment for depression and eating disorders in combination.

Objectives:-

Examine the relationship between adolescent anorexia nervosa (Desire for thinness) and mental health.

Hypothesis

A considerable positive correlation exists between mental health and anorexia nervosa in adolescents.

Research Methodology:-

The investigator used a survey method for data collection. Two standardized test eating disorder and Mental health battery was used on the selected sample. A sample of 913 students was selected for the study. The data was gathered, collated, and analyzed to determine the outcomes.

Sampling technique

The current research used a purposeful random sampling method.

Sample Size

For this research, 913 students from Aurangabad's junior colleges were chosen as a sample.

Tools

2. David M. Garner's EDI-3 Eating Disorder Inventory-3
3. The Mental Health Battery (MHB) Dr. Sushma Talesara and Dr. Akhtarbano.

Variables

Anorexia nervosa and Mental health

Discussion of Result:-

Hypothesis-1:- A considerable positive correlation exists between mental health and anorexia nervosa in adolescents.

Table no 4.4.10:- Table showing correlation between Anorexia Nervosa and mental health.

		Mental health
Anorexia nervosa	Pearson Correlation	-0.006
	Sig.(2-tailed)	0.850

Interpretation

Table No. 4.4.10 -The r value of the mental health-anorexia nervosa relationship between adolescents is -.006 with a p-value of 0.850. It demonstrates that there is a significant positive relationship between mental health and anorexia nervosa in adolescents. The higher the anorexia nervosa, the poorer is the mental health.

Conclusion:-

The hypothesis no.1 is accepted, as there is a positive correlation between Anorexia Nervosa and Mental health of adolescents. The higher the Anorexia problem, the poorer is the mental health.

Suggestions:-

- 1) Healthy eating habits should be followed and practiced at home
- 2) Yoga and meditation are an essential part of daily life style.
- 3) Use of antidepressant medicine
- 4) Cognitive behavioral therapy, often abbreviated as CBT. The objective is to alter people's perceptions of food and eating and to promote better eating habits.
- 5) Educating the people about the health eating habits

- 6) Making the health and hygiene subject compulsory at school level.
- 7) Use of media for maintaining wellbeing and good mental health by eating healthy food.
- 8) Guidance and counselling should be given for maintaining good mental health.

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