

PREVALENCE OF EATING DISORDER COGNITIONS AMONG INDIAN ADOLESCENT GIRLS

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ABSTRACT

The rapid globalisation and race to excel in each and every field by the people around the globe has several negative influences on their mental and physical health. Eating disorder cognitions among adolescent girls is one of such concerns which need to be addressed since this particular group plays very vital role in the society and directly or indirectly affects a larger segment of the society. Eating disorders are common among adolescent girls in western countries. But from past few years it has been introducing in India too. In India the information regarding these disorders is very limited but it is increasing very rapidly day by day due to the effect of media and westernization. And because of its effect, adolescents are very keen to have a perfect body figure by adopting wrong eating habits and sometimes by starving themselves. This research paper aims to show the prevalence of eating disorder cognitions among Indian adolescent girls in the present scenario. It also delves into BMI classification and population distribution of samples and impact of various sub-scales of eating disorder on population distribution of samples.

KEYWORDS: Eating Disorder (ED), Restraint Category (RC), Eating Concern (EC), Shape Concern (SC), Weight Concern (WC)