

A study on prevalence of eating disorder among college going adolescent girls and impart nutrition education

Hemalatha¹, Subaratinam R² and Sangavi P³

¹ Student, Department of Home Science – Food Science, Nutrition and Dietetics, ShrimathiDevkunvarNanalal Bhatt College for women, Chrompet

^{2&3} Assistant Professor, Department of Home Science – Food Science, Nutrition and Dietetics ShrimathiDevkunvarNanalal Bhatt College for women, Chrompet

*hemalatha06071997@gmail.com, subapgr@gmail.com,
sangavi.paranthaman@gmail.com*

ABSTRACT:

Objective: *The purpose of this study is to determine the prevalence of eating disorder among adolescent girls. This research focused on prevalence of eating disorder and identify body dissatisfaction and emotional eating attitudes of girls with eating disorder through questionnaires.*

Methods: *The data for this study was obtained from respondents in S.D.N.B Vaishnav College for women, Chrompet. By random sampling method 300 adolescent girls between ages of 16 – 19 were partook in obtaining responses on eating disorders. The adolescents with eating disorder (n=27) were asked to fill out the ‘body shape dissatisfaction’ questionnaire to measure body image concern and ‘emotional eating behaviours’ questionnaire to determine variations in food consumption in response to emotional states and situations. Nutrition education in the form of one to one counselling is offered to the subjects with eating disorder.*

Result: *The present research indicates that the adolescent girls in the age group of 18-19 age group have a high prevalence of eating disorder (77.8%). The high prevalence of eating disorder was seen in middle income group (44.7%) also, the presence of eating disorder was high in urban area as well as high in overweight adolescents. There is no correlation between emotional appetite and EDE - Q subscales respectively. There is no correlation between restraint eating score and BMI. There is a significant correlation between BMI and eating concern score, shape concern.*

Conclusion: *The results of this study indicate that the prevalence rate of eating disorder (9%) among adolescent girls is low. Subjects with overweight are more affected by eating disorder. Body dissatisfaction is seen in subjects with eating disorder. Among eating disorder subjects, there is no emotional appetite seen concern score and weight concern score.*



KEYWORDS: *EATING DISORDER EXAMINATION QUESTIONNAIRE (EDE – Q), EATING DISORDER, BODY DISSATISFACTION, EMOTIONAL EATING ATTITUDES.*