

Athletes Abstinance Knowledgefrom Eating Disorders like Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED), as Health Education Method in Decreasing Unhealthy Ageing with Reference to Physical and Mental Health

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Abstract

Aim: The objective of this study was to point out abstinance knowledge in decreasing unhealthy ageing with reference to physical and mental health, with justification to evaluate athlete's abstinance knowledge from eating disorders like Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED) as health education method in decreasing unhealthy ageing with reference to physical and mental health among athletes at Njala Campus.

Method: Behavioral Health Risk Modified Survey Questionnaire (BHRMSQ) was the research instrument for the survey. The variables of the findings were proved at level of significance $p < 0.05$ through an inferential statistical instrument called Dependent t-test (t). The researchers interviewed mainly undergraduate athletes with an average number of one hundred and fifty (n=150), of which 37% (n=55) female and 63% (n=95) male, were selected using the stratified random sampling. Also stratified were 43.2% (n=65) from the School of Agriculture-to-Environmental Science; 57% (n=85) from the School of Education-to-Technology; 83 % (n=125) from level (100-to-200); 17% (n=25) from level (300-to-400); 60% (n=90) within the age circle of (18-to-25); 40% (n=60) within the age circle of (26-to-30+) in years. **Results:** Analysis shows negative skewedness in all three variables as placed in tabulated values (t-scores of 0.237, 0.452 and 0.318)of 5, 7 and 9 when proved at $p < 0.05$. **Conclusion:** The findings demonstrated that majority of athletes' lack abstinance knowledge from eating disorders like Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED) regarding health education method in decreasing unhealthy ageing with reference to physical and mental health among athletes at Njala Campus.

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Key Words: Anorexia Nervosa, Binge Eating Disorder, Bulimia Nervosa, Health Education, Physical Fitness

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Introduction

Health Education is a profession of educating people about health, *McKenzie, J. et al. (2009)*, which encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, *Donatelle, R. (2009)*. It can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health, *Donatelle, R. (2009)*. However, Health Education can also be defined as any combination of planned learning experiences based on sound theories that provide