

## Study of Gender Difference in Eating Disorder among Adolescents

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### Abstract

**Aim:** The aim of the study was to observe gender difference in eating disorder among adolescents. **Material and Method:** The sample of two hundred (N=200) adolescents (100 boys and 100 girls) were selected for data collection. Eating attitude test (EAT-26) by Gamer, Olmsted, Bohr and Garfinkel was used. **Results:** There is no statistical significant difference in the mean scores of eating disorder among adolescent boys and girls. **Conclusion:** It was concluded that there was no difference of eating disorder among adolescent boys and girls.

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### Introduction

Eating disorders identify diseases marked by abnormal eating habits, and extreme pain or body weight or shape issues. Eating disorders can include insufficient or excessive intake of food which can eventually harm the well-being of a person. Problems with disordered eating can develop during any stage of life, but usually occur during teen years or young adulthood (Whitaker 1992). While these conditions may be treatable, if not addressed, the symptoms and consequence may be detrimental and deadly. Eating disorders are commonly associated with other conditions, such as anxiety disorders, drug abuse or depression. Eating disorders are a range of psychological conditions that cause unhealthy eating habits to develop (Whitaker 1992). They might start with an obsession with food, body weight, or body shape. In severe cases, eating disorders can cause serious health consequences and may even result in death if left untreated (Alina 2019). Eating Disorders describe illnesses that are characterized by irregular eating habits and severe distress or concern about body weight or shape. Eating disturbances may include inadequate or excessive food intake which can ultimately damage an individual's well-being. The most common forms of eating disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder and affect both females and males (Hudson et al., 2007). Weight obsession affects millions of adolescents today, especially girls (Kinchen et al., 2004). At any given time, one out of every seven women has or is struggling with an eating (Alina 2019). One study a few years ago found that 36% of adolescent girls - more than one out of every three -believed they were overweight, while 59% were trying to lose weight (Rahul et al., 2019). More than 90% of people with an eating disorder are girls in comparison of adolescent boys, though, also have body image concerns (Rahul et al., 2019). Many boys strive for the perfect body by dieting or by doing compulsive exercise (Merikangas et al., 2010). Anorexia nervosa affects as many as one in every 100 females (Rahul et al., 2019). Adolescent with anorexia fear gaining weight and are at least 15% below their ideal body weights. They believe the main gauge of self-worth is