

Introduction

Purpose of Study:

This research study was to investigate relationship between age and disordered eating status. Another part of this research was to study the relationship between low self-body perception and age of having disordered eating. This research study also investigated relationship between disordered eating and family history of disordered eating; as well as gender difference of disordered eating.

Review of Literatures:

Overall, all studies reflect the significant differences between men and women in disordered eating. Olivo et al., (2018) found that the disordered eating did not lead to a significant difference in grey matter in the brain. Nagata et al., (2017), found that women had a higher proportion of femoral neck bone mass density than men. Lowe et al. (2019) found that the higher baseline Minnesota Eating Behavior Survey (MEBS) score to measure body concerns predict increases in eating disorder characteristics, a lower chance of an disordered eating occurred. Goodman et al. (2014) found that a higher chance of a female having an disordered eating, when there was a family history of an disordered eating and higher socioeconomic status than males. Hundleby and Gorham (1988) found that women who had a low body perception, also had a higher chance of having an disordered eating.

Hypotheses:

The researcher hypothesized that college students who:

1. had family history of disordered eating would have higher rating of disordered eating;
2. had disordered eating would more likely be females;
3. were older would have lower chance of having disordered eating;
4. had low body perception would be associated with having disordered eating.

Methods

Participants:

The participants of this study were 50 college students from 17 to 22 years old, with eight males and 42 females.

Measuring Instruments:

The measuring instrument was the 23-item Social Appearance Anxiety Questionnaire (Hart et al., 2008). Demographic questions were age, gender, and where the participant was hometown.

Procedures:

Recruitment of participants was done by posting invitation on social media with a Google forms link for access. Informed consent was also provided. Participants completed the measuring instrument online.

Statistical Analyses:

Four Chi-square and one independent group *t*-test were performed by SPSS 25.

- A 2 X 2 Chi-square analyzed the association of family history and the participants chance of having an disordered eating in college aged students;
- a 2 X 5 Chi-square analyzed the age and the amount of disordered eating in college aged students;
- a 2 X 2 Chi-square analyzed the chance of the participant in getting an disordered eating depending on gender in college aged students;
- an independent *t*-test was used to analyze the mean difference of disordered eating and not disordered eating of their body perception.

Results

1. No significant association was found between family history of an disordered eating and having disordered eating now ($X^2 = 1.146, p = .887$).
2. No significant association was found between disordered eating and gender ($X^2 = 2.381, p = .304$).
3. No significant association was found between age group and disordered eating ($X^2 = 7.338, p = .291$).
4. No significant difference was found between college students with disordered eating or not in self body perception ($X^2 = 79.167, p = .070$).

Discussion

1. There is no association between family history of disordered eating and having disordered eating now for college students.
2. There is no association between gender and disordered eating for college students.
3. There is no association between age group and disordered eating for college students..
4. There is no association between body perception and having disordered eating or not for college students.

Limitations:

1. The number of participants was limited due to resources accessibility.
2. There was a short amount of time that this research study was able to take place, which limit the number of participants.

Future Recommendations:

1. Two college semesters are recommended to complete study similar to this.
2. The population should be extended to students more than one college campus for more diverse sample.

References

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