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## Prevalence of eating disorders among adolescent girls

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### Abstract

Eating disorders are potentially life threatening illness which are simultaneously psychological and physical in nature. They are characterized by a range of abnormal and harmful eating behavior which are accompanied and motivated unhealthy beliefs, perceptions and excitations concerning eating, weight and body shape as general characterization, individuals with eating disorders tend to have difficulty accepting and realizing good about themselves.

**Objectives:** to determine the prevalence of eating disorders among adolescent girls in NCON, Nellore.

**Methodology:** using a descriptive research design, the study was conducted in NCON, Nellore. Non-probability convenience of sampling technique was adopted to select 30 adolescent girls. Data collection was conducted by using modified eating disorder attitude test tool to determine the prevalence of eating disorders. The tool has administered for 20 days during 5.00 to 5.30 am and 30 minutes has taken for each participant to complete the questionnaires. The data was analyzed by descriptive and inferential statistics.

**Result:** the comparison on mean and standard deviation of prevalence of eating disorder the calculated value is 71.2, tabulated value is 12.99 which is significant at the level of  $P < 0.05$ .

**Conclusion:** The findings of the study concluded that with regard the prevalence of eating disorders out of 30 samples 19(63%) had often.

**Keywords:** Prevalence, eating, among adolescent girls, simultaneously psychological

### Introduction

Eating disorder are real complex and divesting condition that have serious consequence for health, productivity and relationship. They are not a fad, phase lifestyle choice eating disorders are serious potentially life threatening conditions that affects the persons emotional physical health people struggling with an eating disorder.

Anorexia nervosa is characterized by the highly specific behavioural and psycho pathological changes, disturbance of the body image and dry themes of the body. Clinical features of eating disorder like loss of weight, body image disturbances, vomiting, excessive exercise, missing laxatives, anxiety, heart burn, scaring back of the hands, knuckles loss of weight, body image disturbance.

Bulimia nervosa is characterized by the episodes binge eating followed by feelings of guilt humiliations depression and self-condemnation. Secure healthy exists associated with clinical obesity and height blood pressure, high cholesterol level are increased.

Obesity abnormal high proportion of body fat increases unhealthy dieting practice care such as restrictive diet such as restrictive dieting. It is life threatening condition. It includes excessive eating food, genetic factors, and hormonal imbalance diabetes mellitus.

### Need for study

**According to World Health Organization:** More than 50% of the world's populations are below the age of 18 years. Adolescents (13-19 years) from a large section of population about 225 million, 80 million people of all ages and gender suffer from eating disorders.

According to Nural Alam (2009) conducted a study to estimate the level of eating disorder among 4,993 adolescent girls in rural Bangladesh. Adolescent girls age 13-18 years. The results revealed that 26%. Girl's anorexia nervosa. Bulimia nervosa and binge eating disorder were 0.3%, 0.9% and 1.6% respectively. The study concluded that majority of adolescent girls having weight problems and suffering with anorexia nervosa comparing with bulimia nervosa.

S.K Kager *et al* (2012); Conducted across sectional study among prevalence of eating disorder among 150 adolescent girls in 14 to 18 years. We are study in school in England. The study results shows that height and weight and BMI are 160, 38 cm height, 58 kgs weight, and 22.6 are BMI. Are respected them and 1.28 % are anorexia nervosa and bulimia nervosa are 2.8% eating disorders are 10%. The study concluded that malty dispensary and designed studies are need to the systematically.

**Statement of the problem**

**A study to determine in the prevalence of eating disorders among adolescent girls in selected colleges Nellore**

**Objectives**

- To assess the prevalence of eating disorders among adolescent girls.
- To associated the prevalence of eating disorders among adolescent girls with their selected socio demographic variables.

**Methodology**

**Research Approach:** A quantitative research approach was adopted for the study.

**Research Design:** The descriptive design was adopted for the study.

**Setting:** The study was conducted in V.K.R. junior College. Nellore.

**Study Population:** student in V.K.R College.

**Sample:** The sample consist of adolescents who were studying in the I year intermediate

**Sample Size:** The sample size for the study is 100 adolescent girls.

**Sampling Technique:** Non probability convenience of sampling technique was adopted for the study.

**Sampling Criteria**

**Inclusion Criteria**

**Adolescent girls**

- Who available at the time of data collection.
- Who belongs to the age of 17 years

**Exclusion Criteria**

**Adolescent girls**

- Who are sick at the time of data collection
- Who are not willing to participate in the study

**Description of the tool**

**Part – A:** It deals with demographic variables

**Part – B:** It consists of modified eating disorder attitude test tool to determine the prevalence of eating disorders among adolescent girls.

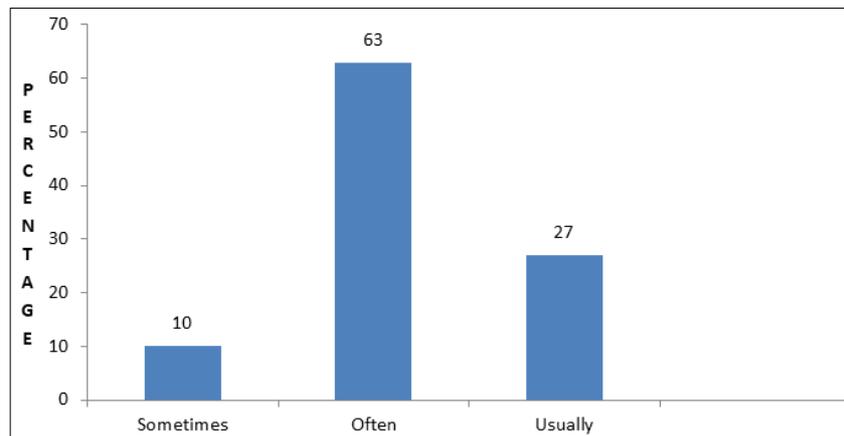
**Data collection procedure**

After obtaining permission from IEC, principal V.K.R. junior college. The data collection was done in the month of December 2015 for 20 days. Informed consent was obtained from the students. The modified eating disorder attitude test has administered for 30 minutes for each participant during 5.00 to 5.30 pm.

**Data Analysis**

The data was analyzed by descriptive and inferential statistics.

**Result**



**Fig 1:** Percentage distribution of prevalence of eating disorders

**Table 1:** Comparison of Mean and standard deviation of prevalence of eating disorder among adolescents. (N=100)

| Prevalence of eating disorders among adolescents | Mean | Standard deviation |
|--|------|--------------------|
| Adolescents                                      | 71.2 | 12.99              |

**Discussion**

**Object 1:** Prevalence of eating disorders among adolescents students

Prevalence of eating disorders among adolescent girls 10(10%) had some times, 63(63%) had often, and 27 (27%) had usually.

The study consisted with Isomag R. Et Euret disord. (2009) conducted a descriptive study on eating disorders among adolescent 595 girls in Western Finland. The study results shows that female age were 18 year 2.6% for anorexia nervosa 0.4% for bulimia nervosa 8.5% the subclinical eating disorders in incidence of eating disorders female age 15-

18 years 164 per 100,000 person in year. The study concluded that eating disorders are relatively common female adolescent as many as one in for adolescent girls'. Females is having strengthened. With related teenage.

**Object 2:** Association between the prevalence of eating disorders with their socio demographic variable.

There is significant association between the prevalence of eating disorders among adolescents with their selected Socio demographic variables like type of diet pattern, weight, BMI and family monthly income.

The study was consisted with John Wiley (1998) conducted a descriptive study to assess the prevalence of eating disorders among 1,084 adolescent girls in age between 15-19 years. In Switzerland. The study results shows that among adolescent girls in 62% are weight loss, 36% are feel to fat 18.9% are stop eat 9.1% are binge eating at least one week 1.9% and self-induced vomiting 1.6% reported. Significantly. The study concluded that weight and body images dis fraction them.

No significant association between the prevalence of eating disorders among adolescents like age and height.

### **Conclusion**

The findings of the study concluded that with regard the prevalence of eating disorders out of 100 samples 63( ) had often.

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