

COMPARATIVE STUDY OF EATING DISORDER BETWEEN DIFFERENT ZONES OF INDIA IN FEMALES PLAYERS OF BASKETBALL

* Sh. Neeraj Silawat ** Dr. Arvind C. Rami

Introduction-In the late 1800s, the curtain was about to rise on modern conceptions of anxiety. Victorians were beginning to get a glimpse of a new world, a world characterized by radical transformations, such as the telegraph, new theories of evolution and religion, telephones, light bulbs, elevators, and new forms of transportation. Such transformations seemed to produce a special kind of fear, a fear that we might call today general anxiety. Anorexia nervosa, a form of self-starvation, is an eating disorder characterized by low body weight (less than 85 percent of normal weight for height and age), a distorted body image, amenorrhea (absence of at least three consecutive menstrual cycles when otherwise expected to occur in women), and an intense fear of gaining weight. Bulimia Nervosa is characterized by a highly secretive cycle of binge eating followed by purging. Bulimia includes eating large amounts of food (more than most people would eat in a meal) in a short period, then getting rid of the food and calories through vomiting, excessive exercise, or laxative abuse. There are many diseases, disorders, and problem conditions involving food, weight and eating, but in everyday conversation, the term "eating disorders". An eating disorder is a compulsion to eat, or avoid eating, that negatively affects both one's physical and mental health. Several factors contribute to eating disorders, including poor parental relations and family dynamics. Poor personal relationships and social factors like increased emphasis on thinness and physical attributes are the main culprits. Eating disorders do mainly affect women between the ages of 12 and 35; other groups are also at risk of developing eating disorders. Eating disorders affect all ethnic and racial groups and while the specific nature of the problem and the risk factors may vary, no population is exempt. Younger and younger children seem to be at risk of developing.

Eating Disorder-Eating disorder means Anorexia Nervosa and Bulimia Nervosa.

Anorexia Nervosa-Anorexia Nervosa literally means, 'loss of appetite through nervous reasons.

Bulimia Nervosa-Bulimia Nervosa is characterized by compulsive binge eating, accompanied by self-induced vomiting, period of

starvation and excessive exercise, and purging with laxative to avoid weight gain and alleviate guilt.

Delimitations-The study was delimited to the only female Basketball players of different zones of India who participated in Senior National Basketball Championship 2008-09 which held at Surat Gujarat-India from 31st December 2008 to 7th January 2009. The study was further delimited to investigation through questionnaire of eating disorder developed by David C. Nieman in the book of Fitness and Sports Medicine.

Limitations-Questionnaire technique has its limitation, the information given by the subjects on the questionnaires were acted as limitation for the study

Hypothesis-On the basis of researchers own experience, expert's opinion and available literature it was hypothesized that there would be significant difference between female Basketball players of different zones of India like west, east, south and north zone in eating disorder.

Methodology-Initially one hundred sixty female Basketball players selected as subjects randomly who volunteered participated in this study. All the participants those who came for participated in Senior National Basketball Championship which was organized by Gujarat Basketball Association held at Surat (Gujarat) all the important and required information was given to subjects. Data of eating disorder taken through questionnaire of eating disorder developed by David C. Nieman in the book of Fitness and Sports Medicine. For statistical analysis of data to find out the comparison of eating disorder between female Basketball players of different zones of India like west, east, south and north zone. One way analysis of variance (*ANOVA*) F-test was applied. The level of significance in the study was chosen at .05. Graph and figure were drawn using Excel software. The result shown that there was significant difference between female basketball player of west, east, south and north zone in India. Since the values of F – ratio were found significant in the different groups the data were further subjected to the post-hoc test LSD was applied.

Statistical Analysis-For statistical analysis of data to find out the comparison of eating disorder

between female Basketball players of different zones of India like west, east, south and north zone. One way analysis of variance (ANOVA) F-test was applied and find out the significant difference the LSD post hoc test was applied. The level of significance in the study was chosen at .05. Graph and figure were drawn using Excel software.

TABLE-1
MEAN SCORE OF EATING DISORDER CHECKLIST IN female basketball player of west, east, south and north zone in India

Zones	West	east	south	north
mean	23.3	32.1	20.9	24.7

GRAPH-1

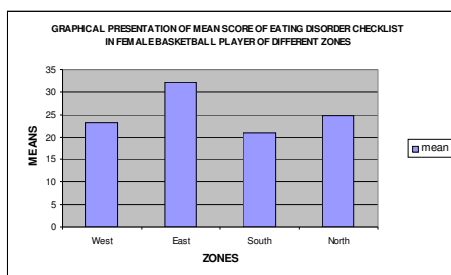


TABLE-2
ANALYSIS OF VARIANCE OF THE female basketball player of west, east, south and north zone of india in EATING DISORDER

SOURCE OF VARIANCE	D.F.	S.S.	M.S.S.	F- RATIO
BETWEEN GROUP	3	2798	932.66	7.25*
WITHIN GROUP	156	2048	128.51	

***Significant at 5% level of confidence (3,156) = 2.65**
Comparison of Means of Femals Basketball Players of Different Zone of India in Eating Disorder in Post Hoc Test (LSD)

	West zone	South Zone	East Zone	North Zone	CD
South Zone	2.4	—	—	—	4.96
East Zone	8.8	-11.2	—	—	
North Zone	-1.4	-3.8	7.4	—	

Result of the study-It is evident from table “2” that significant difference was found between female Basketball players of different zones of India like west, east, south and north zone of India in eating disorder. west, east, south and north zone of India in eating disorder the value obtained is **7.25***, whereas the value needed to significant at 0.05 level is **2.65**. It is also evident from table “1” the mean value of female Basketball players of different zones of India like west, east, south and north zone in eating disorder respectively 23.3, 32.1, 20.9 and 24.7.

Discussion of findings-The result shown that there was significant difference between female basketball player of west, east, south and north zone of India in eating disorder. The mean score was indicated the east zone female basketball players was having more eating disorder comparatively to south , west and north zone female basketball players of India. Since the values of F – ratio were found significant in the different groups the data were further subjected to the post-hoc test LSD was applied. . the result of the study indicated the east zone female basketball players was having more eating disorder comparatively to south , west and north zone female basketball players of India. But there was no significant difference between west and south zone female basketball player and also no significant difference found between west and north zone female basketball players of India. A.P. (Karin) de Bruin, Frank C. Bakker, Raoul R.D. Oudejans, examine the relationships between eating disordered in female gymnasts and dancers and their perspective towards achievement in sport and dance, respectively. Measuring ego and task involvement (individual orientation and motivational climate), dieting, self-esteem, perfectionism and weight-related peer and coach pressure through questionnaires. Women generally have a more negative body image than men. They frequently over-estimate their body size and are preoccupied with their weight, tend to aspire to unrealistic goals for weight loss and are more likely than man to engage in destruction behavior to attain their ideal weight.

References-

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