



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 5.71 (SJIF 2021)

CORRELATION BETWEEN SOCIAL NETWORKING ADDICTION AND EATING DISORDER

Dr. Khan Zeenat Muzaffar

Assistant professor,
Department of Education,
Marathwada College of Education, Aurangabad
Email: zeemuzaffar123@gmail.com

DOI No. **03.2021-11278686** DOI Link :: <http://doi-ds.org/doi/10.2021-56766317/IRJHIS2106013>

Abstract:

Eating disorder problems are rising among adolescents, especially in urban populations. We are living in the communication age, and with the advent of rising communication platforms like Instagram, Facebook etc., the self-awareness about look, shape, body structure etc has increased. This study was undertaken to investigate the impact of social networking addiction on Eating disorder among adolescent. The standardized test were used for diagnosis of the problems, the test was administered on a sample of 913 college students. The findings suggest that there is no significant relationship between social networking addiction and Eating disorder.

Keywords: Social networking addiction, Eating Disorder

Introduction:

Today's smart generation is well equipped with the smart phone. The adolescent age group people are mostly affected by this. In a developing country like India with The Smartphone users are 696.06 million users and it will go to 760.43 million by 2021 (Statista Research Department, May 10, 2021). Eating disorder problem is most commonly problem observed in the young population. The children with social networking addiction are more prone to this specific problem. Eating disorders are serious medical illnesses marked by severe disturbances to a person's eating behaviors. Obsessions with food, looking slim and shape are signs of an eating problem. These disorders can affect a person's physical and mental health; in some cases, they can be life threatening. **According to the National Eating Disorder Association**, a recent study of women between the ages of 18 and 25 showed a link between Instagram and increased self-

objectification and body image concerns, especially among the frequently viewed fitspiration images. Americans spend around two hours every day on social media potentially exposed to unrealistic ideals of beauty, diet talk, body shaming, thinspiration, weight loss posts, and more. Another study of social media users showed that higher Instagram usage was related to a greater prevalence of orthorexia nervosa symptoms, highlighting the influence social media has on Psychological well being.

Social media is used to share everything, and it has become a significant tool for influencing others and placing value on the perfect body and appearance in several key ways.

- **Body Objectification:**

Pictures on social media, many of which are altered, play a role in how one seeks validation, often finding our worth by how many “likes” and comments we receive. I have worked with individuals that have used this to decide if they were going to eat that day or not. Selfies on social media can potentially send a message that our beauty determines our worth and our body, a message of which many with an eating disorder struggle.

- **Comparison:**

The nature of social media lends itself toward comparison, as we often judge ourselves against others highlight reels of success and happiness. For someone with the depths of an eating problems, it will be toxic as they compare their body image to those seen on social media. As I stated earlier, these images are often altered and paint an unrealistic picture of how one look and how one perceives oneself.

- **Triggers:**

For those in recovery, social media offers triggers to engage in eating disordered behaviors. It is an experience that women gets triggered from post and from women weight loss, workout routines, dieting, and the images of unrealistic ideals of body sizes. For example, there are many posts of before and after weight loss photos which encourages or trigger the urge to reduce weight by any means necessary. Value yourself as you are, and protect yourself from the negativity of social media.

- **Be mindful of whom you follow:**

It is motivating to follow food and fitness blogs and pages, but make sure you follow the right ones. Follow ones that promote positive information that makes you feel good about who you are.

- **Don't be afraid to unfollow:**

If you find yourself becoming upset because you can't live up to the expectations of others on social media, unfollow those people or pages. Don't be afraid to unfollow the ones who aren't good for your physical or mental health.

Rationale of the study:

Eating disorders are not a lifestyle choice. They are biologically-influenced medical illnesses. People with eating disorders may appear healthy, yet be extremely ill. The more one is concerned about the shape and structure of the body, the higher the probability of having an eating disorder problem. This study was taken with an intention to find the effect of social networking addiction on eating habits.

Objectives:

- 1) To study the social networking addiction problem among adolescents.
- 2) To study the Eating disorder problem among adolescents.
 - 1) To study the social Networking problem among adolescents.
- 3) To study the correlation between social networking addiction and eating disorder problem.

Hypotheses:

There is no significant correlation between social networking addiction and Eating Disorder among adolescent.

Research Methodology:

The normative survey method was used for data collection. The population of Aurangabad city consist of many colleges, out of which 13 colleges of Science, arts and commerce faculty students of junior colleges were selected as a sample for the present study. Total 913 students were selected as sample for the study randomly. The data is collected, tabulated and analyzed for further study.

Sampling Technique: random sampling technique was selected as a sample for the study.

Sample size: 916 students from different colleges were selected as a sample for the present study.

Tools:

1. The two standardized tests are used for collecting the data related with social networking addiction level and Eating Disorder problem. Social Networking Addiction Scale (SNAS) by Dr. Ghazi Shahnawaz, Dr. Nivedita Ganguly, Manchong Limlunthang Zou
2. EDI-3 Eating Disorder Inventory-3 by David M. Garner.

Variables: Social networking addiction, Eating Disorder are the two variables to be studied.

Statistical technique: Pearson product moment correlation test was used for calculator of correlation value between Social networking addiction level and eating disorder problem.

Findings:

Table showing the correlation between Social Networking addiction level and Eating Disorder

		Social networking addiction
Eating Disorder	Pearson correlation	-.196**
	Sig.(2-tailed)	0.000

Interpretation:

The r value for the relation between Social networking addiction and Eating disorder is -1.196 with the p value of 0.000. It represents that there is a significant negative relationship between Social networking addiction and eating disorder.

Conclusion:

The hypothesis no 01 is accepted, as there is no significant positive relation found between social networking addiction and eating disorder

Suggestions:**Psychological therapy:**

Psychological therapy is most important component of eating problem treatment. It involves seeing a psychologist or another psychiatrist and professional on a daily basis.

Therapy may last from a couple of months to years. It can help you to:

- Normalize your eating patterns and achieve a healthy weight
- Exchange unhealthy habits for healthy ones
- watch your eating habits and your moods
- Develop problem-solving skills
- Explore healthy ways to cope with stressful situations
- Improve your relationships
- Improve your mood

Treatment may involve a mixture of various sorts of therapy, such as:

- **Cognitive behavioral therapy:** This type of psychotherapy focuses on behaviors, thoughts and feelings associated with your disorder. After helping you gain healthy eating behaviors, it helps you learn to acknowledge and alter distorted thoughts that cause disorder behaviors.
- **Family-based therapy:** During this therapy, relations learn to assist you restore healthy eating patterns and achieve a healthy weight until you'll roll in the hay on your own. This type of therapy are often especially useful for teenagers learning the way to help a youngster with an

eating problem.

● **Group cognitive behavioral therapy:** This type of therapy involves meeting with a psychologist or other psychological state professional alongside others who are diagnosed with an disorder. It can help you address thoughts, feelings and behaviors related to your eating disorder, learn skills to manage symptoms, and regain healthy eating patterns. Your psychologist or other psychological state professional may ask you to try to to homework, like keep a food journal to review in therapy sessions and identify triggers that cause you to binge, purge or do other unhealthy eating behaviors.

Nutrition education: Registered dieticians and other professionals involved in your treatment can assist you better understand your disorder and assist you develop an idea to realize and maintain healthy eating habits. Goals of nutrition education may be to:

- Work toward a healthy weight
- Understand how nutrition affects your body, including recognizing how your eating problem causes nutrition issues and physical problems
- Practice meal planning
- Establish regular eating patterns — generally, three meals each day with regular snacks
- Take steps to avoid dieting or bingeing
- Correct health problems that are a product of malnutrition or obesity

Acknowledgement: Acknowledge IMPRESS-ICSSR and MHRD New Delhi for funding this project.

References:

1. Kothari C.R (2005) .*Research Methodology*. New Age International Pvt Ltd publishers New Delhi, 491pp.
2. Best John w (2003) .*Research in Education*. Prentice hall of India pvt ltd New Delhi 498pp
3. Gupta K.R.(2016). *Statistical Methods in Education and Psychology*. Atlantic Publishers and Developers Pvt ltd New Delhi.
4. (Statista Research Department, May 10,2021). <https://www.statista.com/statistics/467163/forecast-of-smartphone-users-in-india/#:~:text=The%20number%20of%20smartphone%20users,3.8%20billion%20users%20in%202021.&text=The%20number%20of%20smartphone%20users%20worldwide%20is%20projected%20to,nearly%202.7%20billion%20by%202019>
5. Social media impact on eating disorders?<https://www.magnolia-creek.com/eating-disorder-recovery-blog/social-media-and-eating-disorders/>
6. Mayo clinic *Know your treatment*(2017) <https://www.mayoclinic.org/diseases-conditions/eating-disorders/in-depth/eating-disorder-treatment/art-20046234>