

# BODY IMAGE AND EATING DISORDER AMONG YOUNG ADULTS BETWEEN <19 – 25> IN IRISH SOCIETY.

ONAFUWA DOLAPO (1432191), Supervisor Name: ( DR. BERNADETTE QUINN)

## Abstract

This study looked at the body image and eating disorder that occurs among young adults between the ages of 19 and 25, 100 females and 92 males were used as participants. The participants completed two questionnaires namely: Questionnaire on Eating and Weight Patterns-Revised and The Revised Objectified Body Consciousness Scale (Quinn & Lewis, 2005).

## Introduction

Objectification theory suggests that females both young and old naturally have major concern about how others see them either positively or negatively. However this view on one's body can lead to having wrong and negative feeling about themselves which can give rise to body dissatisfaction, embarrassment, low self-esteem and even being uneasy about their own body.

Furthermore, all these negative feeling can give rise to medical issues which mostly involves the mental health of the person involved, these issues includes, depression and most importantly eating disorder (Fredrickson & Robert, 1997).

Furthermore, the perception own self is largely related to their social experiences, however there are contributory factors towards our body image, eating disorders, including obesity, are main public health problem today, exposure to mass media (television, movies, magazines, internet) is correlated with obesity and negative body image, which may lead to disordered eating. Throughout history, the model of beauty has been difficult to accomplish and has been shaped by social context. Current mass media is ever-present and powerful, leading to increased body dissatisfaction among both men and women (Abraham, et al., 2001).



**Method** This research will lay emphasis on the type of research method that will be used in carrying out a research on the impact of gender differences on body image and eating disorder of young adults.

For the purpose of this research, quantitative research will be used because of the above mentioned reasons. Also, the result or findings of this research will be correlated or determined using SPSS (Statistical Package for the Social Sciences)- it provides statistical processes, including regression analysis, correlation. An opportunist sample of 192 participants took part in this study. There was 92 males and 100 females, their ages ranging from 18 – 25.

This survey was achieved through the use of questionnaires. After the questionnaire was prepared, pilot study was carried out by the help of classmates, to check the feasibility of techniques, to determine the reliability of measures and to calculate how big the final sample needs to be.

Confidential issues were put into considerations has it was clearly stated in the questionnaire that all the answers given or provided will be treated with high level of confidentiality and as a researcher, the privacy and dignity of the participants are of utmost significance.

## Results

The result from this research has established that gender differences that occurred in the eating behaviour of young males and females, and also it made it clear that males are more concerned about their physical looks than the traditional idea that females are more concerned about their body image..

## Discussion

This research shows that , men now suffer more when the issue of body image and eating disorder arises, even though it is believed that females suffer than men when it comes to eating disorder. Self-objectification deals with the observation of how the body looks rather than how it feels, this result into body shame to most people that believe they do not have great body looks.

However, studies carried out in 1990's showed that eating disorder is rampant in males and statistics result found that 1% of male are anorexic and 0.8% are suffering from bulimic behaviour but this was also compared in terms of opposite sex, females anorexia rate is 0.3% and bulimia rate is 1%, the difference is therefore clearly stated (Hoek and Van Hoeken, 2003).

## References

- Abraham, S. And Llewellyn-Jones, D. (2001) *Eating Disorder- The Facts*, 5th Edition Oxford Medical Publications, USA.
- Fredrickson, B. L., and Robert, T. (1997). *Objectification Theory :Toward Understanding Women's Lived Experiences and Mental Health Risks*. Psychology of Women Quarterly, 21, 173-206.
- Hoek, H. W., and Van Hoeken, D. (2003). *Review Of Prevalence and Incidence Of Eating Disorders*. International Journal of Eating Disorders, 34, 383-396.