

Review of Anorexia Nervosa and Bulimia Nervosa for Mankind

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Abstract— Anorexia Nervosa and Bulimia Nervosa are not called as a disease, but the today mankind is suffering from it. Hence, the present review of studies of literature is an important prerequisite for actual planning and then execution of any research work. The research workers need to acquire up-to-date information on what has been thought and said in a particular area so that they can derive benefit from the work of their predecessors.

Key words: Anorexia Nervosa, Bulimia Nervosa

I. INTRODUCTION

Rapid changes are being carried out in every walkway of life due to the evolution of science and technology and industrialization, urbanization in the modern age. On account of this, lifestyle of human beings is being changed. Changed life style has increased human demands. Referable to the blind running after the substance of material happiness, the dimension of complication, conflict, anxiety, pressure, frustration have increased. Such situation produces stress. There are individual differences in coping with such stressful situation. Some people face stressful situations quietly, while some others become the victim of behavioral disorders.

Rapid varieties in the lifestyle of advanced age have made the use of a woman's complex. The women have to against simultaneously with individual family, social, vocational and cultural position. In during so the women experiences severe stress. Such severe stress brings mental disorder in adult females. Amongst different disorders prevailing in the current age, the proportion of eating disorder is more. Such disorder is found to a greater extent in women than men. Specifically, it is found more in women between age of 18 to 35 age. At that place are also types of eating disorders (1) Anorexia Nervosa (2) Bulimia Nervosa.

II. REVIEWS ON ANOREXIA NERVOSA AND BULIMIA NERVOSA

Heilbun and Putter, (1986) suggested a theory on the correlation between body image and eating disorders. They indicate that some women may experience pressure to correspond into a female gender role, which often includes an ideal of a low body weight and actual body weight, it often times causes stress. This stress could serve as motivation for dieting and may contribute to disordered eating. Striegel – Moore et, al. (1986) believed that women who were at greatest risk for bulimia nervosa were those who internalized the thin ideal of attractiveness. Other researchers have agreed that this is a risk factor for body dissatisfaction and ultimately, an eating disorder. According to Attie, Brooks- Gunn, (1989) Disturbances in body image have suggested to be linked with a high danger for developing EDS, depression and low self-esteem. According to Rosen, et al., (1990) dieting is significantly linked with depression and anxiety and it is indicated that weight loss might have a negative psychological impact on

female adolescents. Hadigan and Walsh, (1991) establish that patients with bulimia nervosa had higher BSQ scores than their other eating-disorder counterparts, who in number received a higher score than those not suffering from eating disorder. This finding gave credence to the added criterion of over concern with body shape and weight in the diagnosis for bulimia nervosa in the DSM- III. Therefore, women who are overly dissatisfied with their body shape are at a higher risk for an eating disorder. A study by Bunnell, Cooper, Hertz, and Shenker, (1992) also supports the conclusion of Cooper and his colleagues (1987). They found that adolescents who suffer from bulimia nervosa appear to have higher BSQ score than other eating disordered peers. Nevertheless, it was observed by the authors that adolescent females in general have higher BSQ scores than adults. De Raich et al., (1992) have found that the incidence of eating disorders and body dissatisfaction has been shown in young people. Rucker and Cash, (1992) conducted a survey that compared the body pictures, body size perceptions and eating behaviors of African – American and Caucasian college women. In this field, they found that African – American women suffered a more moderate ideal of body size than that of the Caucasian women, whose ideal size was more tenuous. They attributed this difference to the close adherence of Caucasian women to the conception in western culture of a lean body size being ideal. African- American women, on the other hand, were in some way not as open as the Caucasian women and hence were more weight – tolerant.

Stice, Schupak-Neuberg, Shaw, and Stein, (1994) looked into the precise correlation between the media and eating disorders. A stopping point from this survey was the media exposure has a definite correlation with eating disorder symptomatology. To identify the correlation in further detail, “greater ideal body stereotype internalization, which was linked to heightened eating disorder symptoms”. Smolak & Levine, (1994). In parliamentary law to increase the like hood of attending success in school and their social aspects of animation, many young girls believe that they must conform to the thin ideal. Cash and Szymanski, (1995) have found that the magnitude of the disagreement between self-sensing of one’s body and internalized ideas about it are associated with body dissatisfaction and eating disorders. Cash and Szymanski, (1995) have found that the magnitude of the disagreement between self-sensing of one’s body and internalized ideas about it are associated with body dissatisfaction and eating disorders. Stomer, Thompson, (1996), body dissatisfaction is considered to originate primarily from sociocultural pressures to be fragile, and physical deviation, from the current thin ideal espoused for women in western civilization. Sociocultural pressure to be thin emanates from a broad number of informants, including mass media, parents, siblings, and peers and dating partners. Persistent messages that one is not thin enough putatively result in dissatisfaction with one’s physical appearance and women in general are more prone to sustain those pressures.

Connors, (1996) found that the normative levels of body dissatisfaction and dieting so prevalent in the current sociocultural context may be differentiated from clinically significant eating disorders on the basis of emotional disturbance. Body dissatisfaction and dieting behaviors could be viewed as spanning a continuum from slight to very intense. Individuals may mild to moderate levels without other life impairment. Women with more symptoms with eating disorders seem to have high levels of body dissatisfaction and disturbed eating attitudes and behaviors in conjunction with other psychological problems including greater levels of depression feelings of ineffectiveness, self-criticism, impulsivity, emotional reactivity and life impairment. Cash and Deagle, (1997) conducted a meta-analysis on the relationship between body-image disturbances and eating disorders. In their research, they concluded that body dissatisfaction in eating disorder patients exceeds that of controls by 87%. In increase, eating disordered patients also go through a perceptual body-size distortion that is larger than 73% of that of the masteries. This provides evidence that body image disturbance is a hazard element for an eating disorder.

Schwitzer, berghol, Dore, & Salimi, (1998) found that the many pressures associated with the transition to college can place students on a shaky foundation and seeking for ways to win acceptance in their spirits. One way student believe will assist them reach the acceptance they long for is to fit the thin ideal. College pupils have reported a high incidence of sub threshold problems with body dissatisfaction and weight preoccupation. All of these events, when combined, can put college students at a high risk for acquiring an eating disorder. Showers and Larson, (1999) gave a reason for this connection between eating disorders and body shape perception. They concluded a study in which they looked at the relationship between self-knowledge about physical appearance and disordered eating had the tendency to compartmentalize their negative beliefs of their physical appearance and link them with other negative attributes. Nelson, Hughes, Katz, and Searight (1999) carried a study about the anorexic eating attitudes and behaviors of female college students. Using the data, they constructed a movie of a typical female problem eater: she had low physical and personal self-esteem. Low physical self-esteem involves a negative perception of one's coming into court, physical competence, while low personal self-esteem involves a diminished position of one's self-worth and personal competence. According to APA, (2000) Eating disturbances and disorders occur in children, teenagers, adults and the elderly, but the bulk of the research experiences focused on people between the age of twelve and twenty-two. Andersen, Cohn, & Holherook. (2000) studied that unhealthy eating, weight related behaviors, and body image dissatisfaction exists in vast numbers of young females, as well as college students and grownups. Catering, Thompson, Thomas, and Williams, (2000), they found that the media showed images of women suffer the ability to move (either positively or negatively) both mood and satisfaction with appearance within a normative female sample. A moderating factor to this determination was the disposition of the participant to internalize sociocultural norms for attractiveness. Hence, if females are particularly susceptible to the sociocultural norm of attractiveness being

associated with thinness and are bombarded with image of such, they lean to be more at risk to deliver a higher grade of body dissatisfaction, and thus an eating disorder. APA, (2000), Smolak & Striegel- Moore, (2001) have found that until recently, eating disorders were typically depicted as a western cultural phenomenon facing primarily middle-to-upper class white females. There is evidence, nevertheless, that symptoms of eating disorders exist among diverse ethnic and ethnic minority groups in the United States and in the whole universe.

Cusumano & Thompson, (2001) have found that young girls are more weight dissatisfied than are male children. Luiza Amélia Cabus Moreira, (2001) has studied that, Body image dissatisfaction and over concerns in making the ideal of an extremely thin body proved to be a frequent finding in our sample of female undergraduate medical students. Health professionals should be conditioned to treat with these important risk factors in the development of EDs. Shellac &Crago, (2001) found that low self-esteem, weight concerns, dietary restraint, body dissatisfaction, depression, negative emotionality early maturation and being overweight are risk factors in the development of eating disorders and psychological disorder. Maria Isabel R Motos, Luciana S Aranha, (2002) studied that a high prevalence of binge eating disorder and isolated binge eating disorders as well as symptoms of anxiety, depression and a high level of preoccupation with body image in severely obese patients.

Strice, (2002) filled out a meta-analysis of the literature on risk and maintenance factors in eating pathology to find out what the most influential factors for eating disorders were. Through his study, it was found that body dissatisfaction is a hazard factor for dieting, negative affect, and eating pathology, as considerably as a care factor for bulimic pathology. And also concluded that body dissatisfaction is "one of the most logical and robust risk and maintenance factors for eating pathology. Schwitzer & Rodriguez, (2002) an individual may develop an eating disorder at any period in his or her lifetime. The onslaught of an eating disorder, however, tends to come sometime during adolescence through the early to mid-twenties. At this period in life, most individuals start getting up for and attending college. During the transition from high school to college, students confront a kind of new challenges and difficulties in their academic, societal and personal domains of life. Some troubles may include academic adjustments, determining career choice and social adjustments and relationships. Freshmen in college, when adapting to college-level academics, tend to 'set unrealistically high expectations' of themselves which cause distress when they are not successfully reached. Bissell & Zhou, (2004) has found that pressure to be thin can also be set up in the media and magazines, which can induce a profound effect upon an individual. Granting to the social comparison theory, women often compare themselves to thin models and qualities in the media and in mags. When they see a variance between the ideal and what they perceive their bodies to be, they may engage in dieting or disordered eating.

Bissell and Zhou, (2004) found in their study that high exposure to entertainment video that had 'thin ideal' characters predicted "decreased satisfaction with the body and more negative attitudes regarding the 'ideal' body

shape” as good as higher scores on disordered – eating scales. Diana Queiroz, Leiden Moura, (2005), has studied that and supported the general belief that body dissatisfaction is often found in present-day societies. As a body, dissatisfaction is considered associated with the development of EDs the identification of this group of individuals may tolerate the growth of early preventive strategies. These schemes may be introduced in primary school to improve youngsters’ self-esteem, so averting the growth of serious pathologies with a high rate of morbidity-mortality.

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