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УДК 316.472.4:613.2-053.2

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RELATIONSHIP BETWEEN SOCIAL MEDIA AND EATING DISORDERS IN YOUNG ADULTS

Introduction

Eating disorders are conditions defined by abnormal eating habits, include extreme emotions, attitude and behavior surrounding weight and food issues, they are serious emotional and physical problems.

There are 3 main eating disorders which are highly concerned in the society: Bulimia nervosa, Anorexia nervosa, and Binge eating disorder.

People with bulimia nervosa eat large amounts of food in a relatively short period of time. They feel that they have no control over the amount of food they consume, or the ability to stop.

Anorexia nervosa is a life threatening eating disorder and a serious mental illness. It causes severe weight loss. People with anorexia nervosa commonly have an unhealthy focus on food, weight or body shape. They have an intense fear of gaining weight, even though they are significantly underweight.

People with binge eating disorders regularly (at least once a week) eat large quantities of food, rapidly in a short period of time. They feel out of control and unable to stop themselves from eating. This is often linked with high levels of distress. They don't typically try to 'compensate' for their eating with behaviors such as vomiting or excessive exercise.

Due to the age and modern thinking patterns of young adults, they are mostly vulnerable to acquire the eating disorders. With the increasing trend of social media use, the age group of 'young adults' tend to change their physical and mental behavior to meet the social demands including the body figure.

Because the upcoming so called social standards on the body figure, people are undergoing the body shaming process more and more where the females are far more subjected to this.

Goals

To evaluate the relationship between the social media and tendency to appear eating disorders in young adults.

Materials and methods of research

A detailed questionnaire was distributed among 76 people in the age range of young adults. The questionnaire consisted of general questions such as age, gender, profession and direct questions including whether they use social media or not, number of hours they use it per day, whether they are satisfied with their figure and diet, whether they have a need of being better on the aspects such as body figure.

Results of the research and their discussion

Out of the 76 young adults who underwent the survey, 32.9 % were in the age group of 18–24 and the other 67.1 % were in the age group of 25–35 while 55.3 % were female and 44.7 % were male.

From all the 76 patients, 73 were using social media and only 3 were not using the social media platforms and the most prominent social media platforms were Facebook and Instagram. 55.4 % have used through the above mentioned platforms for more than 3 hours per day.

35.5 % get influenced on the fitness and diet by the social media posts, videos, and the motivational podcasts by the influencers and 55.2 % are fond of the fitness or diet videos and posts on social media platforms while 68.4 % follow the influencers on social media.

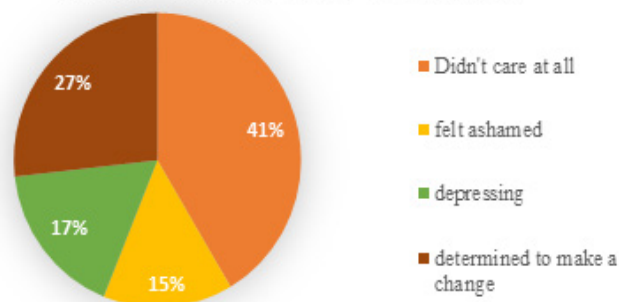
On the other hand, 55.3 % are satisfied with the body type they have at the moment and 44.7 % are unsatisfied while 52.6 % are not satisfied with their current diet. 60.5% feel the need of changing their diet in order 4 to maintain a better figure than which they have now.

Modes of diet change



Out of the total 76 young adults, 43.3 % have already undergone body shaming while 17.1 % have felt ashamed, 14.6 % depressing, 26.8 % determined to make a change to their body figure and diet, 41.5 % hadn't care at all.

Feelings after undergoing bodyshaming



Conclusion

Due to the influence of social media, there is more and more body shaming going on in society. As the most vulnerable age group, young people need to change their shape and diet in order to meet modern social standards. The most likely way to change yourself is to reduce the amount of food you eat. This is an indirect cause of disorders not only of eating disorders in young people, but also of other mental disorders, including the depressive spectrum.

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