

# Eating disorders and their relationship to emotion and mindfulness among students of the Faculty of Physical Education

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**Abstract :** *The study aimed to identify the level of eating disorders among students of the College of Physical Education and Sports Sciences - University of Diyala, to identify the level of emotions among students of the College of Physical Education and Sports Sciences - University of Diyala, and to identify the level of mental alertness among students of the College of Physical Education and Sports Sciences - University of Diyala, And identifying the existence of a relationship between eating disorders and its relationship to emotions and mental alertness among students of the College of Physical Education and Sports Sciences - University of Diyala, either assuming the research, the researcher assumed the existence of significant statistical differences between each of the eating disorders scale (bulimia nervosa) and the scale of emotions and the mental alertness scale of Students of the College of Physical Education and Sports Sciences - University of Diyala, and the existence of statistically significant differences between eating disorders, agitation and mental alertness among students of the College of Physical Education and Sports Sciences - University of Diyala, but in Chapter Two the researcher touched on issues related to research variables, and in Chapter Three it has The researcher used the descriptive approach using the survey method. Either the research sample was randomly selected from the students of the College of Education Physical education and sports sciences - Diyala University for the academic year 2018-2019 of (60) students and their ages range from (19-21) years. The researcher used the Eating Disorders Scale, the Emotion Scale and the Mindfulness Scale, but in Chapter Four the research results were presented and analyzed. Chapter Five, the researcher reached conclusions, which are the existence of significant differences between the scale of eating disorders (bulimia nervosa), the scale of emotions and the scale of mental alertness among students - Diyala University, and the existence of a significant relationship between the scale of eating disorders (bulimia nervosa) and the scale of emotions and scale Mindfulness among female students of the College of Physical Education and Sports Sciences - University of Diyala, and the researcher recommended the necessity of preparing and setting up a guiding and directive program to educate students about the topic of eating disorders and the factors causing it, and preparing seminars and lectures to raise awareness of the transformation of eating disorders and its relationship to psychological variables and its negative effects on psychological disorders, and conduct more negative studies on the psychological state.*

## 1. INTRODUCTION

Eating disorders are among the behaviors that have begun to spread widely, especially among girls, and they are among the behaviors that negatively affect health, emotions and the ability to function in important aspects of life, where the most common disorders are nervous feeling and disorders of understanding and eating.

We find that behind these eating disorders is the preponderance of several psychological factors, including exposure to stress or nervous situations negatively on physical and psychological health, and that most individuals who suffer from eating disorders, the estimated 90% are females, and that these disorders affect girls of young age and even older women of average age. And, as I mentioned previously, psychological factors and pressures, including the emotional side, are among the basic components of personality, which are expressed in feelings, emotions and emotions, and are expressed in the context of needs, tendencies and desires. Once the individual is exposed to pressures or a specific issue on the emotional side, this is reflected in the occurrence of psychological disorders in feelings and emotions such as anger and sadness. Affective life is the essence of life, and one of the ways to relieve emotions and get rid of anxiety and tension, where girls resort to emptying them by consuming large quantities of food without awareness, and then we find that the escape feels remorse for eating quantities of food greater than its capacity at a time when fitness and thinness have become a requirement of the times. It represents fashion and social culture in general, which makes the individual, especially girls.

## **2. RESEARCH PROBLEM**

Eating disorders that result from eating large quantities in a short time will cause many psychological and physical problems in girls and as a result of excessive food intake that results from psychological emotions that negatively affect the health of the individual as psychological and social pressures such as anxiety, anger, and unsuccessful emotional relationships. And the fear of failure in the subject of all these matters will reflect negatively on the general health of the individual and that this disorder is not for hunger but rather to fill an emotional void or emptying out emotions for a specific problem and the patient believes that eating food will solve these problems facing him or will change them but what happens is the opposite. Exactly where the negative feelings increase, he has any irregular use of compensatory manifestations of behavior that is inappropriate, and here the problem appears after you try to empty your emotions by eating food, then you feel regret and the new anxiety of fear that you will become obese in light of this media revolution that spreads a culture of thinness, which is a standard for ideal shape or weight. It is one of the measures of beauty and attractiveness while feeling that it is falling into a new problem, which is obesity and dissatisfaction with body image. Sufferers with eating disorders realize that after experiencing a bout of agitation and anger, they will then feel remorse for eating large quantities of food without feeling hungry, and that is only in order to reduce their tension and thus feel sad and depressed because they do not accept their body image because they feel that they have increased their weight and this has affected negatively. On their appearance. (Waack, 1999,88)

## **3. OBJECTIVES OF THE STUDY**

- 1- Knowing the level of eating disorders among students of the College of Physical Education and Sports Sciences - University of Diyala
- 2- Knowing the level of emotions of students of the College of Physical Education and Sports Sciences - Diyala University.
- 3- Knowing the level of mental alertness of students of the College of Physical Education and Sports Sciences - Diyala University
- 4- Identify the existence of a relationship between eating disorders and their relationship to emotions and mental alertness among students of the College of Physical Education and Sports Sciences - Diyala University.

### *Research hypotheses*

1- The presence of statistically significant differences between each of the eating disorders scale (bulimia nervosa), the agitation scale, and the mental alertness scale of students of the College of Physical Education and Sports Sciences - Diyala University.

2- There are statistically significant differences between eating disorders, agitation and mental alertness among students of the College of Physical Education and Sports Sciences - Diyala University.

### *Research areas*

- The human field: - A sample of female students from the College of Physical Education and Sports Sciences - Diyala University.

Spatial domain: Halls of the Faculty of Physical Education and Sports Sciences - Diyala University.

The temporal domain: - 3/3/2019 - 22/6/2019.

## **4. RESEARCH METHODOLOGY AND FIELD PROCEDURES**

### *- Research Methodology*

The descriptive approach “is the accurate visualization of the interrelationships between society, trends, tendencies, desires, and development, so that the research gives a picture of the life reality, puts indicators and builds future predictions.” (Mahjoub, 2002, 276) Therefore, the researcher used the descriptive approach in a survey and comparison method, as it is the most appropriate approach to the nature of the research problem.

### *The research samples*

The sample “is the part that represents the community of the original or the model on which the researcher conducts a whole and the focus of his work on it.” (Mahjoub, 2002, 162) or “It is that original group from which we take the sample for the study.” ((Religion, 2003, 14) Therefore, the selection was made. The sample of the study is randomly assigned to students of the College of Physical Education and Sports Sciences - Diyala University for the academic year 2018-2019, and their number is (60) students and their ages range from (19-21) years.

### *search tools*

It aims to collect the necessary data for this research, so the researcher used three measures, the first to measure eating disorders, the second to measure emotions and the third to measure mental alertness, and the following is an explanation

### *Eating Disorders Scale (Bulimia Nervosa)*

The researcher used the Eating Disorders Scale (bulimia nervosa) prepared by (Muhammad Atef, 2000). The scale consists of (20) paragraphs or phrases and in front of each phrase (four) responses, any alternatives, which are (always, sometimes, rarely, at all) and the largest degree of the scale (60) The degree and the minimum score for the scale is (zero).

*The main experience*

The researcher, with the help of the assistant work team, distributed measurement forms to the research sample of (60) female students from the College of Physical Education and Sports Sciences, and after marking the measurements by the students, the forms were collected to obtain the results of the research.

**5. ANALYZE RESEARCH RESULTS**

Displaying the results of the Eating Disorders Scale (bulimia nervosa) paragraphs

(Knowing the level of eating disorders among students of the College of Physical Education and Sports Sciences - University of Diyala)

Table No. (1) shows the results of the Eating Disorders Scale (bulimia nervosa) paragraphs			
Scale paragraphs	A	STD	percentage
Eating too much	3.6167	.80447	88,33%
I eat irregularly	3.4167	1.04625	93,33%
I eat large quantities intermittently	2.9333	1.08716	83,33%
I feel upset after eating	3.4667	1.08091	100%
I eat as soon as I get it	3.2667	.89947	88,33%
Eat at any time	3.4500	1.03211	95%
Embarrassing situations happen to me when I ask to eat the wrong time	3.0333	.84305	83,33%
I eat more meals than others	3.9333	1.05552	86,66%
Eat meals at other times	3.7667	1.16977	98,33%
I eat between meals	2.8000	.98806	88,33%
Excessive eating frequently	3.0000	1.48438	86,66%
Eat large amounts of food	2.5833	1.30568	93,33%
Accept eating involuntarily at any time	3.0000	.88298	83,33%
I eat with swallowing quickly	2.7000	1.51042	98,335
Make sure to eat the food that falls upon him at any time	2.8167	1.29525	88,33%
I eat in a large period of time	3.2667	.97192	91,66%
I gain a lot more weight than people my age	2.9333	1.62467	93,33%
Busy eating numbers	2.9167	1.31860	91,66%
Accept to eat food, even if it is not well equipped	2.9833	1.28210	83,33%

Presentation of the results of the paragraphs of the emotional scale

(Knowing the level of emotions among students of the College of Physical Education and Sports Sciences - University of Diyala)

Table No. (2) shows the results of the paragraphs Emotion Scale			
Scale paragraphs	A	STD	percentage
I feel sadness too much	3.2667	.84104	100%
I can't think when I'm faced with something	2.8167	.81286	93,33%

difficult			
I feel like eating even if I'm not hungry	2.8500	1.00549	73,33%
I cannot sleep when I think of a topic that preoccupies me	3.2333	.92730	96,66%
I feel anxious and nervous without reason	3.0167	.62414	93,33%
I miss pleasure and pleasure in my life	3.2000	.89821	88,33%
I feel nervous when I want to make a decision	3.0333	.84305	93,33%
I suffer from poor digestion when I am under stress	3.9333	1.05552	85%
Get emotional when my responsibilities abound	3.7667	1.16977	88,33%
I feel frustrated when I fail in a certain thing	2.8000	.98806	85%
Get agitated for the simplest things	3.0000	1.48438	93,33%
I am pessimistic when I have a problem	3.2667	1.30568	88,33%
I lose my self confidence	2.8167	.88298	93,33%

The results of the paragraphs of the Mindfulness Scale

(Knowing the level of mental alertness among students of the College of Physical Education and Sports Sciences - University of Diyala)

Table No. (3) shows the results of the items of the Mindfulness Scale			
Scale paragraphs	A	STD	percentage
Noticing my body's intent when I walk	1.6333	.84305	73,33%
I find it difficult to describe what I'm thinking	1.7833	.66617	83,33%
I think my thoughts are bad and I shouldn't think this way	1.9333	.70990	91,66%
I feel remorse after a lull from my emotions	2.3667	.71228	98,33%
Not satisfied with my behavior during emotion	2.6167	.58488	96,66%
I find it difficult to find the right words or actions to express my feelings	2.0500	.79030	88,33%
In difficult situations, one cannot stop without reacting	2.7667	.42652	83,33%
When I feel very upset, I can find a way to act	2.1833	.74769	88,33%
Be upset without noticing	1.5667	.69786	91,66%
I get upset with myself when I have irrational thoughts	2.5167	.70089	91,66%
I have no reaction to my sad thoughts	1.3833	.73857	91,66%
I find it difficult to stay focused on what is happening in the present	2.1167	.69115	93,33%
I am concerned about any developments in my life	2.7167	.49030	88,33%
I confine myself to one way to solve my	1.5333	.79119	81,66%

problems			
It's easy to get mentally distracted	2.0333	.73569	85%
I think in an irrational way when I feel depressed	2.6000	.58802	88,33%
I try to get rid of the effects of agitation in order to maintain my mental health	1.4333	.76727	95%
I get upset when hearing the painful news	1.9667	.60971	91,66%
I deal with the emotional situation as required	2.1500	.77733	
I see myself responsible for my emotions	2.0333	.75838	88,33%

Table No. (4) shows the relationship between eating disorders and their relationship to emotions and mindfulness and discussing them					
Variables	Correlation coefficient	DF	calculated t value	Tabular t value	Significance
Eating Disorders Scale	0,93	60	9,65	1,96	Sign
Emotion scale					
Mindfulness Scale					

The value of the correlation coefficient between the scale of eating disorders (bulimia nervosa) and the scale of reactions, and the scale of mental alertness amounted to (0.93) and with a degree of freedom (60). As for the value of (t) calculated, it reached (9.65) and the value of (t) was tabular ( 1.96) and this indicates the existence of a significant relationship between the Eating Disorders Scale (bulimia nervosa), the Emotions Scale, and the Mindfulness Scale among students of the College of Physical Education and Sports Sciences - University of Diyala.

In conclusion of the research, the researcher reached the following conclusions and recommendations:

## 6. FIRST / CONCLUSIONS

- 1- The presence of significant differences between each of the scale of eating disorders (bulimia nervosa) and the scale of emotions and the scale of mental alertness of students of the Faculty of Physical Education and Sports Sciences - Diyala University.
- 2- The existence of a significant relationship between the Eating Disorders Scale (bulimia nervosa), the Emotion Scale and the Mindfulness Scale among female students of the College of Physical Education and Sports Sciences - University of Diyala.

## 7. SECOND / RECOMMENDATIONS

- 1- The necessity to prepare and establish a guiding and guiding program to educate students about the issue of eating disorders and the factors causing it.
- 2- Preparing awareness seminars and lectures about eating disorders and its relationship to psychological variables and its negative repercussions on the psychological state.
- 3- Conducting more studies on eating disorders and its negative effects on other samples.

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