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## Association of social networking addiction and anorexia nervosa (desire for thinness)

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### ABSTRACT

*The present research was conducted to study the association between Social Networking addiction and Anorexia Nervosa (desire for thinness) among adolescents. A sample of 913 junior college students were selected as a sample for the present study. The findings suggest that there is no significant association between Social networking addiction and Anorexia nervosa.*

**Keywords:** Social Networking Addiction Level, Anorexia Nervosa

### 1. INTRODUCTION

Uncontrolled use of technology is a common practice among younger people. The Internet has revolutionized ways of interacting with the world. This fact together with the portability of electronic devices has enabled the proliferation of cases of problematic Internet use (PIU) or Internet addiction. The PIU has been catalogued within the so-called behavioral addictions. On the other hand, the development of smartphones and social networks have considerably increased the level of internet addiction among university students. This desire to resemble influential people on social networks can affect the presence of eating disorders such as anorexia nervosa, bulimia nervosa, and food preoccupation. One environmental influence—exposure to media such as fashion magazines and television—has been associated with the development of these issues, which is likely mediated by thin-ideal internalization. Newly emerging social media, however, combine many aspects of traditional media with technologically-facilitated peer interaction (Jaime E. Sidani, PhD, MPH, Ariel Shensa, MA, [...], and Brian A. Primack, 2016)

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 those who frequently viewed fitspiration images. Americans spend around two hours a 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 associated with a greater prevalence of orthorexia nervosa symptoms, highlighting the influence social media has on psychological well being. (**Social Media's Impact on Eating Disorders, n.d.**)

#### Rationale of the study

The social networking addiction and eating disorder problem are parallel hand in hand specially in the upper class teenagers. The rising use of mobiles are not only adversely affecting physical and mental health of adolescents, but affecting the efficiency of output of work at home and in college or working place. This study is an attempt to actually find out the problem in the middle class category teenagers of junior colleges of Arangabad city.

#### Objective

To study the correlation between social networking addiction and Anorexia nervosa among adolescents

#### Hypotheses

There is a positive high correlation between social networking addiction and Anorexia nervosa among adolescents.

### 2. RESEARCH METHODOLOGY

The survey method was used for collecting the data related with social networking addiction level and anorexia nervosa. The sample of junior college students were selected and Eating disorder test by David E. Garner and social networking addiction scale by Social Networking Addiction Scale (SNAS) by Dr. Ghazi Shah Nawaz, Dr. Nivedita Ganguly, Manchong Limlunthang Zou. The data collected was tabulated and analysed.

**Sampling technique**

The Random sampling technique was used for data collection.

**Sample size**

913 junior college students were selected as sample for the present study.

**Tools**

David E. Garner and social networking addiction scale by Social Networking Addiction Scale (SNAS) by Dr. Ghazi Shah Nawaz, Dr. Nivedita Ganguly, Manchong Limlunthang Zou.

**Variable**

Independent variable: Social networking addiction level

Dependent Variable: Anorexia Nervosa

**Statistical Technique**

Pearson product Moment correlation technique was used for measuring the correlation between social networking addiction level and Anorexia Nervosa.

**3. CONCLUSION**

**Hypothesis**

There is a positive high correlation between social networking addiction and Anorexia nervosa among adolescents.

**Table 1: Table showing correlation between social networking addiction and Anorexia Nervosa among adolescents.**

		Social Networking addiction
Anorexia nervosa(Desire for Thinness)	Pearson Correlation	-0.034
	Sig.(2-tailed)	0.301

**Interpretation: Table No. 1** The r value for the relation between Social networking addiction and anorexia nervosa among adolescents is -0.034 with the p value of 0.301. It represents that there is no significant positive relationship between Social networking addiction and Anorexia nervosa among adolescents.

**4. FINDINGS**

No association was found between social networking addiction and Anorexia nervosa

**5. SUGGESTIONS**

Adolescents should restrict themselves to the use of social media platforms .

(ii) Adolescents should concentrate on studies and use these social media platforms for learning.

(iii) Adolescents should not fall prey to fake videos and posts.

(iv) Adolescents should switch their notifications off during their learning and working hours.

(v) Adolescents should decide their time for using platforms like instagram,facebook ,snapchats and use them once in 24 hours for a limited period of time.

(vi)Adolescents should avoid false friendship relationship on social media platforms

(vii) Adolescents should not fall prey to their instincts and impulsive tendency of improving self image on social media platforms.

(viii) Adolescents should eat a healthy and nutritious diet.

(ix) Adolescents should not be in competition with their peer group for looking slim and thin.

(x) Proper menu chart to take how much calories should be prepared.

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