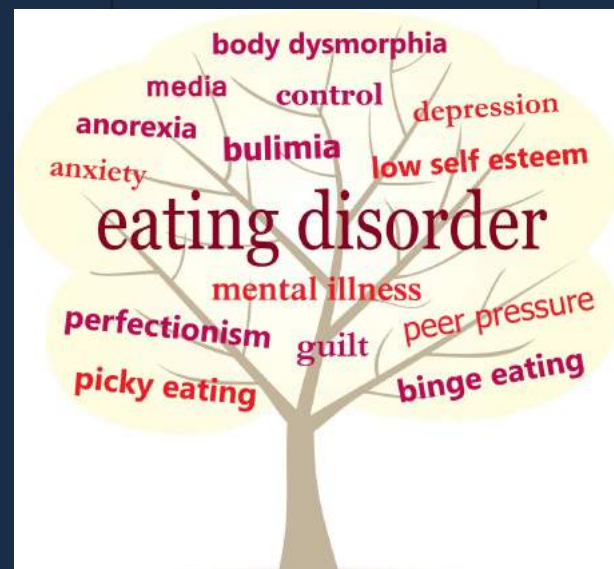


THE READER

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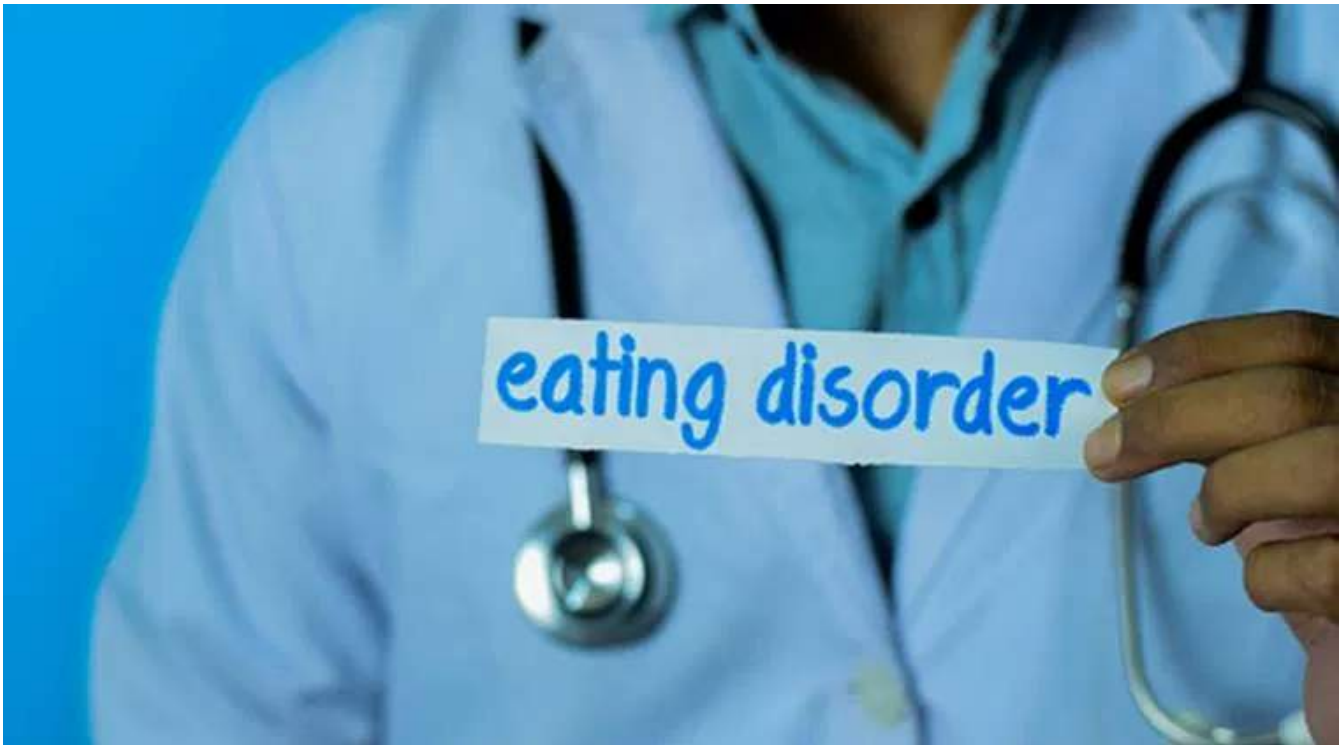
COVER STORY



EATING DISORDERS

An ISO 9001:2008 Certified Institute

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Indian Psychology refers to an emerging scholarly and scientific subfield of psychology. Psychologists working in this field are retrieving the psychological ideas embedded in indigenous Indian religious and spiritual traditions and philosophies, and expressing these ideas in psychological terms that permit further psychological research and application. Indian Psychology in this sense does not mean the psychology of the Indian people or psychology as taught at Indian universities. The Indian Psychology Movement refers to psychologists encouraging or carrying out the recently expanded activity in this field.

Well, according to American Psychiatric Association, almost 20 million women and 10 million men will experience an eating disorder at some point in their lives. People with eating disorders take such concerns to extremes, developing abnormal eating habits that threaten their well-being and even their lives.

But to know a disorder, we need to understand its term first. Eating disorder is characterized by irregular eating habits and severe concerns and distress about body weight and shape. Eating disturbances may include inadequate or excessive food intake which can ultimately damage an individual's well-being. The most common forms of eating disorders diversified by APA are as follows:

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Anorexia Nervosa: patients have a distorted body image that causes them to see themselves as overweight even though they are thin. Refusing to eat, exercising compulsively and developing unusual habits may lead to losing large amounts of weight and in extreme cases, starve themselves to death.

Bulimia Nervosa: individuals eat excessive quantities, then purge their bodies of the food and calories they fear by using laxatives, enemas or diuretics, vomiting or exercising.

Binge Eating Disorder: these patients experience frequent episodes of out-of-control eating.

According to National Institute of Mental Health, eating disorders are found mostly in teenagers and adults. People may sometimes have eating disorders without their families or friends ever suspecting that they have a problem. Aware that their problem is Abnormal, people with eating disorders may withdraw from social contact, hide their behavior, and be in denial to satisfy their ego.



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Well, I know you must be thinking, that how can eating too much or eating too less can be considered as a disorder. But, researchers help us get the answers that will solve your dilemma.

Certain psychologists believe that every disorder is connected to a cause. Eating disorders is an effect, but there are many factors that are the reasons for the disorders a person is suffering from. Certain psychological factors and personality traits may predispose people to develop eating disorders. Many people may suffer from low self-esteem, feeling of helplessness, and intense dissatisfaction with the way they look. Biological factors and environmental factors can also predispose a person's eating disorders.

The challenges of college life , adding pressure to underlying mental health issues creates a 'Perfect Storm', for these disorders.

The storm occurs when the realities of college life – increased workload, less structure and more focus on peers – collide with anxieties, learning issues, or poor self-esteem. Adding more light on it, Dr. Baker, a child and adolescent psychopharmacologist says, College can be a time of a lot of excitement and stimulation and also a lot of stress. It asks young people who are not yet adults to act in a very adult way, especially if they are contending with mental illness and suddenly have to begin managing it on their own.

Dr. Douglas Bunnell, Clinical Director of a treatment center in New York adds, "Having a heavy dose of anxiety and the fact that you are in a social environment, you are constantly exposed to a thin body idea. That's a perfect storm convergence of factors that can drive a vulnerable individual into an eating disorder."

According to a research done by National Eating Disorders Association (NEDA), full blown eating disorders begin between 18 years and 21 years of age. It also estimates that 10 to 20% women and 4 to 10% men are suffering from eating disorders. The only way to help someone recover from eating disorders is getting professional help. Psychologist play a vital role in the treatment of eating disorders and are an integral member of the

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multidisciplinary team that may provide utmost attention and care. He/she can also help to identify the underlying issues and develop a treatment plan to help one work through some of the destructive thoughts and behavior with a positive one. But, psychologists are no Magicians. Treatments of recovering from any kind of psychological disorder may take time. A psychologist may recommend evidence-based treatments such as psychotherapy to help address underlying psychological issues of the eating disorder or it may also be used to focus on improving one's personal issues.

Another question asked by layman is 'Does the treatment really work'? In most cases, the answer is yes, but positive responses can also be seen when it is treated successfully by appropriately trained health and mental health professionals.

All these solutions can only be achieved if you on your own accept that you are suffering from a problem. "We cannot change anything unless we accept it". The day you accept the problems, will be the day you start getting rid of them.



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CORRELATION OF CREATIVITY & INTELLIGENCE AT SGT

While our students are at home and learning virtually, they have unleashed their creativity by indulging in co-curricular activities like drawing, painting, cooking, etc. Participating in extra activities other than studies helps students add new skills & freshens their minds. And this is what we motivate our students to do.

Our students excel both in academics as well as in non-academic areas.



Artwork by one of our students, Aashi Shah

WORDS FROM THE ARTIST- AASHI SHAH

“This type of artwork is called “Mandala”. A Pitt Artist Black coloured pen is used for Mandala designs. It took me 3 days to complete this design with neatness and precision. I started drawing this to relieve myself from stress and achieve peace of mind, which I believe is really important to focus on my studies or any other thing in life.”