

Globalization of Eating Disorders

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ENC 1102

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Selected Reading

Bordo, S. (2002). The globalization of eating disorders. *The McGraw Hill reader: Issues across the Disciplines*, 367-372.

Research Question

What influence does Western media play in the proliferation of globalization of eating disorders?

Thesis statement

Eating and body image problems are not currently a phenomenon for a particular race, the body-image distortion syndrome, perceptual and cognitive problems women face today permeate the racial and class divide; it is entrenched in the gender line which is culminating into a global phenomenon.

Overview

The young girl makes her way before the mirror. She has been on a fat-free diet for a given number of weeks and currently has reached her goal of 115 pounds which is in line with her doctor's prescription for her ideal weight. Indeed, she compares herself with global celebrities such as Christina Aguilera, Mya, Pink and Lil Kim. Each of the global celebrities represents an element of body perfection in their way. Every one of the celebrities relishes a body that is smooth, sleek, curvy, lean-sexy with absolutely nothing to spare. As the girl makes a comparison with every one of the celebrities' body image, the girl slowly embodies into a mode

of self-hate, envy, shame. She understands that despite the many no-fat diet sprees she gets herself into, she will never look like them. This paper will seek to argue what has led to the discontent from many women across the globe regarding the issue of eating disorders.

As a consequence, it shall present how influences from western media have affected several cultures across the globe. In the same breath, it shall capture how it has changed the eating patterns, which has resulted in eating disorders that many people suffer from today. This research is useful because it effectively highlights some of the important ways in which many societies have deviated from their norms, such as tolerance of voluptuous women. Similarly, the author captures how images have immense power in many young people mode of thinking. Previous research on this topic did not consider the influence of social media such as Instagram, and therefore this research seeks to fill the gap for futures researchers.

Sources

Bordo, S. (2002). The globalization of eating disorders. *The McGraw Hill reader: Issues across the disciplines*, 367-372.

This source argues that there is an upsurge in the globalization of eating disorders around the globe. It further stipulates that Western Media have been instrumental in propagating the gospel of perfect shape, lean, sexy, curvy, body imagery. As a consequence, several cultures have been affected and hence led to a deviation from usual norms such as openly embracing women with voluptuous bodies. Similarly, many have also changed their eating habits and thereby developed eating disorders with a resolve to match the imagery from advertisements projected with the media. One of the counterarguments that are presented is that in Central Africa, several traditional cultures still celebrate voluptuous women, wherein some regions some

brides are sent to fattening farms for massage and plumping for their wedding night. However, in international forums where nationals of Nigeria sent their version of beautiful "curvy and voluptuous" to the Miss World competition, a number performed poorly. The source adopts the academic language and adequate source support. Further, the author has a PhD and a well-known feminist scholar on the subject. I plan on applying this as my introduction to present the query concerning the impact of globalization in eating disorders in different setups.

Gerbas, M. E., Richards, L. K., Thomas, J. J., Agnew-Blais, J. C., Thompson-Brenner, H., Gilman, S. E., & Becker, A. E. (2014). Globalization and eating disorder risk: Peer influence, perceived social norms, and adolescent disordered eating in Fiji. *International Journal of Eating Disorders, 47*(7), 727-737.

This source argues that there is an accelerating rise in global concern within the burden posed by eating disorders. As such, there is a need for close examination of risks tied to social exposures linked to globalization that also increase potentially the risks in adolescents in vital periods of development. The research also is based on the effects of exposures which increases risk in low and middle-income countries. The author's research seeks to investigate the linkages of habits such as peer influence and the underlying social norms with a particular focus on adolescent eating pathology in the country of Fiji which is currently passing through an accelerated social change. The authors are well-known scholars with vast experiences in their respective fields of study and more so with a focus on medical health, psychiatry and eating disorders. One of the main counterarguments concerns the arguments of authors that the findings of the research can be replicated in similar settings such as Fiji considering the social and cultural contexts. Despite the peer-review element, every research assumes a different reason for

the results. I plan to use the contents of articles in my body paragraphs to support my argument from different jurisdictions.

Anderson-Fye, E. R. (2018). Cultural influences on body image and eating disorders.

This is one of the readings contained in the text designed for this course. The contents are designed for highlighting some of the social and cultural factors which have been related to the body image and eating disorders. Through a collection of a myriad data source, from several disciplines, the author can make linkages with the consistent nature of how culture influences the consumption of people which in turn permeates into a raft of eating disorders. The main content seeks to address the meaning and context of different cultures conceptualization of body image and underlying eating disorder scholarship. The text does implement academic tone and language since it is designed to reach researchers and different scholars who seek to use the information. The text is also critical in helping readers conceptualize how globalization is interlinked with eating disorders, permeating multiple disciplines within the realm of social sciences. The text will be useful in the body paragraphs to show specific evidence from various disciplines.