

Globalization of Eating Disorders

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Introduction

Can too much or little healthy food hurt you? Eating disorder refers to any variety of mental disorders, which are distinguished by abnormal or disturbed eating habits. The purpose of the paper is to discuss various factors contributing to eating disorders. Factors contributing to the eating disorder include the impact of western media on ideal body type, peer influence and social norms, and the effect of culture.

Factors Contributing to Eating Disorders

The first factor contributing to an eating disorder is the impact of the western media on ideal body type. The western media tends to advertise that beautiful people must have a perfect body, which is smooth, curvy, sleek, and slim. According to Bordo (2002), such perceptions are carried out through the use of celebrities such as Christine Aguilera, Mya, Pink or Lil Kim, who have a perfect body. As female e compare their body with these celebrities, they hate their body and start a diet to look like them; hence leading to an eating disorder. For example, a lady who has a big body will create an eating pattern to be slim. Additionally, western media portrays people who are thin or masculine to be fashionable, which significantly affect fat individuals, because they try to fit in and be considered to be popular.

Another factor contributing to an eating disorder is peer influence and social norms. Research has indicated that eating disorder is also caused by peer pressure when children are in the adolescent stage (Gerbasi, Richards, Thomas, Agnew-Blais, Thompson-Brenner, Gilman & Becker, 2014). During adolescent, females try to acquire a slim body because western media has convinced them that being slim is equivalent to being beautiful. Therefore, adolescent girls will apply an eating diet to reduce or maintain their body shape. Social norms may contribute to

eating disorder since some communities perceive specific body type as beautiful. For example, Nigeria prefers its women to be curvy; hence have the rule to take them to fatten farms for massage and eating to add weight and be curvy.

Finally, the last component contributing to an eating disorder is the influence of culture. Culture has a significant role in eating disorder since people from different communities, countries, or profession has varied body shapes. For example, the people from Fiji believed that a perfect body was chubby, round, and smooth. However, after they were introduced to western culture through movies and music, it was reported that there was a decline in shape and self-esteem, which led to an eating disorder. Furthermore, culture influences the consumption of food, such as large in-take of carbohydrates, which may contribute to an eating disorder (Anderson-Fye, 2018).

Conclusion

In conclusion, factors contributing to the eating disorder include peer influence and social norms, the impact of western media on ideal body type, and cultural influence. Most people try to compare their body shape with celebrities and end up applying diet patterns, which contribute to eating disorders. Therefore, I would recommend people to understand and appreciate their body. It is important to exercise or diet with the help of a medical diet profession. Besides, it is essential not to copy culture from other communities, which may be harmful to our health.

Reference

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