

ABSTRACT

NAME OF INSTITUTION : De La Salle University – Dasmariñas

ADDRESS : Dasmariñas, Cavite

TITLE : Identifying the Levels of Anorexic
Tendency of Filipina Models

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OBJECTIVE OF THE STUDY

General

- To identify the levels of anorexic tendency of selected Filipina models

Specific

- 1) What are the professional profiles of respondents?
- 2) What are the eating behaviors of the respondents?

- 3) What are the factors that influence the respondents to engage in such kind of eating behavior?
- 4) What is the level of anorexic tendencies of the respondents?

SCOPE & COVERAGE

The main scope of the study was to identify the levels of anorexic tendency among 30 Filipina models selected from the Fashion Sense Group. The discussion on the eating behavior and causes of their behavior was also tackled.

Researchers limited the study to the anorexia nervosa itself only. The issues about other eating disorder were not considered part of the study. Also, the findings in this study were limited to the Filipina models that were selected through coordination with the referred agency.

METHODOLOGY

The study utilized a descriptive approach through the used of survey in gathering and evaluating data in which the respondents would apt to have anorexia nervosa. Thirty respondents were sampled from Fashion Sense Group located at Mandaluyong and a test entitled Eating Attitude Test - 26 items was given to them. The scoring process of Eating Attitude Test – 26 was also used. The researchers modified the score interpretation of the

test since the study focused on the levels of anorexic tendency of the respondents. The body mass index was also calculated to determine if the respondents are significantly underweight according to the ratio of their weight and height.

MAJOR FINDINGS/CONCLUSIONS

- 1) Higher percentage of the respondents engage in dieting activities which fall into the restricting behavior while a number of respondents might conceal their eating preferences for their own reason, thus, a typical form of secrecy among individuals with anorexia nervosa might take place.
- 2) An interaction of socio-cultural and psychological factors influences the respondents to engage in weight-loss activities.
- 3) Majority of the results in EAT-26, the respondents were unlikely to have anorexia nervosa.
- 4) However, as the Body Mass Index result of the respondents contradicts the result of the EAT-26 and fall anorexic point.

RECOMMENDATIONS

Models

- 1) Teach models with self-monitoring technique stressing the importance of weekly weighing and regular eating habit.
- 2) Educate models about body image importance by eliminating perception like negative beliefs about food intake and shape of their body.

Groups/Agencies

- 1) Create awareness program about the tendency of having any eating disorder and enumerate common behavioral signs that display occurrence of eating disorder.
- 2) Organize a seminar in relation to proper weight management that will inform young aspiring future models to prevent crash diet that is really common every time there will come a fashion show.

Researchers

- 1) For further researches, use of other known instrument like SCOFF questionnaires, and EDI-3 version which are now widely used for self-report measures of psychological traits or constructs shown to be clinically relevant in individuals with eating disorders.
- 2) Researchers recommend the study of anorexia nervosa as an outcome of malnutrition specifically in the Philippines.