Relationship between motivation towards sports practice and Binge Eating Disorder

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Abstract

Statement of the problem: Scientific literature shows that there is, in certain cases, a relationship between the practice of physical activity and Eating Disorders (ED). The number of people affected by Binge Eating Disorder (BED), as measured by the DSM-V, has increased in recent years, in different population groups: adolescents, athletes, etc. In this study, we analyze the ED in runners according to the type of race and type of motivation towards sports practice. In this way, we can check whether the ED is a cause or a consequence of the attitude towards sport.

Methodology & Theoretical Orientation: A total of 167 Spanish-speaking federated runners (42% women and 58% men), with an average age of 24 years and average BMI of 21 kg/m^2, responded to an online questionnaire that asked about sociodemographic data, and the Spanish versions of the *Yale Food Addiction Scale-2* and *Motives for Physical Activity Measure Research*. The data were analyzed through a quantitative methodology, using bivariate correlation analysis and multiple correspondence analysis.

Findings: There is a positive correlation between motivation towards physical appearance and the risk of ED (.304, sig=.00) and a somewhat weaker correlation between motivation towards physical appearance and race type (.261, sig=.07). There is no correlation, first, between race type and the risk of ED (.257, sig=.12); and, second, between motivation towards competition and risk of ED (.104, sig=.90).

Conclusion and significance: Athletes who compete and are more motivated towards aesthetics show a greater risk of suffering from ED. With respect to sporting modality, long-distance and short-distance races are those that present, on the one hand, a greater risk of suffering from ED and, on the other hand, go along with motivation towards aesthetics. This study complements the one carried out previously (Monserrat et al.,2021), in which ED and Negative Running Addiction were related, thus establishing a further relationship by adding the motivation towards aesthetics.

Image

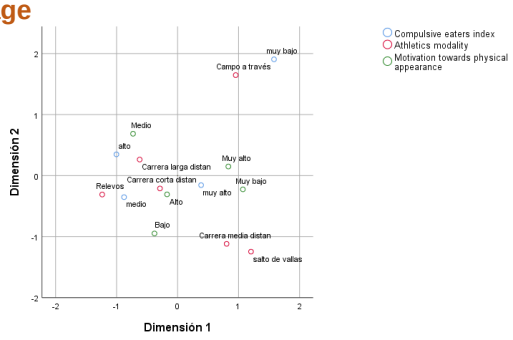


Figure 1.Motivation towards physical appearance.

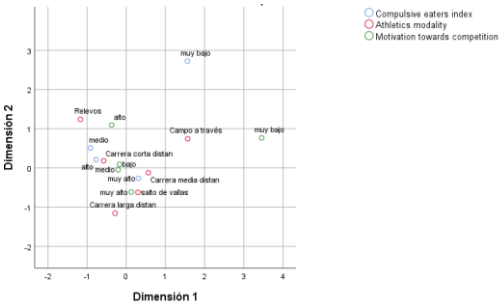


Figure 2. Motivation towards competition.

Recent Publications (minimum 5)

1. Montserrat, M; Arjona-Garrido, A, Checa-Olmos, JC; Salguero, D (2021). Relationship between Negative Running Adiction and Eating Disorder Patterns in runners. *Nutrients,* 13(12), 4344.
2. Salguero, D; Monserrat, M (2021). Nutrición y Dietética Deportiva. Madrid: Dykinson
3. . Monserrat, M; Salguero, D (2021). Nutrición en el pádel. Especificidades en el deporte de base (2021). Madrid: Dykinson.
4. Salguero, D; Álvarez, J; Domínguez, A (2017). Evaluación del programa de desarrollo cognitive "InteligenciaXXI". *International Journal of Developmental and Educational Psycology, 2(1), 69-80.*
5. Arjona, A; Checa, JC; Pardo, R; Arjona, N (2016). EDucación física y deporte ¿instrumentos de integración de inmigrados? *Revista de ciencias sociales,* 22(3), 10-21.
6. Checa Olmos, JC; Monserrat, M (2015). La integración social de los hijos de inmigrantes africanos, europeos del este y latinoamericanos. *Universitas psychological, 14(2), 475-486.*



Biography

Montserrat is a researcher at the University of Almeria. Doctorate in Applied Social Sciences, graduated in Physical Education, graduated in Human Nutrition and Dietetics, specialist in Sports Nutrition, Vulnerable Groups and Eating Disorders. Since 2013 she has been working as a sports dietitian and speaker in nutrition education talks, especially in educational centers and as a collaborator of public entities.

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