

Role of Social Media on Eating Disorders in Youth

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DESCRIPTION

Teenage years (between the ages of 12 and 18) are a time of fast physical, psychological, and social transformation that can bring up both opportunities and difficulties. While some teenagers adjust quite easily to this period of transition, others may find it difficult. Teenagers who have eating disorders display evidence of internal conflict. Teenagers are prone to worry and concern. Teens with eating disorders, however, could have worries and fears that get stronger and gradually take over their life. They might be concerned about things like not having friends, how to balance job and school obligations, their appearance, a family breakup, dating, bullying, and future plans, among others. These concerns could make them feel "not good enough," which could make them worried, irate, or depressed. They could experience tension and feel as though their sense of self-worth and control over their lives is eroding.

Types of eating disorders

Anorexia, also known as anorexia nervosa in medicine, is an eating disorder characterized by a strong desire to maintain a slim body and a severe fear of gaining weight. Teenagers with anorexia frequently adopt drastic measures, such as calorie restriction, to prevent weight gain.

Bulimia also known as bulimia nervosa in the medical community, this eating disorder is characterized by periods of binge eating (eating a lot of food in a short amount of time) and purging (making up for food intake by inducing vomiting on one's own, using laxatives, etc.) practices.

When it comes to food, a person with binge-eating disorder feels out of control. Teens with binge-eating disorders frequently experience extreme guilt and/or humiliation as a result of their behaviour. Although there is other types of eating disorders, anorexia, bulimia, and binge eating disorder are the three that affect teens and young adults the most frequently.

Role of social media

Social media can benefit those with eating disorders by giving them access to social support, treatment alternatives, and other

information. It has also been demonstrated to enhance the exposure of messages that support eating behavior, though. After Yahoo banned 113 pro-anorexia websites from its servers in 2001, "pro-eating disorder" content has been available online. When there was an upsurge in "thinspiration" blogs, the patterns on Tumblr persisted. Nowadays, pro-eating disorder content, risky diet culture trends, and unrealistic body image ideals can be found on social media. The social media websites are used by users to encourage self-harming behaviours among them and to spread the idea that eating disorders are lifestyle choices rather than serious mental illnesses. Concern over "fitspo" or "fitspiration" is also developing. These comprise articles that frequently highlight "clean eating" and exercise regimens. Although this movement was first believed to be a healthy alternative to the pro-anorexia and pro-bulimia ideas, it may also overvalue and encourage obsessive thoughts and behaviours related to food and exercise, even though it may appear that they do so or claim to do so. Social media actually makes it simple for people with eating disorders to look for and receive acceptance for their conduct, and it increases tendencies linked to these diseases, such as obsessions, comparisons, and competition. In response, social media platforms have made an effort to restrict material that promotes eating disorders, but it can be challenging to stop all of the content from leaking.

CONCLUSION

The first thing teenagers should be talk in strange behaviours and are worried they might have an eating disorder. Invite them to share their fears and worries. Employs expressions to show them by understand their struggles. This might say, for instance: Notice that it seem to be having some difficulty lately. To hear what they have to say or to talk with others and see if I may be of assistance, please do." Do not criticize or blame teenagers; instead, of that maintain the composure. Teens that are battling eating disorders may be reluctant to talk about their actions or emotions. Let the teenagers know that they will be helping them get through challenging times. Check out the resources listed at the end of this fact sheet to learn more about eating disorders.

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