

**RELATIONSHIP OF SELFIE ADDICTION WITH ANORXIA, EMOTIONAL
AND SOCIAL INTELLIGENCE AMONG SPORTS AND NON
SPORTSPERSONS**



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SYNOPSIS

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Introduction

Internet is turning into a broadly acknowledged channel for data trade and systems administration. It is encountering incredible development and improvement in its size and quantities of clients everywhere throughout the world. The advantages of the internet have been typically looked into and incorporate staying in contact with companions, making get-away arrangements, overseeing accounts, supporting with instructive needs and so on. Notwithstanding the constructive outcomes of internet, there is developing writing on the negative impacts of its intemperate utilization (Chou and Hsiao, 2000; Frangos and Frangos, 2009). Internet habit is a somewhat new research territory, which has less than ten years history. Internet enslavement is characterized as, "an individual's failure to manage his or her utilization of the Internet, which inevitably causes mental, community, educate, and/or employment challenges in an individual's living" (Chou and Hsiao, 2000).

The beginning thought of internet use as a method for information correspondence was proposed in the mid 1960s by gathering of American computer researchers who saw incredible coming value in permitting researchers to impart data on innovative work in logical fields by means of computers. Amid 1980s, the utilization of internet grew rapidly, and by 1995 the internet had turned into a typical correspondence vehicle (Shaffer et al. 2000). From that point on, as with the usefulness of internet, number of internet clients has extended fundamentally over the world. Today, as an accumulation of different administrations and assets, the internet has turned into the most constantly controlling device for person. Generally as a famous saying goes, "internet has acquired a world single room, and still the palm of one's hand".

While it is obvious that the internet has all that greatly changed new lives by its ease of use and settlement, likely misuse and negative effects of the internet have not gone neglected. The region of addictive practices among some internet customers has tired the thought of the overall public and helping specialists as the mid 1990s. Research into possible issues of a great deal of internet use has more foremost than before in a broad sense over the two decades. The use of internet on school grounds and in the general population eye has improved fundamentally of late. In spite of the fact that the insightful use of the Internet is basically expected learning and support, the Internet has moreover transformed into a basic bit of understudy life. However once in a while singular trappings of over commitment with the Internet have been seen on differing contemplates. Chou et. al, (1999) viewed that in-home entryway at their school, four level mate were possessed, softly wearing down their computers. They marked on the Internet to visit with different population, whom were no other then their level mates! Some school understudies continue with connected with the Internet the length of they are careful. Educators may perceive that less and less understudies are orchestrated to take early morning classes and a portion of the people who do list for morning classes constantly come in late. It has moreover gone to the thoughtfulness regarding some school heads that a couple of understudies get awful scores or are arranged on academic probation because the put a considerable measure of vitality in intranet rather than on their studies. In context of these significant wicker container particles, we review why the Internet catches understudies so horribly, drives them to new behavioral illustration, and even results in Internet impulse.

The Internet has progressed into "social advancement" that is interminably troublesome investigators to study its effects on incessant convictions of social life (kraut et al., 1998). The subject that pulls in the most debate has all the reserves of being

whether the Internet is engaging or harming backing in gathering life and social association. A couple of researchers highlight its informative feasibility, ensuring that online coordinated efforts liberate customers from standard impediments, for instance, time and spot, which realizes more constant and improved social relationship. Regardless, it is moreover battled that the Internet may help social isolation, breaking point authentic social relationship and even incite Internet propensity, to the last weight of individual welfare. Whether male and females just as meet the positive or negative effects of Internet use is furthermore a matter of distraction. The Internet has by and large been a learning subject through mail customers. Studies have exhibited that women are less captivated by computer the men and show less conviction, and men have been shown to have all that much experience (Shashaani, 1997). There is possible then for the sexual orientations to show differential illustrations of associations between Internet usage and social welfare. Internet addiction (IA) is modestly field of scholarly inquiry. Experiential studies recommend that is, as other very much inquired about addictive practices, has an impact on many parts of an individual's life, including scholastic/ work execution, connections, and physical and shelf wellbeing. Verification of IA has been proposed by the outcome that some internet regulars spend more times of time online and information extraction manifestations when logged off. Those stressed with Internet related exercises may ignore activity, family and social exercises. Internet is most likely prompting the new mechanical upheaval; with the entrance of 1000 of new comers and around 200 million clients from everywhere throughout the world, today, it is framing an useful,

Internet is doubtlessly prompting the new modern upset; with the entrance of 1000 of new comers and adjoins 200 million clients from everywhere throughout the world, today, it is framing an open with monetary rebellion it is truly at the top of the

advanced mechanical rebellion and each lord of new revolt as needs be offers increment to new issue. The novel attributes of the Internet, for example, its 24-hour availability, simple working, minimal effort, secret of its clients and soon have invited many individuals from start to finish through the world; in figuring, there qualities which, on the one side, are the capacities of the Internet, on the issues that the Internet has lead to is that of viable propensity, or dependence on the held expansive general system which has an amazingly unsafe behavioral- mental effect going on the internet addiction. Internet addiction is AN expansive plan. To date, there's neither a definite nor a traditional importance for this issue. Indeed, even with endeavors created to realize one institutionalized definition, and enlargement within the diagnostic and applied mathematics manual five (dsm5), the regarded manual for the determinations of medicine issue by the Yankee medicine association, bother building a uniform image for this issue is frequently tough via specialist sand clinicians (block, 2008). Young (1996) characterize net compulsion as a drive management issue like neurotic issue that doesn't embody AN intoxicant. Shapira (as cited in Bastani, 2008) expressed that this presumably another form of rabid habitual issue. In spite of those irregularities, most scientists settle for that the clarification will be processed by on-line practices such AN excessive quantity of utilization to specific applications on the internet, unregulated/fearful/worrying hours on-line. The utilization of Internet lately in Greece has expanded altogether. In Greece 63% of the populace Has versatile Internet, while 45% of families Furthermore, 80% of ventures have broadband access (Capralos, 2012). The Internet is presently one of the fundamental instruments of correspondence for youngsters, and the virtual products for simple correspondence internet gets to be more mainstream. Internationalization of Internet use by youngsters and the change of genuine society in Internet society have thus prompted the making of new information

in the new brain research. The extensive number of internet addiction, particularly in the number of inhabitants in youngsters, and the wonder of internet dependence on them, has driven the academic group (analysts, therapists also, teachers) to turn their regard for this new marvel of reliance to the new innovations (Stern, 1999).

Internet prompts distinctive social, mental and physical issue. The people captivated with net face physical symptoms like sleep aggravation, back strain, eye strain, and so on. Such persons in addition encounter gang, scholastic and social problems (ASAM, 2012). one in all the foremost perceptibly awful influences of net addiction, anxiety and despondence. Increment in utilizing net makes a couple of problems that one in all them is net addiction (Nima, 2012). There exists a positive and important association between the amount of tension and net fixation (Nima, 2012). Risky net utilization could serve to say no to social reasons for alarm and dodging to face the social connections scholastic and social problems (ASAM, 2012). one in all the foremost perceptibly awful influences of net addiction is stress, anxiety and despair. Increment in utilizing net makes a couple of problems that one in all them is net tension (Nima, 2012). There exists a positive and important association between the amount of tension and net addiction (Nima, 2012). Risky net utilization could serve to say no to social reasons for alarm and dodging to face the social connections.

The term “selfitis” was originally coined in 2014. It spread like wildfire throughout Internet-land before the original article, which claimed the American Psychological Association classified “selfitis” as a mental disorder, was outed as a hoax.

But now two psychologists have published a study they say establishes the obsession with taking selfies as a real mental “illness.” Social media apps like

Instagram and Snapchat encourage people to take selfies with features like Geofilters, hashtag linking of related topics, and picture stories. Geofilters allow people to take selfies with overlays that can be comedic, altering your selfie image with the ability to show where you are located. In September 2017, Instagram boasted 500 million daily active users of its self-promotion, selfie-sharing app and 800 million monthly active users. Snapchat reports 178 million daily active users of its service. As of July 2017, in order of popularity, the four most popular social networking services are Facebook, Facebook Messenger, Instagram, and Snapchat.

Anorexia nervosa is known by individual's refusal to keep up negligibly ordinary body weight; it is additionally an arrangement with apprehension of expanding weight, and aggravation in the view of the shape and size of the body. Amenorrhea are confusion with female post menarchal which incorporate display the nonattendance of no less than 3 successive menstrual cycles.

There are numerous patients who lose their weight through eating less carbs, fasting or over the top activity. Standard gorging and cleansing doesn't not happen. There are likewise a kind of patient who are frequently take part in pigging out and have purging behavior. Eg self affect retching, abuse of purgatives, dietetics', or purifications. Numerous components like discouraged inclination, social withdrawal, I irritability, I a sleeping disorder and decreased enthusiasm for sex. There soul likewise be need of one's surroundings for rigid considering, sentiment viability and eating out in the open. (chouhan and Banerjee Aditi ,2007)

Over 300 year back, Richard Morton first depicts anorexia nervosa. In the year 1689, apprehensive utilization is brought on by trouble and on edge cares. In the seventeenth century, anorexia was presented in England. It was known by ailment by

utilizing current solution a little more than a year back, by Professor Ernest Laseque of the University of Paris. When we discuss the year 1873, there are two unmistakable doctors who presented anorexia nervosa, and alternate Charles Laseque depict it as an agitation connected to neuroses, Sir William portray it as a corruption of sense of self. In the nineteenth century anorexia nervosa was first show up among girl of the western bourgeoisie. What's more, commonplace heftiness fear was not presented until 1930. It is additionally influencing female who are youngsters. It including young ladies of financial classes, and impact on the trendy body state of film stars like actresses, princess and lovely lady who turned out to be ever more slender.

Gerald said that confusion has changed more than 30-50 years or all the more, discussing Russell he said that the anorexia has moved to fear of bloatedness, which is specifically identified with slenderness in ladies. Since, 1950s, the anorexia nervosa has expanded quickly and there is extreme change in the ladylike body towards slimness, and it is advertised by media as it were. When we discuss the year 1980s, there were numerous instances of anorexia nervosa which have turned out to be progressively and known in non western nations among just ladies. (Chouhan and Banerjee Aditi, 2007)

In twentieth century, numerous perspectives are risen. Name is Pierre Janet he takes anorexia to be a mental issue than Morris Simmonds said the pituitary inadequacy prompted loss of weight in a few patients. Berkman believed is that mental unsettling influence is optional to the mental etiology of the aggravation. (Chouhan and Banerjee Aditi, 2007)

Mara Selvini Palazzoli, they all present thought on anorexia nervosa, his thought was similar to Bruch's thoughts, Palazzoli considered that the patient who have experience of anorexia nervosa have the maternal object, from which the ego wishes

to separate itself to the costs. Crisp talk about psychological maturity, he said that the patient is supposed to use dieting and subsequent starvation for life experience. Dacosta and halmi they studies 14 paper he divide the patient of anorexia nervosa into two type that is bulimic and non-bulimic. They also said the the patient of bulimic and non-bulimic found to report greater impulsivity; it's also include social involvement, sexual activity, family dysfunction, depression and many more. (chouhan and Banerjee Aditi ,2007) Psychopathology of patient of anorexia nervosa, and also busy with searching behavior which differentiate the patient of anorexia nod pychopathology.sten thender talks about traits which include the marketing preponderance of females and young people among patient.

As is valid for activity, eating is a behavior essential for overall health. Eating meets essential organic needs. Yet many individuals endure health issues because of poor eating decisions. For example, a few individuals eat an excessive amount of food their levels for action and bit by bit get to be obese. Others limit their food, bringing about genuine wellbeing issues and even death. Severely limiting food intake is usually inspired by psychosocial elements, a confused yearning to enhance physical appearance or to upgrade athlete execution. The two related but different issues of health behavior are good nutritional habits and weight control which consists of necessary nutrients also includes preventing a collection of excess body fat. Through starvation weight can be lost but there is a disadvantage of it that it is very dangerous to health and results in undesirable losses of muscle and bone mass.

Student chooses exercising, smoking, and drinking alcohol as per their choice, so they should also prefer eating good food as a chosen behavior. Eating is learned from the beginning of childhood. We settle on numerous decisions about sustenance utilization consistently. We choose to we will eat, what we will eat, how we will eat,

the amount we will eat, where we will eat, with whom we will eat. These decisions influence our wellbeing. Instead of having the additional choices and behavior involved in eating, we eat to meet biological needs. Health psychology includes behavioral, psychological, and socio-cultural influence also includes biopsychosocial approach. Some wellbeing clinicians and researchers in behavioral solution and the study of disease transmission represent considerable authority in the investigation of heftiness, other eating issues and mediation for individuals who periodically settle on poor nourishing decision. Consistently these researchers add to several exploration reports which analyze both causes and answers for poor healthful conduct. To comprehend the investigation of adhering to a good diet requires an intensive establishing in biopsychosocial impact on nourishment admission, in the fundamental parts of adhering to a good diet conduct, and in approaches to keep away from undesirable eating rehearses. For improving health and eating behavior, behavior change theories should be applied.

Anorexia and bulimia are the most well-known dietary issues known not open. The other dietary problems incorporate gorging issue. Other Specified Feeding and Eating Disorder (OSFED) is another turmoil that combines elements of several diagnostic classifications. Mental illness like depression, anxiety or obsessive compulsive disorders also causes eating disorders. If people are having eating disorder then they may face obesity with food, body image and weight. If not recognized and treated appropriately, it may become very serious and even threatening to life.

Restriction of energy intake as per it is required leads to low body weight as far as age, sex, and physical wellbeing. The extraordinary apprehension of putting on weight or becoming fat interferes the weight gain.

It disturbs one's body weight and undue influence the body weight on self-assessment, or persevering absence of acknowledgment of the reality of the present low body weight. Anorexia Nervosa is subdivided into a limiting sort and a pigging out/cleansing sort. Recurrent scenes of voraciously consuming food. A scene of pigging out is described by the accompanying: A measure of nourishment admission (e.g., inside any 2 – hour period) is bigger than a large portion of the general population who might eat amid a comparative timeframe and under comparative circumstances. This causes a feeling of absence of control over eating (e.g., an inclination that one can't quit eating or control what and the amount one is eating). Recurrent wrong compensatory conduct so as to avert weight increase, for example, self-prompted heaving, abuse of intestinal medicines, diuretics, or different drugs, fasting, or over the top activity. The voraciously consuming food and wrong compensatory practices both happen by and large, in any event once per week for 3 months. Body shape and weight undue-impacts the self-assessment.

These practices don't happen only amid scene of anorexia nervosa. The pigging out scenes is connected with 3 or a greater amount of the accompanying: Particular games that can make hazard for creating and dietary problem . To make weight or keep up certain body size to stay aggressive competitors do practice like aerobic, swimming, driving, moving, wresting, and working out. They by and large concentrate on appearance and on the people as opposed to on group so concentrate on stylish or perseverance games, for example, gymnastic, figure skating, moving, swimming, and driving, cross-country or Olympic style sports. Multiple groups and game cooperation without sufficient recuperation time and/or powering opportunities. When sports playing person feels negative in energy then eating disorder can develop a person into a genetically predisposed person.

Females, at a truly youthful age, are frantic about body weight and place high significance on recognition, which is significantly impacted by the media. A noteworthy informing show of high schooler magazine sites is the prerequisite to be excellent. Mooney et al directed meetings commonly home monetary educators and youngster center gatherings in Ireland and found that untimely females are truly aware of their self-perception, are emphatically impacted by prominent famous people, and the head inspirations for needing to be slim are to get consideration from guys, assessment from companions, and fearlessness. Sadly, the goal to be tasteful may bring about shocking results. For instance, in a study by Monro et al the creators proclaimed an expansion in appearance dread among female foundation understudies that came about because of survey notices of admired pictures. Wilson et al reported that non-competitor foundation understudies reported more push than competitor partners in zones of fulfillment with physical appearance, choices about instruction, social clashes like smoking, and money related weights. In conclusion, there are one of a kind encounters of institute females that may advance eating less, including tension of putting on weight, expanded feeling of opportunity that may advance trying different things with eating less (nourishment disallowance, utilization of supplements and craze eating regimens), and changes to day by day timetable that impact eating and practice propensities ("pulling dusk 'til dawn affairs" to think about for exams or finish course extends).

According to Keeton, Cash & Brown in 1990, self-perception is the manner by which one sees, considers, and feels about one's own body and physical appearance. It is an unpredictable arrangement of observations and state of mind towards size, shape, competitors and experience of one's body.

Intelligence is characterized as general intellectual critical thinking aptitudes. Along these lines, in light of this definition, researchers, Professionals and scientists contended that the knowledge is the capacity to find out about, gain from, comprehend, and collaborate with one's surroundings. This general capacity comprises of various particular capacities. Howard Gardner contends that there are 9 various intelligences, for example, passionate knowledge, semantic intelligence, consistent Mathematics knowledge, social knowledge and so on. Portage and Tisak (1983) characterized social intelligence as far as behavioral results and were fruitful in supporting a particular area of social knowledge. They characterized social intelligence as "one's capacity to perform applicable goals in particular social settings" Marlowe (1986) likened social knowledge to social capability. He characterized social knowledge as "the capacity to comprehend the sentiments, considerations, and practices of persons, including one self, in interpersonal circumstances and to act suitably upon that comprehension"

Sports psychologists and professional athletes have started to evaluate the linkages between emotions and competitive sporting performance, and in particular how moderating and appropriately expressing the experience of emotions can facilitate performance (Vallerand, 1983). It has been suggested that applied sport psychology interventions should be founded on a basis of theory and research (Hardy, Jones, & Gould, 1996; Murphy & Tammen, 1998; Lane & Terry, 2000). A great deal of research effort has concentrated on attempting to predict performance from psychological variables. Evidence showing relationships between psychological variables could be used to guide sport psychology interventions, and it has been proposed that sport psychologists can enhance performance by enhancing psychological skills (Murphy & Tammen, 1998). Sports psychology is dealing with psychological factor which are linked with the participation and performance in the sports there are many sports

psychologist who are working with the different national level of athlete or coaches to increase the performance. Performance can be increased not only by the physical work out but also with the help of psychological factor. That's why various sports psychologist now are becoming the member of sports team. Now a day's most of the team have sports psychologist. Psychologists are just like boosters. Sports psychologists now are becoming an important member of the team. Control over the psychological factor is an important factor for an athlete to win the edge. If an athlete how to make control over his emotion then almost at the starting of every match he has almost win half of the match only because of the control on athlete over his psychological factor, on which he has make control. There are many psychological factor which affect the performance of an athlete. But the most widely used psychological factor are:-1 Deliberation:- means concentration or you can say that the ability to maintain focus. 2Self-efficacy:- means confidence or an individual belief on ones abilities. 3Emotional intelligence:- means control or the ability of an individual to make control over his emotions. 4Devotion:- means your loyalty towards your work.

Psychologist help in increasing the various factor such as anxiety or energy management, attention and concentration control , focusing, goal setting, imagery, visualization, mental practice, self talk, team building, time management/organization. These are the variables on which psychology help an athlete to increase his performance. A great deal of research effort has concentrated on attempting to predict performance from psychological variables. Sports psychology deals with the some component they are: - deals with the mental aspects of sports, use the principles of psychology in sports, science of psychology applied to sports, study of a person's behavior in sports, behavior means individual, individual means emotion. Regarding individual it is a very common saying that individual is an emotional fool. Control over

the emotion is the need of individual. Emotion can make life awesome or can make worst. So a need is required to make control the emotions, especially in our physical education world. Physical performance of an athlete or a sport person is no longer dependent only on the physiological factor; there are some psychological factors which are responsible for the performance of an athlete. Sports psychology deals with the some component they are: - deals with the mental aspects of sports, use the principles of psychology in sports, science of psychology applied to sports, study of a person's behavior in sports, behavior means individual, individual means emotion. In recent years, coaches and sport researches are trying to find information about the emotional characteristics of elite athletes to enhance athletic performance and team efficiency in different level of competitions, especially in international and Olympic Games (Harald et al., 2007).

Emotions have essential role in human life. Anger, hatred, fear, anxiety, joy and etc. are part of emotions and feelings which human experience in specific conditions. Emotional experiences provide information about themselves and their environment to interact and adjust with it (Kennedy, eileen and Watson, 1999). Emotions prepare individual for rapid reactions and help him to present a suitable adjustment using a suitable cognitive approach and to manifest complex social behaviors (Salovey, 2002).

Emotional intelligence is a set of skills, talents and non-cognitive abilities which increases individual success ability in resisting against stresses and environmental conditions (Bar –On, 1997). Therefore, emotional intelligence is an important factor in success and directly influences variables related to person (e.g self-efficacy and self-confidence) (Mayer and Salovey, 1997). Goleman (1995) stated that individuals with higher emotional intelligence have more ability for feelings, control of emotions, arousing and exciting, recognizing feelings of others and regulating relations with

others. Persons with higher emotional intelligence can better adjust with problems and challenges of life and control their emotions effectively, so they increase and improve self-efficacy in athletes (Golemn, 1998).

Social Intelligence is the principle human ability to utilize our huge brains to enough examines and organizes complex social affiliations and circumstances. Social researcher Ross Honeywill trusts social data is a totaled measure of self-and social-care, pushed social sentiments and airs, and a limit and longing to direct complex social change. Authority Nicholas Humphrey accept that it is social knowledge, as opposed to quantitative data, that depicts people. The main definition by Edward Thorndike in 1920 is "the ability to grasp and manage men and women, young fellows and young women, to act commendably in human relations". It is proportionate to interpersonal information, one of the sorts of insight recognized in Howard Gardner's speculation of different intelligences, and solidly related to theory of mind. A few makers have constrained the definition to deal just with data of social circumstances, possibly more properly called social recognition or social advancing information, as it identifies with floating socio-mental publicizing and promoting procedures and systems. As demonstrated via Sean Foleno, social insight is a man's wellness to understand his or her surroundings in a perfect world and react legitimately for socially viable conduct.

Emotional Intelligence (EI) is a term used to depict the limit of a man to see their own specific and other people's emotions, to partitioned between different notions and name them legitimately, and to use energetic information to guide reasoning and direct. The term got perceptible quality in the 1995 book by that title, made by the author, examiner, and science editorialist Daniel Goleman. Focuses on have exhibited that people with high EI have more conspicuous enthusiastic health, admirable livelihood execution, and more solid power capacities. Case in point, Goleman's

examination in his book, *Working with Emotional Intelligence*, demonstrated that EI spoke to 67% of the limits considered imperative for common execution in pioneers, and mattered twice as much as specific capacity or IQ. Markers of EI and strategies for making it have ended up being more extensively craved in the past couple of decades. In like manner, thinks about have begun to offer affirmation to portray the neural parts of energetic insight. Enthusiastic information has its development in the likelihood of "social intelligence" that was at initially perceived by Thorndike (1920). Thorndike (1920) defined social data as "the capacity to get a handle on and control men and ladies, youthful colleagues and young ladies – to act competently in human relations". were among the soonest to propose the likelihood of "Passionate learning comprehension" to address the farthest point of individuals to manage the Emotional information notions Salovey and Mayer (1990). They depicted it as "the subset of social data that consolidates the capacity to screen one's own and others' conclusions and suppositions, to segregate among them and to use this information to guide one's thinking and movement". In another definition by Bar-On (1997), Emotional intelligence learning is portrayed as "a display of non-scholarly limits, capacities, and aptitudes that effect done's ability to succeed in adjusting to common demands and weights" (p. 14). Schutte and Malouff (1999) battled that Goleman's (1995) viewpoint of the adaptable method for Emotional intelligence is enjoyably seen by this thought scholarly understanding may individuals get admission to enlightening settings, however that Emotional intelligence understanding will choose how powerful they are inside these setting. Passionate knowledge, is in this manner saw as, "a type of social intelligence that includes the capacity to screen one's own and others' feelings, to separate among them, and to utilize the data to guide one's reasoning and activities.

Significance of the Study

The interest of selfies originates from the fact that they are so natural to make and share, and the control they give self-picture takers over how they introduce themselves. Numerous selfies are proposed to introduce a complimenting picture of the individual, particularly to companions whom the photographic artist hopes to be strong. Those selfies would be gone up against trips, amid exercises that are viewed as intriguing or as a gathering selfie with fascinating or alluring individuals. In any case, a 2013 investigation of Facebook clients found that posting photographs of oneself corresponds with bring down levels of social help. From 2014 to 2016 60% of deaths were reported to be due to selfie in India. In a general public that keeps on prizing slenderness, practically everybody stresses over their weight at any rate once in a while. Individuals with eating disorder take such worries to extremes, creating anomalous dietary patterns that undermine their prosperity and even their lives. Having a contorted body image among youthful young ladies has been connected to the advancement of useless eating designs and even clutters, for example, Anorexia Nervosa, Bulimia Nervosa, or Binge Eating Disorder (Ata, et al., 2006). Self-esteem is a vital component, as the exploration indicates it straightforwardly identifies with one's body image and how immature young ladies see themselves. Likewise, self-esteem compares with enthusiastic and mental advancement, which can influence a youthful young lady in a positive or negative way. As showed by the National Institute of Mental Health, dietary issue in a general sense impacts young women and women. In any case, dietary issues aren't just an issue for the young women so every now and again depicted in the media. People now and again have dietary problem without their families or sidekicks routinely suspecting that they have an issue. Careful that their behavior is abnormal, people with dietary problem may pull over from social contact, cover their behavior, and deny that their eating illustrations are risky. An irritation in eating behavior is the describing

typical for the clinical dietary issues, Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder. Shockingly little research has been focused on looking over impartially the method for the eating unsettling impacts in these jumbles, to clearing up what segments add to the change and inventiveness of these aggravations, or to depicting how they change with treatment. A collection of risk parts appears to make women more feeble than men to self-perception and eating unsettling influences impacts. Sways that range from personality vulnerabilities to undesirable media representations of women have been found to add to women's mistake with their bodies (Cash, 2003; Field et al., 1999; Leon, Fulkerson, Perry, and Cudeck, 1993; Markey, 2004; Thompson and Smolak, 2001; Wiseman, Gray, Mosimann, and Ahrens, 1992).

Statement of the problem

The purpose of this study is to find out the relationship between selfie addiction, eating disorder, emotional and social intelligence of sports person and non sports persons. Thus the problem is stated as “Relationship of Selfie Addiction with Anorxia, Emotional and Social Intelligence among Sports and non Sportspersons.”

Objectives of the Study

To find out the relationship of selfie addiction with anorxia, emotional and social intelligence among sports and non sportspersons.

Hypotheses

There will be a positive relationship of selfie addiction with anorxia, among sports and non sportspersons.

There will be a positive relationship of selfie addiction with emotional and intelligence among sports and non sportspersons.

There will be a positive relationship of selfie addiction with social intelligence among sports and non sportspersons.

Delimitation

The study will be delimited to 400 sports person and non sports person aged 13 to 17 years and 18-24 Years male and female of Punjab.

The study will be delimited to male and female players from different schools (District level) and universities (AIU level)of Punjab.

Review of Related Study

A summary of the writing of recognized authorities and of previous research provides evidence with what is already known and what is still unknown and untested. Since effective research based upon past knowledge, this step helps to eliminate the duplication of what has been done and provide useful hypothesis and helpful suggestions for significant investigation. A careful review of research journals, books, dissertations, thesis and other source of information on the problem to be investigated is one of the important steps in the planning of any research study.

Karkare and Purwar (2015) studied the effect on to assess the impact of personality dimension viz. extraversion-introversion on eating disorder in women. There is various effect was showed that women who are extrovert are significantly more prone to develop eating disorder as compared to women with introvert or ambivert personality characteristics. It was concluded that extraversion, a dimension of Eysenck's personality theory, is a significant contributor for eating disorder in women.

Tohid Rouzitalab.et.al. (2015) conducted a study on scattered eating states of mind and their association with anthropometric and body organization lists in physical

training understudies in Tabriz, Iran. The concentrated on subject had exasperates eating states of mind; essentially a greater number of guys reported a than females. In guys, the score was decidedly related with waist border and the waist-to-hip proportion. In females, the score was emphatically associated with weight and the waist border. In females, weight, body mass list, waist border, and waist-to-hip proportion were altogether diverse between confused eating state of mind and solid subjects, while in guys there was no noteworthy contrast between the two gatherings with respect to the anthropometric and body creation files.

J Fardouly.et.al. (2014) explored the impact of face book utilization on ladies' state of mind and self-perception, whether these effects contrast from an online configuration magazine, and whether appearance connection penchant coordinates any of these effects. Also, women high in appearance examination penchant reported more facial, hair, and skin-related irregularities after Face book presentation than prologue to the control site. Given its conspicuousness, more research is relied upon to better fathom the impact that Face book has on appearance concerns.

Ellen R. Albertson.et al (2014) explored whether a brief 3-week time of self-empathy reflection preparing would enhance body fulfillment in a multigenerational gathering of ladies. Results recommended that contrasted with the control bunch, mediation members experienced fundamentally more prominent diminishments in body disappointment, body disgrace, and unforeseen self-esteem in view of appearance, and in addition more noteworthy increases in self-sympathy and body appreciation. All enhancements were kept up when evaluated 3 months after the fact. Self-empathy contemplation might be a helpful and financially savvy method for enhancing self-perception in grown-up ladies.

H Ebrahimpoor et.al (2013) undertook investigation of relationship between social knowledge and authoritative execution the point of this study was to explore the connections among measurements of social intelligence , social abilities, social data preparing, social mindfulness; social attractive quality of hierarchical performance. This exploration was an elucidating study. The populace in this study included all specialists, collaborators and administrators of territorial water organizations in Ardabil territory, and was around 164 arbitrarily chose individuals. Also, to accumulate information from field strategies the method for polls was utilized. Tromso survey was picked and intended to quantify social knowledge and authoritative execution by evaluating particular inquiries concerning Balanced Scorecard as free variable. To accomplish the multiplier impact of every variable on the needy variable, Pearson connection test was performed. Results demonstrated that social aptitudes, social data handling, social mindfulness and social attractive quality of enhancing authoritative execution had the most essential part in social data preparing, and social mindfulness and social abilities assumed an optional part in enhancing execution.

Jaelyn Bex (2014) investigated the connections between connection amongst mother and girls, little girl's self-perception, and the little girl's view of what her mom thinks about her body. This thus was identified with the little girl having her very own positive picture body also. Connection and self-perception represented 25% amid pre-youth and 22% amid immaturity of the difference is the thing that the little girl supposes her mom thinks about the girl's body. Further research is expected to develop the improvement of self-perception amid pre-puberty and its association with connection and familial connections.

Ross Krawczyk (2013) conducted a concentrate by and large found that such presentation is a huge danger component for self-perception aggravation and

disarranged eating. Presentation to Objectifying media did not foresee members' judgments of ladies' skill or appeal. Be that as it may, intriguing sexual orientation contrasts were watched.

Saxena and Jain (2013) study on social intelligence of college understudies in connection to their sex and subject stream .The present study was led to know the social knowledge of male and female college understudies of science and Arts subject streams contemplating in different degree universities of Bhili city, Chhattisgarh. For this reason expressive review strategy was utilized. 60 male and 60 female college understudies were chosen, for the specimen by embracing stratified lopsided irregular examining strategy. The information was gathered by utilizing Social Intelligence Scale (SIS) developed and institutionalized by Chadda and Ganesan (2009). The information was investigated by using't' test. The discoveries of sexual orientation examination demonstrates that female understudy's forces more social intelligence than male understudies and investigation of stream shows that expressions understudies are having more noteworthy social knowledge than understudies of different streams.

Zuzana birknerova (2013) social knowledge with regards to identity attributes of teachers1Social intelligence as an identity quality and in addition an execution trademark might be viewed as an essential social capability of a showing calling and a noteworthy indicator of achievement of an instructor in their calling. This report concentrated on an investigation of the interconnections amongst social intelligence and the crucial identity qualities of educators. The aftereffects of the displayed research, which were picked up by method for the example of 552 instructors, affirmed that the social knowledge variables are associated with the identity attributes of these educators. The discoveries additionally empowered detail of the distinctions in the reactions of the male and female educators. From the methodological perspective the consequences of

the displayed research added to the confirmation of the fundamental parameters of the advancing SIPS technique for identifying social intelligence as an identity characteristic

Heather Vargo (2012) investigated points of view of people who have celiac malady and dietary problems. The celiac malady frequently made it more "advantageous" for members to participate in their prohibitive dietary problem side effects. There is a proceeded with requirement for progressing research here of celiac malady and dietary issues.

Rastegar & Memarpour (2009) attempted to assess EI and its relationship to self-efficacy (one important belief that appears to have important effects on teacher and student outcomes) among Iranian EFL teachers. We hypothesized that if teachers develop their EI, this will increase their levels of self-efficacy and vice versa. In addition, EFL teacher differences on EI and self-efficacy beliefs were also examined with respect to gender, age, and teaching experience. The instruments for data collection were Emotional Intelligence Scale (EIS) (Schutte et al., 1998) and Teacher Sense of Efficacy Scale (TSES) (Tschannen-Moran and Woolfolk Hoy, 2001). The results obtained through using Pearson Product-Moment Correlation showed that there was a positive significant correlation between perceived EI and self-efficacy ($r = 0.5$). Using *t*-test and ANOVA, the researchers found that there was no significant difference among EFL teachers with different genders, ages and teaching experiences concerning their EI and self-efficacy.

Kurt. (2010) studies the level of emotional intelligence of principals as a predictor of success. The characteristics of leaders possessing a high level of emotional intelligence include setting goals that are clear and mutually agreed upon, preferring praise as a tool for training and inspiring employees, relying on decentralization for achieving their

goals, focusing on employees and their feelings, and being role models (Saavedra, 2000). The results from this study indicate that both first and second year principals have a relatively high level of emotional intelligence.

Method and Procedure

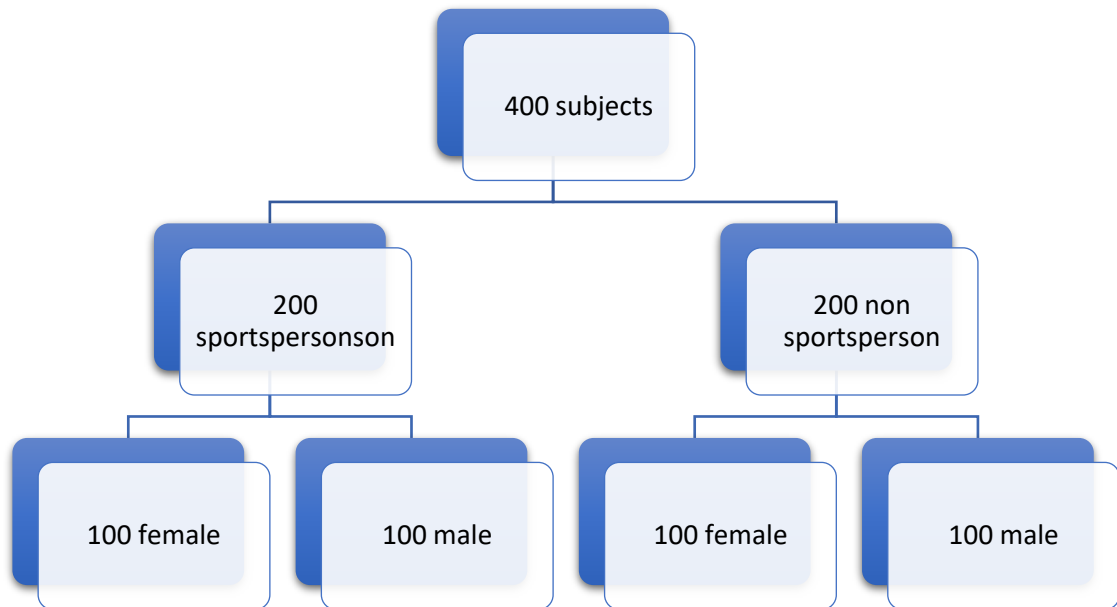
In this chapter, the design of study was in descriptive type with special reference to the procedure adopted for the selection of subjects, selection of variables, criterion measure, collection of data, and procedure of analyses for the data are presented in this chapter.

Design of the study

This research is a descriptive survey with a field study.

Sampling technique

The sample frame will comprise of 400 subjects. The subjects will be selected as sample of the study with purposive sampling technique from Punjab state. The subject will be from 13 to 17 and 18-24 years of age.



Variables and tools

In consultation with the experts in the field, minutely gleaning through the literature available and considering the feasibility criteria in mind, especially the availability of tools the following variables and tools were selected for the present study: -

- Self-made Selfie addiction scale
- Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971)
- Emotional Intelligence: Emotional Intelligence Scale by (Dr. Arun Kumar Singh and Dr. Shruti Narrain, 2013)
- Social Intelligence scale by Dr. N.k. Chadha and Usha Ganesan (2009)
reliability (0.92) validity 0.70

Statistical analysis

Software, SPSS (ver.16) will be used to analyze the collected data. Mean, standard deviation and Pearson product moment correlation will be performed to see whether any significant relationship exist among sports persons and non-sports persons. Level of significance will set at 0.05.

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