Chapter III

Problem and Hypotheses
PROBLEM AND HYPOTHESES

This chapter describes the problem of the present study and lists the various objectives and hypotheses to be tested in the investigation. Based on the review of relevant literature and experts’ guidance, the hypotheses were set for the empirical testing.

PROBLEM

The problem of the present study is to investigate the interrelationships of eating attitude, dieting belief, self-esteem, body awareness, social support, depression, daily hassles with eating behaviours. The present study also study to the effect of Psycho - Educational programme on Eating behaviours and Eating Attitudes among young adults.

OBJECTIVES

1. To investigate the relationships of eating attitude, dieting belief and eating behaviours among young adults.
2. To investigate the relationships of self-esteem, body awareness, social support and eating behaviours among young adults.
3. To investigate the relationships of depression, daily hassles and eating behaviours among young adults.
4. To study the impact of the Psycho education on eating behaviours, eating attitudes, dieting belief, body awareness, depression, daily hassles, self-esteem and social support among young adults.

HYPOTHESIS

1. There will be a significant positive relationship among eating attitude, dieting belief and eating behaviours among young adults.
2. There will be a significant positive relationship among self-esteem, body awareness, social support and eating behaviours among young adults.
3. There will be a significant negative relationship among depression, daily hassles and eating behaviours among young adults.
4. Dieting belief and eating attitude will significantly predict Eating behaviours among young adults.
5. Self-esteem, Body awareness and Social support will significantly predict Eating behaviours among young adults.
6. Daily hassles and Depression will significantly predict Eating behaviours among young adults.
7. There will be a significant improvement in Eating Behaviour after Psycho-educational intervention among young adults.
8. There will be a significant enhancement in Self-esteem, Body awareness and Social Support after Psycho-educational intervention among young adults.
9. There will be a significant positive change in Eating Attitude and Dieting Belief after Psycho-educational intervention among young adults.
10. There will be a significant reduction in Daily Hassles and Depression after Psycho-educational intervention among young adults.