

Impulsivity, Emotional Regulation, Problematic Mukbang Watching and Eating Disorders in University Students

Authors : Aqsa Butt, Nida Zafar

Abstract : The study assesses the relationship between impulsivity, emotional regulation, problematic mukbang watching, and eating disorders in university students. It was hypothesized there is likely to be a relationship between impulsivity, emotional regulation, problematic mukbang watching, and eating disorders in university students; impulsivity and emotional regulation would predict problematic mukbang watching in university students; problematic mukbang watching would predict eating disorders in university students. A correlational research design was used. A sample of 200 students was taken from different public and private universities in Lahore. Emotional regulation questionnaire (Gross & John, 2003), Abbreviated Barrat Impulsiveness Scale (Christopher et al., 2014), Problematic Mukbang Watching Scale (Kircaburun et al., 2020), and Eating Disorder Diagnostic Scale (Stice et al., 2004) were used for assessment. Results showed a significant positive relationship between impulsivity and expressive suppression with problematic mukbang watching. However, there is a significant negative relationship between cognitive reappraisal and problematic mukbang watching. Problematic mukbang is significantly positively related to bulimia nervosa and binge eating. Furthermore, impulsivity and expressive suppression are significant positive predictors of problematic mukbang watching, and cognitive reappraisal is a significant negative predictor of problematic mukbang watching. Additionally, problematic mukbang watching significantly positively predicts bulimia nervosa and binge eating. The research has important implications for university students to understand that excessive watching of such videos can lead to eating disorders such as bulimia nervosa and binge eating. This research provides an understanding of the effects of Mukbang watching, and it also adds to the existing body of knowledge on eating disorders.

Keywords : impulsivity, emotional regulation, problematic Mukbang watching eating disorders, students

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