

ORTHOREXIA NERVOSA AND ITS RELATIONSHIP WITH SOCIAL ISOLATION AMONG YOUNG ADULthood

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Orthorexia nervosa (ON) is an eating disorder in which there is a fixation on eating healthy food. The research is aimed to see the relationship between orthorexia nervosa and socially isolated young adulthood with an age range of 18–40 years. For this purpose a sample of (N=100) is selected from different areas of Islamabad and Rawalpindi, two different cities in Pakistan. The research instrument includes a self-constructed demographic sheet. For measuring orthorexic tendencies, ORTO-15 scale developed by Donini (2005) was used and for measuring social isolation, UCLA Loneliness Scale developed by Russell (1996) was used. Reliability of ON is 0.65 and UCLA LS is 0.82. It was hypothesized that orthorexia nervosa would positively correlate with social isolation and be more prevalent among females. The results showed that there is a significant positive relationship between orthorexia nervosa and social isolation. The findings also indicate that there is no difference in the number of orthorexia symptoms endorsed by males or females.

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