Name of Student

Name of Professor

Name of Class

Day Month Year

**Eating Disorders**

The presence of eating disorders has become a widespread menace in several societies. A wide range of researchers has advanced to highlight the potential implications of sociocultural and demographic factors that contribute to the establishment of the disorder in men. However, it is imperative to highlight the narratives of individuals to determine the sociocultural factors. For instance, in families, the dietary pattern of the parents can be associated with the eating attitude and behavior of the children. The parents who pursue high levels of parental control, pass critical comments, hostility or negate the emotional needs of the children are at an increased risk of establishing the eating disorder. In addition, peer influence and cultural norms also play an instrumental role in the establishment of eating disorders in men(Blodgett Salafia et al.). The encouragement to lose weight and the norm of passing negative comments among partners can cast adverse impacts on the body dissatisfaction, weight and disordered eating patterns among men.

Besides, it is critical to highlight the establishment of eating disorders among athletes. The element of being the fittest ad the best causes them to suffer from eating disorders. For instance, participation in certain sports events as gymnastics and competitive sports enhance the risk of establishing the eating disorder. One of the most fundamental activities or perception among athletes reflects that lean bodies will accelerate their performance thoroughly (*Eating Disorder Information, Education & Resources*). These beliefs related to eating and maintaining lean body shape is primarily inculcated by the instructors and coaches. For researchers, it is essential to incorporate a wide range of subjects, ethnicities and diverse population in their research samples. It will not only reduce the limitations of the study but also make them comprehend the critical elements that are related to eating disorders.

Works Cited

Blodgett Salafia, Elizabeth H., et al. “Perceptions of the Causes of Eating Disorders: A Comparison of Individuals with and without Eating Disorders.” *Journal of Eating Disorders*, vol. 3, Sept. 2015. *PubMed Central*, doi:10.1186/s40337-015-0069-8.

*Eating Disorder Information, Education & Resources*. https://www.eatingdisorderhope.com/information. Accessed 5 Apr. 2019.