

6

Women and Sports

Read this new topic after Article 6.2 on page 129 of the main book.

6.3.A FEMALE ATHLETE TRIAD (EATING DISORDERS)

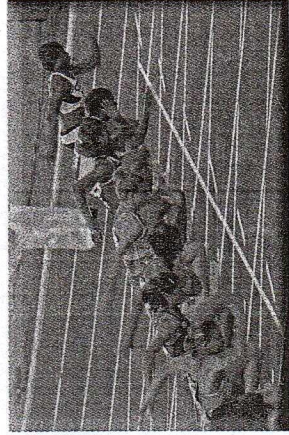
Some girls who play sports or exercise intensely are at risk for a problem called female athlete triad.

Female athlete triad is a combination of three conditions—disordered eating, osteoporosis and amenorrhoea. It is simply known as ‘triad’. The triad is a serious disorder or illness with lifelong health consequences and can be very fatal. In fact, it is a syndrome of three interrelated conditions. If a woman athlete is suffering from any one condition of the triad, it is likely that she may also be suffering from the other two conditions of the triad.

As a matter of fact, sports and physical exercises are part of a balanced and healthy lifestyle. It is usually observed that the individuals who indulge in sports activities are healthier, active in academics, less likely to experience depression and avoid smoking in comparison to the individuals who do not indulge in sports activities. Some women who take part in sports activities intensely are at risk of a problem called as female athlete triad. A woman athlete may show one, two or all the three conditions of the triad. With the increase in women’s participation in sports, the awareness about women athlete triad has also enhanced.

Symptoms of Triad

The symptoms of triad may include fatigue, frequent injuries, loss of endurance and power, irritability, increased healing time for injuries, enhanced chances of fracture, etc. The gravity of these symptoms may vary. Along with this, the occurrence of these symptoms depends on the conditions of triad.



Triad—a syndrome in women athletes

Eating Disorders

Most of the girls with female athlete triad try to lose their body weight as a way to improve their performance in the field of games and sports. In order to lose weight, they may practice unhealthy weight-control methods, including restricted food intake, self-induced vomiting, consumption of appetite suppressants and diet pills and use of laxatives. Many girls deny their eating disorders due to embarrassment, shame, fear of losing control of their dieting regimen and a mistaken belief that excessive weight loss enhances sports performance. These eating disorders can be very fatal. There are following types of disordered eating:

1. **Anorexia Nervosa:** In this eating disorder the female athlete think only about food, dieting and body weight all the time. They have distorted body structure. Other individuals usually feel them that are becoming thin but they do not believe this. In front of the mirror see themselves as obese.
2. **Bulimia Nervosa:** It is also an eating disorder in which a female eats excessive amount of food and then vomits it in order not to gain weight. In this disorder, an individual binges on food and feels a loss of control. Then to prevent weight gain try to vomit the food.

Exercises

Very Short Answer Questions Carrying 1 Mark (20 to 30 words)

1. What is disordered eating?
2. What do you mean by bulimia?
3. What is anorexia nervosa?

Short Answer Question Carrying 3 Marks (80 to 90 words)

1. Write a short note on disordered eating?