

## The Teen Eating Disorder: A Defense Mechanism

Adolescence can be one of the most stressful times in a young person's life and it is the time when they begin discovering their identities and are becoming more independent. The adolescent years are the time when they establish new and meaningful friendships and also when they find that their body has begun to develop. When a person enters these years of puberty, it can be a very emotional, stressful, confusing as well as frightening period through which they must pass. The lucky few can make the transition from childhood to adolescence without any difficulties but there are many who may have developed a teen eating disorder as an alternative to cope with these changing times. A teen eating disorder may cause the young person to worry that the weight that he or she is gaining will become permanent and thus may cause him or her to panic and in desperation try to shed this extra weight. They may be ignorant of the fact that these physical changes will ease off with time and that their body weight will stabilize without the need for dieting. The teen eating disorder may also be attributed to going through puberty which is a testing time, especially if the teenager also has to undergo sexual advances. In addition, the teenager may be under great pressure to perform and excel and a number of these teenagers may spend time worrying as well as trying to conform to society's unattainable ideal body image and so might fall victim to a teen eating disorder. Many teenagers purchase teen magazines containing pictures of emaciated models and this may only reinforce their beliefs that the way to happiness lies in being thin and so may become one of the many who have teen eating disorders. Another important factor that may contribute to a teen eating disorder is that of the environment in the home with family which plays a major role in developing teen eating disorders. Young teenagers whose family members have emotional, physical or sexual abuse present may become victims of a teen eating disorder which may become a means of gaining control and block out painful feelings as well as emotions. There is also scope for schools and educational institutes to play an active role in preventing teen eating disorders and this may be done through educating the student on a teen eating disorder and the ever present dangers that may be lurking about. In addition, the teachers should teach the teenager that to succeed in life the body weight does not play any significant role and if the teen eating disorders can be caught at an early stage the person may be more willing to accept help and the chances of recovery will correspondingly increase.

## About the Author

Guide to Eating Disorders explores the issue of eating disorders such as anorexia and bulimia so that you can find out more information such conditions and the effect it has on your life. For more information please visit <http://www.guidetoeatingdisorders.com/>.

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