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**"IMPACT OF MUKBANG WATCHING ADDICTION ON EATING
DISTRESS AND PSYCHOLOGICAL WELLBEING AMONG
EMERGING ADULTS"**

Archana Arun Pai

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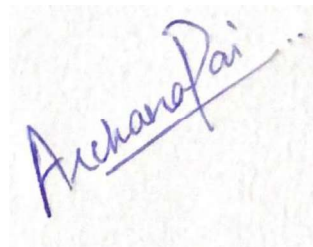
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**IMPACT OF MUKBANG WATCHING
ADDICTION ON EATING DISTRESS AND
PSYCHOLOGICAL WELLBEING AMONG
EMERGING ADULTS**



MANIPAL
ACADEMY of HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)



April 2022

Archana Arun Pai

MANIPAL COLLEGE OF HEALTH PROFESSIONS

MAHE, MANIPAL

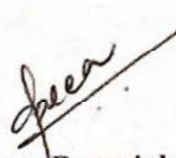
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This is to certify that the dissertation on “**IMPACT OF MUKBANG WATCHING ADDICTION ON EATING DISTRESS AND PSYCHOLOGICAL WELLBEING AMONG EMERGING ADULTS**” has been completed by **Archana Arun Pai** (201199021) under my supervision. I am satisfied with the work presented by the candidate towards the partial fulfillment of Master of Science in Clinical Psychology.



Dr. Deepa Rasquinha
Assistant Professor
Department of Clinical Psychology
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Date: 30/04/2022

MANIPAL COLLEGE OF HEALTH PROFESSIONS
MAHE, MANIPAL
CERTIFICATE



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CONTENTS

Chapter No.	Index	Page No.
	<i>List of Tables</i>	i
	<i>List of Figures</i>	ii
	<i>List of Abbreviations</i>	iii
	<i>List of Appendices</i>	iv
	Abstract	v
1.	Introduction	1-9
	1.1 Mukbangs	1
	1.2 Disordered Eating Behaviors	4
	1.3 Eating Distress in Indian Adults	6
	1.4 Eating Distress and Mukbang Watching	7
	1.5 Psychological Wellbeing	7
	1.6 Psychological Wellbeing and Mukbang Watching	9
2.	Review of Literature	10-26
	2.1 Research studies on Mukbang Watching	10
	2.2 Research studies on Disordered Eating and Eating Distress	15
	2.3 Research studies on Psychological Wellbeing	18
	2.4 Research studies on Psychological Wellbeing, Social Media Use, and Eating Behaviors	21

	2.5	Need for the study	24
	2.6	Objectives	25
	2.7	Hypothesis	26
3.		Methodology	27-31
	3.1	Study Design	27
	3.2	Study Setting	27
	3.3	Participants	27
	3.4	Sampling Method	27
	3.5	Inclusion Criteria	28
	3.6	Exclusion Criteria	28
	3.7	Sample Size	28
	3.8	Tools	28
	3.9	Procedure	30
	3.10	Data Analysis	31
4.		Results	32
5.		Discussion	42
6.		Summary and Conclusion	48-51
	6.1	Major Findings of the Study	49
	6.2	Limitations of the Study	49
	6.3	Strengths of the Study	50
	6.4	Future Scope of Research	50
	6.5	Implications	51
		<i>References</i>	52-57
		<i>Appendices</i>	58-95

LIST OF TABLES

TABLE NO	DESCRIPTION	PAGE NO.
4.1	Mean and standard deviation for MAS, SQ-EDS, PWB-42 and its sub-domains (N=158)	34
4.2	Kolmogorov-Smirnov Test of Normality (N=158)	35
4.3	Levene's Test Result of Equality of Error Variances (N=158)	36
4.4	One-way MANOVA for Mukbang Addiction Scale (N=158)	37
4.5	Tests of Between-Subjects Effects	38
4.6	Mean, Standard Deviation, and t value for Eating Distress Syndrome (EDS) among Mukbang Watching Addiction and Non-Addiction Groups (N=158)	39
4.7	Mean, Standard Deviation, and t value for the various dimensions of Psychological Wellbeing among Mukbang Watching Addiction and Non-Addiction Groups (N=158)	40

LIST OF FIGURES

FIGURE NO.	DESCRIPTION	PAGE NO.
4.1	Graphical Representation of Females and Males in the study	32
4.2	Graphical Representation of Level of Education in this study	33
4.3	Graphical representation of Socio-Economic Status in this study	33
4.4	Scatter Plot Representing the Relationship between MAS, EDS, and PWB	36

LIST OF ABBREVIATIONS

ABBREVIATION	DEFINITION
EDS	Eating Distress Syndrome
PWB	Psychological Wellbeing
MAS-6	Mukbang Addiction Scale – item
SQ-EDS-15	Screening Questionnaire - Eating Distress Syndrome
Ryff PWB-42	The Ryff Scales of Psychological Wellbeing
AN	Autonomy
EM	Environmental Mastery
PG	Personal Growth
PR	Positive Relations with Others
PL	Purpose in Life
SA	Self-Acceptance

LIST OF APPENDICES

APPENDIX NO.	APPENDIX TITLE	PAGE NO.
A	Institutional Research Committee Approval	58
B	Institutional Ethics Committee Approval	59
C	Participant Information Sheet	60
D	Informed Consent Form	62
E	Demographic Sheet	63
F	Mukbang Addiction Scale	64
G	Screening Questionnaire - Eating Distress Syndrome	65
H	Ryff's Psychological Well-Being Scales (Pwb), 42 Item Version	66
I	Permission to Use Mukbang Addiction Scale	70
J	Permission to Use Screening Questionnaire - Eating Distress Syndrome	71
K	Permission to Use Ryff's Psychological Wellbeing Scales, 42 Item Version	72
L	Google Forms for MAS	73
M	Google Forms for SQ-EDS	75
N	Google Forms for Ryff Pwb (42- Item)	80
O	Plagiarism Report	95