

DISCUSSION OF FINDINGS

In this study the result shows that underweight women had high emotional intelligence than their counterparts. Similarly, empathy, integrity were more in underweight women. Self-motivation, emotional stability and self-development were more in normal weight women. Overweight group shows greater abilities in managing relations, value orientation, and altruistic behaviour. Obese women were more self-aware and committed as compared to underweight, normal weight, over-weight college women.

While comparing the mean values it has been observed that obese women had significantly higher level of self-awareness as compared to underweight, normal weight and overweight women. The outcome may be due to the fact that overweight women have more ability to understand, interpret own feeling and they continue to do they believe under criticism.

When compared mean value of self-motivation it has been observed that normal weight college women have significantly greater level of self-motivation as compared to their counterparts of overweight and obese college women. The results might be due to the fact that normal weight women were more responsible, better able to focus on task and pay more attention to work.

On the parameter of altruistic behaviour significant difference was observed between overweight and underweight women. But no significant difference was found among obese and non-obese college women on empathy, emotional stability, managing relations, integrity, self-development, commitment, value orientation and emotional intelligence. So it may be summarized that all groups were equal for thing on emotional intelligence. It might be due to the fact that emotional intelligence does not directly affect the obesity.

Hence, the hypothesis that there would be no significant mean difference on emotional intelligence among obese and non-obese college women has been partially rejected.

Components of emotional intelligence namely self-awareness, empathy, emotional stability, integrity, self-development, commitment, value orientation and emotional intelligence (total) did not show any statistically significant coefficients of correlation with body mass index of college women.

Emotional intelligence of college women was associated with eating attitude where as other components of emotional intelligence namely self-awareness, self-motivation, emotional stability, integrity, self-development did not show any significant correlation with eating attitude and its sub domain of college women. In this study correlations were found between empathy and bulimia, between empathy and eating attitude, value orientation and eating attitude, commitment and dieting, commitment and eating attitude, altruistic behaviour and dieting, total emotional intelligence and dieting and between total emotional intelligence and eating attitude of the college women. These results are aligned with *Wong, 2011; Wong, 2014* who also showed that the emotional intelligence score was positively related to the eating attitude score. Thus, individuals with greater emotional intelligence would have a greater tendency to developing an eating disorder. Besides this empathy, commitment, value orientation are found significantly correlated with eating disorder. These findings corroborated with the investigations of *Filaire et al, 2011*; who found positive relationship between emotional intelligence and eating attitude. Results of this study also similar with results of *Zysberg, 2013* who also suggested that ability of emotional intelligence is associated with disordered eating. Therefore, the hypotheses that there would be no significant relationship between emotional intelligence and eating behaviour of college women has been partially rejected.

SECTION-II
METABOLIC EQUIVALENT OF TASK
OR PHYSICAL ACTIVITY

The findings of the study has been presented in this Section-II deals with metabolic equivalent of task or physical activity among underweight, normal weight, over weight and obese groups of college women. Relationship between physical activity and emotional intelligence also been presented in this section.

Descriptive statistics of metabolic equivalent of task or physical activity, of underweight, normal weight, over weight and obese college women has been presented in table 4.2.1 and mean scores has also been presented in figure 4.2.1.

Table 4.2.1: Descriptive statistics of physical activity among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Physical activity	Under weight	100	2912.33	1232.61	123.26
	Normal weight	100	3416.89	1116.20	111.62
	Over weight	100	2656.44	972.22	97.22
	Obese	100	2742.74	964.22	96.42

The appraisal of table 4.2.1 revealed that the physical activity mean scores of underweight, normal weight, overweight and obese groups were 2912.3, 3416.8, 2656.4 and 2742.7 with the standards deviation of 1232.6, 1116.2, 972.2 and 964.2 respectively. It seems that normal weight had high score of physical activity whereas in obese subject physical activity score was low which indicate that obese women were may be less physically active.

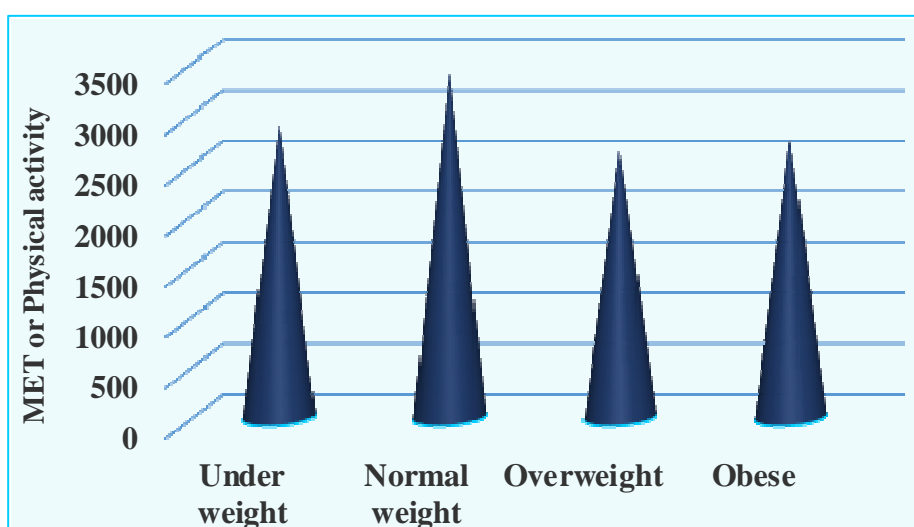


Figure 4.2.1: Mean scores of metabolic equivalent of task (MET) or physical activity level among obese and non-obese college women

The result of analysis of variance of mean scores for the underweight, Normal weight, overweight and obese subjects of college women on their metabolic equivalent of task has been presented in the table 4.2.2.

Table 4.2.2: Analysis of variance (ANOVA) of mean scores of metabolic equivalent of task or physical activity for underweight, normal weight, over weight and obese groups

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Physical activity	Between groups	3.473E7	3	1.158E7	9.97*	.000
	Within groups	4.594E8	396	1160048.97		
	Total	4.941E8	399			

*Significant at 0.05 level, $F_{0.05}(3,396) = 2.62$

It may be gleaned from table 4.2.2 that underweight, normal, over-weight and obese college women differed significantly on metabolic equivalent of task as the calculated F value of 9.97 was found to be greater than the tabulated value of 2.62 at .05 levels.

To find out the quantum and leaning of the differences between paired means of metabolic equivalent of task among underweight, normal weight, overweight, and obese college women Scheffe's post hoc test was applied and results has been depicted in table 4.2.3.

Table 4.2.3: Scheffe's post-hoc comparison of paired means among obese and non-obese college women on metabolic equivalent of task (MET)

Variable	Paired Groups		Mean Difference	Std. Error	Sig.
MET or Physical activity	Under weight	Normal weight	-504.56*	152.31	.001
		Over weight	255.89	152.31	.094
		Obese	169.59	152.31	.266
	Normal weight	Over weight	760.45*	152.31	.000
		Obese	674.15*	152.31	.000
	Over weight	Obese	-86.30	152.31	.571

*Significant at .05 level

It may be observed from the table 4.2.3 the mean scores of metabolic equivalent of task among underweight college women were found to be differed when compared to the normal weight college women as their mean differences of -504.56 were found to be statistically significant. Significant differences were also observed between normal weight and overweight, normal weight and obese college women on metabolic equivalent of task as there mean differences were 760.45 and 674.15 respectively. No significance mean difference observed between the underweight and overweight, underweight and obese college women as their mean difference of 255.89 and 169.59 were found to be statistically insignificant at 0.05 level.

To discover the relationship between body mass index of college women and their metabolic equivalent of task (MET) or physical activity the Pearson's product moment correlation was computed and coefficients of correlation (r) has been given in table 4.2.4 and the correlation has been depicted in figure 4.2.2.

Table 4.2.4: Relationship of body mass index to MET or physical activity of college women

S. No.	Variables Correlated	Coefficients of Correlation (r)
1	Height and metabolic equivalent of task	-.027
2	Weight and metabolic equivalent of task	-.090
3	BMI and metabolic equivalent of task	-.086

An evaluation of table 4.2.4 revealed that the components of height, weight and body mass index of college women did not show any statistically significant coefficients of correlation with metabolic equivalent of task or physical activity of college women. But the result shows negative correlation between body mass index and physical level which indicate that as the energy expenditure decrease, body mass index will be increased. Body mass index increased with physical activity decrease.

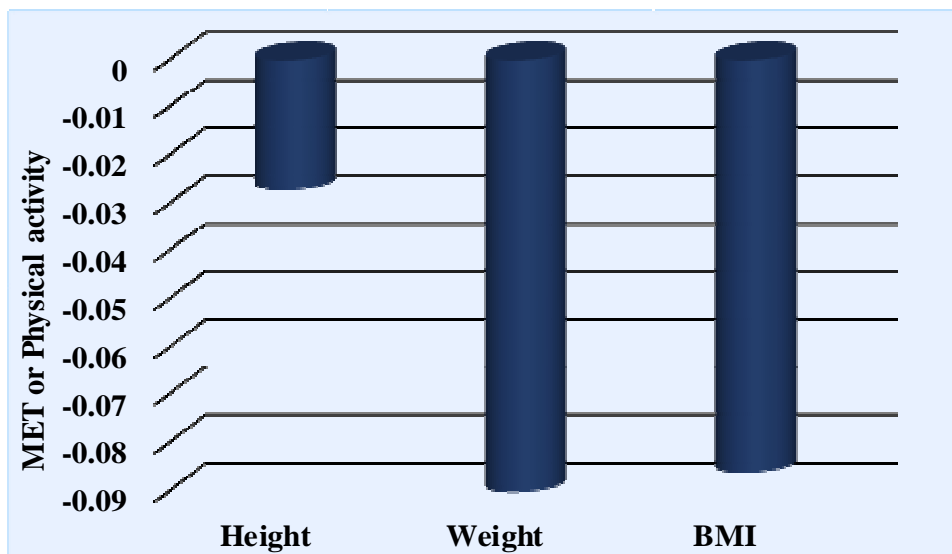


Figure 4.2.2: Relationship between metabolic equivalent of task (MET) or physical activity and body mass index (BMI) of college women

To discover the relationship between metabolic equivalent of task OR physical activity and emotional intelligence and its sub domain of college women the Pearson's product moment correlation was computed and

coefficients of correlation (r) has been given in table 4.2.5 and the results has been presented in figure 4.2.3.

Table: 4.2.5 Relationship between metabolic equivalent of task (MET) or physical activity and emotional intelligence and its sub domain of college women

Sr. No.	Variables Correlated	Coefficients of Correlation (r)
1	Physical activity and Self- awareness	.107*
2	Physical activity and Empathy	.087
3	Physical activity and Self-motivation	.097
4	Physical activity and Emotional stability	.065
5	Physical activity and Managing relations	-.039
6	Physical activity and Integrity	.052
7	Physical activity and Self-development	.018
8	Physical activity and Value orientation	.070
9	Physical activity and Commitment	.116*
10	Physical activity and Altruistic behaviour	.068
11	Physical activity and Emotional intelligence	.114*

*Significant at .05 level

It may be observed from table 4.2.5 that physical activity was significantly related to emotional intelligence variables of self-awareness ($r = .107$), commitment ($r = .116$) and composite score of emotional intelligence ($r = .114$) of the college women. Whereas other components of emotional intelligence namely empathy, emotional stability, self-motivation, managing relations, integrity, self-development, value orientation, altruistic behaviour did not show any statistically significant coefficients of correlation with (MET) or physical activity level of college women.

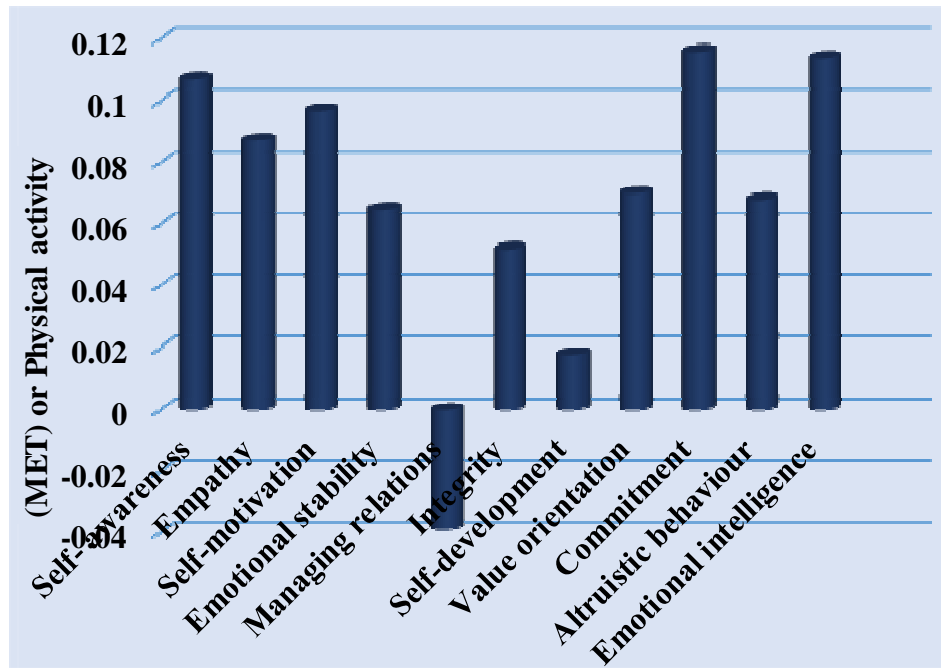


Figure 4.2.3: Relationship of (MET) or physical activity and emotional intelligence and its sub domain of college women

DISCUSSION OF FINDINGS

Results reveals that normal weight group of college women had high score of physical activity level indicating higher level of physical activity among them whereas overweight and obese college women were having low level of physical activity and were less active. This may be attributed to the fact that normal weight individuals engaged significantly in more physical activity than overweight individuals (*Blanchard et al., 2005*) and as higher levels of physical activity are prospectively associated with lower levels of obesity in adolescent girls (*White & Jago, 2012; Lee 2011& Jayamani, 2013*). Overweight and obese participants engaged in less overall physical activity as compared with normal weight individuals (*Hansen, 2013*).

Significant differences were observed among underweight, normal weight, overweight and obese women for metabolic equivalent of task or physical activity level. The results are inline with study of *Hansen et al. (2013)* in which they found overweight and obese adolescents performed less overall physical activity as compared to normal weight adolescents. These findings are

in agreement with other studies in the literature. Normal weight women were more physically active than overweight and obese women (*Lee et al., 2011*). *Chen and Mao (2006)* in his study also found that obese and overweight women had lower metabolic equivalent of task or energy expenditure as compared to normal weight women. *Planinsec & Matejek, 2004; Adams et al. (2003)* also found the same results that physical inactivity is more prevalent among obese and overweight women than normal weight women.

Hence, the hypothesis that there would be no significant mean difference on metabolic equivalent of task or physical activity status among obese and non-obese college women has been rejected.

In this study results also revealed that metabolic equivalent of task and body mass index had negative correlation which indicate that as the energy expenditure decrease, weight will be increased or vice versa. Most of the studies suggesting that body mass index increased with physical inactivity and the women performing daily physical activity having lower level of obesity (*White & Jago, 2012; Desai, 2008; Clement, 2004; Fitzgerald, 1997; & Jayamani, 2013*).

Physical activity or MET was significantly related to emotional intelligence, and its subscale of self-awareness and commitment whereas other components of emotional intelligence namely, empathy, emotional stability, integrity, self-motivation, self-development, altruistic behaviour, value orientation, did not show any statistically significant coefficients of correlation with metabolic equivalent of task or physical activity of college women.

The findings of the current study provide further support on the claims that there is a positive relationship between increased levels of emotional intelligence and physical activity. The current findings are in line with study of *Li et al. (2009)* who also confirmed positive association between physical activity and emotional intelligence of Taiwan university students. *Dev et al.*

(2012) also found that supporting staffs with higher physical activity in a week had better total emotional intelligence scores and composite subscale scores.

Sklofske et al. (2007) found that the university supporting staffs that had higher physical activity in a week had better total emotional intelligence score and composite subscale scores. This study found that the higher the level of physical activity, the higher the scores for the appraisal of one own emotion and regulation of emotions which are consistent with the finding from previous studies that physical activity has benefit on an individual's sense of self-worth and self-perception (*Asci, 2003*). *Bhochhibhoya et al. (2014)* also found that participants who reported higher levels of Physical activity scored significantly higher in Global emotional intelligence and mental health as compare to participants with moderate and low levels of physical activity. In conclusion, college students who were physically more active at recommended levels were more likely to have higher emotional Intelligence, compared to their sedentary counterparts and those who engage in insufficient levels of physical activity. Thus, the importance of increasing exercise participation at the college level may be reinforced and implemented.

Therefore, the hypotheses there would be no significant relationship between emotional intelligence and metabolic equivalent of task or physical activity level of college women has been partially rejected.

SECTION-III

EATING BEHAVIOUR

Analysis of eating patterns of college women belonging to underweight, normal weight, over weight and obese groups has been given in this section. Relationship between eating attitude and MET or physical activity has also been presented in this section.

Descriptive statistics of bulimia of underweight, normal weight, over weight and obese college women has been presented in table 4.3.1 and mean scores has been shown in figure 4.3.1.

Table 4.3.1: Descriptive statistics of bulimia among underweight, normal weight, over weight and obese college women

Variable	Groups	N	Mean	Std. Deviation	Std. Error
Bulimia	Under weight	100	2.79	2.53	.253
	Normal weight	100	3.08	2.93	.293
	Over weight	100	3.08	2.18	.218
	Obese	100	3.16	2.87	.287

An evaluation of table 4.3.1 revealed that the mean scores of bulimia of underweight, normal weight, overweight and obese groups were 2.79, 3.08, 3.08, and 3.16, with the standard deviations of 2.53, 2.93, 2.18 and 2.87 respectively. The results has been shown in figure 4.3.1.

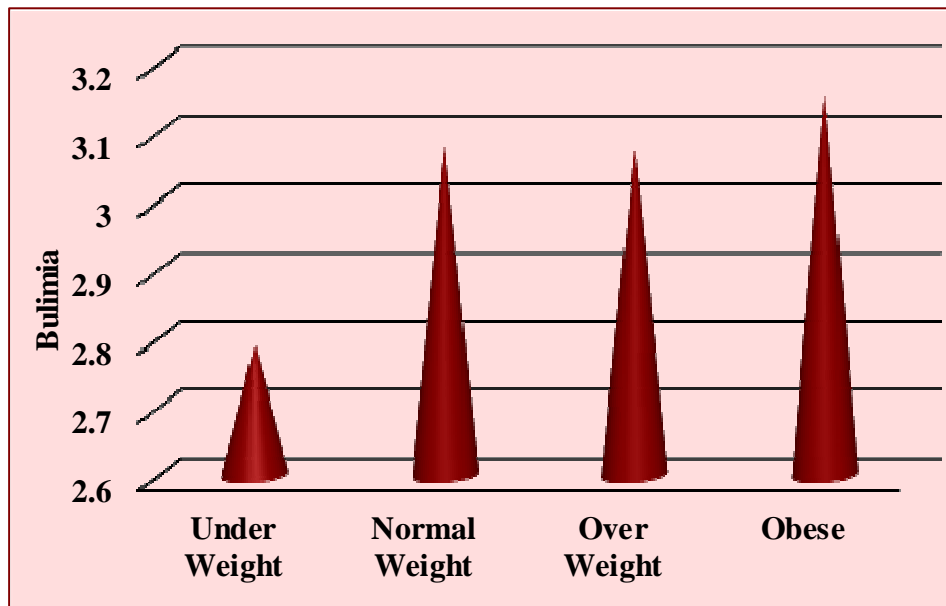


Figure 4.3.1: Mean scores of bulimia of underweight, normal weight, over weight and obese college women

The result of analysis of variance of score for the underweight, Normal weight, overweight and obese college women on bulimia has been presented in the table 4.3.2.

Table 4.3.2: Analysis of variance (ANOVA) on bulimia of underweight, normal weight, over weight and obese college women

Variable	Source	Sum of Squares	df	Mean Square	F-value	Sig.
Bulimia	Between groups	7.94	3	2.64	.378	.769
	Within groups	2776.75	396	7.01		
	Total	2784.69	399			

$F_{.05} (3,396) = 2.62$

Table 4.3.2 disclosed that there were no significant mean differences among underweight, normal weight, over-weight and obese college women on bulimia as the calculated F value of .378 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of oral control of underweight, normal weight, over weight and obese college women has been given in table 4.3.3 and mean scores has been shown in figure 4.3.2.

Table 4.3.3: Oral Control scores of underweight, normal weight, over weight and obese college women

Variable	Groups	N	Mean	Std. Deviation	Std. Error
Oral Control	Under weight	100	6.48	3.46	.346
	Normal weight	100	4.18	3.41	.341
	Over weight	100	4.91	3.51	.351
	Obese	100	4.86	3.23	.323

The appraisal of table 4.3.3 revealed that the mean scores on oral control of underweight, normal weight, overweight and obese subjects were 6.48, 4.18, 4.91 and 4.86, with the standard deviations of 3.46, 3.44, 3.51 and 3.23 respectively. These results indicate that under weight college women shows oral control that deals with the degree of self-control overeating than their counterparts of normal weight, overweight and obese college women.

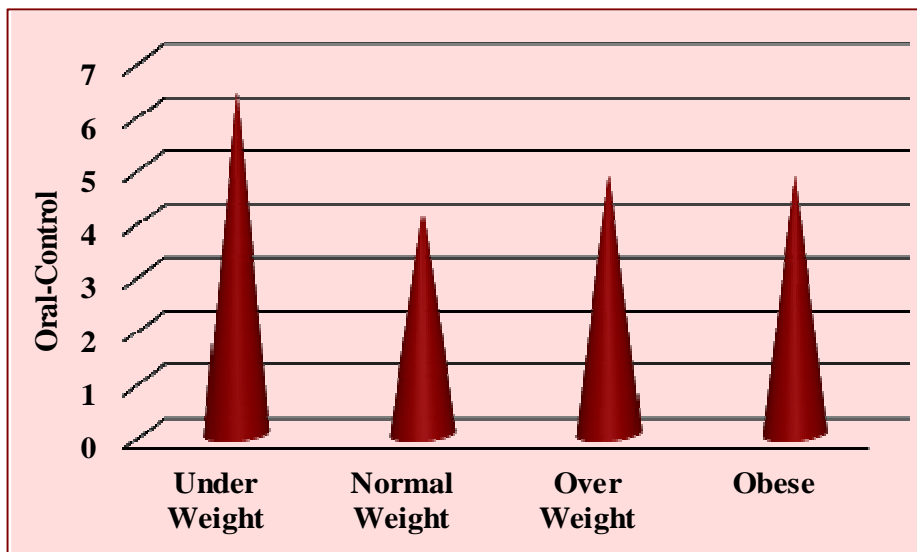


Figure 4.3.2: Mean scores of oral control of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for oral control of underweight, Normal weight, overweight and obese college women has been illustrated in table 4.3.4.

Table 4.3.4: Analysis of Variance (ANOVA) on oral control of underweight, normal weight, over weight and obese college women

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Oral control	Between groups	284.42	3	94.80	8.15*	.000
	Within groups	4601.95	396	11.62		
	Total	4886.37	399			

*Significant at 0.05 level; $F_{.05}(3,396) = 2.62$

An evaluation of table 4.3.4 revealed that there were significant mean differences among underweight, normal weight, over-weight, and obese college women on oral control as the calculated F value of 8.158 was found to be greater than the tabulated value of 2.62 at 0.05 level.

To discover the degree and trend of the differences between paired means of oral control among underweight, normal weight, over weight and obese college women, Scheffe's post hoc test was applied. The results of post hoc test has been presented in table 4.3.5.

Table 4.3.5: Significance difference between the paired means of oral control among underweight, normal weight, over weight and obese college women

Variable	Paired Groups	Mean Difference	Std. Error	Sig.	
Oral control	Under weight	Normal weight	2.30*	.482	.000
		Over weight	1.57*	.482	.015
		Obese	1.62*	.482	.011
	Normal weight	Over weight	-.730	.482	.515
		Obese	-.680	.482	.575
	Over weight	Obese	.050	.482	1.00

* Significant at .05 level

This may be clearly seen from table 4.3.5 that underweight and overweight college women differed significantly in oral control that deals with the degree of self-control overeating, as their respective mean difference of 1.57 was found to be statistically significant at .05 levels. Similarly, Underweight and obese college women also differ significantly on oral control sub domain of eating attitude as their respective mean difference of 1.62 was found to be significant at .05 levels indicating thereby underweight women show more self-control overeating. Significant difference in diet intake of underweight and Normal weigh college women were also observed as their mean difference of 2.30 was found to be statistically significant. However, mean differences among other groups were not found to be statistically significant at .05 levels through Scheffe's post hoc test.

Descriptive statistics of dieting behaviour among underweight, normal weight, over weight and obese college women has been given in table 4.3.6 and has been shown in figure 4.3.3.

Table 4.3.6.: Descriptive statistics of dieting behaviour among underweight, normal weight, over weight and obese college women

Variable	Groups	N	Mean	Std. Deviation	Std. Error
Dieting	Under weight	100	5.13	4.38	.438
	Normal weight	100	5.75	5.30	.530
	Over weight	100	9.36	6.81	.681
	Obese	100	7.89	6.10	.610

An appraisal of table 4.3.6 revealed that the mean scores of dieting behaviour of underweight, normal weight, overweight and obese groups were 5.13, 5.75, 9.36 and 7.89, with the standard deviations of 4.38, 5.30, 6.81 and 6.10 respectively. It seems that overweight college women more involved in dieting behaviour than their counterparts of underweight, normal weight, and obese college women.

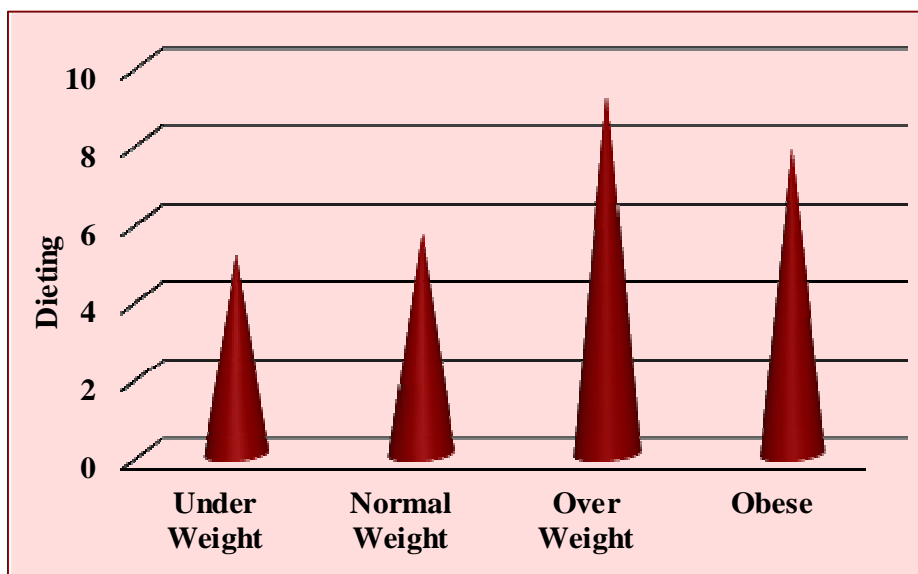


Figure 4.3.3: Mean scores of dieting of underweight, normal weight, over weight and obese college women

The result of Analysis of variance of mean scores on dieting behaviour of underweight, normal weight, overweight and obese subjects of college women has been depicted in the table 4.3.7.

Table 4.3.7: Analysis of variance (ANOVA) on dieting behaviour of underweight, normal weight, over weight and obese college women

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Dieting	Between groups	1141.68	3	380.56	11.60*	.000
	Within groups	12982.89	396	32.78		
	Total	14124.57	399			

*Significant at 0.05 level; $F_{0.05}(3,396) = 2.62$

It may be gleaned from table 4.3.7 that underweight, normal weight, overweight and obese college women differed significantly on dieting behaviour as the calculated F value of 11.60 was found to be greater than the tabulated value of 2.62 at 0.05 level.

To find out the quantum and leaning of the differences found among underweight, normal weight, over-weight, and obese college women on dieting

and to make a focused analysis, Scheffe's post hoc test was applied. The results of post hoc test has been depicted in table 4.3.8.

Table 4.3.8: Post-hoc comparison of paired means on dieting behaviour of underweight, normal weight, over weight and obese of college women

Variable	Paired Groups		Mean Difference	Std. Error	Sig.
Dieting	Under weight	Normal weight	-.620	.809	.900
		Over weight	-4.230*	.809	.000
		Obese	-2.760*	.809	.009
	Normal weight	Over weight	-3.610*	.809	.000
		Obese	-2.140	.809	.074
	Over weight	Obese	1.470	.809	.350

*Significant at 0.05 level

It may be observed from the table 4.3.8 that on the subscale of dieting behaviour underweight college women were found to be differed as compared to the overweight and obese college women as their mean difference scores of -4.23, and -2.76, respectively were found to be statistically significant at .05 level, indicating thereby that overweight women had high tendency of dieting and underweight women had low tendency of dieting which evaluates pathological avoidance of fattening foods and preoccupation with thinness. Significance mean difference was also found between the normal weight and overweight college women as their mean difference of -3.61 was statistically significant. No significance difference was found between the underweight and normal weight, normal weight and obese, obese and overweight college women on dieting behaviour as their significant mean difference were -.620, 2.14 and -1.47 respectively.

Descriptive statistics of eating attitude among underweight, normal weight, over weight and obese college women has been given in table 4.3.9 and shown in figure 4.3.4.

Table 4.3.9: Descriptive statistics of eating attitude among underweight, normal weight, over weight and obese college women

Variable	Groups	N	Mean	S.D.	Std. Error
Eating attitude	Under weight	100	14.40	6.92	.692
	Normal weight	100	13.01	8.21	.821
	Over weight	100	17.45	8.89	.889
	Obese	100	16.00	8.15	.815

An evaluation of table 4.3.9 revealed the mean scores of eating attitude of underweight, normal weight, overweight and obese groups were 14.40, 13.01, 17.45 and 16.00, with the standard deviations of 6.92, 8.211, 8.89 and 8.15 respectively which may indicate that the overweight college women having high eating disordered attitudes (M=17.45) than the underweight, normal weight and obese college women.

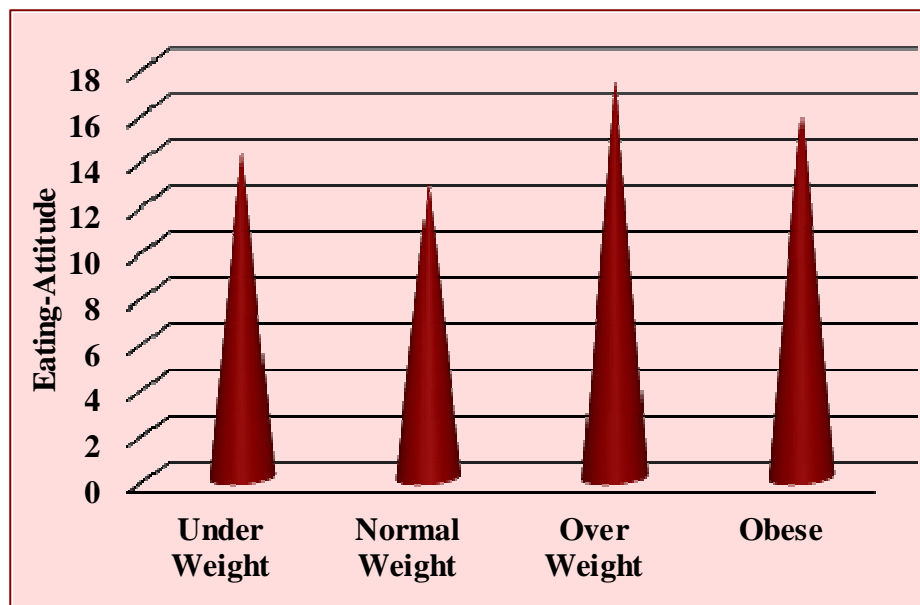


Figure 4.3.4: Mean scores of eating attitude of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores of eating attitude for the underweight, normal weight, overweight and obese college women has been presented in the table 4.3.10.

Table 4.3.10: Analysis of variance (ANOVA) on eating attitude of underweight, normal weight, over weight and obese college women

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Eating attitude	Between groups	1113.77	3	371.25	5.69*	.001
	Within groups	25839.74	396	65.25		
	Total	26953.51	399			

*Significant at 0.05 level, $F_{0.05}(3,396) = 2.62$

It may be noticed from table 4.3.10 that there were significant mean differences among underweight, normal weight, over-weight and obese college women on eating attitude as the calculated F value of 5.69 was found to be greater than the tabulated value of 2.62 at 0.05 level.

To discover the degree and direction of the differences between paired means of eating attitude among underweight, normal weight, over-weight and obese college women, Scheffe's post hoc test was applied. The results of post hoc test analysis have been presented in table 4.3.11.

Table 4.3.11: Scheffe's post-hoc comparison of paired means of eating attitude among obese and non-obese college women

Variable	Paired Groups		Mean Difference	Std. Error	Sig.
Eating attitude	Under weight	Normal weight	1.39	1.142	.687
		Over weight	-3.05	1.142	.070
		Obese	-1.60	1.142	.581
	Normal weight	Over weight	-4.44*	1.142	.002
		Obese	-2.99	1.142	.079
	Over weight	Obese	1.45	1.142	.657

Table 4.3.11 disclosed that in eating attitude (total score) normal weight and overweight college women differed significantly as their mean difference of -4.44 was found to be statistically significant at .05 levels, indicating thereby that women having normal weight had low eating disorder as compared to

overweight women. No significant difference was found between the underweight and normal weight, normal weight and obese, obese and overweight, obese and underweight college women on eating attitude.

To discover the relationship between eating attitude of college women and their body mass index the Pearson’s product moment correlation was computed and coefficients of correlation (r) has been given in table 4.3.12.

Table 4.3.12: Relationship of eating attitude and its sub domains to body mass index of college women

Variable	Bulimia	Oral control	Dieting	Eating attitude
Height	-.064	-.041	-.020	-.049
Weight	.039	-.173**	.237**	.117*
BMI	.065	-.153**	.242**	.135**

*significant at .05 level

Table 4.3.12 depicted that oral control was significantly related to weight (r= -.173) and Body mass index (r= -.153); significant correlation was also found between dieting and weight (r= .237); and body mass index (r= .242); eating attitude and weight (r= .117); eating attitude and body mass index (r= .135) of the college women. Whereas bulimia did not show any statistically significant coefficients of correlation with body mass index of college women. The coefficient of correlation has also presented in figure 4.3.5.

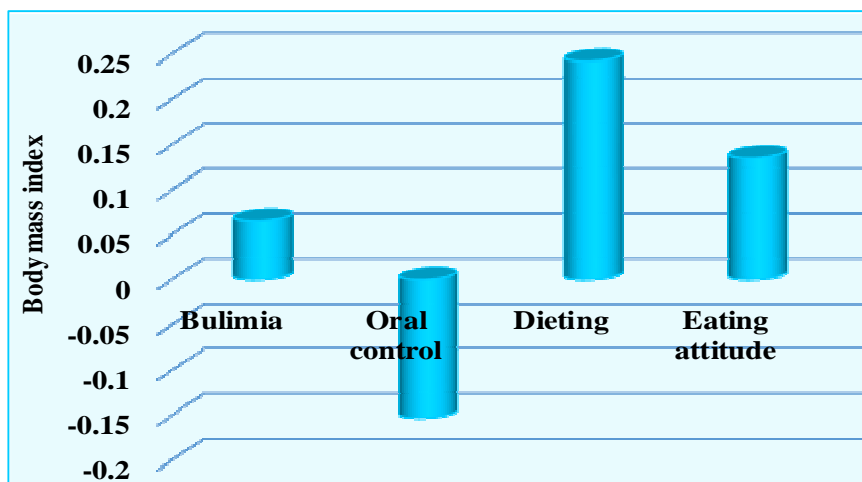


Figure: 4.3.5: Relationship of eating attitude and its sub domains to body mass index of college women

To discover the relationship between eating attitude of college women and their metabolic equivalent of task (MET) or physical activity the Pearson's product moment correlation was computed and coefficients of correlation has been given in table 4.3.13 and depicted in figure 4.3.6.

Table 4.3.13: Relationship of eating attitude and its sub domains to (MET) or physical activity of college women

Sr. no.	Variables	Coefficients of Correlation (r)
1	Bulimia and Physical activity	.040
2	Oral control and Physical activity	.035
3	Dieting and Physical activity	-.012
4	Eating attitude and Physical activity	.024

Results in table 4.3.13 depicted that the components of eating attitude and its sub domains namely bulimia, oral control, and dieting of college women did not show any statistically significant correlation with (MET) or physical activity of college women.

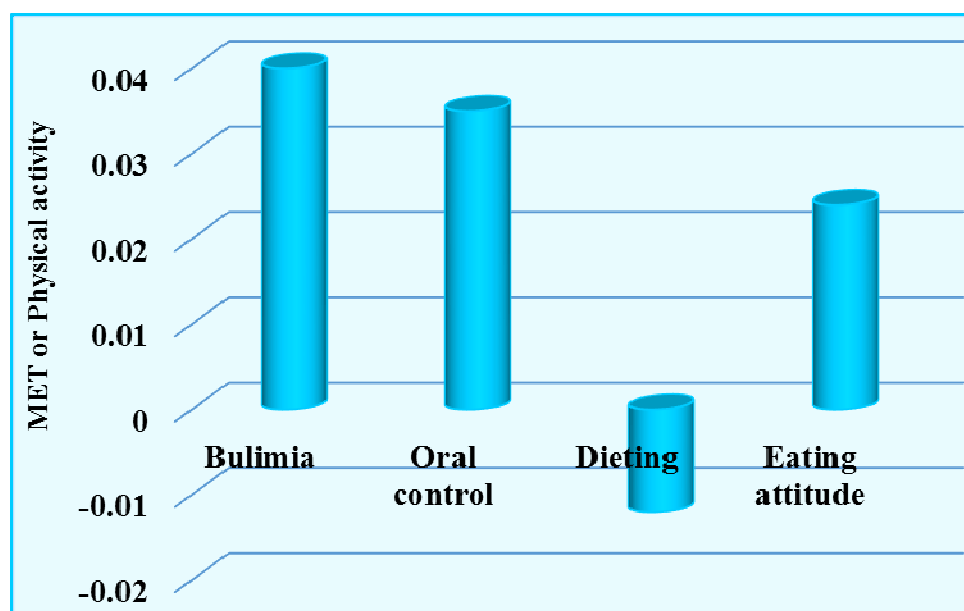


Table 4.3.6: Relationship between (MET) or physical activity and eating attitude and its sub domains of college women

DISCUSSION OF FINDINGS

In this study obese group shows tendencies to binge and purge as measured by subscale bulimia of eating attitude. *Darby et al., 2007; Desai, 2008;* also found that overweight participants displayed an increased fear of bingeing, preoccupation with food, desire to be thinner, and engagement in dieting behaviour as compare to normal weight peers. *Pinaquy et al., 2003,* also identified obese women as having binge eating disorder.

The results also indicate that underweight college women shows oral control that deals with the degree of self-control overeating than their counterparts of normal weight, overweight, and obese college women. This may be due to the fact that underweight women take less diet to become thin (*Geliebter & Aversa, 2003*).

In this study overweight college women were having more eating disorder of dieting and eating attitude as compared to the underweight and normal weight college women. It may be because that overweight girls are more concerned about their weight, more dissatisfied with their bodies, and more likely to diet than their normal-weight peers. These findings are in line with the findings of *Burrows & Cooper 2002; Vander Wal & Thelen 2000.* According to *Chugh & Puri, 2001;* Dieting behaviour was reported in a higher number of obese (76.6 %) compared with normal-weight (38 %) and underweight (14 %) girls. *Darby et al. (2007)* also found that women with obesity had significantly higher levels of dietary restraint, eating concern, weight concern, shape concern, binge eating, misuse of diuretics, use of diet pills and fasting compared to other women in the community. According to *Huon, (2000)* it may be due to the peer pressure during adolescence can cause a teenager who is already dissatisfied with his or her body to turn to unhealthy weight loss, through extreme dieting. Overweight college women were having high eating disordered attitudes than normal weight college women. This may be attributed to the fact that disordered eating perceptions and disordered behaviours are associated with increased rates of overweight and obesity

(*Desai et al., 2008*). Hence, the hypothesis that there would be no significant mean difference on eating behaviour among obese and non-obese college women has been rejected.

Dieting and eating attitude were found to be associated with body mass index of the college women as BMI had a stronger impact on the psychological and behavioral traits related to the eating disorders among women (*Tao Zhuoli & Zhong Wenfang, 2010*). *Farah Wahida, 2011; Hudson, (2008)* also found significant association between body mass index and eating attitude.

Eating attitude and its sub domains of bulimia, oral control and dieting did not show significant correlation with physical activity of college women which may be because of varied level of physical activity as the amount of weekly physical activity was not a predictor for high EDI scores (*Augestad, 2000*).

Similar results were found by *Asci et al. (2006); Pelegrini & Petroski, (2009); and Carral & Perez, (2011)* who observed no relationship between physical activity and eating attitude and explained that abnormal eating attitudes usually do not differ as a function of physical activity level during adolescence. A possible explanation for these findings may be that unhealthy eating behaviours may not be influenced by the time spent on physical activities.

Hence, the hypotheses that there would be no significant relationship between eating behaviour and metabolic equivalent of task or physical activity level of college women has been accepted.