There had been a number of researches that investigated on the role of dieting in acquiring eating disorder symptoms. This study was then conducted in order to determine whether dieting UST Faculty of Pharmacy female students developed symptoms of eating disorders. Specifically, this research identifies what particular symptoms or behaviors were developed based on the research conducted on randomly selected female students. To gather needed data, a survey questionnaire was used. Weighted means were computed to analyze the answers of the participants. The results showed that the respondents who underwent diets did indeed develop multiple eating disorder symptoms, both physical and psychological. This in turn may benefit dieters by enlightening them and helping them change their habits and shift into a healthier diet regime. It was also found that some dieters chose to laxatives and diuretics, an unhealthy alternative to slim down, which may have adverse long-term reactions. Nonetheless, respondents who admitted to be on a diet were observed to exercise more often and chose eating balanced meals as their way of trimming down. As stated from literatures, this clearly emphasizes the need to follow a proper disciplined diet to ensure its effectiveness and the safety of its practitioners. Diets involving the use of laxatives, diuretics, or any form of medication misuse as well as diets involving the deliberate skipping of meals in order to compensate for stress must be avoided at all costs in order to prevent the development of eating disorders. Furthermore, outcomes of diets can be made more successful by combining proper nutrition with regular exercise.

**INTRODUCTION**

Dieting is commonplace among contemporary young women irrespective of age, race, ethnicity, and weight. Data from a study conducted two years ago shows that 60%-80% of women have been on a diet. Dieting behavior has been observed to start before women enter college and continues after women graduate with some female students being shown to be on a BMI lower than their present BMI. The 2012 Behavioral Risk Factor Surveillance System, an annual health survey conducted in the United States, shows that more women, compared to men, have reported to be on a diet at any point within the past month being shown to attempt to lose weight at a lower BMI compared to men. The National Health Interview Survey of U.S. Adults conducted in the same year shows that 41% of women undergoing a form of weight loss.

Dieting also predisposes women to various eating disorders and is often a precursor to the onset of eating disorders. A higher percentage of women who regularly diet report problems in eating behavior compared to those who have no such routine dietary practices. Not all dieting individuals warrant the need for an eating disorder diagnosis as they do not meet the criteria for such; but they are shown to develop forms of disordered eating behavior. Proportional to the prevalence of eating disorders is the overestimation of one's body fat and dieting. Studies and observation has shown that the freshman year in college is most highly associated with weight gain. The transition to a new environment such as a larger campus environment, constant pressure from peers and professors, the burden of an increased workload, an increased sense of independence, and a change in daily routines that may affect diet and exercise habits. Dietary practices such as the consumption or non-consumption of breakfast and the intake of eighteen beverages and energy drinks have been shown to have a significant impact on an individual's body weight.

College is the time when many female students undergoc dramatic lifestyle changes, this provides the prime opportunity to lay the foundations for the promotion of healthy eating and exercise habits in the adult population. By understanding the factors that affect eating behavior, weight management, and dieting, more effective healthcare systems may be developed to promote the promulgation of a healthier lifestyle. The aim, therefore, To determine if there is a relationship between dieting and acquiring the management, and dieting, more effective healthcare systems may be developed to promote the promulgation of exercise habits in the adult population. By understanding the factors that affect eating changes, this provides the prime opportunity to lay the foundations for the promotion of healthy eating and the intake of sweetened beverages and energy drinks have been shown to have a significant impact on an

**RESULTS AND DISCUSSION**

**Occurrence of Gull When Eating**

<table>
<thead>
<tr>
<th>Response</th>
<th>Yes</th>
<th>No</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occurrence</td>
<td>29%</td>
<td>71%</td>
<td>100%</td>
</tr>
</tbody>
</table>

**INTAKE OF LAXATIVES/DIURETICS TO LOSE WEIGHT**

<table>
<thead>
<tr>
<th>Response</th>
<th>Yes</th>
<th>No</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intake of laxatives/diuretics to lose weight</td>
<td>16%</td>
<td>84%</td>
<td>100%</td>
</tr>
</tbody>
</table>

**CONCLUSION**

Based on the results of the survey, dieting plays a role of certain significance in the acquiring of eating disorder symptoms. Respondents who underwent a diet displayed a certain degree of low self-esteem and felt the need to slim down in order to improve their confidence and feel more comfortable. To further strengthen this point, respondents cited “self-consciousness” as the main reason behind undergoing a diet. It was also discovered that those on diets admit to feelings of guilt whenever they consume a moderate to large amount of food. Moreover, people who underwent diets display more restraint in skipping meals compared to those who didn’t. More than half of the respondents show the tendency to eat or refuse to eat when pressured or are under duress. This behavior, according to a study conducted by National Youth Mental Health Foundation, is common among anorexics as they use food, including the refusal to eat, as a way of giving them a sense of control over their lives. It has also been observed that students who underwent diets exhibited multiple signs and symptoms of various eating disorders: the four most prominent being having food restrictions, eating with no planned mealtimes, binge, and mood swings. Furthermore, a fraction of respondents who are on a diet resort to the use of laxatives and/or diuretics to lose weight. Misuse of these have consequences that are detrimental to the health condition of practitioners and further abuse may even lead to death.

**REFERENCES**

Headspace National Youth Mental Health Foundation Ltd. (2013). Eating disorders in Australia: A summary of key findings. Retrieved Jan 3, 2014 from [http://www.nationaleatingdisorders.org/bulimia](http://www.nationaleatingdisorders.org/bulimia). Olegario, C.S.; Paez, C.C.; Calaca, M.N. (2013). The Significance of Dieting in Acquiring the Symptoms of Eating Disorders. University of Santo Tomas. The study is to be conducted on the school year 2013-2014. This study focuses on the relationship between their dieting practices and observable symptoms of eating disorder. In order to maintain the extraneous variables, College Females (n=273) are given set of questionnaire asking if they follow a dieting regimen. Questions about their behavioral practices that correlate to certain-symptoms of eating disorder are also included. After doing the survey data interpretation was conducted. In order to prove if the alternative hypothesis is accepted or rejected, the percentage results of UST pharmacy students who are dieting is compared to those students who are not dieting in term of their behavioral practices and symptoms present.

**METHODOLOGY**

**Research Design**

The descriptive survey method of research will be used in order to arrive at a better understanding of the phenomenon under study. This shall be the basis for arriving at causes of scientific conclusions.

**Subject**

The scope of the study includes female pharmacy students of the University of Santo Tomas. The study is to be conducted on the school year 2013-2014. This study focuses on the relationship between their dieting practices and observable symptoms of eating disorder.