

Attachments and eating disorders

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Emotional development amongst children is closely linked with close relationships. Infants develop secure and insecure attachments, depending on the availability of the parent or guardians. Securely attached children seek their parents or caretakers to express their pain and emotions.

Whereas, insecurely attached ones can either counter their emotional needs, get easily carried away or show mixed responses. These factors play a huge role in child's mental and emotional development. Adult attachments also arise from childhood experiences and can be categorized according to the different psychological levels which include: impulsiveness, affection, rejection, mood-swing and pressure handling capability. Differences between mental states of individuals show distinct behaviors too. Securely grown up adults show positive responses in attitude and relationships and the insecurely grownups show completely altered responses. Such adults are usually inferior with attachments and tend to show impulsive reactions in pressure situations. They also show variant eating disorders. Hypothetical data of diagnostic classification illustrates that eating disorders cannot be related to an individual group of people and variant psychological conditions does not truly relate to specific behavioral states. Psychopathology demonstrated that individuals, who had a rough childhood coupled with traumatic events such as sexual abuse, tend to conceptualize when recalling their memory but feel inferior to be realistic. Anorexic patients or people with eating disorders, in order to lose weight, are usually found in this category (Candelori and Antonio, 139-153).

It is astonishing to recognize how mental and physical health is closely related to early childhood developments. The hypothetical data gives a clear <https://assignbuster.com/attachments-and-eating-disorders/>

implication about how important is the roles of parents or caretakers to nourish the abilities and personality of a child. Adults deprived of early childhood attachments usually have inferior characters. The adult interview data is a very influencing record to illustrate how deeply children are influenced with the given environment. Some of them develop fake and idealistic memories as they feel lesser in rank amongst the society. There are conclusive evidences to support the fact that such people also have the tendency to develop eating disorders.

It could have been suitable to include different attachment styles of children. This could benefit parents or guardians and teachers to recognize the emotional deficiency in the child. A hypothetical data model could have been collected which demonstrates different characters of secure and insecure children. The reason to do this is to better understand how an individual is evolving and whether he or she needs special attention or not (Schwartz). A family therapist can play a leading role here. A therapist can examine the behavioral responses of a child, such as eating disorder, consult with the family and explain them how to respond accordingly. Care should also be taken to ensure that a child is brought up with self development. Another vital factor that could have been reported is the role of friends amongst insecure children. Human beings usually clone up according to their physical and emotional behavior. Therefore, it could be a good idea to link children who are inferior to express their feelings and examine the positivity from it (Candelori and Antonio, 139-153).

Works Cited

Candelori, Carla, and Antonio Ciocca. " Attachment and eating disorders." (1998).: 139-153

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