

ABSTRACT

This study was conducted to explore the relationship between feminist identity development, self-silencing behavior and disordered eating attitude among young women. It was hypothesized that self-silencing would mediate the relationship between feminist identity development and disordered eating attitude. A sample of 245 educated women was taken conveniently. Cross-sectional research design was used. Feminist Identity Development Scale (Bargad & Hyde, 1991), Silencing the Self-Scale (Jack, 2007), Eating Attitude Test (Garner, et al., 1989) were administered to assess constructs under study. On the basis of the conducted statistical analysis, it was concluded that the feminist identity development, self-silencing and disordered correlate significantly with each other. Also, results indicated that employed women had less disordered eating attitudes, less self-silencing behavior identity, and more developed feminist identity. Similarly, women which were affiliated with NGOs had less disordered eating attitudes, less self-silencing behavior, and a more developed feminist identity. The results also indicated that feminist identity development had both direct and indirect impact on disordered eating attitude with self-silencing behavior as mediator. This study has implications for numerous fields. It can help clinicians better understand the relationship among disordered eating, feminist identity, self-silencing behavior, and other variables. The current study will also expand the interdisciplinary literature in gender studies and clinical psychology.

Keywords: disordered eating attitude, self-silencing behavior, feminist identity development.