

Abstract

The current research has been conducted to find out ^{predict} the impact of locus of control and emotion regulation ^{on} ~~among~~ the eating patterns of the young adults. The sample consisted of 600 (237 men and 363 women) young adults conveniently selected from public and private universities of Pakistan. The age range of sample was between 18 to 35 years ($M=$, $SD=$). The students eating patterns were assessed with Eating Inventory, Multidimensional Locus of Control Scale and Emotion Regulation Scale. Correlation, independent sample t test, stepwise regression and MANOVA were used. The results of multiple regression indicated that cognitive restraint and chance locus of control were significant predictors of cognitive restraint eating pattern and powerful others and cognitive reappraisal were significant predictors of disinhibition eating pattern. The results further indicated that in terms of gender, male participants disinhibit more while female participants have more chance locus of control and reported more powerful others locus of control. In terms of age range, results indicated that the young adults of higher age range depict more cognitive restraint eating pattern. Findings highlighted that cognitive restraint is positively correlated with disinhibition eating pattern and disinhibition eating pattern is positively correlated with cognitive reappraisal. Further, MANOVA indicated that there was a significant difference in the education level on cognitive restraint eating pattern and there was no significant difference in education level on the disinhibition eating pattern. ^{eating patterns across EL} The present study is useful to health psychology in order to understand the eating patterns of the young adults at large.

Keywords: Eating Patterns, Locus of Control, Emotion Regulation