

# Critical Reading and Analysis for the Topic of the Truth about Eating Disorders

Ahmed Almedee<sup>1</sup>, Najaf, Iraq<sup>2</sup>, Aaya Alrammah<sup>3</sup>

<sup>1</sup>Department of English Language, College of Education, The Islamic University, Najaf, Iraq

<sup>2</sup>Department of English Language and Literature, Institute of Social Sciences, Istanbul Yeni Yuzyil University, Istanbul, Turkey

<sup>3</sup>Department of English Language and Literature, Institute of Social Sciences, Istanbul Yeni Yuzyil University, Istanbul, Turkey

<sup>2</sup>ahmed.faiq10@iunajaf.edu.iq, <sup>3</sup>queenophelia74@gmail.com

## ABSTRACT

The reading process, which is among necessary linguistic skills incorporates a significant position in one's intellectual life, acquired by perception, meaning construction, information retrieval, and also the reuse of the received information in communicative processes which are heavily dependent upon the reading vigors. Hence, the question of whether physical components or cognitive functions are more straightforward within the reading process which has been responded differently by various researchers, the consensus upon the character of this activity is that the undeniable fact that it's a rather complicated process. Elucidate this complicated process as much as possible, the concept of critical reading has recently been suggesting as a model in education. Essential reading will be thought to be an endeavour of "re-reading" which needs handling many concepts influencing our life straightly or not with a broader perspective.

As a result of the study, critical thinking and essential reading skills and also the difference in achievement were statistically significant. There are many reading skills which lead the reader to discover the hidden meaning as well as to recognize the intention of the writer.

When reading the text "The Truth about Eating Disorders" (Lee & Bernard, 2011: 83), the reader examines two types of eating disorders, which includes anorexia and bulimia nervosa. These types affect many young women, and even men and cause a lot of problems in their daily lives, such as complex and varied.

Critical reading could be a style of linguistic analysis that doesn't address the looks of the text but instead involves an in-depth study of the claims made similarly as its supporting points and potential counter-arguments. A component of critical reading is the ability to reinterpret and recombine with the goal of clarity and better readability. Identifying possible ambiguities and flaws within the author's thinking, similarly as having the ability to address them all together, are essential to completing the critical reading process. In this text, the author is mention in two words within the beginning of text including "anorexia nervosa, bulimia nervosa" Binge upset is a disorder that consumes enormous amounts of food and is unable to prevent eating. Binge eating may be a person's excessive desire for food despite feeling sufficient and full, caused by many reasons, including psychological factors or diseases. This state of binge eating varies in terms of periods, it's going to be prolonged and should be limited, and if prolonged, it causes many diseases that affect a personality's health

## Keywords

Critical Reading, Anorexia, Bulimia nervosa, Character, Voice, Presupposition, Metadiscourse, Coherence

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## Introduction

Critical reading is the process of using logical and rhetorical skills. Identifying the writer's intention could be a suitable platform to commence, but understanding how the author intends to support may be a challenging task. More often than not an author will make a claim (most commonly within the type of the thesis) and keep it within the body of the text. The help for the creator's case is inside the proof given to propose that the creator's expected contention is sound, or sensibly satisfactory. What ties these two together may be a series of rational links that convinces the learner to know the coherence of the author's pretext: this is often the warrant. If the author's premise isn't supportable, critical reading will uncover the lapses within the text. My current paper is intended to supply you with deep meaning about the character of eating disorders by examining the sentences of the text individually through the fundamental concepts of critical reading. In step with essential reading, the author allows us to determine and understand what beyond the textbook to comprehend that reading the text without staring at its most profound meaning could be a reasonably explicit reading.

This paper is predicated on a three-paragraph text which is taking from the book *Select Readings: Teacher-approved readings for today's students* by Lee and Bernard. The target market of the book is that the students. During this paper, I analyzed the text by using the critical methods, the key concepts, and therefore the techniques that were effectively illustrated to clarify the thought that the author wanted to achieve such as; Presupposition, Metadiscourse, regarding hedging, and Coherence.

This book is divided into twelve chapters, among them is the target text which is taking from chapter 7. This chapter "Students Won't hand over their French Fries" is divided into many subheadings, one in every one of them is that the chosen topic, which is "The Truth about Eating Disorders". This book was published by University Press, and therefore the first edition was in 2011, and also the analyzed text during this study is taking from its second edition in 2015.

## Reading the text: The Truth about Eating Disorders

"Over the past couple of decades, we have become more aware of the danger is eating disorders. Two of the most common eating disorders is anorexia nervosa and bulimia

nervosa. People with anorexia starve themselves and become dangerously thin but continue to think they are overweight.

The starvation often causes damage to their hearts and kidneys and causes their bones to become brittle and easily breakable. Approximately 20% of people who suffer from anorexia die from their illness. People who suffer from bulimia binge, or eat excessive amounts of food, and then purge. The purging damages their teeth and throats. Bulimia can also result in heart failure, internal bleeding, damage to the kidneys and liver, and death.

The United States has the highest rate of eating disorders in the world. Because of this fact, many people believe that anorexia and bulimia are strictly American diseases. They might be surprised to learn that people all over the globe are treated with these problems. Many countries in Europe, Asia, the Middle East, and Africa have treatment centres for eating disorders.

Another common misconception is only girls, and young women suffer from eating disorders. It is true that the majority of people with eating disorders are female, but boys and men can also have eating disorders. In fact, some studies report that 5-15% of people with anorexia and bulimia are male. If you are concerned about the people who are eating disorder, there are many resources online that provide common signs of eating disorders and places you can go for help". (Lee & Bernard, 2011: 83)

### Examining Voices, Presupposition, and Metadiscourse

The critical reading concentrates on what the author says and what the reader sees within the text. Through the analysis of the text, there are several key concepts that I focused on to uncover the hidden meaning. Initially, the critical point in translating the text is to know the connection between the reader and its elements.

- Why the writer writes this text?
- Which people the writer addresses?
- What can the reader realize through the text?
- How the writer delivers the message through the text?

### Analysis

In this paper, the usage of various strategies of critical reading for analyzing the text is distributing per the sequences of the sentences. The essential task of a text is often conveyed by two main concepts; they're implicit and explicit meanings. The critical practice may be understood as a dialogue with literary and epistemological texts. In contrast, the reader not only reads the text together with his own eyes, but also interacts with the text, by asking questions, weighing evidence, evaluating sources, and searching for if there's a conflict of interest between the author and therefore the topic he's discussing, and also the reader must also investigate the assumptions inherent texts. At first, it's going to seem very daunting, and you'll probably focus your energy the primary few times to urge these steps right. However, gradually they'll become habits, and you may see the difference as you discover what quantity

information you'll extract from texts. Eating disorders are serious emotional and physical illnesses during which sufferers use food and sometimes exercise in several ways to manage difficult circumstances in their lives and therefore, the feelings that include them. It's essential to recollect that food and weight isn't necessarily the matter, it's embedded within the underlying factors which might be low self-esteem and lack of self-worth". Men Get Eating Disorders. From the surface, disorders might not appear to create sense except for those with an eating disorder, there's an "inner logic". The psychological problems that folks can experience include negative thinking, low self-esteem, perfectionism and obsessions. Despite the difficulties eating disorders cause, it is difficult for somebody to need to urge better. People can feel that obsessive behaviour, as an example, helps them to deal with anxiety. I will analyze this paper mentioning the concepts of characters, presupposition, Metadiscourse, hedging, and coherence.

#### 4.1. Characters and voices in the text

The text shows several characters through the context. These characters presented because the writer, readers, and audience. the author here is that the writer and also the adviser at the identical time. The author within the text divided the audience into two parts; people with anorexia and bulimia nervosa. Readers aren't mentioned within the text, but we founded them through our interpretation and analysis within the critical way of the text. Besides, although the word "Eating disorders" isn't mentioned within the text, Voice within the text has two distinct meanings. There's the author voice and therefore, the character's Voice. The writer's Voice includes noticeable details regarding a writer's style. Character voice enlightens us regarding the character's experience, demeanour, personality (and that's only the tip of the iceberg) through components like. Each informed individual who needs to be advanced or create her\his self by perusing books can pick any sort of books she/he inspired by to get data from even though it's not her/his field of study or abundance. One can't disallow somebody from perusing, yet as an author of a book; there is a consistently sure gathering of individuals she\he attempting to address those gathering of individuals ordinarily called characters as indicated by the essential understanding investigation. However, long Voice is a worry as per Dr Bartu " People have various social jobs.

#### 4.2. Presuppositions in the text:

A presupposition is defined as "an implicit assumption about the planet or background belief, which referring to an utterance whose truth is taken with no consideration discourse" (Akmajian et al., 1995). presuppositions within the text are the hidden meaning that the author believes; this help provides desiring to what someone says or refers to. "Presuppositions are significant in correspondence logically; the presupposition in our psyche is important to frame our discourse brief and clear. On the off chance that we need to absolutely everything about what we attempt and state we would face troubles in ordinary correspondence". (Brinton and Brinton, 2010). At the point when we use alluding articulation like this, he or Jennifer, we, for the most part,

accept that our group of onlookers can see which referent is inferred, in an altogether more common way, we plan our phonetic kneads on the elemental of large-scale suspicions around what our audience members as of now know. A number of these suspicions may too be mixed up, of course, but generally, they're fitting. What a speaker or author expect is genuine or known by an audience or reader will be depicted as a presupposition. one in all the papers usual to check for presupposition basic sentences included invalidating a sentence with specific presupposition and stemming if the presupposition remains genuine. At the start of the text "Eating disorders" through understanding the writers' assumptions for the text from the preceding sentence "Over the past couple of decades, we have become more aware of the danger is eating disorders" (Lee & Bernard, 2011: 83), the author presupposes that we must always wonder about the danger of "eating disorder" before now after we try and interpret the text, we see the existence of a previous hypothetical binge eating through the employment of the verbs "is" within the analytical text, so we can say that the subject of binge eating or the hazards of ingesting may be a particular topic that ought to be taken care of mainly. A proof found within the text, through the writer's use of the verb, this can be a hypothetical and definite indication that individuals still eat excessive meals that increase the danger of eating disorders among people by eating excessive and irregular meals. So, when the author uses it for presumptive verbs within the text for affirmation and continuity of the those that do so. Two of the chief fundamental dietary problems is anorexia and bulimia nervosa, while during this sentence the creator surmises that "dietary issues" causes lots of diseases and therefore the most typical two are "Anorexia and Bulimia" Through our understanding and awareness of the text, we found that the author wanted us to understand the risks of eating disorders as a grave condition which are associated with persistent eating behaviour that negatively affects the health and emotions of people and therefore the inability to perform hospitality from the critical aspects of life, consequently the most typical disorder is also loss of anorexia and bulimia nervosa. Through the text, we see that the author uses of assumptions by the author are his try to reduce the risks of eating by preventing those who eat meals excessively and irregularly. We will understand from the 'first and second' sentence regarding the idea, in other words, that the author assumed within the last 20 years that folks weren't awake to the risks of eating, that is, they were eating within the sort of meals irregular 'However' it is often said that peoples or persons "often" overindulge in irregular meals and this is often thanks to several reasons, including psychological factors, as they're usually linked to psychological 'pressures' that ultimately affect the lives of people. "Often" it's a method by which the sufferer tries to pander to emotions or one more reason is a rise within the glands as "a result" of physical factors or diseases afflicting the person who makes people eat irregular and lots of meals or what's called bulimia. These factors cause a rise in problems and conflict within themselves or with others. There is a presumption that the affected people are those that are exposed to psychological and physical pressures and diseases generally. We must reduce these situations in individuals and to forestall their occurrence in people; there are many effective

strategies through which you'll treat bulimia by eating irregular meals within the variety of simple and straightforward steps and without fitting place any strict regimen, you need to set a particular schedule for meals and not skip it's the foremost useful thanks to protecting yourself. It's a simple and easy thanks to refraining from binge eating, and it's necessary to eat many meals of liquids and water during the day. While during this sentence "Approximately 20% of individuals who are suffering from anorexia die from their illness" (Lee & Bernard, 2011: 83), here, the author implies that there are two varieties of people concerning eating disorders. 20% of them are dying from their illness while the opposite types aren't dying from the disease, maybe from something else, or may they will treat their anorexia. There's a hypothetical precedent within the text, through the author refers to the reader.

The author used "can", "might be" within the second paragraph, moreover because the use of "if" and might through that the author wants to specific the flexibility and possibility, in other words, the author wants to the point that he makes the case of binge eating possible or otherwise. Still, this case can't be eliminated entirely or wholly cancelled. Working on cutting back them to both, in other words, the author wants to point the probability and what's intended is to live the chance of the occurrence of an occurrence.

So, when the author used "if" and "can" within the text, he wants to scale back this pressure associated with folks that suffer from that thing. Therefore the writer may be a relevance the verb "believe" within the text, which is that the possibility of reducing these cases that can't be eliminated or altogether cancelled, but rather to scale back them to the very best possible level, as of these assumptions are present within the text, there was a transparent indication to which the author indicated that these cases exist. Still, he should reduce them to some extent.

Presupposition inside the text shows the reality about Eating Disorders, the data that a writer assumes to be already known. The author explained through the text the matter of binge eating and eating excessive meals and put many assumptions and signals within the text that indicate and illustrate to readers who try to grasp, perceive and interpret the text through these assumptions. And treatment, many countries have a cure for eating disorders that individuals are rewarded, like Asia, the centre East, Africa and other countries. the author points intent on reducing these cases to both, meaning that they will be reduced and not eliminated, as this case can't be stopped. Still, instead it's treated and therefore the disturbances that job to cut back. Once we see within the text that the references within the text are the twin assumptions that the author wants to sit down with within the text, and at the identical time these references provide the reader with a suggestion and advice. Hence, we can understand the referenced text by reading it and analyzing it within the correct and precise critical way so that you'll understand the text and know the presumptions within the text. Firstly, the presupposition is defined as "an implicit assumption about the planet or background belief, which referring to an utterance whose truth is taken with no consideration discourse" (Akmajian et al., 1995). Through the text, we see that the author uses of assumptions by the author are his try to reduce the risks of eating by preventing

those who eat meals excessively and irregularly. we will understand from the 'first and second' sentence regarding the idea, in other words, that the author assumed within the last 20 years that folks weren't awake to the risks of eating, that is, they were eating within the sort of meals irregular. 'However' it is often said that peoples or persons "often" overindulge in irregular meals and this is often thanks to several reasons, including psychological factors, as they're usually linked to psychological 'pressures' that ultimately affect the lives of people. "Often" it's a method by which the sufferer tries to pander to emotions or one more reason is a rise within the glands as "a result" of physical factors or diseases afflicting the person who makes people eat irregular and lots of meals or what's called bulimia. These factors cause a rise in problems and conflict within themselves or with others. There is a presumption that the affected people are those that are exposed to psychological and physical pressures and diseases generally.

### 4.3. Metadiscourse

"Exemplifies the idea that correspondence is very the trading of information, merchandise or administrations, yet besides includes the characters, mentalities and suspicions of these who are conveying" (Hyland,2005:3). Metadiscourse is "discourse about discourse" and refers to the writer's or speaker's linguistic manifestation in his text to interact together with his receivers (Vande Kopple, 1985; Crismore et al., 1993) different levels of meaning may be found in an exact text; propositional and metadiscoursal. Vande Kopple (1995), as an example, notes that: many discourses have a minimum of two levels. On one level, we supply information about the topic level; we expand the content. On one other group, the extent of Metadiscourse, we don't add propositional material but help our receivers organize, interpret, evaluate and react to such material.

The word "Metadiscourse" is sometimes defined as "language beyond the sentence" (Yule, 2015:) then the analysis of Metadiscourse is often concerned with the study of language in texts and conversation. "Hedging is one sort which alludes to metadiscourse called supporting, to bring up that we are worried about after the proverbs". So, "Hedging" it's one among the categories of Metadiscourse through which the hedging is understood, the interpretation of the text and its critically correct. There are exact words and signs within the text that ask hedging, for instance, the conditions of repetition, the movement of hedging, which incorporates (usually, often, sometimes, always ... etc.) or other expressions like a touch or lots, or limited quantities or otherwise. Use hedging and talk over with it within the text. "They could be surprised to be told that individuals everywhere the world are treated these problems" during this sentence the author refers to the hedging technique within the text by using the models "might" as it's shown during this sentence. While within the other sentence "If you're concerned about the those who upset, there are many resources online that provide common signs of eating disorders and places you'll be able to choose help" here the author uses the conditional article "if" both sentences show that the author responsibility doesn't want to require of what he or she is saying. That's why he uses the technique

hedging when he hides behind models like "might" and when using the article "if".

Through the text mentioned during this paper, after we analyzed and interpreted it, we found that the author use "often" refers to the adverb during this sentence "The starvation often causes damage to their hearts and kidneys and causes their bones to become brittle and simply breakable" during this sentence the author often used this condition or adverb, which may be a relation to hunger because it causes damage to the kidneys and heart, and makes the bones at risk of the fray and break. "Two of the foremost common eating disorders is anorexia and bulimia nervosa." And also, the writer's used the preference within the text, which he used the word "most" wanted to point out that there are other disorders that will be caused by excessive and irregular eating. Still, the foremost common are two "anorexia nervosa and bulimia nervosa". There's another relation to hedging, which is that the relevancy the employment of pronouns that appeared within the text and which utilized by the author. The author put the acceptable pronouns into an actual situation for his understanding and presentation, so we see at the start of the text the author used the pronoun "we" during this sentence "we became more responsive to the danger is eating disorders".

Secondly, Metadiscourse is Exemplifies the idea that correspondence is very the trading of information, merchandise or administrations. Yet, besides includes the characters, mentalities and suspicions of these who are conveying, "Hedging" it's one among the categories of Metadiscourse through which the hedging is understood, the interpretation of the text and its critically correct. There are exact words and signs within the text that ask hedging, for instance, the conditions of repetition, the movement of hedging, which incorporates (usually, often, sometimes, always ... etc.) or other expressions like a touch or lots, or limited quantities or otherwise. Use hedging and talk over with it within the text. "They could be surprised to be told that individuals everywhere the world are treated these problems" during this sentence the author refers to the hedging technique within the text by using the models such as "might, will...etc" as it's shown during this sentence.

"Two of the foremost common eating disorders is anorexia and bulimia nervosa" (*Select readings: Teacher-approved readings for today's students*) which is to warn of the danger of general eating disorders that afflict people. Therefore the reference was clear and explicit by the author. The writer used the pronoun "they" during this sentence "People with anorexia starve themselves and become dangerously thin but still think they're overweight" for those who are rapidly gaining weight and causing problems and its impact on their lives. The author spoke the those that die thanks to excess and lack of appetite by 20%.

There is differently for "Hedging" which is that the writer's use of models like "might be" during this sentence "They could be surprised to find out that folks everywhere the world are treated these problems" through which the author often employs the hedging within the text and that they are also surprised after they know that there are those who handle these problems and exceptional cases.

#### 4.4. Coherence in the text

The last technique that I will apply to the text is coherence. Coherence is one amongst the two qualities that provide a written or spoken text unity and purpose. Coherence refers to the overall sense that a text is sensible through the organization of its content. In writing, it's provided by a transparent and understood structuring of paragraphs and sentences. For many readers, the terms "coherence" during this paper is going to be quite clear and can not have to be defined. Each sentence flows into the subsequent quite quickly, and readers can follow the road logic without an excessive amount of effort.

Coherence also means "something is fitting together well. It's not something that exists in words or structures, but something that exists in people." (Yule, 2020) It's those that add up what they read and listen. After reading the text, the reader discovers that the sentences are coherently connected which have the quality of "the connected meaning". So, the author uses a statement language when he narrates the text in a connected sequence. Also, the reader can see and understand that the sentences are sequined and under stainable when the writer links them together.

### Conclusion

The given text is taking from a book that's studied by students who want to find out different topics among them in my cases "The truth about Eating and Disorders". From this paper, I understand that the author uses many techniques like presupposition, Metadiscourse (hedging), coherence, Characters and Voices within the Text to convey the hidden meaning of the text. The presupposition is "an implicit assumption about the globe or background belief regarding an utterance whose truth is taken with a pinch of salt discourse", the second technique Metadiscourse defines as "Embodies the thought that communication is quite just the exchange of data, goods or services, but also involves the personalities, attitudes and assumptions of these who are communicating" (Hyland, 2005: 3).

Metadiscourse is "discourse about discourse", "Hedging" is one type which refers to Metadiscourse called hedging, to point out that we are concerned about following the maxims. The last technique is "coherence". Coherence is one among the two qualities that provide a written or spoken text unity and purpose. Coherence refers to the overall sense that a text is sensible through the organization of its content. In writing, it's provided by a transparent and understood structuring of paragraphs and sentences. Through these techniques, I explained my text on raw that, within the beginning, that the text "The Truth about Eating Disorders" is employed to deliver message for the student's likewise as people. Through the text, the Narrator uses connected sentences sequently to convey the implicit meaning. Also, the reader can see and understand that the penalties are sequined and under stainable when the writer links them together.

The critical practice may be understood as a dialogue with literary and epistemological texts. In contrast, the reader not only reads the text together with his own eyes, but also interacts with the text, by asking questions, weighing evidence, evaluating sources, and searching for if there's a

conflict of interest between the author and therefore the topic he's discussing, and also the reader must also investigate the assumptions inherent texts. At first, it's going to seem very daunting, and you'll probably focus your energy the primary few times to urge these steps right. However, gradually they'll become habits, and you may see the difference as you discover what quantity information you'll extract from texts.

The perusing, which is among vital etymological abilities consolidates an influential position in individuals' mental life. This will be because perception, meaning development, data recovery conjointly the reuse of the obtained data in communicative forms in communication is intensely subordinate upon perusing exercises. Even though the address of whether physical components or cognitive structures are less complicated inside the perusing prepare has been replied unexpectedly by different analysts, the agreement upon the character of this action is that the irrefutable reality that it's a or maybe complicated prepare. To explain this intricate handle as much as conceivable, the concept of primary perusing has as of late been recommending as a demonstration in instruction. Fundamental perusing will be thought to be a try of "re-reading" which needs dealing with numerous concepts influencing our life straightforwardly or by implication with a broader point of view. e. As a result of the ponder, it was found that the exploratory bunch performed way better than the control bunch in terms of instructive accomplishment, essential considering and imperative perusing aptitudes additionally the distinction in achievement was measurably critical. And essential reading aptitudes and thus, the contrast in achievement was factually critical. Even though a considerable body of investigate has carefully inspected the conceivable risk factors related to the eating clutters, they ought to be fizzled not as it were to reveal the exact aetiology of eating clutters but too to know the interaction between specific causes of eating clutters. This disappointment is additionally due complexities of eating disarranges, restrictions of the studies or combination of two variables.

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