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SALINAN

KEPUTUSAN DIREKTUR JENDERAL PENDIDIKAN TINGGI,  
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## **Penilaian Hubungan antara Harapan Kurus, Kepuasan Tubuh, dan Sikap Perilaku Makan**

### **Assessment of the Relationship between Thinness Expectations, Body Satisfaction, and Eating Attitude and Behavior**

Nural Erzurum Alim<sup>1</sup>, Zehra Nur Beşler<sup>1</sup>, Gözde Çalışkan<sup>2</sup>, Kerim Kaan Göküstün<sup>1</sup>

#### **ABSTRAK**

**Latar Belakang:** Ketidakpuasan tubuh lebih sering terjadi pada remaja dan prevalensinya meningkat di negara negara maju dan negara – negara berkembang. Keadaan tersebut terkait dengan perilaku diet yang tidak sehat.

**Tujuan:** Mengevaluasi hubungan antara ekspektasi kelemahan, kepuasan tubuh, dan sikap serta perilaku makan dalam interaksi interpersonal.

**Metode:** Penelitian ini dilakukan antara 372 mahasiswa/siswi. Formulir survei disiapkan menggunakan Program Google Survei. Formulir kuisioner terdapat karakteristik sosiodemografi, pengukuran antropometri, Interpersonal Outcome Expectancies for Thinness (IOET), Nutritional Changes Process Scale (NCPS), dan Body Shape Questionnaire (BSQ).

**Hasil:** Didapatkan bahwa tidak ada perbedaan yang signifikan secara statistik rerata jumlah nilai skala IOET, BSQ, dan NCPS menurut jenis kelamin ( $p > 0,05$ ). Menurut sub-dimensi skala NCPS, ditentukan bahwa nilai rata-rata dari kelegaan dramatis dan kebebasan sosial lebih tinggi pada wanita daripada pria ( $p < 0,05$ ). Namun, nilai rata-rata dari manajemen penguatan, kontrol stimulus, sistem kontrol interpersonal, dan penyalahgunaan zat lebih rendah pada wanita dibandingkan pria ( $p < 0,05$ ). Selain itu, ketika distribusi ketipisan diperiksa dalam hubungan dengan keluarga, anggota keluarga lain, guru, teman, kolega, dan orang asing menurut jenis kelamin, ditentukan bahwa tidak ada perbedaan yang signifikan secara statistik ( $p > 0,05$ ). Diketahui bahwa ada korelasi positif sedang dan kuat antara BSQ dan NCPS dan skor total IOET, masing-masing ( $p < 0,05$ ).

**Kesimpulan:** Telah ditentukan bahwa bentuk tubuh penting dalam hubungan interpersonal di antara mahasiswa dan ketidakpuasan tubuh mungkin terkait dengan perilaku makan.

**Kata Kunci:** Ketidakpuasan Tubuh, Bentuk Tubuh, Perilaku Makan, Hubungan Interpersonal, Badan Kurus.

#### **ABSTRACT**

**Background:** Body dissatisfaction is more common in adolescents and its prevalence is increasing in developed and developing countries. This situation is associated with unhealthy dieting behaviors.

**Purpose:** It was aimed to evaluate the relationship between weakness expectations, body satisfaction, and eating attitudes and behaviors in interpersonal interaction.

**Methods:** This study was conducted on 372 university students. The survey form was prepared using the Google Surveys Program. In the questionnaire form, there are sociodemographic characteristics, anthropometric measurements, Interpersonal Outcome Expectancies for Thinness (IOET), Nutritional Changes Process Scale (NCPS), and Body Shape Questionnaire (BSQ).

**Results:** It was found that there was no statistically significant difference in the total score means of the IOET, BSQ, and NCPS scales according to gender ( $p > 0.05$ ). According to the NCPS scale sub-dimensions, it was determined that the means scores of dramatic relief and social liberation were higher in females than males ( $p < 0.05$ ). However, the mean scores of reinforcement management, stimulus control, interpersonal control systems, and substance abuse were lower in females than males ( $p < 0.05$ ). In addition, when the distribution of thinness was examined in relationships with family, other family members, teachers, friends, colleagues, and foreigners according to the gender, it was determined that there was no statistically significant difference ( $p > 0.05$ ). It was determined that there were moderate and strong positive correlations between BSQ and NCPS and IOET total scores, respectively ( $p < 0.05$ ).

**Conclusion:** It has been determined that body shape is important in interpersonal relationships among university students and body dissatisfaction may be related to eating behaviors.

**Keywords:** Body Dissatisfaction, Body Shape, Eating Behaviors, Interpersonal Relations, Thinness



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## INTRODUCTION

Body dissatisfaction is defined as individuals having negative feelings and thoughts about their bodies<sup>1</sup>. It occurs due to the incompatibility between the body perceived by the person and the body people want to have<sup>2</sup>. It is more common in adolescents and its prevalence is increasing in developed and developing countries.<sup>1,3</sup> It has been reported that 50% of adolescent women and 30% of adolescent men are not satisfied with their bodies<sup>1</sup>. There are many causes of body dissatisfaction. These include media, cultural and ethnic reasons, and socioeconomic level.<sup>3,4</sup> Since the media emphasizes that attractiveness is only possible with thinness, it can lead to body dissatisfaction in individuals<sup>5</sup>. This situation puts pressure on women and forces them to be thinner. In a study, it was reported that websites such as Facebook and Instagram have an effect on body image perception<sup>6</sup>. Having a thin body is considered ideal in Western societies. It causes individuals in countries where a thin body is considered ideal to try to have a thinner body<sup>7</sup>. In addition, it has been reported that as the income level of individuals increases, the level of body dissatisfaction also increases.

One of the most important causes of disordered eating behaviors is body dissatisfaction. It is associated with unhealthy dieting behaviors such as vomiting, drug use, skipping meals, and using laxatives.<sup>5</sup> In a study, it was reported that eating behaviors such as weight loss and dieting were observed in individuals with body dissatisfaction<sup>8</sup>. In their study carried out on 1011 adolescents, Uchôa et al. found that the increase in body dissatisfaction was positively associated with the increased risk of eating disorders in adolescents, and this risk was higher in girls than in boys<sup>9</sup>. Additionally, Argyrides and Kkeli suggested that the internalization of thin-ideal thinking was a determinant in the development of impaired eating behaviors in female university students.<sup>10</sup> In this study, it was aimed to evaluate the relationship between expectations of thinness in interpersonal interaction, body satisfaction, and eating attitudes and behaviors.

## METHODS

### Research Sample

The universe of the research consisted of the students who study at the Faculty of Health Sciences of Ankara Yıldırım Beyazıt University. The ethics approval of the study was granted by Ankara Yıldırım Beyazıt University (Project No: 2020-258) ethics committee in 2020 and it was carried out in accordance with the

Declaration of Helsinki. The researchers tried to reach students of all departments via the e-posta and no sample selection was performed. Individuals under the age of 18, those with any psychological illness, students that were in the exam period, and participants who left without filling out the questionnaire despite being volunteers were not included in the study. The data collection process was completed with the participation of 384 students who volunteered to participate in the study. Because of their chronic diseases affecting food intake, 12 students were excluded from the study. For this reason, the data to be evaluated were obtained from the questionnaire forms completed by 372 students.

### Data Collection Tools

The survey form was prepared using the Google Surveys Program. The data collection of the research was carried out by complete the questionnaire on the online system due to the Covid-19 epidemic. The links of the prepared questionnaires were sent to the students by e-mail. The questionnaire form consisted of 4 sections. All the forms used as data collection tools were shared with a student group of 15 people before starting the real application, and details such as whether there were incomprehensible questions and how long it took on average were tested. Participants confirmed that they participated in the study by reading the informed consent text before filling out the questionnaire sent via Google Forms.

### Sociodemographic Characteristics and Anthropometric Measurements

This section included students' sociodemographic data such as age, gender and anthropometric measurements such as body weight and height. Body weight and height were evaluated based on the participants' own reports online. The necessary information was given to the participants to be able to accurately measure their body weight and height. In this context, the participants were warned to wear the thinnest clothes when weighing their body weight. Body mass index (BMI) was calculated by the researchers by dividing body weight (kg) by the square of height (m<sup>2</sup>) and evaluated according to the BMI classification determined by the World Health Organization<sup>11</sup>.

### Interpersonal Outcome Expectancies for Thinness (IOET) Scale

It was developed by Li et al. to determine to what extent having a thin body plays a role in our social



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## ***Pengaruh Infused Water Kombinasi Buah (Apel, Nanas, Strawberry, Mentimun) terhadap Tekanan Darah dan Kadar Gula Darah Puasa Pasien Sindroma Metabolik***

### **The Effects of Combined Fruit-Infused Water (Apple, Pineapple, Strawberry, Cucumber) on Blood Pressure and Fasting Blood Glucose in Patients with Metabolic Syndrome**

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#### **ABSTRAK**

**Latar Belakang:** Infused water buah (IWB) mengandung antioksidan dan kalium yang dapat menghambat atau memecah rantai reaksi radikal, bersifat antihyperglikemia dan antihypertensi, namun belum terbukti secara ilmiah pada pasien sindroma metabolik (SM).

**Tujuan:** Menganalisis pengaruh IWB terhadap tekanan darah dan kadar GDP pasien SM.

**Metode:** Rancangan berupa Randomized-Control Trial dengan pre-posttest kontrol-grup. Responden sebanyak 24 orang dari Puskesmas Cakranegara diambil secara consecutive sampling dan secara acak dibagi menjadi 2 kelompok yaitu kelompok kontrol (diberikan konseling gizi) dan perlakuan (diberikan konseling gizi + IWB terdiri dari apel, mentimun, nanas dan strawberry dalam 250 ml air selama 14 hari). Pengukuran tekanan darah dan kadar GDP responden dilakukan sebelum dan setelah perlakuan. Analisa deskriptif menggunakan Chi Square, sedangkan uji beda menggunakan uji t-test, Mann-Whitney dan Wilcoxon.

**Hasil:** Responden akhir yang terlibat sebanyak 22 orang. Pada kelompok perlakuan (n=11), rerata tekanan darah sistolik menurun 5,4 mmHg (p=0,140), tekanan darah diastolik menurun 0,9 mmHg (p=0,792), dan GDP meningkat 9,2 mg/dL (p=0,929). Tidak ada perbedaan bermakna pada variabel tekanan darah sistolik (p=0,448), diastolik (p=0,835), dan GDP (p=0,599) antara kedua kelompok setelah intervensi.

**Kesimpulan:** Konsumsi IWB tidak berpengaruh signifikan pada perubahan tekanan darah sistolik, diastolik dan GDP pasien sindroma metabolik.

**Kata Kunci:** Infused Water Buah, Tekanan Darah, Kadar Gula Darah Puasa, Sindroma Metabolic

#### **ABSTRACT**

**Background:** Fruit-infused water (FIW) contains antioxidants and potassium as a antihyperglycemic and antihypertension via inhibition or break the chain of radical reaction but has not been proven in patients with MS.

**Purpose:** To evaluate the effects of FIW on blood pressure and fasting blood glucose (FBG) in patients with MS.

**Methods:** This was a Randomized-Control Trial (RCT) with pre-posttest control group design. 24 patients of Cakranegara Health Center who fulfilled the criteria were randomly divided into control (given counseling only) and treatment (counseling + FIW consists of apple, cucumber, pineapple and strawberry in 250 ml water for 14 days) groups. Blood pressure and FBG were measured before and after intervention. Chi Square was used for descriptive analyze, whereas T-test, Mann Whitney and Wilcoxon was used for differences in means.

**Results:** In the treatment group (n=11), systolic and diastolic mean levels were decreased by 5.4 mmHg (p=0.140) and 0.9 mmHg (p=0.792) respectively. However, FBG levels were increased by 9.2 mg/dL (p=0.929). There were no differences on systolic (p=0.448), diastolic (p=0.835) and FBG (p=0.599) between two groups.

**Conclusion:** FIW consumption are unable to improve blood pressure and FBG levels on metabolic syndrome.

**Keywords:** Fruit-Infused Water, Blood Pressure, Fasting Blood Sugar Level, Metabolic Syndrome

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