

## **A32 Social media usage, body image dissatisfaction and eating disorder among private university students in Malaysia during COVID-19 pandemic**

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The COVID-19 pandemic had significant impact towards health status with growing evidence on excessive usage of social media and the emergence of eating disorders and development of negative body image. This study aims to determine the association between social media usage and body image dissatisfaction with eating disorders among private university students in Shah Alam, Malaysia during COVID-19 pandemic. Respondents ( $n=248$ ) completed an online questionnaire comprised of Social Media Addiction Scale-Student Form (SMAS-SF), Body Image Acceptance and Action Questionnaire (BI-AAQ) and Eating Attitude Test-26 (EAT-26). Data analyses were conducted using the IBM SPSS Statistic 26. Most respondents were female (64.9%), aged 21 years old, of Malay ethnicity (58.5%), with a bachelor's degree (55.2%) qualification from non-health science faculties (56.0%). Results showed that respondents had SMAS-SF scores of  $86.13\pm 14.98$ , and BI-AAQ scores of  $22.59\pm 15.80$ . Only 15.3% of the respondents were vulnerable with eating disorders with EAT-26 scores of  $10.27\pm 10.81$ . Pearson Correlation test showed that social media usage was significantly associated with eating disorder ( $r=0.235$ ,  $p<0.01$ ). Similarly, body image was moderately associated with eating disorder ( $r=0.462$ ,  $p<0.01$ ) among these group of university students participating in the study. University students in this study had mild social media addiction, were experiencing negative body image and were not vulnerable to eating disorder. Study findings can be utilised to develop intervention for university students experiencing eating disorder, focusing on the use of social media to improve their body image perception, and eating behaviour.