

SOCIAL MEDIA USAGE, BODY IMAGE DISSATISFACTION AND EATING DISORDER AMONG PRIVATE UNIVERSITY STUDENTS IN SHAH ALAM, SELANGOR DURING COVID-19 PANDEMIC



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INTRODUCTION

- The pandemic has contributed to the deterioration of mental health in populations worldwide, including the emergence or worsening the symptoms of eating disorders and the development of negative body image (Czeczor-Bernat et al., 2021).
- Additionally, there was also an increased risk of developing bad habits such as spending time excessively on social media (Ting et al., 2021, Lippi et al., 2020).
- This research determines the association between social media usage and body image dissatisfaction with eating disorders among private university students during COVID-19

OBJECTIVES

- To determine social media addiction using Social Media Addiction Scale - Student Form (SMAS-SF) among respondents.
- To determine the body image dissatisfaction using Body Image Acceptance and Action Questionnaire (BI-AAQ) among respondents
- To determine eating disorders risk among respondents using Eating Attitude Test-26 (EAT-26)
- To determine the association between social media usage and image dissatisfaction with eating disorders risk

METHODOLOGY

STUDY DESIGN

Cross-sectional

STUDY POPULATION

Malaysian students studying in Management and Science University (MSU), Shah Alam

SAMPLING METHOD

- Convenience
- Snowball
- Voluntary response

STUDY INSTRUMENTS

- Sociodemographic
- Social Media Addiction Scale - Student Form
- Body Image Acceptance and Action Questionnaire
- Eating Attitude Test-26

DATA ANALYSIS

- IBM SPSS Statistics 26
- Descriptive statistics
- Pearson correlation
- Regression analysis

RESULTS AND DISCUSSION



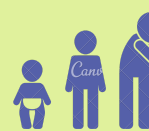
Gender

Male: 87 (35.1%)
 Female: 161 (64.9%)



Ethnicity

Malay: 145 (58.5%)
 Chinese: 16 (6.5%)
 Indian: 72 (29.0%)
 Others: 15 (6.0%)



Age

21.28 ± 2.219



Current program status

Foundation/diploma: 109 (44.0%)

Bachelor's degree: 137 (55.2%)
 Master's degree: 2 (0.8%)



Faculty

Health science: 109 (44.0%)
 Non-health science: 139 (56.0%)



SMAS-SF

86.13 ± 14.98
 (Mild usage)



BI-AAQ

22.59 ± 15.80
 (Negative body image)



EAT-26

10.27 ± 10.81
 (Low risk to eating disorders)



Time spent on social media

2-3 hours daily (33.1%)



Most preferred social media

Instagram (47.2%)

	SMAS-SF Score	BI-AAQ Score	EAT-26 Score
SMAS-SF Score	-	0.269**	0.235**
BI-AAQ Score	0.269**	-	0.462**
EAT-26 Score	0.235**	0.462**	-

** p<0.01

Table 1: Pearson Correlation between SMAS-SF score, BI-AAQ score and EAT-26 score

	Unstandardised		Standardised		t	p
	Beta	SE	Beta			
Body Image	0.316	0.039	0.462		8.160	p<0.01
[R= 0.462 , R ² = 0.213 ; F = 66.581 , p<0.01]						
Social Media	0.169	0.045	0.235		3.786	p<0.01
[R= 0.235 , R ² = 0.055 ; F = 14.337 , p<0.01]						

Table 2: Regression analysis between body image (BI-AAQ) and social media usage (SMAS-SF) with eating disorder risk (EAT-26)

- Findings reported that social media usage is moderately associated with eating disorders (r = 0.235, p<0.01).
- Pearson correlation shows that social media have moderate correlation with body image dissatisfaction (r = 0.269, p<0.01).
- Findings also reported that body image dissatisfaction is moderately associated with eating disorders (r = 0.462, p<0.01).
- A significant regression coefficient was found between social media usage and social media usage with vulnerability to eating disorder of the respondents , F (2,245) = 35.811, P < 0.01 with R = 0.226
- Other factors that might cause eating disorders include gender differences, depressive symptoms, BMI, self-esteem and perfectionism (Yit et al., 2020; Mona et al., 2020; Ruselinda et al., 2020).

CONCLUSION

- Respondents have a mild social media usage, have body image dissatisfaction and are not vulnerable with eating disorders.
- Social media usage and body image were significantly associated with eating disorders among respondents.
- The result of this study may lead to the generation of intervention of social media, body image and eating disorders management by healthcare officers.
- Future researches should investigate other factors that may influence eating disorders besides body image and social media

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