



# *Certificate*

*is Proudly Presented to*

*Azrimaidaliza*

*as Oral Presenter*

*on the Andalas International Public Health Conference 2020,  
Padang, Indonesia-October, 27-28<sup>th</sup> 2020*



**Defriman Djafri, SKM, MKM, Ph.D**  
Dean, Faculty of Public Health, Andalas University

**Kamal Kasra, SKM, M.QIH, Ph.D**  
Executive Chairman, AIPHC 2020



## Andalas International Public Health Conference 2020

- No. SKP IAKMI : 044/IAKMI-SB/SKP/X/2020
  - Participant : 6 SKP
  - Committee : 4 SKP
  - Moderator : 3 SKP
  - Speaker : 6 SKP
- No. SKP PERSAKMI : 132/KEP/PP-PERSAKMI/C/X/2020
  - Participant : 6 SKP
  - Committee : 4 SKP
  - Speaker : 6 SKP



**Andalas International Public Health Conference**  
**Webinar AIPHC**  
**27-28 October 2020**  
**Padang, Indonesia**

# Peer Influences and it's Association with the Risk of Eating Disorder among Adolescents

By : Azrimaidaliza, Welly Famelia, Nadia Chalida Nur, and  
Yasyirly Khairany

FKM UNAND

# Outline

-  Background
-  Methods & Materials
-  Results & Discussion
-  Conclusion
-  Acknowledgement
-  References

# Background



- The problem of malnutrition and overnutrition among adolescents in the world has increased from year to year, including Indonesia

WHO (2013) & Study



- An increasing body of research indicates that the prevalence of eating disorders (EDs) is consistently rising in the modern world

O'dea, [2007](#); Smink, van Hoeken, & Hoek, [2012](#)



- All types of EDs occur primarily among young females than males, associated with this developmental stage, such as physical changes, increased desire for peer acceptance and social comparison

Hoek, [2006](#) & Steinberg, [2001](#)



# The aim of the study

to determine the association  
of peer influences with eating  
disorder among adolescents  
girl

# Methods & Materials

Cross sectional design was used in this study

Utilized simple random sampling technique according to recruit senior high school student in the Padang city.

Data were collected through self administered, online questionnaires which were given to 250 participants.

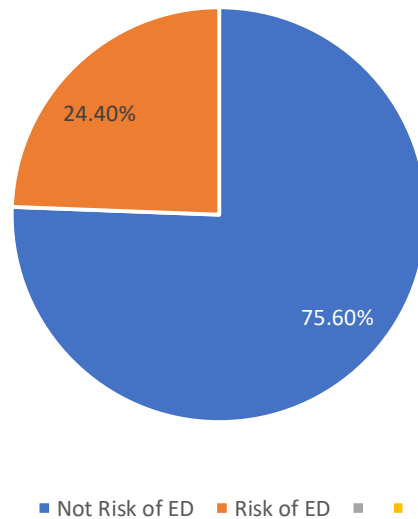
Univariate and Bivariate analysis using SPSS Program, Bivariate analysis was test by Chi-square



# Results & Discussions (1)

- ▶ The study found that 24.4% of adolescents have a risk of eating disorders.

Percentage of Eating Disorder among Adolescent Girls



Characteristics Respondent	f	%
<b>Age (years)</b>		
15	108	43,2
16	114	45,6
17	28	11,2
<b>Father's education</b>		
Not graduated elementary school	18	7,2
Graduated junior & senior high school	131	52,4
Graduated diploma or universities	101	40,4
<b>Father's working</b>		
Farmers	82	32,8
Traders	81	32,4
Government employees	87	34,8



# Results & Discussions (2)

- ▶ Peer influences associated with Eating Disorders or ED (p value < 0.05).
- ▶ Adolescents with peer influences had risk 2.519 times being eating disorder compare with no peer influences.
- ▶ Mass media focus on internet access and body image had no association with eating disorders among adolescents girl.

Variables	Risk Of ED (%)	Not Risk of ED (%)	P-value (PR)
Body image			
Negative	27.1	72.9	0.424
Positive	22.0	78.0	0.757 (0.424-1.349)
Mass Media (Internet)			
Always	28.3	71.7	0.314
Rare	21.9	78.1	1.410 (0.787-2.527)
Peer influences			
Yes	35.1	64.9	<b>0.003*</b> )
No	17.6	82.4	<b>2.519 (1.398-4.538)</b>

\*) Significant by chi-square test, p-value < 0.05

## Results & Discussions (2)

- ▶ Peer attitudes toward weight concerns have been correlated with high rates of disordered eating behavior (Oliver & Thelen, 1996)
- ▶ Also, peers influence the development of disordered eating through modeling, discussing weight and eating issues
- ▶ Adolescent girls' frequency of discussion with peers concerning dieting correlates significantly with their reported disordered eating behavior  
(Eisenberg et al.; Gerner & Wilson, 2005; Schutz & Paxton, 2007)

# Conclusion

- ▶ The current findings found that peer influences have association with eating disorder among adolescent girls, so we suggest that health care professional should collaborate with school institution on health education to prevent eating disorders among adolescents.

# Acknowledgement

- ▶ Thanks for Public Health Faculty, University of Andalas through DIPA FKM Unand, so that this research can be carried out well.

# References

- ▶ [Tiffany A Meyer](#) and [Julie Gast](#). The Effects of Peer Influence on Disordered Eating Behavior. [The Journal of School Nursing](#). March 2008.
- ▶ [Yael Latzer](#), [Zohar Spivak-Lavi](#) & [Ruth Katz](#). **Disordered eating and media exposure among adolescent girls: the role of parental involvement and sense of empowerment.** Journal [International Journal of Adolescence and Youth](#) Volume 20, 2015 - [Issue 3](#)
- ▶ **Alejandro Magallares. Social risk factors related to eating disorders in women.** *rev.latinoam.psicol.* vol.45 no.1 Bogotá Jan./Apr. 2013
- ▶ Marwa M. Alfoukha, et al. Social and Psychological Factors Related to Risk of Eating Disorders Among High School Girls. [The Journal of School Nursing](#).

Thank you very much

