

## RESEARCH STUDY

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# The Impact of Social Media, Body Image, and Dietary Habits among Bukittinggi's Young Dancer

## *Pengaruh Media Sosial, Body Image dan Pola Makan pada Remaja Penari Bukittinggi*

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**ABSTRACT**

**Background:** Changes in growth and development in adolescents make their health problems need special attention, which will affect nutritional status through changes in diet and lifestyle. Factors that influence adolescents' eating patterns are perceptions of body image, social media and environmental factors, and nutritional status changes. Poor consumption patterns will affect the intake of nutrients consumed by adolescents, as well as being more vulnerable to chronic diseases in adulthood.

**Objectives:** This research aimed to determine the relationship between the use of social media, body image, and eating patterns among young dancers in the city of Bukittinggi.

**Methods:** The quantitative method with a cross-sectional survey design approach. The population of this study was adolescents aged 14-17 years who took part in traditional dance studios in the City of Bukittinggi between January and March 2022. A sample of 47 respondents was obtained by collecting data using a questionnaire.

**Results:** Most respondents did not know about body image (66%). Most respondents already have a good diet with a frequency of  $\geq 3$  times a day (93.6%) and consume various foods. There is no relationship between social media exposure and diet, body image, eating patterns, the frequency of adolescents' eating patterns, and nutritional status with a p-value  $> 0.05$ .

**Conclusions:** Teenagers, especially young dancers, must increase awareness about body image and eating patterns and be educated about how they learn and see social media.

**INTRODUCTION**

Adolescence is a transition period from childhood to adulthood and requires special attention, especially related to diet and wellness<sup>1,2,3</sup>. Teenagers' lifestyles change more frequently because of peer pressure and other influences from the social environment, including the internet. As a result, they tend to make poor independent decisions that negatively impact their health and nutritional status<sup>4</sup>.

According to information from the World Health Organization (WHO), in 2014, 600 million adolescents globally were classified as obese and 1.9 billion as overweight<sup>5</sup>. According to Health Research Data (RISKESDAS), from 2013 to 2018, the percentage of teenagers who were obese went up from 1.6% to 4%<sup>6,7</sup>, while overweight increased from 5.7% to 9.5%. Bukittinggi has the highest percentage of overweight and obesity in West Sumatra, with a rate of 23.07% for adults and 15.9% for adolescents. Most youngsters have unhealthy lifestyles and exhibit poor eating habits, such

as eating a lot of meals heavy in sugar and salt but few fruits and vegetables<sup>8</sup>. Teenagers' eating habits, specifically their behavior, attitudes, and beliefs toward food selection, are factors that may have an impact on their nutritional status. Teenagers' diets and eating habits can be affected by several variables, including knowledge, gender, environment, internet, economy, and food sources<sup>8</sup>. One of the effects of a person's modifications is their body image. Body image is how people perceive their bodies and judge their appearance in light of that view<sup>9</sup>.

Radell (2012) found that dancers who often practice in front of mirrors feel pretty unhappy with their performances. They must pay attention to every portion of their body, but even one area can cause anxiety, resulting in assessments of their optimum body weight<sup>10</sup>. In the field of dance, there are numerous possibilities and extremes to garner recognition or notice. As one of the oldest creative forms, dance is unique in personality development, self-expression, and thought

transmission<sup>11</sup>. Zulawa 2012 said, however, that a large number of dancers suffer from deficiency illnesses, eating disorders, metabolic abnormalities, anxiety, and chronic exhaustion. The absence of calories in one's diet over time impacts health problems<sup>12</sup>.

Adolescents have different perceptions of body shape satisfaction. Body perception has a close relationship with food choice factors<sup>13</sup>. Research by Ramonda et al. (2019) showed that there was a relationship between body image and eating habits of adolescents with a p-value of 0.047 (<0.05)<sup>14</sup>. Based on Margiyanti's study (2020), the results showed p-value of 0.016, meaning that there was a relationship between diet and the nutritional status of young women. There was a relationship between body image and the nutritional status of young women with a p-value of 0.000<sup>14</sup>. This disorder often occurs in dancers due to high expectations of each dance genre. In general, young women who aspire to have an ideal body change their eating habits, resulting in unhealthy eating habits that do not meet the body's needs<sup>15</sup>.

Social media and the internet, which are increasingly popular among teenagers today, are other factors that affect how they eat<sup>16</sup>. 54.68% of Indonesia's entire population used the internet in 2017, according to data from the Ministry of Communication and Information of the Republic of Indonesia (KOMINFO). According to the most recent data for 2019, 5617 social media users in Indonesia, or 56% of the country's total population<sup>17</sup>. One in three teenagers was more open online than in person, and teens between the ages of 19 and 21 tended to actively utilize social media<sup>18,19</sup>. Social media exposure exposes users to various information, including food-related information. This information is presented in virtual and non-virtual form. Information on unhealthy foods and data about nutritious foods are frequently displayed. Social network information can lead to consumption habits that are unhealthy<sup>20</sup>, affect food selection and purchases, and ultimately change consumption patterns that become more wasteful<sup>21</sup>.

The amount of nutrients required by adolescents for growth and development depends on their eating patterns. Adolescents with unhealthy and undernourished eating habits will have less efficient

growth and development, making them more vulnerable to non-communicable diseases like heart disease, cancer, and osteoporosis in adulthood<sup>22,23</sup>. Based on this information, researchers are curious to know how social media use affects adolescents' opinions of their bodies and their eating habits.

## METHODS

In this study, variables were measured at a certain period using a cross-sectional survey design using a quantitative methodology. From January to March 2022, this study was carried out at every traditional dance studio in Bukittinggi. The participants in this study were teenagers between the ages of 14 and 17 who attended traditional dance classes in the City of Bukittinggi. A sample of 47 respondents was created using the outcomes of sample calculations.

The data of the study were gathered through the use of a questionnaire. The survey used in this study was a modified version of the one in Tamia Dwi Anindita's research<sup>14</sup>. A social media questionnaire reveals the duration and frequency of social media use. The duration of use was divided into two categories: High (more than 3 hours per day) and low (<3 hours per day). Social media usage was split into two categories: high (≥ three times) and low (< three times)<sup>14</sup>. The Multidimensional Body Self Relationship Questionnaire (MBSRQ-AS) Appearance Scale, which Cash introduced in 2005, served as the foundation for developing the body image questionnaire. An updated "questionnaire" created by the researchers of Putri Chairiah's 2012 study was used to track eating habits. The eating habits scale included items reporting on good or unhealthy diets. A Likert scale was used to provide four potential replies for this measure. Chi-square analysis (kai squared) was used in the research analysis to determine the association between the independent and dependent variables.

## RESULTS AND DISCUSSION

The results of the study can be seen in the characteristics of the respondents and the relationship between eating patterns and the influence of social media, body image, and nutritional status. The research results can be seen in several tables as follows:

**Table 1.** Respondent Characteristics and Univariate Analysis of Adolescent Dancers in Bukittinggi City

Characteristics	Samples (n=47)	
	Mean ± SD	n (%)
Age	14.98 ± 0.489	
14 years old		6 (12.8)
15 years old		36 (76.7)
16 years old		5 (10.6)
Sex		
Male		6 (12.8)
Female		41 (87.2)
Weight	52.01 ± 12.128	
Height	156.84 ± 8.155	
Ages when starting to dance		
5 years old		13 (27.7)

Characteristics	Samples (n=47)	
	Mean ± SD	n (%)
6 years old		6 (12.8)
7 years old		2 (4.3)
8 years old		1 (2.1)
10 years old		6 (12.8)
11 years old		4 (8.5)
12 years old		3 (6.4)
13 years old		1 (2.1)
14 years old		2 (4.3)
15 years old		9 (19.1)
Duration of using social media		
> 3 hours/day (High)		21 (44.7)
≤ 3 hours/day (low)		26 (55.3)
Knowing of <i>Body Image</i>		
Yes		16 (34.0)
no		31 (66.0)
The importance of paying attention to body image		
Not important		1 (2.1)
Important		28 (59.6)
Very important		18 (38.3)
Weight's influence on self-assessment		
Yes		34 (72.3)
No		13 (27.7)
<i>Body Image</i>		
Negative		20 (42.6)
Positive		27 (57.4)
Eating frequency/day		
<3 times		3 (6.4)
≥3 times		44 (93.6)
Nutritional status		
Abnormal		14 (29.8)
Normal		33 (70.2)
Carbohydrates	0.51±0.505	
Low		23 (48.9)
Enough		24 (51.1)
Animal protein	0.53±0.504	
Low		22 (46.8)
Enough		25 (53.2)
Vegetable protein	0.53±0.504	
Low		22 (46.8)
Enough		25 (53.2)
Vegetables	0.51±0.505	
Low		23 (48.9)
Enough		24 (51.1)
Fast food	0.51±0.505	
Low		23 (48.9)
Enough		24 (51.1)
Water	0.51±0.505	

Characteristics	Samples (n=47)	
	Mean ± SD	n (%)
Low		23 (48.9)
Enough		24 (51.1)

The respondents' age, gender, average weight, height, and starting age at dancing were among their characteristics. A total of 47 young dancers from Bukittinggi city were among the youngsters who signed up to participate in the study as respondents. Teenagers in Bukittinggi city who are dispersed among several schools pursue dancing classes. According to the findings, the majority of respondents—36 in total, or 76.7%—were under the age of 15 and had an average age of 14.98. WHO classifies adolescents as individuals between the ages of 10 and 19; adolescence is a time of physical, psychological, and social maturity for sexual signs<sup>1</sup>. According to Sarwono, there are three stages of adolescent growth, with the first beginning between the ages of 11 and 13 years, with typical adolescence between 14 and 16 years, and late adolescence between 17 and 20 years of age<sup>24</sup>.

In this study, 41 participants' gender distribution was dominated female (87.2%). Middle adolescence, in particular, has a tendency to love itself and needs a large group of pals. Teenagers play with their friends frequently and try different foods or snacks frequently<sup>25</sup>. Masa remaja akan mengalami perubahan baik dari psikis dan bilogisnya dan juga akan mengalami perubahan pada mental dan ke Adolescence involves both psychological and biological changes, as well as mental and psychological changes<sup>26</sup>. Most respondents (27.7%) began dancing or going to art galleries between the ages of 5 and 13. With proper supervision, good physical and psychological development will inevitably improve self-expression. One activity that can help with a child's growth is dancing. Children can learn to dance and move to music to enhance their ability to coordinate their movements, which can help them develop their physical and motor skills<sup>27</sup>. To promote some areas of physical development and child movement, dancing can mold children to have the capacity to synchronize one movement with another and be able to move to music<sup>27</sup>.

According to the previous table, respondents who used social media for a length greater than or equal to three hours per day were 21 respondents (44.7%), while respondents who used it for a duration less than or equal to three hours per day were 26 respondents (55.3%). According to Umami's research, teens used social media the most intensely, at rates of 85% and 13%<sup>28</sup>. Teenagers' connections with their peers and their own behavior can significantly shift due to social media use. According to Efendi (2017), adolescents who use social media the most intensely ran a great danger of becoming oblivious to their surroundings and developing a dependency on it without even realizing it; these teenagers would develop social media dependence<sup>29</sup>.

As many as 31 respondents (66%) did not know about body image. A person's body image is how they perceive it<sup>30</sup>. This view may impact behavioral modifications and people's attitudes regarding their bodies<sup>31</sup>. Young ladies, in particular, aspire to be taller

and slimmer. Thus, most teenagers take various measures to achieve this<sup>30</sup>. The findings of this study, which show that up to 28 respondents (59.6%) believed it was very important to always pay attention to body form, and up to 34 respondents (72.3%) acknowledged that weight would affect self-assessment, are consistent with this. This will negatively impact adolescents, leading them to engage in inappropriate behavior to obtain the ideal figure. Modifying one's diet is one of the things that teenagers can accomplish. To get the perfect body, one might restrict their food intake<sup>32</sup>.

The survey results revealed that 20 respondents (42.6%) had a negative body image and that 27 respondents (57.4%) had a favorable body image. According to these findings, respondents were self-assured about their physical appearance and body type<sup>33,30</sup>. This study's findings are consistent with Nisa Nuraeni's research, which found that up to 25 young dancers polled had a negative perception of their bodies. In contrast, up to 27 respondents had a favorable perception of their bodies<sup>13</sup>. Because physical appearance is the most significant factor in the creation of self-esteem and views of the adolescent body, adolescence is a stage that is susceptible to being influenced by a very high body image<sup>18</sup>. According to the study, 44 respondents (93.6%) reported eating in a restaurant thrice daily. With the continued consumption of staple foods on average 3.79 times per day, meals including animal protein on average 3.13 times per day, and vegetables on average 1.53 times per day, this diet is at a favorable stage.

According to the results, up to 14 respondents (29.8%) had abnormal nutritional statuses, whereas up to 33 respondents (70.2%) had normal nutritional statuses. According to Widnatusifah's research, 50 out of 100 respondents (84.7%) had good nutritional statuses<sup>34</sup>. The study's findings confirm this result. A time of transition from childhood to adulthood is adolescence<sup>35</sup>. Due to their high nutritional requirements as they develop, adolescents become especially vulnerable to health and nutrition issues during this age. Adolescents' growth and development will be impacted by balanced nutrient intake<sup>36</sup>. Adolescents are a group of people who need to get enough nourishment since they have nutritional issues. Nutritional deficits will affect their nutritional state and health status. The nutritional status of adolescents will be good if their dietary intake is adequate and balanced; otherwise, if their dietary intake is poor and insufficient, their nutritional status will be poor<sup>23,37</sup>. Adolescent consumption patterns will have an impact on their nutritional intake.

The results also revealed that 25 respondents (53.2%) consumed enough animal protein, 25 respondents (53.2%) ingested enough plant protein, and 24 respondents (51.1%) consumed enough vegetables. This study supports Titik Oktaviyani's research, which found that adolescents' eating habits were still healthy

because they continued to consume fruits and vegetables<sup>30,32,38,39</sup>. According to the findings, teenagers consume fast food and beverages with lots of sugar. Fast food was often consumed 0.67 times a day, while sugary beverages are typically consumed 0.86 times daily. The

findings also revealed that 24 respondents (51.1%) consumed enough fast food and sugar-sweetened beverages. The study's findings are consistent with Wardhani's, who found that 52.4% of respondents frequently ate fast food and drank soda.

**Table 2.** Relationship between Social Media Use and Eating Habits of Adolescent Dancers in Bukittinggi City

Duration of Using Social Media	Eating Habits						p-value
	Lack		Adequate		Total		
	n	%	n	%	n	%	
<b>Carbohydrates</b>							
> 3 hours/day (High)	10	47.6	11	52.4%	21	100	0.552
≤ 3 hours/day (low)	13	50	13	50	26	100	
<b>Animal Protein</b>							
> 3 hours/day (High)	11	52.4	10	47.6	21	100	0.564
≤ 3 hours/day (low)	11	42.3	15	57.7	26	100	
<b>Vegetable Protein</b>							
> 3 hours/day (High)	9	42.9	12	57.1	21	100	0.770
≤ 3 hours/day (low)	13	50	13	50	26	100	
<b>Vegetables</b>							
> 3 hours/day (High)	6	28.6	15	71.4	21	100	0.019*
≤ 3 hours/day (low)	17	65.4	9	34.6	26	100	
<b>Fast Food</b>							
> 3 hours/day (High)	11	52.4	10	47.6	21	100	0.772
≤ 3 hours/day (low)	12	46.2	14	53.8	26	100	
<b>Beverages</b>							
> 3 hours/day (High)	9	42.9	12	57.1	21	100	0.561
≤ 3 hours/day (low)	14	53.8	12	46.2	26	100	

\*p-value <0.05

With a p-value of 0.552 (>0.05) for staple foods, 0.564 (>0.05) for foods containing animal protein, 0.770 (>0.05) for foods containing vegetable protein, 0.772 (>0.05) for ready-to-eat foods, and 0.561 (>0.05) for drinks, it was determined based on the relationship analysis using the chi-square test that there was no significant relationship between the duration of social media use and adolescent eating patterns. However, there is a link in the consumption of vegetables, namely one with a p-value of 0.019 (0.05). Food and cooking-related information on social media will impact adolescents' food intake. Social media posts will promote nutrient consumption, affecting someone's nutritional state<sup>20,21</sup>. A person's nutrition might be affected by social media, too<sup>40</sup>. The finding confirmed the results of the study that some of the respondents resided in dormitories, making it impossible to sample a diverse or equal sample of food intake consistently. Because of this, most respondents exhibit similar consumption patterns to one another<sup>41</sup>.

Changes in social development, technology, and communication have made it easier to access human interaction. This is shown by the increase in internet users

today. At 54.9%, and increased in 2018 to 64.8%, most internet users were teenagers aged 15 to 19. The average internet user accesses social media. The results showed that social media use would affect adolescents' eating intake of adolescents<sup>42</sup>. Social media can promote food excessively, thus affecting high energy consumption. Husna's research (2020) stated that the use of social media affected the use of social media so that it could affect a person's nutritional status and health<sup>43</sup>.

Dancer was always concerned about their body shape and weight. Physical activity and exercises are relevant in increasing perfectionism, self-control, and eating control<sup>38</sup>. Dancers show higher levels of eating restriction and drive for thinness than other adolescents. Several studies have demonstrated characteristics in dancers such as perfectionism, low self-esteem, dissatisfaction with self-image, and poor nutritional status<sup>44</sup>. Social media, such as magazines, television, and online news, affect adolescents' perceptions of themselves. Through the internet and social media, teenagers quickly get information about food and culinary and will share it with their peers<sup>45</sup>.

**Table 3.** Relationship between Body Image and Eating Habits of Adolescent Dancers in Bukittinggi City

Body Image	Eating Habits						p-value
	Lack		Adequate		Total		
	n	%	n	%	n	%	
<b>Carbohydrates</b>							
Negative	11	55	9	45	20	100	0.561
Positive	12	44.4	15	55.6	27	100	
<b>Animal Protein</b>							
Negative	7	35.0	13	65.0	20	100	0.238

Body Image	Eating Habits						p-value
	Lack		Adequate		Total		
	n	%	n	%	n	%	
Positive	15	55.6	12	44.4	27	100	
Vegetable Protein							
Negative	8	40	12	60	20	100	0.556
Positive	14	51.9	13	48.1	27	100	
Vegetables							
Negative	7	35	13	65	20	100	0.142
Positive	16	59.3	11	40.7	27	100	
Fast Food							
Negative	8	40	12	60	20	100	0.380
Positive	15	55.6	12	44.4	27	100	
Beverages							
Negative	10	50	10	50	20	100	0.567
Positive	13	48.1	14	51.9	27	100	

According to the results of the chi-square test relationship analysis, there was no significant correlation between adolescent eating patterns and body image, with a p-value of 0.561 (>0.05) for staple foods, 0.238 (>0.05) for foods containing animal protein, 0.556 (>0.05) for foods containing vegetable protein, 0.142 (>0.05) for vegetables, 0.380 (>0.05) for ready-to-eat foods, and 0.567 (>0.05) for drinks. The findings of this study are consistent with Lestari's research, which demonstrated no connection between eating habits and adolescent body image<sup>46</sup>.

A person's nutritional requirements start with improving eating habits<sup>47</sup>. In adolescence, various elements, including peers, the surroundings, and outdoor activities, affect eating behaviours<sup>48</sup>. Teenagers frequently develop bad eating habits due to unfavorable

self-perceptions or body dissatisfaction. One's eating habits will be affected when an incorrect eating pattern is consistently applied. Other studies have demonstrated the link between eating behavior and nutritional status and the interaction between changes in eating habits and peer influence<sup>46,49</sup>. The research results would likely differ if the questionnaire were modified or under normal circumstances.

Other sources also show that eating habits are also influenced by media/advertising and income. The influence of body image on adolescents' eating habits will affect their subsequent nutritional status. Change your eating habits from a healthy diet to a diet high in fat and sugar but low in fiber from fruits and vegetables. The habit of skipping breakfast regularly will also affect everyone's nutritional status<sup>8</sup>.

**Table 4.** Relationship between Eating Habits and Nutritional Status of Adolescent Dancers in Bukittinggi City

Eating Habits	Nutritional Status						p-value
	Abnormal		Normal		Total		
	n	%	n	%	n	%	
Carbohydrates							
Lack	8	34.8	15	65.2	23	100	0.534
Adequate	6	25	18	75	24	100	
Animal Protein							
Lack	7	31.8	15	63.2	22	100	0.512
Adequate	7	28	18	72	25	100	
Vegetable Protein							
Lack	6	27.3	16	72.7	22	100	0.760
Adequate	8	32	17	68	25	100	
Vegetables							
Lack	7	30.4	16	69.6	23	100	0.588
Adequate	7	29.2	17	70.8	24	100	
Fast Food							
Lack	8	34.8	15	65.2	23	100	0.534
Adequate	6	25	18	75	24	100	
Beverages							
Lack	5	21,7	18	16,1	23	100	0.341
Adequate	9	37,5	15	62,5	24	100	

With a p-value for staple foods of 0.534 (>0.05), animal protein foods of 0.512 (>0.05), vegetable protein foods of 0.760 (>0.05), protein foods of 0.588 (>0.05), processed foods of 0.534 (>0.05), and beverages of 0.341 (>0.05), it was determined by relationship analysis using

the chi-square test that there was no significant relationship between the diet of young dancers and their nutritional status. According to Artadini's research, which supports the findings of this study, there was no connection between students' eating habits and

nutritional status<sup>41</sup>. The findings of this study are corroborated by the work of Nurkhopipahet al. (2017), who discovered that eating habits did not significantly affect nutritional status (p-value = 0.446)<sup>46,50</sup>. The findings indicated that knowledge had a more substantial impact on eating behaviors and nutritional status. Lack of information will hinder changes in healthy eating behaviors and improvements in eating habits<sup>46</sup>.

Attitudes, beliefs, and preferences would influence an individual's eating habits. Adolescents' growth would affect their consumption and would then increase social status in terms of being able to buy food or buy food ingredients to prepare themselves. Several studies revealed that adolescents consume a lot of foods that are high in fat, high in sugar, and high in energy. Adolescents also like eating fast food, which can increase the risk of diseases in the future, namely non-communicable diseases such as obesity<sup>46</sup>. Adolescence is the period with the most significant influence on growth and changes in nutritional problems. Because in adolescence, many changes require high nutrient intake so that, which will affect the development of health in the future<sup>34</sup>.

## CONCLUSIONS

Adolescence is a time when a person experiences changes in both growth and development. These changes will affect health problems in adolescents. Health problems are influenced by factors such as the environment, body image perceptions, and social media. Health problems will have an impact on changes in the diet and lifestyle of adolescents. This needs to be a concern, especially the need for increased education for adolescents, especially young dancers, on how important it is to pay attention and increase knowledge about body image, good and correct eating patterns, and education on how adolescents filter what they learn and see on social media.

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