



ABSTRACT

## Exploring socioenvironmental influences on adolescent girls eating attitudes in Jakarta : A comparative study

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**Introduction:** A balanced diet is vital in adolescence because of the growth spurts occurring in different areas. However, girls in the adolescent phase are at risk of developing unhealthy eating attitudes, leading to severe physical and psychological consequences, including body dissatisfaction, depression, etc. This study was aimed to assessing the socioenvironmental influences on eating attitudes among adolescent girls in DKI Jakarta, Indonesia.

**Methods:** This study employed a qualitative research design conducted in seven public high schools located in five administrative areas of Jakarta province. Data collection involved FGD of selected adolescent girls from grades 10 and 11. The main informants were 13 adolescent girls; 8 of them had a high risk of eating disorders, and 5 of them had a low risk of eating disorders. The EAT-26 questionnaire (Eating Attitude Test) from a previous study assessed eating disorder risk risk. FGD questions encompassed but were not limited to daily dietary habits, perception of diet and nutrition, nutritional information and exposure, and attitude toward food.

**Result:** Socioenvironmental factors resulted in two themes, namely family upbringing and social environments. Eating attitude outcomes that came up in the exploration were food consumption, compensatory action after overeating, and changed eating patterns due to stress.

**Conclusion:** Both high- and low-risk girls' eating attitudes were affected by both their family environment and social environment. Compensatory actions like purging and laxative usage were only present in high-risk girls..

**Keywords:** Urban Adolescent girls, nutrition eating attitudes, qualitative study, socioenvironmental influences

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