

P01-268

SATISFACTION WITH BODY IMAGE, ATTITUDES AND HABITS RELATING TO NUTRITION IN SECONDARY SCHOOL STUDENTS

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Introduction: In the adolescence, girls are often preoccupied with body image, express discontent with their figure, body weight and want to lose weight.

Objective: Our objective was to inquire eating attitudes and habits among female adolescents.

Method: Survey research carried out among female adolescents, age of 16 - 17, in four secondary schools in Banja Luka (economic, medical, agricultural and grammar school). Survey questionnaire EAT-26, modified by author, was used. The response rate was 1301 (90.3%) out of 1441 (total number of pupils in first and second grade of schools).

Results: In inquired secondary schools 90 girls (6.9%) out of 1301 have body mass index < 18,5 kg/m². About 26.9% of all respondents, want to be thinner, while 37.3% never want to be thinner, with statically significant difference (d f=834; T=7.94; p< 0.01).

With 46.25% of all respondents with BMI < 18.5 kg / m² and 43.6% female students with an optimal BMI said they never eat dietary food with statistically significant difference (V = 73, T = 2.05, < 0.05) compared to girls with a BMI > 25 kg / m². Diet foods are not eaten ever 48.6% of respondents with a statistically significant difference compared to those who do it sometimes (20.5%)

Discussion: Unrealistic perception of "body-image" may bring different health-damaging risks. They varied from inadequate dieting attempts to inability of recognizing and preventing overweight.

Conclusion: In order to that previously acquired knowledge and positive attitudes about nutrition necessary to introduce this subject within the school curriculum.