

Relationship Between Academic Stress and Body Image with the Risk of Eating Disorder Among Final-Year Students of Politeknik Negeri Jember.

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ABSTRACT

Final-year students are vulnerable to experiencing academic stress and negative body image due to the pressure of completing their final projects and meeting graduation requirements, which may increase the risk of eating disorders. This study aimed to analyze the relationship between academic stress and body image with the risk of eating disorders among final-year students at Politeknik Negeri Jember. This study employed a quantitative correlational design with a cross-sectional approach. A total of 103 students from the 2022 and 2023 cohorts were selected using a simple random sampling technique. Data were collected using the Perceived Academic Stress Scale (PASS-18), Body Shape Questionnaire (BSQ-34), and Eating Attitudes Test (EAT-26). The data were analyzed using the Chi-Square test and Fisher's Exact Test. The results showed that most respondents experienced high academic stress (98.1%), had a negative body image (66.0%), and 47.6% were at risk of eating disorders. Among respondents at risk, the dieting dimension was the most dominant (81.6%), followed by oral control (16.3%) and bulimia and food preoccupation (2.0%). Fisher's Exact Test indicated no significant relationship between academic stress and the risk of eating disorders ($p = 1.000$). In contrast, the Chi-Square test revealed a significant relationship between body image and the risk of eating disorders ($p < 0.001$). In conclusion, academic stress was not significantly associated with the risk of eating disorders, whereas body image was significantly associated with the risk of eating disorders among final-year students at Politeknik Negeri Jember. Future studies are recommended to employ more diverse data collection methods to obtain more comprehensive data.

Keywords: *academic stress, Body Image, Eating Disorder, final-year students*