



# PROCEEDINGS BOOK

September 29-30, 2024 / Ankara, Türkiye



# INTERNATIONAL GEVHER NESIBE

## HEALTH SCIENCES CONFERENCE-XIII

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# INTERNATIONAL GEVHER NESİBE HEALTH SCIENCES CONFERENCE-XIII

September 29-30, 2024 / Ankara, Türkiye

**Editör**

**Doç. Dr. Hasan BÜYÜKASLAN**

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# CONGRESS ID

## CONGRESS TITLE

13. INTERNATIONAL GEVHER NESİBE MEDICAL SCIENCES CONGRESS

## DATE and PLACE

September 29-30, 2024, Ankara, Türkiye

## PARTICIPATION

Keynote & Invited

## ORGANIZATIONS

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# HEALTH SCIENCES CONFERENCE-XIII

September 29-30, 2024 / Ankara, Türkiye

## Conference Program

Online & in-person



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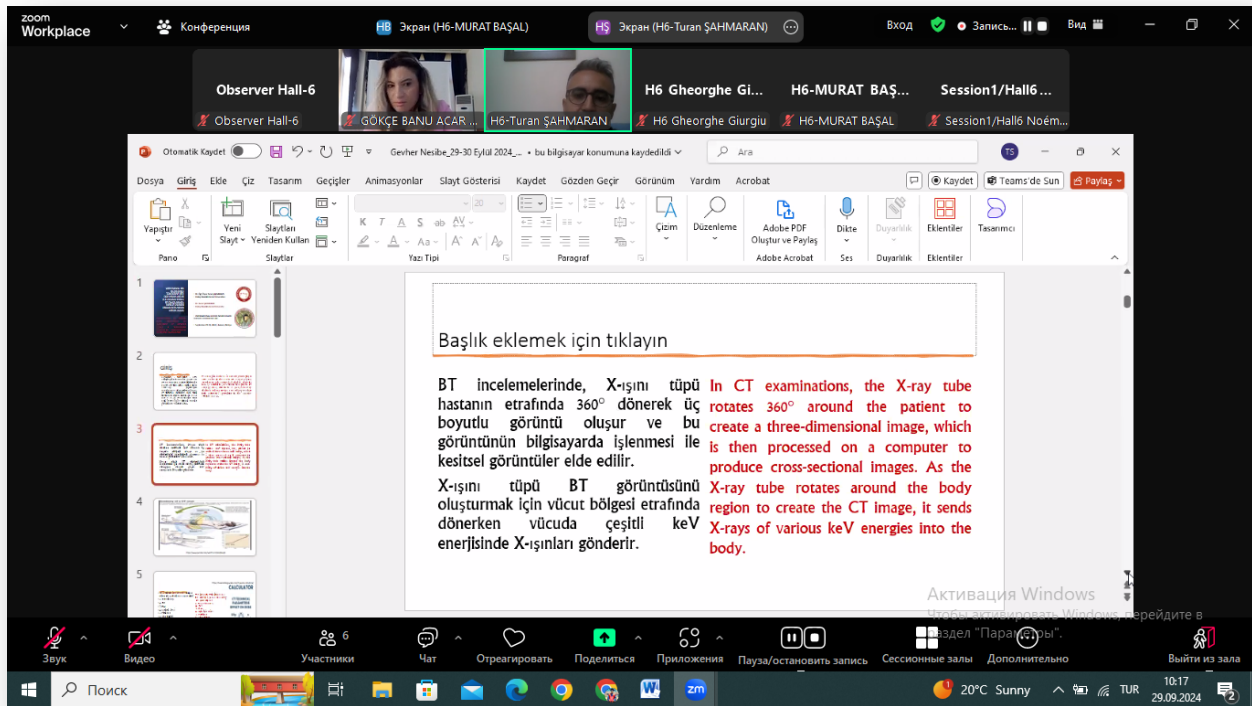


HALL-2, SESSION-2

PASSCODE: 131313

### HEAD OF SESSION: Assist. Prof. Dr. Burcu AKSOY CANYOLU

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Res. Assist. Meliha ÇAVDAR Assist. Prof. Dr. Mehmet ÇAVDAR	Erciyes University (Türkiye) İnönü University (Türkiye)	THE GUT-LIVER AXIS IN NONALCOHOLIC FATTY LIVER DISEASE
Lect. Beyzanur ÇAMLİBEL Res. Assist. Esila BAYAR Lect. Kübra ŞAHİN	İstanbul Kent University (Türkiye) İstanbul Aydın University (Türkiye) Üsküdar University (Türkiye)	INVESTIGATION OF THE RELATIONSHIP BETWEEN TIME SPENT ON SOCIAL MEDIA AND BODY DISSATISFACTION IN ADULT WOMEN
Res. Assist Lütfiye PARLAK YETİŞEN Prof. Dr. Derya DİKMEN	Hacettepe University (Türkiye)	EVALUATION OF ALLERGEN ON PACKAGING OF PROCESSED FOODS CHILD TARGETED SOLD IN TURKIYE
Asst. Prof. Çağla PINARLI FALAKACILAR Asst. Prof. Amine ATAÇ	Istanbul Gedik University (Türkiye)	THE EFFECTS OF NUTRITION AND EXERCISE ON GUT MICROBIOTA: EVALUATION IN THE PERSPECTIVE OF ATHLETIC PERFORMANCE
Assist. Prof. Dr. Burcu AKSOY CANYOLU	İstanbul Medeniyet University (Türkiye)	THE EXAMINATION OF THE RELATIONSHIP BETWEEN ATTITUDES TO MASS MEDIA HEALTH EDUCATION NEWS AND ADHERENCE TO MEDITERRANEAN DIET



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**YETİŞKİN KADINLARDA SOSYAL MEDYADA GEÇİRİLEN ZAMAN İLE BEDEN MEMNUNİYETSİZLİĞİ ARASINDAKİ İLİŞKİNİN İNCELENMESİ**

INVESTIGATION OF THE RELATIONSHIP BETWEEN TIME SPENT ON SOCIAL MEDIA AND BODY DISSATISFACTION IN ADULT WOMEN

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**ÖZET**

**Giriş:** Sosyal medya kullanımı ve geçirilen süre bireylerin beden memnuniyetsizliği ile ilişkilendirilebilmektedir.

**Amaç:** Yetişkin kadınlarda sosyal medyada geçirilen zaman ile kadınların beden memnuniyetsizliği arasındaki ilişkinin değerlendirilmesidir.

**Yöntem:** Bu kesitsel tanımlayıcı tipteki çalışma, gönüllülük esasına dayanmaktadır ve Mart-Mayıs 2023 tarihleri arasında 630 kadın katılımcı ile gerçekleştirilmiştir. Veriler “Google Forms” aracılığıyla toplanmıştır. Demografik bilgiler ve sosyal medya kullanımına ilişkin soruları içeren bilgi formu ve beden memnuniyetsizliğini ölçmek için kullanılan Beden Şekli Ölçeği (BSQ-34) katılımcılara online olarak uygulanmıştır. Araştırma verileri IBM SPSS v26® paket programı ile değerlendirilmiştir.

**Bulgular:** Katılımcıların yaş ortalaması 22,1±4.08 yıl, beden kütle indeksi (BKİ) ortalaması 24,5±5,77 kg/m<sup>2</sup>'dir. Katılımcıların %51,9'unun normal vücut ağırlığına (15,5-24,9 kg/m<sup>2</sup>) sahip olduğu görülmüştür. Katılımcıların sosyal medyada geçirdikleri ortalama sürenin 4,0±1,53 saat olduğu tespit edilmiştir. BSQ-34 değerlendirmesine göre kadınların ortalama beden memnuniyetsizlik skoru 116,1±51,30'dur. Bu skor vücut şekli konusunda orta derecede endişeli olduklarını göstermektedir. Bu çalışmada, kadın katılımcıların sosyal medyada geçirdikleri süre ile toplam beden şekli ölçeği skorları arasında anlamlı bir ilişki bulunamamıştır (s=,053 p=,188). Benzer şekilde katılımcıların yaşı ile toplam beden memnuniyetsizliği skoru arasında da anlamlı bir ilişki bulunamamıştır (s=,021, p=,599). Ancak katılımcıların BKİ değerleri ile toplam beden memnuniyetsizliği skoru arasında pozitif yönde güçlü ve istatistiksel olarak anlamlı bir ilişki bulunmuştur (s=,567, p=,000).

**Sonuç:** Sosyal medya kullanım süresinden bağımsız olarak yüksek BKİ değerlerinin beden memnuniyetsizliğini artırabileceği düşünülmektedir.

**Anahtar kelimeler:** Sosyal medya, beden memnuniyetsizliği, kadın

## ABSTRACT

**Introduction:** Social media use and time spent on social media may be associated with body dissatisfaction.

**Objective:** To evaluate the relationship between time spent on social media and body dissatisfaction in adult women.

**Method:** This cross-sectional descriptive study, carried out between March and May 2023, included 630 female participants who took part voluntarily. Data were collected through “Google Forms”. An information form including demographic information and questions about social media use and the Body Shape Questionnaire (BSQ-34) used to measure body dissatisfaction were administered online. The research data were evaluated with IBM SPSS v26® package program.

**Results:** The mean age of the participants was  $22.1 \pm 4.08$  years and the mean body mass index (BMI) was  $24.5 \pm 5.77$  kg/m<sup>2</sup>. It was observed that 51.9% of the participants had normal body weight (15.5-24.9 kg/m<sup>2</sup>). The average time spent by the participants on social media was  $4.0 \pm 1.53$  hours. According to the BSQ-34 assessment, the average body dissatisfaction score of women was  $116.1 \pm 51.30$ . This score indicates that they are moderately concerned about their body shape. In this study, no significant relationship was found between the time spent on social media and total body shape scale scores of female participants ( $s=.053$   $p=.188$ ). Similarly, no significant relationship was found between the age of the participants and the total body dissatisfaction score ( $s=.021$ ,  $p=.599$ ). However, a strong positive and statistically significant relationship was found between the participants' BMI values and total body dissatisfaction score ( $s=.567$ ,  $p=.000$ ).

**Conclusion:** It is considered that high BMI values may be linked to body dissatisfaction, regardless of social media usage duration.

**Keywords:** Social media, body dissatisfaction, women