

DESIGNING ILLUSTRATED BOOK ABOUT EATING DISORDER FOR TEENS

ABSTRACT

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The way of reducing food intake that now has many indicated are excessive fasting and vomiting the food that has been eaten or usually called Eating disorders. Eating disorders happens when a person experiences severe disturbances in eating behavior, such as reducing the amount of food extremely or eat too much, or suffer from feeling severe or extreme body shape. In this case, women are more often affected by eating disorders than men. Authors obtain the required data through observation, interview and literature. Because there is still a lack of knowledge especially for adolescent women about eating disorders and the lack of media discussing eating disorders, So it is necessary an informative illustrated book to improve knowledge especially for female adolescents aged 12-18 years about eating disorders or disordered eating. With this Eating Disorder education book, author hopes that this book becomes a medium that can increase knowledge and building awareness of youth especially women on eating disorders so it can prevent the problem of eating disorders in daily life.

Keywords: Eating Disorder, Adolescent, Illustrated Book