

A Systematic Review On Peer Influence On Eating Attitudes Among Athletes

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Abstracts: Peer influence on eating attitudes encompasses the impact of peers on an individual's beliefs, preferences, and behaviors related to food. This systemic review examines "Peer influence on eating attitudes among athletes. For these studies, 20 review articles were analyzed within the period of 2019 to 2024. A comprehensive literature review was conducted using databases such as PubMed, PsycINFO, and Google Scholar to collect information. There were higher percentage of Population in high school students & undergraduates among these 20 articles. From this population more than 2800 samples were surveyed to collect data. From this samples, 95% of the data were collected using random sampling technique and 5% data collected using convenient sampling technique. This study aims to synthesize findings of the impact of peer influence on eating attitude among athletes.

Keywords: Behaviors, Body Image, Dietary Patterns Eating Disorders, Healthy Eating Habits, Teammates

INTRODUCTION

Eating attitudes can be defined as beliefs, thoughts, feelings, behavior and relationship with food. They can influence people's food choices and health status (Alfoukha et al. 2017). In the realm of sports, nutrition plays a crucial role in optimizing performance and overall athlete well-being. Therefore, considering nutritional needs and the eating attitude among the players are important to maintain or enhance their performance.

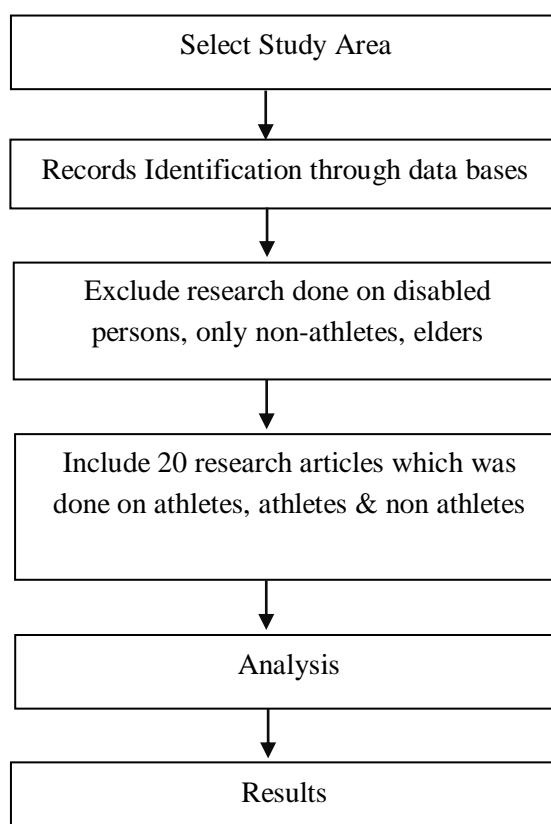
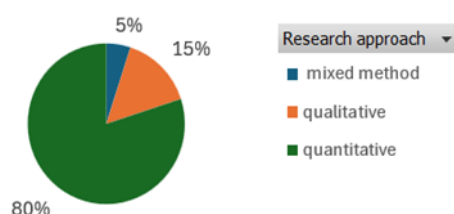
There are several factors that affect Eating Attitude. Among them peer influence is one of a main factor that affects to the eating Attitude. This review aims to synthesize findings from studies examining the impact of interpersonal influences on body image and eating behaviors, with a focus on both athletic and non-athletic populations.

Peer influence has been studied from this review. This study is to analyze more regarding the Peer influence from the 20 articles which were reviewed previously. This study is to review the impact of peer influence on eating attitude among athletes from the random clinical trials.

METHODOLOGY

A comprehensive literature review was conducted using databases such as PubMed, PsycINFO, and Google Scholar and used keywords “Peer Influence”, “Eating Attitude”, “eating disorders”, “Athletes” to collect information. More than 100 articles were studied within the period of 2019 to 2014 and selected best 20 articles to do this review. More than 2800 samples were surveyed to collect data to do the selected 20 articles. 100% of those selected articles were done by collecting data from surveys. From those 20 research articles 80% of research articles used quantitative method research approach ,15% used qualitative research approach & 5% used mixed method.

Count of Research approach



RESULTS

More than 100 articles were studied and selected best 20 articles to do this review. More than 2800 samples were surveyed to collect data. After analyzing below 20 articles, study shows that there is an impact of peer influence on eating attitude among athletes.

No	Paper title	Population	Sample	Result
1	Athlete-specific risk factors for the development of disordered eating behaviors in first-year college athletes	first-year college athletes	of first-year college athletes from a Division I National Collegiate Athletics Association (DI) university.	Wearing a uniform that emphasizes body concerns and perceived coach pressure for thinness predicted increases in weight/shape concern. Both teammate and coach pressure for thinness predicted increases in restrained eating behaviors.(Palermo et al. 2022)
2	Family members and peers' negative and positive body talk: How they relate to adolescent girls' body talk and eating disorder attitudes	adolescent girls	Three-hundred thirty-one French Canadian adolescent girls between the ages of 14 and 17	Negative and positive body talk are cultivated interpersonally by increasing evaluative concerns and decreasing self-compassion.(Barbeau et al. 2022)
3	Social and Psychological Factors Related to Risk of Eating Disorders Among High School Girls	High School Girls	799 high school girls from governmental and private schools in the central region of Jordan	The results indicate that prevalence of the risk of ED was 12%. The risk of ED had significant and positive correlation with body shape

				dissatisfaction, self-esteem, psychological distress, and pressure from family, peers, and media ($p < .001$). (Alfoukha et al. 2017)
4	Associations Between Peer Pressure and Adolescents' Binge Behaviors: The Role of Basic Needs and Coping	High School Girls	570 high school students	analysis showed significant and positive direct associations of peer pressure with both binge eating and binge drinking. Moreover, findings show that there is an indirect path in which peer pressure is positively associated with need frustration that is related to the use of emotion-oriented coping strategies that, on their turn, are associated with binge eating. (Inguglia et al. 2019)
5	Teammate influences and relationship quality are associated with eating and exercise psychopathology in athletes	Athletes	Athletes age 24 years	Many significant relationships were identified between teammate influences and eating/exercise psychopathology. Understanding teammate influences on the eating and exercise practices of

				athletes is important for the development of team-based interventions to reduce or prevent disordered eating and exercise(Scott et al. 2019)
6	Teammate influences, psychological well-being, and athletes' eating and exercise psychopathology: A moderated mediation analysis	Athletes	age 18.35 years	Higher levels of anxiety significantly mediated the positive relationships between bulimia modelling and teammate pressure with eating and exercise psychopathology. Higher levels of depression significantly mediated the positive relationship between teammate pressure and body dissatisfaction, and the negative relationship between supportive friendships and body dissatisfaction. Higher levels of self-esteem mediated both inverse relationships between supportive friendships and a lower drive for thinness (fully) and

				body dissatisfaction (partially). Gender did not significantly moderate any mediation relationships.(Scott et al. 2020)
7	A prospective study of teammate factors on athletes' well-being, disordered eating, and compulsive exercise.	Athletes	age 18	Males, those participating in nonclean sports and adolescent athletes are at increased risk of modeling disordered eating.(Scott et al. 2022a)
8	College students' attitudes about ways family, friends, significant others and media affect their eating and exercise behaviors and weight perceptions	College students	Forty-one college students	Healthy cooking and exercise role models at home were viewed as positive, encouraging healthy eating and exercise. Criticism was perceived as negative for healthy habits and weight perceptions. Friends and significant others who practiced positive health habits and were body accepting were uplifting. Cultural transmission of the thin ideal could occur through the media. Some noted that media messages were becoming more

				positive(Nabors et al. 2024)
9	The impact of critical comments from teammates on athletes' eating and exercise psychopathology	Athletes	23 years (N = 646, Mage=23 years, n = 391 female)	Athletes receiving a teammate critical comment (n = 323) had significantly higher eating/exercise psychopathology, anxiety, and lower self-esteem compared to those who had not (n = 323). Females (n = 196) perceived the severity of the comment to be significantly worse than males (n = 127). Explicit critical comments had a greater influence on athletes' eating/exercise psychopathology versus implicit teammate influences. Disordered eating/compulsive exercise prevention efforts with athlete populations should highlight the detrimental impact that athletes' comments can have on teammates' wellbeing and body satisfaction.(Scott et

				al. 2022b)
10	The influence of social networks within sports teams on athletes' eating and exercise psychopathology: A longitudinal study	Athletes	age 18 years	Significant interaction effects between time and gender were noted for athlete team variability in eating and exercise psychopathology, where both convergence and divergence of eating and exercise psychopathology was evident. In addition, being well connected to teammates, acting as the bridge between groups of teammates or being part of a cohesive team were longitudinally associated with reduced exercise psychopathology. Disordered eating and exercise prevention strategies should look to harness the behavioral convergence effect demonstrated here, by encouraging healthy eating/exercise practices among teammates.(Scott et

				al. 2021)
11	Sport Factors, Body Image, and Eating Behaviors in College Student Athletes	Athletes	160 age of participants was 20 years	Results demonstrated a significant relationship between coaching behavior and eating disorder symptomology and body dissatisfaction. Additionally, teammate pressures were found to moderate the relationship between coaching behaviors and eating disorder symptomology. Clinical implications, limitations, and future research directions were discussed(Kelsey Moran 2019)
12	Disordered Eating Attitudes, Anxiety, Self-Esteem and Perfectionism in Young Athletes and Non-Athletes	80 adolescent female athletes were compared to a control condition of 40 non-athletes	120 participants (age 17.2 \pm 2.82)	There were statistically significant differences between conditions. One of the most important results was the score in SCOFF (Mann–Whitney = 604, $p < 0.05$; Cohen’s $d = 0.52$, $r = 0.25$), being higher in control than in the gymnast condition. These results suggest that non-athlete female adolescents show

				more disturbed eating behaviors and thoughts than female adolescents from aesthetic sport modalities and, therefore, may have an enhanced risk of developing clinical eating disorders.(Petisco-Rodríguez et al. 2020)
13	Difficulties in Emotion Regulation, Alexithymia, and Social Phobia Are Associated With Disordered Eating in Male and Female Undergraduate Athletes	self-selected undergraduates	279 respondents = 18–26 years	Although we identified a significant main effect of gender, there was no main effect of team type, nor was there a significant interaction of gender and team type. Using descriptive discriminant analysis, these variables significantly discriminated between genders. Women were defined by higher scores than men on drive for thinness, body dissatisfaction, and emotion recognition and men were defined by relatively higher scores on emotion dysregulation and

				<p>binge eating. When we combined all athletes and compared them with non-athletes, a significant interaction of gender and athlete status emerged such that female athletes, compared to male athletes and women non-athletes, were defined by higher scores on drive for thinness, emotion dysregulation, and binge eating. Conversely, male athletes, compared to female athletes, were defined by greater difficulty identifying feelings and body dissatisfaction. Non-athletes were not well defined by the discriminant function. These results highlight that emotional processes convey risk of eating disorders in men and women, particularly in athletes, and these risk factors are not uniform.(Lindvall Dahlgren et al. 2020)</p>

14	General and sport-specific weight pressures as risk factors for body dissatisfaction and disordered eating among female collegiate athletes	College athletes.	212 female	These findings suggest that female athletes are vulnerable to weight- and appearance-related pressures from outside the sport context and that the mechanisms underlying the development of disordered eating may differ between athletes and non-athletes.(Palotto et al. 2022)
15	Perception of Disordered Eating Among Different NCAA Divisions of Collegiate Athletes	college athletes.	288 athlete	Collegiate athletes reported that they did feel that the pressures of their sport participation affected and changed their eating habits regardless of NCAA division level. The collegiate athletes also reported that participation in sport generally pressured athletes to maintain a specific body type. The collegiate athletes reported equal positive and negative responses to the perception that their teammates' eating and exercise behaviors affected

				their own(Powers et al. 2024)
16	Barriers, Attitudes, and Influences Towards Dietary Intake Amongst Elite Rugby Union Players	Thirty male Rugby Union players	aged 17–28 year 30 players volunteered	Childhood upbringing, organizational skills, time and food security also emerged as barriers. Body composition and sport nutrition knowledge emerged as both barriers and enablers to nutritional intake. Influence on performance was an enabler to optimal dietary intake. Fully professional rugby players have access to dietitians, whereas development and semi-professional rugby players only have limited if any access, and they were more likely to seek nutritional information via social media.(Sharples et al. 2021)
17	A mixed method approach to evaluating eating-related psychopathologies in collegiate student-athletes	Student athletes	One hundred and one NCAA Division	Body image and disordered eating behaviors were of greater concern than drive for muscularity. Student-athletes reported engaging in eating behaviors as

				opposed to not eating, yet these eating behaviors trended toward disordered behaviors such as obsessive “healthy eating” or orthorexia.(Stephens et al. 2023)
18	Weight loss practices and eating behaviours among female physique athletes: Acquiring the optimal body composition for competition	Female physique athletes	females aged 18–65 years and participation in a physique competition (previous 12 months) 158 participants	Participant characteristics are presented in Table 1 . In total, 99% of respondents reported losing weight for past competitions and participating in 2±1 competitions (range: 1–8) in the previous season. Irrespective of division, novice athletes were younger (27±7 vs. 30±7 years, $F_{1,154} = 6.73, P = 0.01$), shorter (163.4±6.4 vs. 165.4±6.2 cm, $F_{1,154} = 7.74, P<0.01$) and lighter than experienced athletes (53.8±4.9 vs. 56.1±5.8 kg, $F_{1,154} = 7.59, P<0.01$). No main effect of division was identified ($P >0.05$). (Alwan et al. 2022)

19	Disordered eating behaviors and attitudes among adolescents in a middle-income country	high school participants	ages 11–19 years (521)	Thirty-one percent of participants reported engaging in at least one disordered eating behavior, with bingeing as the most common. Female participants had significantly higher mean body mass index ($p < 0.01$) and mean EAT-26 score ($p < 0.05$) compared to males. Adolescents with EAT-26 score ≥ 20 were more desirous of being thinner ($p < 0.01$) and having a lighter skin complexion ($p < 0.05$). A greater proportion of adolescents with an EAT-26 score ≥ 20 had engaged in self-harm ($p < 0.05$), had smoked cigarettes ($p < 0.05$), had been sexually active ($p < 0.01$), and gave a history of sexual abuse ($p < 0.01$). Adolescents with overweight/obesity reported higher use of chemical weight manipulation (laxatives, diuretics, and diet pills)
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				(p = 0.01).(Harrison et al. 2020)
20	A meta-analysis of longitudinal peer influence effects in childhood and adolescence.	childhood and adolescence.	60 independent studies	Results revealed a peer influence effect that was small in magnitude ($\beta^- = .08$) but significant and robust. Peer influence effects did not vary as a function of the behavioral outcome, age, or peer relationship type (one close friend vs. multiple friends). Time lag and peer context emerged as significant moderators, suggesting stronger peer influence effects over shorter time periods, and when the assessment of peer relationships was not limited to the classroom context. Results provide the most thorough and comprehensive synthesis of childhood and adolescent peer influence to date, indicating that peer influence occurs similarly across a broad range of

			behaviors and attitudes.(Giletta 2021)
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DISCUSSION

The systematic review shows consistent influences of interpersonal and environmental factors on body image, eating behaviors, and mental health among athletes. Pressures from coaches and teammates, body-focused uniforms, and media-promoted advertisements create vulnerabilities for disordered eating and body dissatisfaction. Peer relationships have mixed influences; whereas critical comments from a friend or teammate have adverse consequences on aggravating the pressures, supportive friendships are known to offset some pressures. The findings support the notion that targeted interventions, especially in sports teams, are needed to develop positive body image and healthy eating behavior based on peer support and less evaluation by appearance.

Wearing a uniform that makes people self-conscious about their bodies, along with feeling pressure from a coach to be thin, leads to more worry about weight and shape. Additionally, pressure from both teammates and the coach to be thin leads to more restrictive eating habits(Palermo et al. 2022). The results show that 12% of people were at risk for eating disorders (ED). This risk was strongly linked to feeling unhappy with body shape, low self-esteem, mental stress, and pressure from family, friends, and media(Alfoukha et al. 2017).

Thirty-one percent of participants reported engaging in at least one disordered eating behavior, with binge eating being the most common. Female participants had higher average body mass index (BMI) and EAT-26 scores, which measure eating attitudes, compared to males. Adolescents with EAT-26 scores of 20 or higher showed a stronger desire to be thinner and to have lighter skin. They were also more likely to report experiences of self-harm, smoking, sexual activity, and a history of sexual abuse. Additionally, adolescents who were overweight or obese reported a higher usage of weight control methods, such as laxatives, diuretics, and diet pills.(Harrison et al. 2020).

The results showed that peer influence on behavior was generally small but still significant and consistent. This influence did not differ based on the type of behavior, age of the child or adolescent, or whether the peer was a close friend or a larger group of friends. However, peer influence was stronger over shorter time frames and when peer relationships extended beyond just classmates. Overall, the study offers a comprehensive look at peer influence, showing it

affects various behaviors and attitudes in similar ways across childhood and adolescence(Alwan et al. 2022).

CONCLUSION

After analyzing 20 articles, a study shows that there is an impact of peer influence on eating attitude among athletes. A systematic review should be done for the further studies regarding the impact of peer influence on eating attitude.

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