

ABSTRACT

In this modern era, strict dieting behavior is a health issue that demands attention as it has become an increasingly common phenomenon among young adults. This behavior can trigger various health problems, including malnutrition, eating disorders, and psychological disorders. This study aims to develop educational media dedicated to understanding unhealthy strict dieting behavior. The lack of proper and reliable education about healthy and sustainable diet is a major factor. Designing effective educational media to enhance understanding of the dangers of strict dieting and encourage safe dieting behaviors in young adults. The designed media is expected to provide comprehensive information and encourage behavior change towards a healthier and more sustainable eating pattern. The research result showed that interactive educational media can improve young adults knowledge and awareness of the health risks of incorrect strict dieting and promote a healthier lifestyle.

Keywords: Diet, Young Adults, Educational Media