

The Application of Cognitive Behavior Therapy Toward Young Adulthood Who Suffer Body Dysmorphic Disorder

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Abstract

This research was done to apply Cognitive Behavior Therapy (CBT) toward Body Dysmorphic Disorders' (BDD) cases. BDD is one of somatoform disorders. BDD is characterized by an excessive preoccupation in part of the body that believed as imperfect or defect. The preoccupation of the imagined defect is excessive, or if a slight of physical anomaly is present, the person's concern is markedly excessive. This preoccupation causes significance distress and impairment in some areas of functioning. This research involved two young adulthoods, male and female, who was 20 years old and 25 years old. Both subjects has different point of view in their body's concern, where the first subject has preoccupation in some body areas, while the preoccupation of the second subject is through her overall body shape. The application of this intervention was done during eight sessions. From this research, is found that CBT can help someone who suffers from BDD in overcome problems which related through his/her areas of functioning. Both subjects' view of his/her body is also being more positive and not preoccupied with his/her body and appearance. Problems which related with this disorder that caused by preoccupation are also can be overcome.

Kata Kunci: *Body Dysmorphic Disorder*, *Young Adulthood*, and *Cognitive Behavior Therapy*