

## ABSTRACT

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**An Overview of the Self-Adjustment of Obese Teenage Girls with High Self-Esteem. (Dr. Fransisca Iriani, M.Si & Riana Sahrani, M.Si, Psi); Psychology S1 Study Program, Tarumanagara University (129 pages, P1-P4, T1-T23)**

Not all obese teenagers have low self-esteem. Decent self-esteem is attainable through eight aspects, namely: social acceptance, scholastic competence, athletic competence, physical appearance, behavioral conduct, job competence, romantic appeal, and close friendship (Harter cited by Shaffer, 1999). Someone with good self-esteem is able to adapt well. There are five characteristics to good self-adjustments, namely a correct perception of reality, being to handle stress and inner fear, being able to assess oneself positively, being able to express inner emotions, and have good interpersonal relationship (Haber & Runyon, 1984). The purpose of this study is to know the overview of the self-adjustment of obese teenage girls with high self-esteem and aged 19-24 years by using interviews conducted from April to May 2011. There were four subjects. The result of this research is that two subjects were able to fulfill all the aspects of good self-esteem and characteristics of good self-adjustments. Meanwhile the other two subjects were able to fulfill seven aspects of good self-esteem and five aspects of good self-adjustment. The self-esteem aspect that was not fulfilled was *athletic competence*. An additional finding in this research is that good self-esteem and self-adjustment can be achieved through family support, upbringing patterns, and social environment.

**Key Words:** Self-esteem, Self-adjustment, Obesity, Teenage Girls