

ABSTRACT

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Coping Stress of Obesity Man in Finding Life Mate; (Denrich Suryadi, M. Psi); Undergraduate Program In Psychology, Tarumanagara University, (81 pages; R1-R4; App dx. 1-23).

Mate is needed by individual to reach satisfaction. However, when it fails, it will cause a stress. Obesity is one of barriers for a young adult men to get a life mate. To cope the stress, coping strategies are needed. The purpose of this study besides to knowing the coping strategies used by obesity men against his stress to find a life mate, also to determine whether coping strategies are carried out effectively address the source of stress. This research uses questionnaires to know the physical and psychological conditions as syndrome of stress being experienced by the subjects. The process of data retrieval is done by interviewing four obese men who have indications of stress depiction of life in an effort to find a life mate. Range ages of subjects are 23 to 25 years old. Interview process has been strat from March 2011 until June 2011. Result of the research shows that not having a life mate becomes stressor to obese men and coping strategies is able to cope with the stress experienced by obese men in seeking of a life mate. The most performed coping strategies are seek social support, seek relaxing diversion, and tension reduction. Another coping strategies are focus on the positive and wishful thinking. However, the coping strategies do not effectively to cope with the source of stress, which is difficult to get a life mate because body fat.

Key Words: Stress, Coping Stress, Obesity, Life Mate.