

ABSTRACT

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Body Dissatisfaction and Preventive Efforts of Early Adult Women Who Experienced Genetics of Obesity; Denrich Suryadi, M. Psi; Undergraduate Program in Psychology, Tarumanagara University, (i-x; 78 pages; R1-R5; Apdx 1-13)

Body dissatisfaction is a feeling not satisfied with our body, especially adult woman who experienced genetics of obesity. This study aims to describe and provide an overview of body dissatisfaction and the preventive efforts in early adult women who experienced genetics of obesity. Genetics of obesity occurs because of the influence of heredity from father and mother or father's families and mother's families, where it can cause early adult women experienced body dissatisfaction (Cash, 2008). The method called in-depth interview was conducted towards three early adult women (age range from 20 to 30 years old). This study took place in a span of two years, beginning in March 2011 until June 2013. The result shows that three subjects faced problems due to body dissatisfaction and difficulty in losing weight cause of life disorganized. Generally, the three subjects tried preventive effort to cope with body dissatisfaction, because genetics of obesity.

Keywords: Body Dissatisfaction, Genetics of Obesity, and Early Adult Women