

## **ABSTRACT**

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**Self-Body Image of Late Adolescent Woman Weight Lifter Athlete; Miniwaty Halim, M.Psi; Study Program S-1 Psychology, Tarumanagara University, (i-x; 64 pages, R-1-R2, Appdx. 1-14)**

An athlete is required to keep excelling and shows top performance in each match. In the fulfillment of these demands, an athlete is required to follow a strict training, be it physical, technical, tactical, or mental training. Woman weight lifter athletes have to adjust their body weight and form their muscle mass so it does not match the idealized image of a woman's physical appearance in general. Competence and their physical appearance and health are a component in a person's body image. Self-body image is feeling, experience, attitude, and evaluation of the body of a person which is positive or negative. The factors that influence body image in which there are family factors, the influence of mass media, and interpersonal relationships. Adolescence is a time when the attention of the body increases. The subjects of this research are three women weight lifter athletes, aged between 18 and 20 years old. This research is using qualitative method through in-depth interview. The results of this study indicate that body image components perceived most important subjects in the form of a picture of his body is the physical health component. While the factors that most affect the body image in those three subjects are their family and the interpersonal relationships.

**Key Words:** weight lifter athlete, body image, late adolescent