

ABSTRACT

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Relationship Between Body Dissatisfaction Toward Diet Activity in Early Adulthood Male; (Denrich Suryadi, M. Psy.); Psychology Study Program; Undergraduate Level Program Tarumanagara University; (i-x; 64 pages, R1–R2, Appdx 1-37).

Individual's evaluation of their body can affect individual's behavior. Body image is defined as the image/body image of individuals formed about their body. Individuals who have a negative body image will experience body dissatisfaction. The aim of this research is to find the relationship between body dissatisfaction toward diet activity in early adulthood male. This research used questionnaires instrument to 152 samples in Jakarta and Tangerang. Analysis of data in this research using Pearson and Spearman statistical correlation techniques, appearance evaluation $r = 0,302$, appearance orientation $r = 0,372$, body-areas dissatisfaction $r = 0,386$, fitness orientation $r = 0,214$, health orientation $r = 0,299$. The results is higher body dissatisfaction in early adulthood male, the higher diet activity performed. Early adulthood male, those who have the attention and effort on physical appearance, physical fitness, and health would have a tendency to diet activity. Early adulthood male, those who feel body area dissatisfaction will also have a tendency to diet activity.

Keywords: Body Image, Body Dissatisfaction, Diet, Early Adulthood Male