

## **Abstract**

The aimed of this study is to determine the correlation between body image and optimism bias in early adulthood with obesity. Body image is an evaluation of the characteristics of a person's affective experience itself. Optimism bias is the individual who has the mistaken belief that he is less risk of experiencing negative events compared to others. The subjects of this study are individuals with obesity in early adulthood aged 20-40 years living in Jakarta. This research was conducted in August 2013, and the data retrieval done in early November in the mall area of Jakarta, as well as through an online group. The number of respondents in this study was 130 respondents. The design of this study was a non-experimental quantitative research methods. This study used a correlational study type, with non- probability sampling technique. Retrieval of data using the Spearman Correlation processed through SPSS version 17.0. The results of this study demonstrate the value of  $r = -0.175$  and  $p = 0.047 < 0.05$  on the dimensions of fitness evaluations with optimism bias, and  $r = -0.186$  and  $p = 0.034 < 0.05$  on the dimensions of fitness orientation with optimism bias. This means that there is a positive correlational between body image and optimism bias in early adulthood with obesity.

Keywords: body image, optimism bias, people with obesity