

Abstract

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Body Image and Optimistic Bias On Steroids Users Adult Men (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH.); Program Studi S1 Psikologi, Universitas Tarumanagara (65 Pages; P1-P4; L1-L2)

Weinstein argued that the optimistic bias as the tendency of people to believe in the possibility of experiencing positive events than negative events than with anyone else. Klein revealed that factors associated with cognitive biases optimistic. Most of the people want to have the ideal body. To achieve this goal the discipline it takes hard work and a long time. However, some people choose to use a shortcut by substances that are relatively risky for his health. The purpose of this study was to determine body image and optimistic bias in adult male steroid users. This study was conducted using qualitative and open-ended questions, with 2 subjects aged 20-60 years. This study found that the subjects who used steroids experiencing optimistic bias and changes from a negative body image into a positive body image after using steroids.

Keywords: Body image, Optimistic bias, Adult Men, Steroids