

## ABSTRACT

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**The Relationship between Optimism Bias with Health-Related Behavior among Young Adults; Rahmah Hastuti, M.Psi., Psi.; Program Studi S-1 Psikologi, Universitas Tarumanagara, (i-xi; 59 Pages; R1-R5; Appendix 1-Appendix 54)**

The belief that the future will probably be much better than the past is known as the optimism bias. Yet, optimism is irrational and may lead to unwanted outcomes. Optimism bias is usually found in health-related issues, when a person tends to underestimate his possibility to be having an illness due to failure in taking preventive actions. The aim of this research is to know the relationship between optimism bias and health-related behavior among young adults at University X in Jakarta. This study involved 400 respondents, consisting 156 males and 244 females, using accidental sampling technique. Criterion of respondents: university students at University X, young adults age between 18 to 30 years old. Optimism bias is a person's tendency to judge negative events as less likely to happen to themselves than to the average person and is a belief that the future will be better than the past or the present. Optimism bias is likely to let a person does no protective behavior, such as health-related behavior. The result of this study using the Pearson correlation technique,  $r = 0.153$ ,  $p = 0.002 < 0.05$ . This result indicates positive and significant correlation between optimism bias with health-related behavior. However, a dimension in optimism bias, which is the underlying affect, does have negative and significant correlation with health-related behavior.

Keywords: optimism bias, health-related behavior, young adulthood, underlying affect