

ABSTRACT

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Correlation Between Body Image and Self-esteem in Early Adulthood Who has an Overweight Problem; (Dra. Ninawati, MM & Widya Risnawaty, M. Psi); Undergraduate Program In Psychology. Tarumanagara University, (70 pages; R1-R5; Appdx. 1-35).

This research aim is to find the correlation between body image and self-esteem in early adulthood who has an overweight problem. This research hypothesis is there is a positive corellation between body image and self-esteem in early adulthood who has an overweight problem. Sample in this research are early adulthood who has an overweight problem with 273 amount of subjects. This research is held in Jakarta. This research use Spearman correlation method and found that $n(273) = 0,608$ with $p/\text{sig} = 0,000$ and $p < 0,01$. So there is a positive correlation between body image and self-esteem in early aduthood who has an overweight problem. The conclusion in this research is higher body image also means higher self-esteem.

Key words: body image, self-esteem, early adulthood, overweight.