

The Effectiveness of Bibliotherapy in Reducing Body Image Dissatisfaction Among High School Girls

Monique Elizabeth Sukamto
Faculty of Psychology, University of Surabaya

Abstract. The aim of this study is to evaluate the effectiveness of bibliotherapy in reducing body image dissatisfaction among high school girls. Participants were 45 girls from three different high schools, whose BMI were normal (18.5 – 22.9) and experienced moderate to very high body image dissatisfaction. Using pretest – posttest control group design, participants from each high school were assigned to one of three conditions: interactive or reading bibliotherapy as experimental conditions or as waiting-list control group. Body image dissatisfaction of each participant was measured at pre-treatment, post-treatment, and 1-month follow-up and analyzed using One-Way ANOVA and General Linear Model – Univariate. The result of this study showed that either interactive ($\text{sig.} = 0.000 < 0.05$) or reading bibliotherapy ($\text{sig.} = 0.012 < 0.05$) was effective in reducing body image dissatisfaction among high school girls and their effectiveness were maintained until 1-month follow-up.

Keywords: bibliotherapy, body image dissatisfaction, high school girls

Abstrak. Penelitian ini dilakukan untuk mengetahui efektivitas *bibliotherapy* dalam mengurangi ketidakpuasan terhadap citra tubuh pada siswi SMU. Subjek penelitian ini adalah 45 siswi SMU dari tiga SMU yang terpisah, yang memiliki IMT yang tergolong normal (18.5 – 22.9) dan mengalami ketidakpuasan terhadap citra tubuh yang tergolong cukup hingga sangat tinggi. Menggunakan *pretest – posttest control group design*, para subjek dibagi dalam tiga kelompok, yaitu *interactive bibliotherapy*, *reading bibliotherapy*, dan kelompok kontrol (*waiting-list control group*). Pengukuran dilaksanakan sebanyak tiga kali, yaitu pada saat sebelum perlakuan, setelah perlakuan, dan sebulan setelah perlakuan serta dianalisis menggunakan Analisis Varian Satu Arah dan Analisis Varian Sampel Berkorelasi. Hasil penelitian ini menunjukkan bahwa baik *interactive* ($\text{sig.} = 0.000 < 0.05$) maupun *reading bibliotherapy* ($\text{sig.} = 0.012 < 0.05$) terbukti efektif dalam mengurangi ketidakpuasan terhadap citra tubuh pada siswi SMU dan efektivitasnya dapat tetap bertahan hingga satu bulan setelah perlakuan.

Kata kunci: *bibliotherapy*, ketidakpuasan terhadap citra tubuh, siswi SMU

The enormous influence of the media toward urban population regarding woman's ideal body image causes women, especially the adolescent girls, to experience body image dissatisfaction. It refers to the girls' (1) dislike or dissatisfaction toward the mental pictures of their bodies or specific parts of their bodies and (2) inability to accurately judge the size of their bodies or specific parts of them. Body image dissatisfaction is one of body image prob-

lems that mostly happened (Rice, 1995). According to Brehm (1999), the spreading of body image dissatisfaction nowadays is a result of a large gap between the current beauty standard and the women real body shape. Garner, Garfinkel, Schwartz, and Thompson (as cited in Dittrich, 2003) have found that the average size of idealized woman (as portrayed by models) has become progressively thinner and has stabilized at 13–19% below physically expected weight.

Some studies have revealed that body image dissatisfaction could lead to serious problems, such as low self-esteem, depression, smoking behavior, and eating disorders that even might lead to death. Therefore, some solutions to cope with this problem are needed, one of which is bibliotherapy.

Bibliotherapy is a kind of therapy using an activity of reading selected literatures or materials to promote

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Correspondence concerning this article should be addressed to Monique Elizabeth Sukamto, S.Psi., M.Si., Laboratory of Clinical Psychology, Faculty of Psychology, University of Surabaya, Jl. Raya Kalirungkut, Surabaya 60293, Indonesia. E-mail: monique@ubaya.ac.id