

## The Application of Bibliotherapy on Adolescent Girls with Body Image Dissatisfaction

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Body image dissatisfaction, caused by a discrepancy between cultural-based ideal body and individual actual body, is experienced by most of adolescent girls. The purpose of this study is to evaluate the effectiveness of bibliotherapy on adolescent girls with body image dissatisfaction. Subjects were 15 senior high school girls, aged 14-17 years, with BMI (Body Mass Index) thin to normal, with average to high body image dissatisfaction. By using pretest-posttest control group design, the subjects were assigned into three groups, i.e. interactive and reading bibliotherapy as experimental groups and the waiting-list control group. One-way analysis of variance (ANOVA) is employed to measure the differences of body dissatisfaction among the three groups. The result showed that there were no significant differences of body dissatisfaction in the pretest – posttest and posttest – follow-up, between the three groups. It means that neither interactive nor reading bibliotherapy was effective in reducing the adolescent girls' body image dissatisfaction.

*Keywords:* body image dissatisfaction, bibliotherapy, adolescent girls

Ketakpuasan bayangan diri yang disebabkan oleh ketaksesuaian antara bentuk tubuh ideal berdasarkan budaya dan bentuk sebenarnya tubuh individual, dialami oleh kebanyakan gadis remaja. Tujuan penelitian ini adalah menilai efektivitas terapi bacaan terhadap remaja putri yang menyandang ketakpuasan bayangan diri. Para subjek adalah 15 siswa SMA, berusia antara 14-17 tahun, dengan indeks massa tubuh (*body mass index* = BMI) kurus hingga normal, dengan ketakpuasan rata-rata hingga tinggi. Dengan desain prauji-pascauji dan kelompok kendali, para subjek dibagi menjadi tiga kelompok: kelompok bacaan pustaka interaktif dan kelompok bacaan pustaka sebagai kelompok percobaan, dan kelompok daftar tunggu sebagai kelompok kontrol. Dipakai analisis varian satu arah (ANOVA) untuk mengukur perbedaan bermakna ketakpuasan bayangan diri di antara ketiga kelompok. Hasil-hasil menunjukkan bahwa tak ada perbedaan bermakna baik pada kelompok prauji-pascauji dan pascauji-*follow up*, menunjukkan bahwa terapi bacaan interaktif maupun bacaan pustaka tak efektif dalam menurunkan rasa ketakpuasan para gadis remaja.

*Kata kunci:* ketakpuasan bayangan diri, terapi bacaan pustaka, gadis remaja

For most women, appearance is probably something that very important, so they are willing to sacrifice time, effort, and even money to change their appearance in order to reach what is considered ideal and attractive by their opposite sex. With the demands and social expectations about the ideal body, women become vying to beautify themselves to fit with the society's standards.

According to Brehm (as cited in Maria, Prihanto, & Sukamto, 2001), body dissatisfaction is caused by the gap between beliefs about the ideal body shape based on the prevailing culture and the evaluation of the individual's actual body shape. In addition, Rosen and Reiter (as cited

in Asri & Setiasih, 2004) state that body dissatisfaction is the preoccupation by negative evaluation towards the physical appearance and feeling ashamed of their physical condition when individuals are in social surroundings.

Based on that explanation, it is known that when individuals experience body dissatisfaction, they will feel ashamed being in social surroundings because of the lack of confidence with their actual body which does not fit with social expectations about how ideal female body shape should be. Lack of self-confidence can lead to the inhibition in individual personality development and interpersonal relationships in society. Moreover, adolescent girls with body dissatisfaction are also at risk of committing suicide (Dittrich, as cited in Esther, 2002) and having a tendency of developing eating disorders, i.e. anorexia nervosa

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