

Hypnotherapy to Reduce Body Dysmorphic Disorder in an Adolescent Girl

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Body dysmorphic disorder (BDD) is a psychological disorder which can be suffered by many people in general, but often difficult to diagnose. The disorder occurs due to the inaccurate belief associated with the physical appearance. Therapy is necessary because people with BDD experience complex and life-disturbing distress. Sometimes it even leads to depression, social isolation, or suicidal tendency. Hypnotherapy is a therapy that works and performs on the individual's subconscious mind, where belief is stored. This study aimed to understand whether hypnotherapy could reduce BDD experienced by an adolescent girl. It was a single-case study because it used only one subject. Subject was a 19-year-old adolescent girl who experienced BDD. The techniques used to replace the inaccurate belief were parts therapy, age regression therapy, and hypno-EFT. Results from this study showed that hypnotherapy was effective for reducing BDD in an adolescent girl.

Keywords: body dysmorphic disorder, hypnotherapy, adolescent girl

Gangguan dismorfik tubuh (*body dysmorphic disorder* (BDD) merupakan suatu gangguan psikologis yang dapat dialami oleh individu pada umumnya, namun seringkali sulit terdiagnosis. Gangguan tersebut bisa timbul karena adanya *belief* yang kurang tepat terkait dengan penampilan fisik. Terapi sangat dibutuhkan karena penderita BDD mengalami penderitaan emosional yang sangat kompleks dan mengganggu kehidupan, bahkan terkadang menimbulkan depresi, isolasi sosial, atau kecenderungan bunuh diri. Hipnoterapi merupakan terapi yang bekerja pada pikiran bawah sadar individu yang merupakan tempat *belief* disimpan. Penelitian ini ingin mengetahui apakah pemberian hipnoterapi dapat menurunkan gejala-gejala BDD yang dialami oleh seorang remaja perempuan. Penelitian ini termasuk dalam penelitian kasus tunggal dengan menggunakan satu orang subjek, yaitu seorang remaja perempuan berusia 19 tahun yang mengalami BDD. Teknik yang digunakan untuk mengganti *belief* yang kurang tepat antara lain adalah *parts therapy*, *age regression therapy*, dan *hypno-EFT*. Hasil penelitian menunjukkan bahwa hipnoterapi efektif untuk menurunkan BDD pada remaja perempuan.

Kata kunci: gangguan dismorfik tubuh, hipnoterapi, remaja perempuan

Although the media has positive impacts for the community, there is no denying that it could also have some negative impacts. One significant role it plays is the promotion of shared values. At times, values presented by the media could be accepted without much critical thought. In this case, it is the values and standards about the "ideal" male and female body.

Many individuals are able to accept and manage their weaknesses well. However, there are others who cannot accept themselves, even when they possess

many good things in their life. One of the main reasons why someone cannot accept him/herself is the dislike or dissatisfaction towards the individual's physical condition (Soesilowati, 2008). Physical dissatisfaction experienced by individuals is commonly called body image dissatisfaction.

As defined by Rice (1995), body image is the individual's experience of his/her body. That experience includes the mental picture, i.e. thoughts, feelings, judgments, sensations, awareness and behaviors of his/her body. In the body image continuum, one end represents self-esteem, a sense of purpose of oneself and body acceptance. Towards the other end of the continuum, body image dissatisfaction is typically demonstrated through excessive attention to body weight,

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