

Brief Report

Identification of Body Image Problem: Implications for Promoting Body Image Resilience in Female College Students

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The aim of this study was to describe and identify body image problems in non-clinical female university students in Surabaya. Participants were female university students ($N = 143$) aged 18 to 21 years old, obtained through purposive sampling. This survey used Likert type scale (2 scales) and a pictorial scale as the research instruments. The data collected were analyzed with descriptive statistics and cross tabulation of demographic questionnaire. The results showed that there was a gap between the desired body perception and the real one. The prominent behavior was compulsive behavior. Body image problems, which comprised of body image dissatisfaction, cognitive distortion, and body image compulsive behavior were also experienced by some young women in normal population even when their body mass index were normal.

Keywords: body image concern, body image behavior, body image cognitive distortion

Tujuan penelitian ini adalah untuk mendeskripsikan dan mengidentifikasi masalah citra tubuh pada mahasiswi (non-klinis) di Surabaya. Sampel studi ini ($N = 143$) adalah mahasiswi berusia 18-21 tahun. Peserta berpartisipasi melalui purposive sampling. Survei menggunakan skala Likert (dua skala) dan satu skala piktorial. Data penelitian ini diproses dengan teknik deskriptif dan tabulasi silang dari aspek demografik. Hasil penelitian menunjukkan adanya kesenjangan antara tubuh yang diinginkan dan yang senyatanya. Perilaku yang tampak menonjol adalah perilaku kompulsif. Masalah citra tubuh yang terdiri atas ketakpuasan citra tubuh, distorsi kognitif, perilaku kompulsif citra tubuh dialami oleh mahasiswi pada populasi normal meskipun indeks massa tubuh mereka normal

Kata kunci: keprihatinan citra tubuh, perilaku citra tubuh, distorsi kognitif citra tubuh

Body image problem should become our concern because time after time the number of this problem has been increasing. Body image problem is closely related to eating behavior disorder, which has also been increasing. Based on the research in the last ten years, the number of eating disorders has increased from 31 percent to 42 percent and this was found among female teenagers (Cash, 2002). Another impact of body image problem are social

anxiety, difficulty in building relationship, and low self esteem (Cash & Flemming, 2002).

Dev, Permal, and Fauzee (2009) have found that body image problem is more obvious in teenagers in the urban areas than in other areas. The underlying factor is believed to be due to the economic status, i.e. it is of higher status in the urban areas compared to those in the rural areas. With higher economic status, female teenagers in the urban areas do not find difficulties in meeting food necessities. On the other hand, they are facing risks to be overweight. Following that, female teenagers tend to be engaged in an extreme diet to overcome dissatisfaction of their bodies. Luo, Parish, and Laumann (2005) suggested that body image problem also tends to occur among educated young ladies.

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