

Reducing Body Dysmorphic Disorder Tendencies by Thinking Positively in Early Adulthood

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Abstract

Introduction: dissatisfaction with body shape is a phenomenon that is often encountered today, excessive dissatisfaction with body shape parts can cause a tendency to mental disorders called body dysmorphic disorder. Individuals with a tendency to body dysmorphic disorder tend to improve their appearance, go on strict diets, and exercise excessively, which activities can endanger the health of the individual. **Objective:** to determine the relationship between positive thinking and the level of tendency to body dysmorphic disorder in early adulthood in Bekasi City **Method:** This study uses a quantitative approach with a correlational method. **Result and Discussion:** Data in this study were analyzed using non-parametric spearman test technique, with results obtained of -0.429** and significance results of <0.001 ($p < 0.01$), **Conclusions:** this study shows that individuals who think positively can change negative body image into positive because of the ability to think positively so as to reduce the level of tendency to body dysmorphic disorder in adult individuals beginning.

Keywords: Positive Thinking; Tendency to Body Dysmorphic Disorder; Early Adulthood;

Introduction

Early adulthood is the transition between adolescence and adulthood. Hurlock (1997) Mentions that early adulthood is a transition period from adolescence to adulthood that will begin at the age of 18 years and end approximately at the age of 40 years, with the developmental tasks of getting a job, managing a household, being a good citizen, parenting, finding a life partner and marriage. In this phase individuals tend to feel that they have grown up, spend more time with their peers than by family and have great opportunities to explore as a style of hysup and appearance. Individuals tend to do many activities to form intimate relationships with other individuals so as not to feel isolated. Early adult duties include being able to be a good citizen, starting to find a job, finding a life partner, getting married and raising children. With the task to start looking for a life partner will cause the individual to have a desire to have an appearance that can attract the opposite sex (Latifatul Khoiriyah, 2019). This is what can trigger the emergence of the desire to look perfect, especially in terms of physical appearance. In social interactions, individuals who have an attractive physical appearance will be more adaptable and perceived by the social environment and are considered more positive than other individuals who have a less attractive physical appearance (Santrock, 2012).

Moreover, in the midst of this society, the appearance has become a perception in assessing individual self. When the individual has made this perception a benchmark for himself, it will become a demand to always look attractive in front of the public (Fikriyatul 'Ula, 2017). When individuals are unable to meet the demands of society, it will cause dissatisfaction with their body image and negative body image. To get the ideal body is not an easy thing, individuals tend to be competing to get the ideal body according to their wishes, ranging from applying strict diets, intense exercise and simple things such as using *skincare*, *makeup*, to do unusual things and tend to torture yourself by taking slimming drugs, to change body shape with cosmetic surgery (Diana only, 2019).

Based on information from the 2021 Global Survey (ISAPS) reported that there was a significant increase in aesthetic surgery worldwide, total surgical and non-surgical procedures increased by 19.3%. This increase was dominated by liposuction which was the most common cosmetic surgery procedure performed in 2021, with an increase of over 24.8%, surpassing breast augmentation surgery. There are five most popular surgical procedures, namely liposuction, breast augmentation, eyelid surgery, rhinoplasty, and abdominal surgery (Royal, 2023). Individuals who feel dissatisfied with their body shape will experience some indications in the form of self-loathing, feeling ugly or often feeling jealous of the physical perfection that others have, it causes individuals to be willing to do everything to improve appearance but the individual still feels bad (Nourmalita, 2016).

One of the psychological problems that is considered increasingly occurring is body dysmorphic disorder syndrome. Concerns due to excessive body shape experienced by individuals are not uncommon among those who experience tendencies *body dysmorphic disorder*. *Body dysmorphic disorder* is a dosmorphic or obsessive complusive disorder of the body that makes individuals who experience it feel afraid of their own face shape or appearance. Individuals who experience a tendency *body dysmorphic disorder* This will

feel that his body parts are not perfect until he feels dissatisfied with his own body shape. So that individuals assume that there must be something improved from body shape or appearance to suit their wishes (Fila Afriliya, 2018)

Through the view of adult individuals who always improve their appearance, indeed only a few can deny the level of satisfaction from one's appearance (Indra Wahyudi & Salis Yuniardi, 2019). Concern or dissatisfaction with body image can also put individuals at risk for psychological disorders (Albertson, Neff, & Dill-Shackleford, 2015). *Body dysmorphic disorder* is one of the mental disorders characterized by obsessive thinking that assumes that the individual has a physical disability (American Psychiatric Association, 2013).

Individuals with a tendency *body dysmorphic disorder* will tend to improve its appearance when in a social environment. Individuals with this tendency always think about their appearance and always check repeatedly and the behavior will take a long time, such as paying attention to the appearance in the mirror to the length of time in the use of makeup when decorating (Wahyudi & Yuniardi, 2018). Body dysmorphic disorder itself can arise due to various risk factors such as genetic or biological consisting of genes, evolutionary influences, attention and perfectionism, brain structural abnormalities and *serotonin* and *neurotransmitter*. The psychological factors that may trigger are early life experiences, ridicule, childhood abuse, values, personality traits, focus on aesthetics, and social and cultural (Phillips, 2009).

Fikriyatul 'Ula (2017) Explaining that individuals need to have a positive mindset in their daily lives, because positive thinking can overcome the problems that individuals are facing, especially in dealing with body image. By applying a positive mindset, it is hoped that individuals will not only look at physical shortcomings, but also always show their talents or strengths. Positive thinking is an individual's ability related to the concentration of emotions, attitudes, actions, feelings and perspectives to recognize something from a positive side which includes oneself, others, and all circumstances that occur in the surrounding environment (Nurmayasari, 2015). Positive thinking can also be interpreted as an individual's way of thinking that emphasizes positive views or feelings towards oneself, others, and the current situation (Elfiky, 2013).

The results of previous studies that discussed the correlation between body image and body dysmorphic disorder in women 18-21 years conducted by Wilistiyani & Virginita I Winta (2022) Show results -0.225 with $p < 0.05$ means that there is a significant negative relationship between body dysmorphic disorder. Then in another study on body image satisfaction with tendencies body dysmorphic disorder in Early adult Women performed by Viniesta Santoso et al. (2019) Showing a correlation result of -0.763 means that there is a negative relationship between body image satisfaction and tendencies body dysmorphic disorder in Early adult Women. Research that has been conducted by Fila Afriliya (2018) about positive thinking with tendencies body dysmorphic disorder In late adolescence, it showed a correlation of -0.456 that there was a negative relationship between positive thinking and tendencies body dysmorphic disorder. Research conducted by Septiana (2020) Discuss positive thinking with body

dissatisfaction In early adult women, the results of data analysis of -0.509 mean positive thinking with body dissatisfaction have a negative relationship.

Based on the results of previous studies described above, it can be concluded that the tendency of body dysmorphic disorder can arise if individuals do not apply positive thinking to themselves. Therefore, researchers hypothesize that there is a relationship between positive thinking and the tendency of body dysmorphic disorder in early adulthood.

Method

Participants in the study were early adults. Sampling is carried out by purposive sampling techniques, namely the samples taken must have criteria in accordance with the criteria that the researcher has set. The criteria for respondents in sampling are early adults, aged 20 years to 25 years, and domiciled in Bekasi City.

In this study, researchers have collected as many as 105 respondents. The data collection process in this study was carried out using media *google form* virtually to respondents from May 31, 2023 to June 06, 2023.

In this study, positive thinking variables are measured by a positive thinking scale arranged based on the aspects put forward by Albrecht (2009) and developed by Fila Afriliya (2018) with a reliability value of $\alpha = 0.903$. while the variable tendency *body dysmorphic disorder* measured using an inclination scale *body dysmorphic disorder* which is arranged based on the aspects stated by Phillips (2009) and developed by Fila Afriliya (2018) with a reliability value of $\alpha = 0.765$.

In this study, using several data analysis techniques to provide an overview and test the relationship between variables. First, descriptive analysis to determine the characteristics of respondents' answers so that the demographic profile of research respondents can be known. Then proceed with the assumption test as a prerequisite to meet the assumptions to be carried out before choosing a correlation analysis technique. The assumption test carried out in this study is a normality test and a linearity test. Furthermore, to test the hypothesis, researchers use correlation analysis techniques *non-parameter* i.e. correlation *spearman*. All data analysis techniques are carried out using IBM SPSS software (*Statistic Package for Sosial Science*) Versi 27 for windows.

Result and Discussion**Result**

In this study, the demographic profile of respondents was obtained which is explained in table 1 in percentage amount, which contains the characteristics of research respondents which include gender and age.

Table 1
Demographic Profile of Respondents

	Profile	Total	Presented
Gender	Man	13	12 %
	Woman	92	87 %
	Total	105	100 %
Age	20 Years	26	25 %
	21 Years	26	25 %
	22 Years	25	24 %
	23 Years	9	9 %
	24 Years	13	12 %
	25 Years	6	5 %
	Total	105	100 %

Based on the demographic profile in table 1, it can be seen that the respondents of this study were dominated by women (87%), and more dominated by early adults aged 20 to 21 years (25%) and early adulthood aged 22 years (24%).

Table 2
Descriptive Data

Variable	Mean	SD
Think Positive	87,21	12.656
Tendency Body Dysmorphic Disorder	19,51	4.534

Based on the results of the assumption test above, normality test results were obtained with a significance value of 0.007 for the positive thinking scale and 0.002 for the tendency of body dysmorphic disorder, which means that both variables show data that are not normally distributed. Then in the linearity test, a significance value of $0.437 > 0.05$ was obtained in the deviation linearity table, which means that the relationship between the two variables in this study is linear. Furthermore, the basic assumption test requirements are a normality test that is not met, then the next step is to categorize research respondents and correlation tests using a non-parametric correlation test, namely the Rank-Spearman correlation test.

Table 4
Spearman *Correlation Test Results*

Variable		Think Positive	Tendency <i>Body Dysmorphic Disorder</i>
Think Positive	Correlation Coefficient	1.000	-0.429**
	Sig. (2-tailed)	-	<0.001
	N	105	105
Tendency <i>Body Dysmorphic Disorder</i>	Correlation Coefficient	-0,429**	1.000
	Sig. (2-tailed)	<0.001	-
	N	105	105

** correlation is significant at the 0.01 level (2-tailed)

Based on table 4, the results of correlation tests that have been carried out on positive thinking variables with and tendencies *body dysmorphic disorder* by using correlation test *Non-parametrik Spearman*, results were obtained with a correlation coefficient value of -0.429** and a significance value of <0.001 ($p < 0.01$) which means that the relationship between the two variables is significant and the direction of correlation in the relationship is negative. A negative relationship means that the higher the ability to think positively that each individual has, the lower the level of tendency *body dysmorphic disorder*. Based on the categorization of relationship strength by Sugiyono (2013) Large correlation coefficient between positive thinking variables and body dysmorphic disorder tendencies is included in the "moderate" category.

Discussion

From the results that have been explained, it can be concluded that researchers can fulfill the hypothesis or H_a can be accepted, namely there is a relationship between positive thinking and tendencies *body dysmorphic disorder* in early adulthood. While H_0 is rejected, there is no relationship between positive thinking and tendencies *body dysmorphic disorder* in early adulthood. This supports the research that has been conducted by Fila Afriliya (2018) That individuals who have a good positive way of thinking will get a positive body image, because individuals will accept body shape, so that individuals do not have excessive worries about their body shape and can enjoy their lives more.

Phillips (2009) argue if the tendency *body dysmorphic disorder* This arises because of preoccupation, dislike of body shape, then will become emotional distress because of imagining defects in body shape. By continuing to have negative thoughts, individuals will reduce self-confidence, low self-esteem to appear in the environment. By thinking positively, individuals will foster high self-esteem and high trust so that they can respond to everything well.

Research conducted by Latifatul Khoiriyah (2019) It is also suggested that individuals who experience self-dissatisfaction are caused by frequently comparing themselves with others. Individuals can apply positive thinking because it can dispel self-

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insecurity caused by comparing themselves with others. Individuals are expected to see the shortcomings that exist in themselves into an advantage in order to increase self-confidence. Mukhlis (2013) Individuals who have a positive way of thinking can be seen from characteristics such as having self-confidence, liking change and daring to face challenges in life.

By having good positive thinking skills, individuals will grow a sense of confidence, a sense of courage and can respond to negative things easily so that they cannot affect themselves. Septiana (2020) By thinking positively, individuals will look at things with knowledge even of the good and bad in life. Positive thinking will bring many benefits to the health of the body. Individuals who have a negative view of their body image will always feel that they have shortcomings.

Categorization of Respondents on Positive Thinking Variables and Body Dysmorphic Disorder Tendency**Table 5**

Categorization of respondents on positive thinking variables

Categorization	Value Limit	N	Presented
Low	< 54	2	1,9 %
Keep	54 – 59	-	-
Tall	> 59	103	98,1 %
Total		105	100 %

Table 6Categorization of respondents on the variable tendency of *Body Dysmorphic Disorder*

Categorization	Value limit	N	Presented
Low	< 32	104	99 %
Keep	32 - 34	-	-
Tall	> 34	1	1 %
Total		105	100 %

In this study, data related to categorization were obtained in table 5, which in the data was the result of a positive thinking variable categorization test, respondents who had low positive thinking skills amounted to 2 people (1.9%), while for the medium category there were none, while respondents who had high positive thinking skills were 103 people (98.1%). It can be concluded that many respondents in this study have the ability to think positively which means respondents can avoid themselves from the tendency of body dysmorphic disorder by having excellent positive thinking skills. In line with research conducted by Septiana (2020) that negative judgments on tubh will arise because individuals always think negatively about their body shape. Negative body image can also arise due to a lack of positive thinking about his or her own views. The ability to think positively can also make individuals able to survive in situations that are easily stressed.

While in this study the results of categorization were obtained in table 6, where the data was the result of a variable categorization test of body dysmorphic disorder tendencies, respondents who had a tendency to low body dysmorphic disorder amounted to 104 (99%), respondents who had a tendency to moderate body dysmorphic disorder amounted to 1 person (1%), while in this study there were no respondents who had a tendency to body dysmorphic disorder at a high level. In line with research that has been conducted by Afriliya & Rachmahana (2018) that individuals who have a good positive way of thinking will get a positive body image, because individuals can accept their body shape, so that individuals do not have excessive worries about body shape and can enjoy their lives.

Conclusion

This study shows that the correlation between the two variables is significant and results in a negative correlation direction. The higher the positive thinking in a person, the lower the level of tendency to body dysmorphic disorder, and vice versa. This study also shows that individuals who have a positive thinking pattern that is strong to even high will suppress the level of body dysmorphic disorder tendencies in themselves, because individuals can manage their thoughts well, and always look at all things positively.

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