

ABSTRAK

Muhammad Ulwan Fauzi. 200541100124. Program Studi Psikologi. *Subjective Well Being* pada Model di Surabaya yang Mengalami Kecenderungan *Body Dysmorphic Disorder*. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunojoyo Madura. 2024.

Penelitian ini bertujuan untuk mengetahui gambaran *subjective well being* pada model di Surabaya yang mengalami kecenderungan *body dysmorphic disorder*.

Metode penelitian yang digunakan adalah pendekatan kualitatif dengan metode fenomenologi. Penelitian ini dilakukan di Kota Surabaya, Jawa Timur dengan partisipan seorang model. Partisipan dalam penelitian ini dipilih menggunakan teknik *purposive sampling* dengan jumlah tiga partisipan yang memiliki kriteria berprofesi sebagai model, mengalami kecenderungan *body dysmorphic disorder* dan berdomisili di Kota Surabaya. Pengumpulan data dilakukan melalui wawancara semi terstruktur. Analisis data dilakukan menggunakan metode *interpretative phenomenological analysis*.

Hasil penelitian ini menemukan bahwa, (1) model yang mendapat tantangan dapat memunculkan kecenderungan *body dysmorphic disorder* dengan dua aspek penyerta yaitu keasyikan terhadap penampilan yang memunculkan perilaku sering bercermin di depan cermin untuk memerhatikan kondisi penampilannya, berpikir bahwa kondisi berat badan saat ini tambah gemuk, sering memikirkan kondisi penampilan hingga pernah melakukan serangkaian diet untuk mendapatkan kondisi penampilan yang bagus. Serta aspek distress terhadap penampilan yang memunculkan perilaku merasa khawatir dengan postur tubuh, merasa resah terhadap jerawat dan badan, khawatir persepsi orang tentang kondisi penampilan yang dimiliki, *overthinking* terkait dengan berat badan hingga takut terhadap pemikiran orang lain tentang kondisi penampilan. (2) model dengan kecenderungan *body dysmorphic disorder* tetap dapat mencapai kondisi *subjective well being*.

Kata Kunci: model, *body dysmorphic disorder*, *subjective well being*, fenomenologi.

ABSTRACT

Muhammad Ulwan Fauzi. 200541100124. *Psychology Study Program. Subjective Well Being in Models in Surabaya Who Experience Body Dysmorphic Disorder Tendencies. Psychology Study Program, Faculty of Social and Cultural Sciences. Trunojoyo University Madura. 2024.*

This research aims to determine the subjective well-being description of models in Surabaya who experience a tendency to body dysmorphic disorder.

The research method used is a qualitative approach with phenomenological methods. This research was conducted in the city of Surabaya, East Java with a model participant. Participants in this study were selected using a purposive sampling technique with a total of three participants who had the criteria of working as a model, experiencing a tendency to body dysmorphic disorder and living in the city of Surabaya. Data collection was carried out through semi-structured interviews. Data analysis was carried out using the interpretative phenomenological analysis method.

The results of this study found that, (1) models who are challenged can give rise to a tendency for body dysmorphic disorder with two accompanying aspects, namely preoccupation with appearance which gives rise to the behavior of frequently looking in the mirror to pay attention to the condition of their appearance, thinking that their current weight is getting fatter, I often think about my appearance and even go on a series of diets to get a good appearance. As well as aspects of distress regarding appearance which give rise to behavior of feeling worried about body posture, feeling anxious about acne and the body, worrying about people's perceptions about the condition of one's appearance, overthinking related to body weight and being afraid of other people's thoughts about the condition of one's appearance. (2) models with a tendency towards body dysmorphic disorder can still achieve subjective well-being conditions.

Keywords: *model, body dysmorphic disorder, subjective well being, phenomenology.*