

## **The Application of *Rational Emotive Behavioral Therapy* for Young Adulthood Women with *Body Dysmorphic Disorder***

Cynthia Rinaldi, S.Psi.  
Prof. Dr. Samsunuwiyati Mar'at, Psikolog  
Denrich Suryadi, M.Psi., Psikolog  
Tarumanagara University

### **Abstract**

*Body Dysmorphic Disorder* (BDD) is a preoccupation with a defect in appearance and clinically caused significant distress or impairment in social, occupational, or other important areas of functioning. To reach an ideal body image, some people will do everything in order to change or fix their appearance, either instantly or continuously and compulsively. BDD is formed by the interaction of cognitive, emotion, and behavior. Therefore, researcher applied *Rational Emotive Behavioral Therapy* (REBT) to three young adulthood women, divided into 8 sessions. The research conducted among February until November 2015 with single-repeated measures design (pre-intervention, mid-intervention, post-intervention) using Body Image Problems (BIP) questionnaire. The three participants who fully involved in REBT experienced the decreased of BDD symptoms according to some datas gained from interview, observation, and the used of BIP questionnaire. One of the participants still preoccupies with some facial treatments because she extremely doesn't want to have any skin problems. Above all, the participants can apply all techniques which trained by the researcher during the therapy session, they also can dispute their own irrational beliefs, fight their unhealthy emotions, and apply their own self-statement to control the compulsive behaviors. They fully understand that the positive results of the therapy depend on their independence, motivation, and commitment to continuously apply the steps in their daily life.

**Kata kunci:** body dysmorphic disorder, young adulthood, rational emotive behavioral therapy