

ABSTRACT

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***Self-control* in early adulthood women who experienced *Binge Eating Disorder* (BED). (Denrich Suryadi, M. Psi.) Undergraduate study of Psychology, Tarumanagara University (95 pages, P1-P3, L1-L12).**

Self-control is an important aspect to a person in making various efforts to control or limit an addictive behavior that needs to be reduce or even stopped, such as Binge Eating Disorder. This study were carried out on five women who have experienced Binge Eating Disorder for at least 6 months with the characteristic of participants between the ages of 20-40 years. This study were used a qualitative method with in-dept-interview technique. The results of this study indicate that the self-control among women who experienced BED is bad. It can be seen from the participants who could easily stimulated to eat in large portions of food in various situations, especially when facing a current situations which could made them stressful. Participants with BED can continue eating until they felt very full and tend to vomit due to stomach capacity is insufficient to accommodate all food intake which is consumed heavily in one time. Although there's a concern about variety of potential diseases that they could get, they still couldn't be able to reduce or stop their binge-eating behavior.

Keywords: self-control, eating disorders, binge-eating, early adulthood.