

## **ABSTRACT**

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**Relationship between Self-Esteem and Anxiety in Young Adult Obese Females; Sandy Kartasasmita, M. Psi; Riana Sahrani, M.Si., Psi; Undergraduate Program Study of Psychology, Tarumanagara University (i-xiii; 69 pages, R1-R6, Appdx. 1-36).**

The aim of the study was to examine the relationship between self-esteem and anxiety in young adult obese females. Self-esteem is an individual assessment of the self and it is expressed through everyday behavior. Anxiety is a form of mental disorder. It is a unpleasant condition whereby a person has high level of emotion, and fears that something terrible will happen. These feelings also cause distress and disruption in life. The subjects of the research comprise of 396 young adult obese females whose ages between 20 to 30 and not married yet (N = 396). The result showed that there were negative and significant relationship between self-esteem and anxiety ( $r = -0.341$ , and  $p = 0.000 < 0.05$ ). The higher self-esteem is, the lower anxiety and vice versa, the lower self-esteem is, the higher anxiety.

**Keywords:** Self-Esteem, Anxiety, and Young Adult Obese Females