

ABSTRACT

Riesdha Meidina

**The Description of Social Support On Obese Young Adult Who Are Going For Diet;
Meiske Yunitree Suparman, M. Psi.; Bachelor of degree in Faculty Psychology
Tarumanagara University (i-x, 98 pages, P1-P5, L1-L9).**

Obesity is one of chronic health problems whose adult experiercer reaches 1.7 billion individual. This number will increase every year along with lifestyle shift such as dietary habit. People's dietary habit nowadays is not far from instant food, which contains excessive amount of sugar and salt. Diet is an alternative for obese people to decrease their weight, which is not easy. Thus, they need social support to help them undergoing their diet. This study aims to find out the description of social support on obese young-adults who are undergoing a diet. Data collection technique used in this study is operational construct sampling with qualitative phenomenology method. Subjects in this study were 4 obese on diet young-adult living in Jakarta and Tangerang. This study showed that all subjects obtained social support well so each subject is motivated and consistent in doing their diet.

Keywords: Social support, young-adult, obesity, diet.