

## ABSTRACT

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**The Role of Body Image on Quality of life in Young Adult Men Who Do The Body Building Program; Widya Risnawaty, M.Psi., Psi. Bachelor Program of Psychology, Universitas Tarumanagara, (i-xx; 118 pages, R1-R11, Appdx 1- 102)**

Previous body image researches indicate that body dissatisfaction is associated with a poor quality of life. Individual's body image was a factor which can affects quality of life. Having a regular exercise, young adult men were expected to have a good quality of life and positive body image. The aim of this research was to test the role of body image on quality of life in young adult men who do the body building program. This research involved 273 active young adult men who do the body building program in Jakarta by using a convenience sampling and snowball sampling technique. The method that used in this research is a non experimental- quantitative method. There are two instruments that used in this research. First, body image was measured by Multidimensional Body-Self Relations Questionnaire (MBSRQ) from The Department of Research and Measurement of Faculty of Psychology in Universitas Tarumanagara. Second, quality of life was measured by World Health Organization Quality of Life (WHOQOL)-BREF from The Department of Research and Measurement of Faculty of Psychology in Universitas Tarumanagara. The result showed that the research hypothesis is accepted. Body image has a significant role on quality of life ( $R^2 = .401$ ,  $p < .01$ ).

**Key words:** Body image and quality of life