Abstract

The aim of this study was to explore body image and body ideals of the female students in the Faculty of Social and Political Science (Fakultas Ilmu Sosial dan Ilmu Politik) Airlangga University, Surabaya. The samples—50 female students from the age group of late teens—were chosen by purposive sampling method, due to the age factor which can affect someone’s preferences and decision making. Their body weight and body height were anthropometrically measured in order to calculate their Body Mass Index (BMI). The samples were then divided into four body size groups—thin, normal, overweight, and obese—based from their BMI. Some samples from each group were interviewed about body image and their concept of body ideals. Nobody was satisfied with her own body. They even disliked some parts of theirs. Most of them have lack of self confidence. Everyone wanted to have ideal body which is thin, tall, and has no visible fat, but they had different ways to pursue this goal.

Keyword:

body image, body ideals, BMI, late teens

Daftar Pustaka: