

**THE INFLUENCE OF PERFECTIONISM ON BODY DISSATISFACTION
AMONG EARLY ADULTS ENGAGED IN DIETING**

**Fathia Kayla
10522533**

ABSTRACT

In early adulthood, individuals often face social expectations, especially regarding their physical appearance. In certain situations, this pressure leads to dieting to meet their ideal body standards. However, these self-imposed ideals are sometimes excessively high and even unrealistic. Despite this, people tend to judge their bodies critically, a common trait among perfectionists. When the focus is solely on comparing one's body to these ideals, feelings of dissatisfaction can become persistent, potentially leading to body dissatisfaction. This study aims to examine the influence of perfectionism on body dissatisfaction among early adults engaged in dieting. A quantitative approach was employed, involving participants aged 18–29 years who were currently or had previously undertaken dieting within the past six months. Data were collected using a questionnaire, where perfectionism measures were obtained through the Frost Multidimensional Perfectionism Scale (FMPS), whereas body dissatisfaction measures were obtained through the Multidimensional Body Self-Relation Questionnaire–Appearance Scale (MBSRQ–AS). Data analysis will be conducted using simple linear regression with the assistance of IBM SPSS Statistics 26. The findings are expected to contribute to a deeper understanding of perfectionism and body dissatisfaction, particularly among early adults who are experiencing the pressure to maintain or even enhance their physical appearance.

Keywords: *Perfectionism, Body Dissatisfaction, Early Adults, Diet.*