Ayu Paramita Antari (91348017). **Pengaruh *Bibliotherapy* Terhadap *Self Efficacy* Perilaku Diet Pada Perempuan Yang Mengalami Obesitas**. Tesis Sarjana Strata II Surabaya: Program Pendidikan Magister Psikologi Profesi Universitas Surabaya, Psikologi Klinis (2017)

Abstrak

Obesitas sudah menjadi permasalahan global saat ini, tidak hanya terjadi pada negara maju, namun sudah merambah pada negara berkembang. Obesitas bukan hanya menimbulkan dampak negatif secara fisik, namun juga dampak psikologis (Shroff &Thompson, 2015; Hamzah, 2014). Perempuan yang mengalami obesitas pada umumnya melakukan usaha untuk menurunkan berat badan (diet). Diet merupakan tantangan besar bagi perempuan, diet yang dilakukan oleh perempuan pada umumnya seringkali gagal atau masuk pada fase berat badan yoyo (turun naiknya berat badan). Setiap individu yang ingin berubah harus memiliki kesiapan dan *self efficacy, self efficacy* akan menjadi prediksi awal dalam usaha melakukan satu perubahan (Elfhag & Rossner, 2005; Adolfson dalam Yusnita, 2010). *Self efficacy* perilaku diet adalah keyakinan seseorang terhadap kemampuannya menurunkan berat badan (Schulz & Mc Donald, 2011; Fontaine & Cheskin, 1997).

Penelitian ini bertujuan mengetahui pengaruh *bibliotherapy* terhadap *self efficacy* perilaku diet wanita yang mengalami obesitas. Partisipan dalam penelitian ini adalah perempuan yang memiliki BMI yang masuk dalam kategori obesitas berusia 21-26 tahun (N=3) yang memiliki *self efficacy* perilaku diet yang rendah. Penelitian ini adalah penelitian *mixed method* yaitu kuantitaif dan kualitatif. *Self efficacy* perilaku diet diukur dengan kuesioner *weight efficacy lifestyle* (WEL). Desain penelitian yang digunakan adalah *one group pretest-postest only design*. Intervensi yang diberikan terdiri dari 8 sesi selama 60-90 menit setiap sesinya. Sesi terdiri dari feedback hasil asesmen, sesi *bibliotherapy* menggunakan video dan novel. Data kuantitatif dari kuesiner WEL dianalisis dengan analisis statistik nonparametrik *wilcoxcon* dan data kualitatif yang diperoleh dari wawancara dan *workbook* dianalisis secara kualitatif. Hasil penelitian menunjukkan bahwa Ho penelitian diterima, berarti tidak ada perbedaan signifikan sebelum dan sesudah intervensi *bibliotherapy* diberikan. Hanya saja, berdasarkan skor statistik deskriptif dan data kualitatif menunjukkan terdapat perubahan *self efficacy* perilaku diet pada wanita obesitas. Jadi, intervensi *bibliotherapy* dapat meingkatkan *self efficacy* perilaku diet pada perempuan yang mengalami obesitas.

Kata Kunci: *Self efficacy,* perilaku diet, *bibliotherapy,* wanita obesitas

Ayu Paramita Antari (91348017). The Effect of Bibliotherapy on Self Efficacy of Dietary Behavior In Women With Obesity. Master Thesis: Educational Profession Master Program of Psychology University of Surabaya, Clinical Psychology (2017)

Abstract

Obesity has become a global problem today, not only in developed countries, but has expanded to developing countries as well. Obesity has not only a negative physical impact, but also a psychological (Shroff & Thompson, 2015; Hamzah, 2014). Women with obesity generally attempt several methods to lose weight, going on diet for example. Diet is a big challenge for women, and in general women often fail to finish the diet program and enter the yoyo phase (the weight goes up and down irregularly). Individual who desires change needs readiness and self-efficacy, self-efficacy will be the initial predictor of making a change (Elfhag & Rossner, 2005; Adolfson in Yusnita, 2010). Self-efficacy of dietary behavior is a person's belief in his or her ability to lose weight (Schulz & Mc Donald, 2011; Fontaine & Cheskin, 1997).

This study aims to determine the effect of bibliotherapy on self-efficacy of dietary behavior of women with obesity. Participants in this study were women who had BMIs in the obese category aged 21-26 years old (N = 3) with low self-efficacy of dietary behavior. Self-efficacy of dietary behavior was measured by a weight efficacy lifestyle (WEL) questionnaire. The research is a mixed of quantitative and qualitative method with one group pretest-postest only design. The intervention provided consisted of 8 sessions for 60-90 minutes at each session. Sessions consisted of feedback on outcomes, and bibliotherapy sessions using video and novels. Quantitative data from the WELL questionnaire were analyzed by nonparametric statistical analysis of wilcoxcon and qualitative data which were obtained from interviews and workbooks were analyzed qualitatively. The results showed that Ho stud was received, meant that there was no significant difference between before and after intervention of bibliotherapy's application. However, based on descriptive statistics and qualitative data showed there were changes in self-efficacy of dietary behavior in obese women. The conclusion of the research is bibliotherapy can increase self efficacy of dietary behavior of women with obesity.

Key words: *Self efficacy, dietary behaviour, bibliotherapy, women with obesity*