

The Fear of Imperfection: Career Anxiety as an Impact of Body Dysmorphic Disorder

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<p>Revised: 2025-04-02</p> <p>Published: 2025-06-01</p> <p>Keywords: Body Dysmorphic Disorder (BDD), Body Shaming, Anxiety Career, Students</p> <p>Copyright holder: © Author/s (2025)</p> <p>This article is under: </p> <p>How to cite:</p> <p>Published by: Kuras Institute</p> <p>E-ISSN: 2656-1050</p>	<p>ABSTRACT: Body Dysmorphic Disorder (BDD) causes individuals to focus excessively on physical flaws, thus reducing self-confidence and belief in their abilities. This low self-confidence can trigger career anxiety, as individuals feel their appearance is a barrier to competing and adapting in the workplace. However, since evidence on the relationship between BDD and career-related psychological outcomes among students remains fragmented, little is known about how body image concerns specifically influence students' readiness and confidence in pursuing their future careers. This study aims to determine the effect of BDD on the level of career anxiety of students. The method used is quantitative correlation. The research sample was 310 randomly selected students. Data analysis in this study used simple linear regression. The results showed a significant influence between BDD and career anxiety. The higher the level of BDD, the higher the career anxiety experienced by students. New findings from this study reveal that social media factors, social pressure, and family expectations can exacerbate the impact of BDD on students' career readiness. The implications of this study emphasize the importance of Guidance and Counseling services in addressing students' body image issues and career anxiety holistically and preventatively.</p>
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INTRODUCTION

Body Dysmorphic Disorder (BDD) is disturbance psychologically characterized with preoccupation excessive to lack physical that is considered real or imaginative, so that influence function social and emotional individual. A research by (Pinto & Phillips, 2005) find that individual with BDD experience difficulty in weave connection social and show symptom depression as well as high anxiety. In Indonesia, a study by (Safitri et al., 2025) show that BDD often No diagnosed in adolescents Because the symptoms similar with disturbance image body usual. Research previously by (Rao et al., 2023) reveal that vocational school students who have BDD symptoms tend to be show obstacle in think positive about the future they, especially in taking decision career.

In a way theoretically, BDD can explained through cognitive behavioural theory, in which distortion cognitive to body trigger behaviour compulsive like repeatedly looking in the mirror or

avoid interaction social (Kuck et al., 2021). Theory This reinforced by the results studies (EQ Toh et al., 2025) which shows that individual with BDD more tend interesting self from activity social, including discussion about the future or career. In context this, BDD does not only impact on personal aspects, but can also be a predictor of emergence anxiety career, because perception negative to self can bother belief individual in make choice life and work.

Anxiety is part from aspect psychological consisting of from: evaluation self, excessive worry about failure, worry about what other people think, avoidance from error language (Lubis et al., 2022; Sari et al., 2023) important For measure symptom anxiety and depression in a way appropriate as step screening First before treatment given For prevent disease or mental disability (Ifdil et al., 2022). According to Social Cognitive Career Theory (SCCT) theory from (Lent et al., 1994), variable main such as self-efficacy, outcome expectations, and goals in general together affect the decision-making process decision career. Research experimental by (Tunas & Surakarta, 2020) show that implementation SCCT approach in service guidance career increase ability taking decision career student in a way significant (pre-test and post-test). In addition the, review by (Wang et al., 2022) confirm that intervention career SCCT based including counseling groups, workshops, and online systems-effective in build efficacy self as well as reduce obstacle psychological student in designing career. stated that the researchers only focus on validation inventory and strategy For increase planning career, and put aside whether individuals who fill in inventory study truly No ambiguous in fill in answer question inventory (Alluhidan et al., 2025).

School students who are entering phase preparation career tend face pressure social related future appearance and expectations. Procrastination related with ability cognitive from deliberate activity and regulation self (such as start or stop behaviour). There is a correlation between function more executives low and increase procrastination (Fajri et al., 2023). Disorders like BDD can make things worse anxiety career Because influence image self, motivation, and efficacy self. Intervention SCCT based is necessary directed No only on the aspect cognitive and career, but also pay attention to condition psychological like BDD. With Thus, the SCCT approach has potential for reduce impact negative BDD towards ability take decision career, because build efficacy realistic self-esteem and outcome expectations. Study literature show the need merger module BDD therapy (CBT) with intervention development career to happen effect synergy (LENT, 2020), Problems mental health in children and adolescents can impact bad for health physical, achievement academic, and interaction social they (Syahputra et al., 2024).

One of approach intervention integrated for dealing with BDD and anxiety career is an internet-based Cognitive Behavioural Therapy (CBT) combined with with module development career based on SCCT. Study latest by (Schmidt et al., 2025) in BMC Psychiatry shows that guided CBT therapist online very effective reduce BDD symptoms in adolescents and adults young, with effect large (Hedges ' $g = 0.93$) compared to control active. Besides that, systematic review by (Unbrin et al., 2024) confirm that CBT for BDD including restructuring cognitive therapy exposure, and modification behaviour reducing image distress body and improve quality life patient. Despite the existence of prior research that has examined BDD in isolation and the efficacy of CBT or SCCT in separate contexts, there is a paucity of studies that have directly correlated BDD with career anxiety. Moreover, there is a paucity of empirical evidence to support the efficacy of integrated interventions combining CBT and SCCT in addressing BDD and career issues. The present study sought to analyse the impact of BDD on career anxiety among college students. If this CBT module combined with intervention SCCT career (such as training efficacy self, workshop outcome expectations, and goal-setting), then intervention will capably build trust self-student in a way comprehensive, strengthening readiness career, and minimize future anxiety.

METHODS

Design

According to (Ali et al., 2022) Method study quantitative is approach scientific methods used For obtain data in form numbers that can categorized, sorted, and measured use unit statistics certain. The data Then analysed for test hypothesis that has been formulated previously, with objective support or reject something theory scientific. This process allows study become systematic, structured, and based logic deductive.

Participants

Sample is part from selected population in a way intentionally by researchers for observed, with the aim is to be able to represent overall population (Mushofa et al., 2024). In context study quantitative, use sample become important Because often the population too big for investigated in a way comprehensive. Therefore that, sample become solution strategic in obtain efficient, representative, and appropriate data generalized. Data collection techniques sample using Simple Random Sampling, size sample use formula Slovin. The research instrument was distributed online via Google Form with the assistance of Guidance and Counseling teachers to ensure accessibility and participation from all selected respondents.

Based on the calculation results above, there are 310 students who can be used as the research sample. Of these, 180 students (58.1%) are female and 130 students (41.9%) are male. This proportion illustrates that male students dominate the sample, which is important to consider in data analysis to ensure that gender related factors are appropriately interpreted in the context of the study.

Instruments

On the instrument this body dysmorphic disorder variable strengthened with theories and concepts from the American Psychiatric Association (APA) in (WL Toh et al., 2021). BDD defined as disturbance obsessive compulsive disorder related, characterized by thinking obsessive to lack appearance that is not looks clear for others, and behaviour compulsive as response to concern the indicator main used For measure variables this, and a higher score tall associated with trend somebody for experiencing BDD, namely, Pre-occupation excessive to Appearance Physical, Behaviour compulsive related appearance, Disorders in Function Social, Academic, or Activity Daily, Distress Significant Psychological. While Anxiety Career (Muhdi Agung et al., 2023) interpreted like something condition when individual No capable make decision Because a state of being held back in the process of deciding something. Anxiety career vocational school students are measured based on perception student against fear or concern they in facing the future career, which is reflected in three aspects main, namely: uncertainty career, disability face demands career, pressure social and hope.

In study method quantitative, the Likert scale is one of them method the most common measurements used. A Likert scale was used for measure attitude, opinion, perception, or level agreement respondents to statement certain. For used, the Likert Scale consists of from various levels response, which is usually consists of from five to seven options, including Very No Agree, No Agree, Neutral, Agree, and Strongly Agree. Body dysmorphic disorder reliability testing was performed with level significance of 5%, Cronbach's Alpha was obtained at 0.972. it is said high. Reliability test anxiety career, can explained that the reliability test done with level significance of 5% obtained Cronbach's Alpha of 0.981 can be obtained it is said tall.

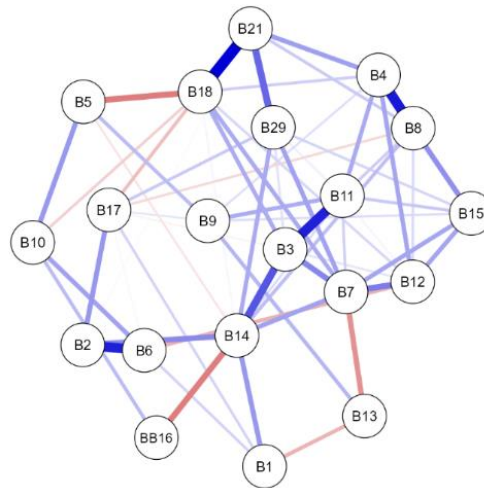


Figure 1. Influence Between Items on the Body Dysmorphic Disorder instrument

Analysis connection between items in BDD instrument visualized through network plots such as shown in Figure 1. Each node represents One grains statement, while connecting line between knot show strength and direction correlation between item. Correlation positive shown with line coloured blue, whereas correlation negative shown with line red. The thicker line, then the stronger connection between grains the visualization results show that part big grains each other correlated in a way positive, with a number of grains such as B7, B11, and B14 have high connectivity to grains others. This is show that grains the is indicator central in measure BDD construct. On the contrary, there is grains such as B5 and B13 which have connectedness low or no significant, so that need evaluated more continue. Some items, including point 30 and a number of grains the rest, no appear in the network plot. This is possibility caused by low correlation with grains other, values that are not fulfil threshold visualization, or missing data in the response participants. Although thus, the internal reliability of the instrument in a way overall classified as very high, with Cronbach's Alpha value is 0.972, which indicates that part big grains own very good internal consistency Good.

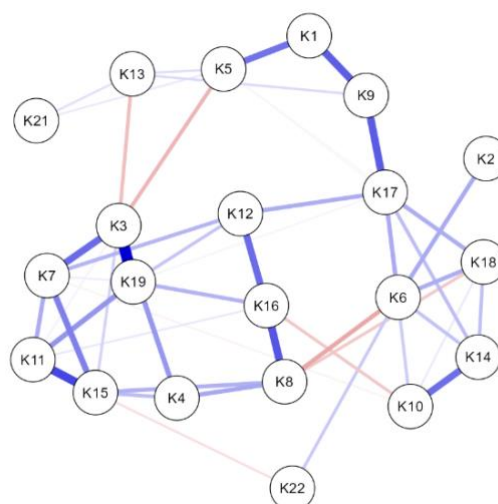


Figure 2. Influence Between Items on the Instrument Anxiety Career

Visualization connection between items in instrument Anxiety Career displayed through the network plot in Figure 2. Each node represents One grains statement, whereas line between knot show strength and direction connection between items. Lines coloured blue show correlation

positive, whereas line red show correlation negative, with thickness line reflect strength correlation. From the network plot, it can be seen that part big grains form network sufficient connection meeting. Some grains such as K7, K9, K12, and K15 appear become center connectivity, which shows his role as grains important in measure dimensions anxiety career. Strong connection patterns This indicates good internal consistency of the instrument among part large items. However Thus, it is necessary noted that no all of 24 grains appear in the network plot. Absence a number of grains This possibility big caused by low correlation with grains other, value correlation that is below threshold visualization, or existence response invalid from participants. Therefore that, the items that are not appear need analysed more carry on for evaluate its eligibility in instruments, good through internal validity tests and factor tests.

Procedure

Study This done through a number of stages systematic consisting of from stage preparation, implementation, until data collection. As for procedure study in a way details are as following, Stage Preparation researchers start the process with determine problem research and formulate title as well as formulation relevant issues. Next done studies library for strengthen runway theory from variables studied. At this stage this is also compiled framework thinking, hypothesis, and design instrument research. After that, the researcher arranges and align indicator study with instrument in the form of developed questionnaire from relevant theories. Instruments This Then converted to in digital format using the Google Form platform, which allows online distribution and completion by respondents in a way flexible and efficient. Stage Implementation and Data Collection, Researcher spread Google Form link to respondents who have determined in accordance with technique taking sample. Researchers give information complete about purpose and objectives filling questionnaire, and ensure confidentiality of respondent data. Data collection was carried out during period time certain until amount respondents in accordance with amount specified sample. All result data automatic Google Form filling recorded in spreadsheet format later exported and processed more carry on for analysed in a way statistic.

Data Analysis

Study This using regression test for measure influence between second variables, regression test is one of the technique analysis statistics used in study quantitative for measure and know connection between two or more variables. In journal This explained that the regression test aim For know to what extent the variables independent (free) to influence variables dependent (bound), as well as For make prediction to variables dependent based on mark independent variables (Putra et al., 2023) .

RESULTS AND DISCUSSION

Results

Analysis of the research data was carried out using descriptive statistics on all respondents, totalling 310 vocational high school students. Descriptive statistical analysis aims to provide an overview of the characteristics of the respondents and the distribution of their responses to the research variables. This process includes calculating frequencies, percentages, means, and standard deviations to describe trends and patterns in the data. By using descriptive statistics, the study is able to present a clear and systematic summary of the sample's demographic profiles such as gender distribution, age range, and grade level as well as their scores on the variables measured. The detailed results of the descriptive analysis are presented in the table below:

Table 1. Results of Body Dysmorphic Disorder Categorization (N = 310)

Score Interval	Category	Frequency (F)	Presentation
30 – 54	Very Low	10	3.2%
55 – 78	Low	53	17.1%
79 – 102	Normal	51	16.4%
103 – 126	High	120	38.7%
127 – 150	Very High	82	26.4%

Table 1 presents the categorization results of BDD levels among 310 vocational high school students. The data show that the majority of respondents fall into the high category (38.7%, 120 students), followed by the very high category (26.4%, 82 students). Meanwhile, 16.4% (51 students) are in the normal category, 17.1% (53 students) are in the low category, and only 3.2% (10 students) are in the very low category. These findings indicate that a significant proportion of students experience BDD at high or very high levels, highlighting the urgency of addressing body image issues in the school environment. Table 2 also shows that student Body Dysmorphic Disorder level in a way general is in the category tall.

Table 2. Results Anxiety Career Categorization (N = 310)

Score Interval	Category	Frequency (F)	Presentation
22–43	Very Low	9	2.9%
44–62	Low	44	14.2%
63–81	Normal	54	17.4%
82–100	High	100	32.2%
101–120	Very High	103	33.2%

Table 2 shows the categorization results of career anxiety levels among 110 vocational high school students. The largest proportion of respondents falls into the very high category (33.2%, 103 students), closely followed by the high category (32.2%, 100 students). Meanwhile, 17.4% (54 students) are in the normal category, 14.2% (44 students) are in the low category, and only 2.9% (9 students) are in the very low category. These results indicate that more than half of the respondents experience high to very high levels of career anxiety, suggesting the need for targeted interventions to help students manage career-related stress and uncertainty.

Table 4. Analysis Regression Simple

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	5980.874	1	5980.874	313,161	.000 ^b
Residual	2062.626	108	19,098		
Total	8043.500	109			

Based on results table, obtained calculated F value amounting to 313,161. Meanwhile F Table of 3.93 with mark significance generated of $0.000 < 0.05$. If F count $> F$ table with $\alpha = 0.05$ (5%) with value $313.161 > 3.93$ (Table 4) then regression test results simple This can interpret that Body Dysmorphic Disorder has an effect positive to Anxiety Career.

Table 5. Coefficients Simple Linear Regression

Model	B	Std. Error	Beta	t	Sig.
(Constant)	8,138	3,661		2,223	.028
Body Dysmorphic Disorder	.709	.040	.862	17,696	.000

Obtained coefficient X is 0.709 and constant of 8.138. So, it can be depicted form connection Body Dysmorphic Disorder variable against Anxiety Career in form equality Regression $Y = 8.138 + 0.709$ (Table 5). This is show that Body Dysmorphic Disorder increased by 1 point. Then, Anxiety Career will increase of 0.709 at a constant of 8.138. In other words, the more well Body Dysmorphic Disorder then Anxiety Career will increase.

Table 6. Coefficients Determination

Model	R	R Square	Adjusted R Square	Standard Error
1	.862 ^a	.744	.741	4,370

Obtained The R Square value is 0.744, which means Body Dysmorphic Disorder variables have influence large 74.4% against variables anxiety career. The rest influenced by other variables that are not investigated in study This.

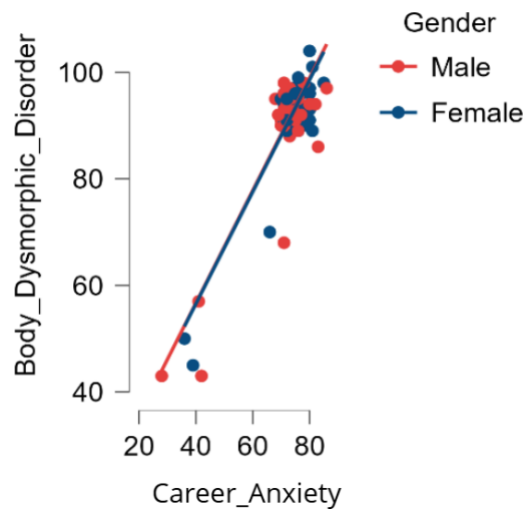


Figure 3. Data Distribution by Gender

Figure 3 shows respondent data distribution based on gender two variables main ones, namely Body Dysmorphic Disorder and Anxiety Career. Every point represents a respondent, with colour blue for male and red for women. Looks that the data forms a decreasing linear pattern, which indicates connection negative between Body Dysmorphic Disorder and Anxiety Career. That is, the taller score individuals on the Body Dysmorphic Disorder variable, then the lower trend experience anxiety career, and vice versa. This is also supported by the R Square value of 0.744 which shows that 74.4% of the variability in anxiety career can be explained by the Body Dysmorphic Disorder variable.

The regression model that measures the influence of Body Dysmorphic Disorder on Anxiety Career can considered fulfil assumptions statistics basic, so that results predictions and the resulting significance from the model can accepted in a way scientific. Research by (Hakim et al., 2021) show that prevalence of Body Dysmorphic Disorder (BDD) in college students King Abdulaziz University , Saudi Arabia, reached 13.9% of 1,016 respondents . The most frequently affected body area become source dissatisfaction is skin (81.6%) and circumference waist (68.8%). BDD is more Lots found in women compared to men, even though the difference No significant in a way statistic. However, women proven more prone to experience anxiety (OR = 1.44) and stress (OR = 1.53) statistics, BDD has significant relationship with depression (OR = 4.2), anxiety (OR = 2.2), and stress (OR = 3.2). Findings This indicates that individual with BDD have risk more tall experience disturbance psychological. Students from faculty social and humanities also show level more anxiety tall

compared to student from faculty engineering and science. These results confirm importance detection early BDD for prevent impact negative to student mental health.

Research by (Rao et al., 2023) on 113 medical students in India found a BDD prevalence of 6.19%, with most participants having normal self-esteem (61.94%) and no social anxiety (82.3%). Pearson correlation analysis showed that BDD was significantly associated with lower self-esteem ($r = 0.190$; $p = 0.043$), higher social anxiety ($r = 0.185$; $p = 0.050$), and marital status, where unmarried individuals were more prone to BDD ($r = 0.200$; $p = 0.034$). Similarly, (Didie et al., 2008) studied 160 randomly selected female adolescents in Isfahan, Iran, and found significant negative correlations between BDD and self-esteem ($r = -0.44$; $p < 0.01$) as well as BDD and life satisfaction ($r = -0.47$; $p < 0.01$), indicating that higher BDD symptoms were linked to lower self-esteem and life satisfaction. Both studies highlight the need for early psychological intervention to prevent broader negative impacts on mental well-being and self-image.

Pinto & Phillips (2005) examined social anxiety levels in 81 BDD patients (70% female, mean age 31.5) and found significantly higher scores on the Social Avoidance and Distress Scale (mean = 19.8) compared to non-clinical populations. Social anxiety was positively correlated with BDD severity ($r = 0.33$; $p = 0.002$) and depressive symptoms ($r = 0.36$; $p = 0.001$), though unrelated to delusional appearance beliefs. In a randomized clinical trial, fluoxetine showed no overall difference from placebo in reducing social anxiety, but responders to fluoxetine exhibited greater improvement ($p = 0.023$), with patients having avoidant personality disorder showing the highest anxiety levels. Schnackenberg (2021), using a qualitative grounded theory approach with eight participants aged 16–23, found that BDD significantly impaired academic performance, social participation, and emotional well-being. Many avoided social interactions, skipped classes, and experienced extreme anxiety in public situations, with schools often acting as triggers due to social pressure, bullying, and lack of staff awareness. The study emphasizes the importance of inclusive, mental-health-conscious educational environments with trained staff and accessible counseling to support students with BDD.

Study (Amrizon, Ildil, Nirwana, et al., 2022) study this aim For now connection between reception self-acceptance with Body Dysmorphic Disorder (BDD) in college students Ar-Raniry State Islamic University, Banda Aceh. Research This use approach quantitative correlational with amount sample as many as 135 students. The instruments used to cover compiled self-acceptance scale based on aspects according to Berger (1952) and the BDD scale compiled refers to the symptoms in DSM-5. Data analysis was performed use technique Pearson Product Moment correlation. Research results show that there is connection significant negative between self-acceptance and BDD in college students, with mark correlation of $r = -0.639$ and significance $p = 0.000$ ($p < 0.05$). This means that the taller level reception self-possessed students, then the lower trend they experiencing BDD. In contrast, individuals who have reception self-low tend own perception negative to her body and more prone to experience BDD disorder. Research This confirm importance strengthening self-acceptance as strategy prevention to disturbance image body in students.

Study This aim for now connection between BDD and reception self-acceptance in students Faculty Psychology Makassar State University (Vinet & Zhedanov, 2011). The method used is quantitative correlational with amount sample as many as 82 students were selected through purposive sampling technique. The instrument used is BDD scale based on DSM-5 and self-acceptance scale based on Berger's theory. The results of data analysis using the Pearson correlation test show that there is connection significant negative between BDD and self-acceptance, with r value = -0.379 and $p = 0.000$ ($p < 0.05$). This means that the taller level disturbance perception body (BDD), increasingly low-level reception self-possessed students. Research This strengthen assumptions that disturbance image body correlated with difficulty individual in accept himself in a way whole and positive. Study This is study literature that aims for describe BDD tendencies in adolescents as well as method handling (Faisyah et al., 2025). BDD is explained as disturbance the

mind in which the individual feel own disabled physique although Actually No visible to others. Disturbance This causing significant distress and reducing function social factors the causes of BDD are multifactorial, including aspect biological, psychological, and sociocultural. Adolescents with BDD showing behaviour compulsive like often look in the mirror, disguise appearance, compare self with other people, even wish undergo procedure cosmetics. If no handled, BDD can cause isolation social, unemployment, to risk kill self. Impact psychological from BDD, among others, the low-price self, anxiety, difficulties weave connection social, and disturbance development self. For overcome matter this the author emphasizes the importance of Cognitive Behavioural Therapy (CBT) as approach main in intervention. CBT aims change pattern think maladaptive become more rational and adaptive, as well as help individual reduce focus overdoing it on appearance physical. Besides that, combination with pharmacotherapy like the use of selective serotonin reuptake inhibitors (SSRIs) can also use in a way clinical. This study recommends giving counseling group with cognitive restructuring techniques as one strategy effective in lower BDD tendencies in adolescents.

Study This aim for now connection between type gender and risk tendency towards BDD in adolescent's end (Yunalia et al., 2023). Research done against 191 students from one of college tall selected private sector use cluster sampling technique. The instrument used is questionnaire BDD tendencies that have been tested validity and reliability ($\alpha = 0.722$). The results of the analysis using the Chi-Square test shows p -value 0.000 (< 0.05) which means there is connection significant between type sex with risk BDD tendencies. Data shows that majority respondents Woman own level more BDD tendencies tall compared to men. As many as 74.6% are women own moderate BDD tendencies, 88.7% high, and 88.9% very tall. On the other hand, men more Lots is in the category very low and low. Findings This strengthen view that gender factors influence perception to body and appearance, where women tend more affected by pressure social and cultural related standard beauty. Study This aim for now connection between body image and the tendency towards BDD in women social media users (Islamiyah et al., 2023). Involving 202 subjects Woman mature early in Makassar, research use approach quantitative with technique analysis Spearman Rho correlation. The results show existence connection significant negative between body image and BDD tendencies ($r = -0.469$; $p = 0.000$). This means that the more a person's lower body image, increasingly tall his tendency experience BDD disorders, and vice versa. Conducted a study of 216 high school students to examine the relationship between BDD tendencies and stress levels (Oselian et al., 2024). This study showed that 55.6% of respondents were in the high BDD tendency category, and 62% experienced moderate to severe stress levels. The results of the Spearman correlation test showed a strong positive relationship between BDD and stress with a value of $r = 0.646$ and $p = 0.000$, which means that the higher a person experiences BDD, the higher the stress they feel. This indicates that pressure towards unrealistic physical appearance can be a major source of stress for adolescent girls, especially during the development of self-identity.

Prakoso et al. (2020) found a significant negative relationship between BDD tendency and self-confidence in 107 female students at Mercu Buana University, Yogyakarta ($r = -0.475$, $p < 0.01$), with BDD contributing 22.5% to self-confidence levels. Similarly, (Amrizon, Ildil, Syahputra, et al., 2022) reported that self-esteem significantly influenced BDD tendencies among 112 adolescents aged 15–17, with a contribution of 20.1%, suggesting that lower self-esteem increases vulnerability to beauty standard pressures. Fazriyani & Rahayu (2019) showed that 55.6% of female adolescents had high BDD tendencies, which were strongly correlated with stress levels ($r = 0.646$, $p < 0.001$). Across these studies, BDD is consistently associated with psychological issues such as reduced self-confidence, social anxiety, and stress, with symptoms rooted in dissatisfaction with physical appearance negatively affecting social interaction, public performance, and overall daily functioning.

Furthermore, BDD also has the potential to influence career anxiety, although not much research has examined this directly. However, existing findings indicate that students or adolescents

with BDD tend to have low self-esteem, negative self-esteem, and avoid social situations all of which are crucial components in career exploration, planning, and decision-making. In other words, the anxiety that arises from BDD can hinder a person from performing optimally in education and the workplace, such as attending interviews, presenting, or taking career risks. Therefore, preventive measures and interventions, such as strengthening self-acceptance and providing counseling services, are crucial to reduce BDD symptoms and prevent anxiety that can impact an individual's career development.

Implications

Research result This show that Body Dysmorphic Disorder (BDD) and anxiety career student Class XI of Mardhika Vocational School own positive and significant influence One each other. This results own consequence significant for implementation service Guidance and Counseling (BK) in schools, especially in matter help participant educate develop in a way personal and planning career they. Disturbance like BDD can bother taking decision career and faith self-students. Therefore that, as part from service preventive and curative they, the guidance and counseling teacher must give attention specifically on BDD symptoms that may experience student they. (Terence, Ayub, & Kimong, 2024) shows that counseling group based on Cognitive Behavioral Therapy (CBT) to reduce anxiety, increase price yourself, and help people cope dissatisfaction body they. For help students who demonstrate BDD symptoms or anxiety high career, approach This can implement Good in counseling individual and group. Besides that, (Nazmi, 2024) emphasized how importance psychoeducation group-based solution problem for reduce anxiety related image body teenagers. Method guidance conventional can used for reach objective this. Besides that, the guidance and counseling teacher can do screening early for identify students who have BDD risk with use tool appropriate measure such as the Appearance Anxiety Inventory (AAI). Study This own a number of limitations that must be considered. Research This only done on one school, Mardhika Vocational School, and involves only student class XI. Therefore that, the findings This No can generalized to population more vocational school students wide from various location, background behind culture, and expertise programs. Instruments questionnaire closed used for data collection, answers student can be influenced by perception social desirability bias, especially as it relates to with topic sensitive like disturbance image body image and future anxiety. This can cause less results understand condition psychological in a way comprehensive approach quantitative No understand aspect more emotional and psychological complex from experience student with body dysmorphic disorder and anxiety career. Study continuation that uses method qualitative or mixture can give greater understanding Good.

CONCLUSION

There is influence positive and significant between BDD and anxiety career student. This is proven through results analysis simple linear regression showing mark significance of $0.000 < 0.05$ and the value coefficient determination (R^2) of 0.379. This means that 37.9% of the variation anxiety career can explained by the BDD variable, whereas the rest influenced by other factors that are not investigated in study this. The taller the level of Body Dysmorphic Disorder experienced students, then the higher level anxiety career they. This is show that perception negative to appearance physique own impact direct to belief self and readiness student in planning for the future career. This result confirms importance role service Guidance and counseling in help student understand as well as manage problem psychological such as BDD which has an impact on aspects career counselor school need designing responsive service to problem image body, especially at the level education nearby vocational with the world of work. Recommended For develop study with larger population wide and varied, using approach method mixed methods, as well as consider other variables that

contribute influence anxiety career, such as factor family, environment social, and experience practice Work.

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