

ABSTRAK

Sholikhatumega Patricia Halim Febiana. 210541100130. Hubungan *Social Comparison* dengan *Body Dissatisfaction* terkait Penampilan Fisik Ideal pada Wanita *Emerging Adulthood* di Kota Surabaya. Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura, 2025.

Pada fase *emerging adulthood*, individu berada dalam tahap eksplorasi identitas dan pembentukan penilaian diri, sehingga cenderung lebih peka terhadap evaluasi sosial, khususnya yang berkaitan dengan penampilan fisik. Kondisi tersebut dapat mendorong individu untuk melakukan *social comparison* yang berpotensi memengaruhi tingkat *body dissatisfaction*. Penelitian ini bertujuan untuk mengetahui hubungan antara *social comparison* dan *body dissatisfaction* terkait penampilan fisik ideal pada wanita *emerging adulthood* di Kota Surabaya. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 270 wanita yang berada pada rentang usia *emerging adulthood* dan ditentukan melalui teknik purposive sampling. Instrumen penelitian yang digunakan adalah (PACS-R) yang dikembangkan oleh Schaefer dan Thompson (2014) dan telah diadaptasi ke dalam bahasa Indonesia oleh Andieny (2024) dengan nilai reliabilitas sebesar 0,955, serta skala *Body Dissatisfaction* yang dikembangkan mengacu pada Aspek dari Cooper dkk. (1987) yaitu: *Self perception of body shape*, *Comparative perception of body image*, *Attitude concerning body image alteration*, *Savere alteration in body perception* dengan nilai reliabilitas sebesar 0,912. Data dianalisis menggunakan uji korelasi *Pearson Product Moment*. Hasil analisis menunjukkan bahwa terdapat hubungan positif yang kuat antara *social comparison* dan *body dissatisfaction* ($r = 0,715$, $p < 0,05$), sehingga hipotesis penelitian diterima. Temuan ini mengindikasikan bahwa semakin tinggi kecenderungan wanita *emerging adulthood* melakukan perbandingan sosial terhadap penampilan fisik, semakin tinggi pula ketidakpuasan terhadap tubuh yang dirasakan begitupun sebaliknya.

Kata Kunci: *Social Comparison*, *Body dissatisfaction*, *Emerging Adulthood*

ABSTRACT

Sholikhatumega Patricia Halim Febiana. 210541100130. *The Relationship between Social Comparison and Body Dissatisfaction related to Ideal Physical Appearance among Emerging Adult Women in Surabaya*. Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University Madura, 2025.

*During the emerging adulthood phase, individuals are in a stage of identity exploration and self-assessment formation, making them more sensitive to social evaluation, especially regarding physical appearance. This condition can encourage individuals to engage in social comparison, which has the potential to influence levels of body dissatisfaction. This study aims to determine the relationship between social comparison and body dissatisfaction related to ideal physical appearance among emerging adult women in Surabaya. This study uses a quantitative approach with a correlational design. The research subjects consisted of 270 women in the emerging adulthood age range, selected through purposive sampling. The research instrument used was the PACS-R developed by Schaefer and Thompson (2014) and adapted into Indonesian by Andieny (2024) with a reliability value of 0.955, as well as the Body Dissatisfaction scale developed based on the aspects of Cooper et al. (1987), namely: Self-perception of body shape, Comparative perception of body image, Attitude concerning body image alteration, and Svere alteration in body perception, with a reliability value of 0.912. The data were analyzed using the Pearson Product Moment correlation test. The results of the analysis show that there is a strong positive relationship between social comparison and body dissatisfaction ($r = 0.715$, $p < 0.05$), so the research hypothesis is accepted. These findings indicate that the higher the tendency of women in emerging adulthood to make social comparisons of physical appearance, the higher the dissatisfaction with the body felt, and vice versa. **Keywords:** Social Comparison, Body dissatisfaction, Emerging Adulthood*