

**PENGARUH *BODY IMAGE* DAN *SOCIAL COMPARISON* TERHADAP
LIFE SATISFACTION PADA REMAJA DENGAN *ACNE VULGARIS***

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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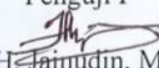
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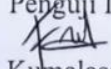
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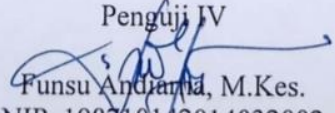
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INTISARI

Tujuan penelitian ini adalah untuk mengetahui pengaruh *Body Image* dan *Social Comparison* terhadap *Life Satisfaction* pada remaja dengan *acne vulgaris*. Penelitian kuantitatif korelasional yang menggunakan *Satisfaction with Life Scale* (SWLS) yang digunakan oleh Daravit (2021) dengan 13 aitem ($\alpha = 0,835$), *Multidimensional Body Self Relations Questionnaire – Appearance Scales* (MBSRQ-AS) yang digunakan oleh Ramadhanty (2019) dengan 12 aitem ($\alpha = 0,821$), dan *Iowa-Netherlands Comparison Orientation Scale* yang digunakan pada penelitian Amelia (2019) terdiri dari 11 aitem ($\alpha = 0,807$). Subjek penelitian ini merupakan remaja dengan *acne vulgaris* sebanyak 352 orang. Teknik pengambilan sampel menggunakan *purposive sampling*. Metode analisis yang digunakan adalah analisis korelasi linier berganda. Hasil analisis menunjukkan bahwa *Body Image* berpengaruh terhadap *Life Satisfaction* dan *Social Comparison* juga berpengaruh terhadap *Life Satisfaction*. Kedua variabel bebas juga terbukti secara bersama-sama mempengaruhi *Life Satisfaction* dengan presentase sebesar 39,2%.

Kata Kunci: *Life Satisfaction, Body Image, Social Comparison, Acne Vulgaris.*

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ABSTRAK

The aim of this study was to determine the effect of Body Image and Social Comparison on Life Satisfaction in adolescents with acne vulgaris. Correlational quantitative research using the Satisfaction with Life Scale (SWLS) used by Daravit (2021) with 13 items ($\alpha = 0.835$), Multidimensional Body Self Relations Questionnaire – Appearance Scales (MBSRQ-AS) used by Ramadhanty (2019) with 12 items ($\alpha = 0.821$), and the Iowa-Netherlands Comparison Orientation Scale used in Amelia (2019) research consists of 11 items ($\alpha = 0.807$). The subjects of this research were 352 teenagers with acne vulgaris. The sampling technique uses purposive sampling. The analytical method used is multiple linear correlation analysis. The results of the analysis show that Body Image influences Life Satisfaction and Social Comparison also influences Life Satisfaction. The two independent variables were also proven to jointly influence Life Satisfaction with a percentage of 39.2%.

Keyword: *Life Satisfcation, Body Image, Social Comparison, Acne Vulgaris.*



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