

**PENGARUH *SOCIAL COMPARISON* TERHADAP *SOCIAL ANXIETY*  
REMAJA PEREMPUAN PENGGUNA MEDIA SOSIAL DENGAN *BODY*  
*IMAGE* SEBAGAI VARIABEL MEDIASI**

**SKRIPSI**

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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**2025**

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## **ABSTRACT**

*Social anxiety is a form of anxiety that arises from the fear of criticism and negative judgment from others. This condition is characterized by a sense of discomfort and anxiety when facing social situations, with social media being one of the triggers. This fear of criticism and negative judgment is closely related to how individuals perceive their physical appearance through self-comparison behavior. This study aims to determine the effect of social comparison on Social Anxiety in adolescent girls who use social media, with body image as a mediating variable. The research subjects consisted of 300 adolescent girls in Surabaya. This study uses a correlational quantitative method using mediation analysis through Jamovi software. There are three measurement instruments used, namely the Social Anxiety Scale for Social Media Users (SAS-SMU), The Upward and Downward Appearance Comparison Scale (UDACS) and the French Body image States Scale (F-BISS). The results showed that social comparison affects the Social Anxiety of adolescent girls who use social media, both directly and indirectly through body image as a mediating variable.*

*Keywords: Social Anxiety, Social Comparison, Body Image, Adolescent Girls, Social Media*



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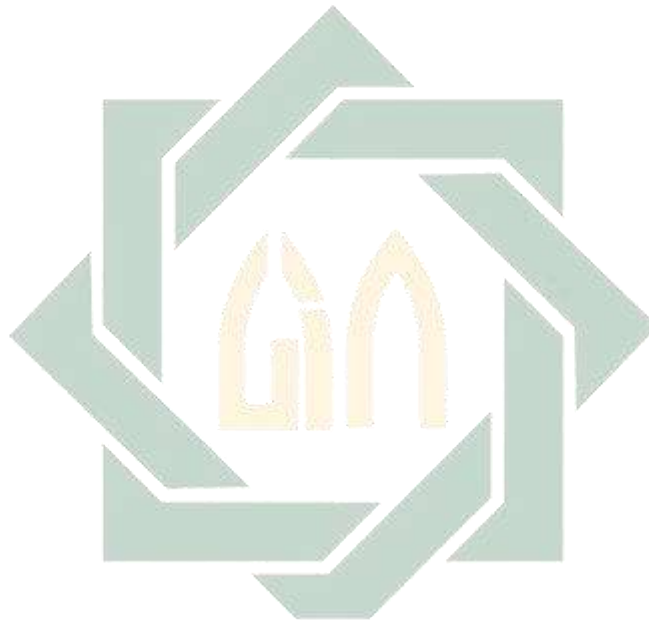


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