

**PENGARUH *SOCIAL COMPARISON* TERHADAP DEPRESI YANG
DIMEDIASI OLEH *ENVY* DAN *SELF-ESTEEM* PADA GENERASI Z
PENGGUNA MEDIA SOSIAL**

SKRIPSI

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Menyusun Skripsi dalam Program Studi S-1 Psikologi (S.Psi)



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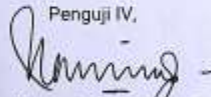
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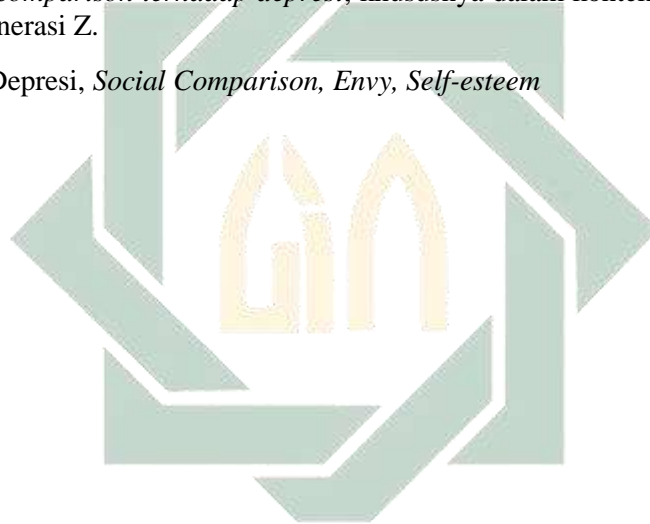
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INTISARI

Penelitian ini bertujuan untuk menganalisis pengaruh *social comparison* terhadap depresi yang dimediasi secara paralel oleh *envy* dan *self-esteem* pada generasi Z pengguna media sosial. Dengan menggunakan pendekatan kuantitatif korelasional, sampel yang dipilih melalui teknik *non-probability sampling* dengan jumlah 119. Data yang didapatkan sebanyak 381 responden generasi Z. Instrumen yang digunakan meliputi *Iowa Netherlands Comparison Orientation Measure* (INCOM) untuk mengukur *social comparison*, *Patient Health Questionnaire-9* (PHQ-9) untuk depresi, *Envy on Social Media Scale* untuk *envy*, dan *Rosenberg Self-Esteem Scale* (RSES) untuk *self-esteem*. Analisis data dilakukan menggunakan *Process Macro Hayes*. Hasil penelitian menunjukkan bahwa *social comparison* memiliki pengaruh signifikan terhadap depresi, baik secara langsung maupun melalui *envy* dan *self-esteem* sebagai mediasi. Temuan ini menegaskan pentingnya memahami mekanisme psikologis yang melibatkan *envy* dan *self-esteem* dalam hubungan antara *social comparison terhadap depresi*, khususnya dalam konteks penggunaan media sosial oleh generasi Z.

Kata Kunci: Depresi, *Social Comparison*, *Envy*, *Self-esteem*



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S U R A B A Y A

DAFTAR ISI

| | |
|--|-----|
| HALAMAN PERSETUJUAN..... | ii |
| PERNYATAAN KEASLIAN PENELITIAN | iii |
| HALAMAN PENGESAHAN..... | iv |
| PERSETUJUAN PUBLIKASI | v |
| HALAMAN PERSEMBAHAN | vi |
| KATA PENGANTAR | vii |
| INTISARI..... | ix |
| DAFTAR ISI..... | x |
| DAFTAR TABEL..... | xii |
| DAFTAR GAMBAR | xiv |
| DAFTAR LAMPIRAN..... | xv |
| BAB I PENDAHULUAN | 1 |
| A. Latar Belakang Masalah..... | 1 |
| B. Rumusan Masalah | 9 |
| C. Keaslian Penelitian..... | 10 |
| D. Tujuan Penelitian | 15 |
| E. Manfaat Penelitian | 16 |
| BAB II KAJIAN PUSTAKA | 17 |
| A. Depresi | 17 |
| B. Social comparison | 24 |
| C. Envy | 28 |
| D. Self-esteem..... | 32 |
| E. Pengaruh Antar Variabel <i>Social Comparison</i> terhadap Depresi yang Dimediasi oleh <i>Envy</i> dan <i>Self-Esteem</i> | 37 |
| F. Kerangka Teori..... | 39 |
| G. Hipotesis..... | 41 |
| BAB III METODE PENELITIAN..... | 42 |
| A. Rancangan Penelitian | 42 |
| B. Identifikasi Variabel..... | 42 |
| C. Definisi Operasional Variabel Penelitian..... | 43 |

| | |
|---|-----|
| D. Populasi, Sampel, dan Teknik Sampling..... | 44 |
| E. Instrumen Penelitian | 46 |
| F. Analisis Data | 62 |
| BAB IV HASIL PENELITIAN DAN PEMBAHASAN | 67 |
| A. Hasil Penelitian | 67 |
| B. Pengujian Hipotesis..... | 82 |
| C. Pembahasan Hasil Penelitian | 87 |
| BAB V PENUTUP..... | 98 |
| A. Kesimpulan | 98 |
| B. Saran..... | 99 |
| DAFTAR PUSTAKA | 102 |
| Lampiran | 116 |



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S U R A B A Y A

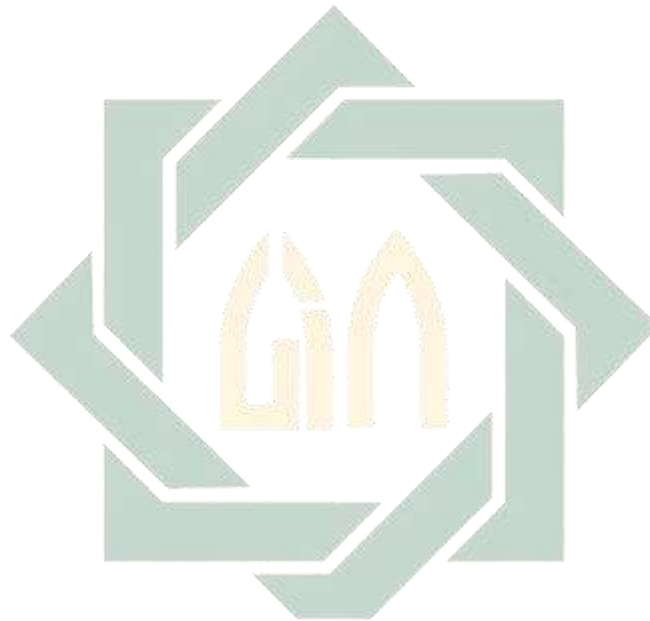
DAFTAR TABEL

| | |
|--|----|
| Tabel 3.1 Blue Print Skala Depresi | 49 |
| Tabel 3.2 Nilai Skala Likert Depresi..... | 50 |
| Tabel 3.3 Loading Factor Depresi..... | 50 |
| Tabel 3.4 Fit Measure Depresi | 50 |
| Tabel 3.5 Hasil Uji Reliabilitas Depresi | 51 |
| Tabel 3.6 Blue Print Skala <i>Social Comparison</i> | 53 |
| Tabel 3.7 Nilai Skala Likert <i>Social Comparison</i> | 53 |
| Tabel 3.8 Loading Factor <i>Social Comparison</i> | 54 |
| Tabel 3.9 Fit Measure <i>Social Comparison</i> | 54 |
| Tabel 3.10 Hasil Uji Reliabilitas <i>Social Comparison</i> | 55 |
| Tabel 3.11 Blue Print Skala <i>Envy</i> | 56 |
| Tabel 3.12 Nilai Skala Likert <i>Envy</i> | 57 |
| Tabel 3.13 Loading Factor <i>Envy</i> | 57 |
| Tabel 3.14 Fit Measure <i>Envy</i> | 57 |
| Tabel 3.15 Hasil Uji Reliabilitas <i>Envy</i> | 58 |
| Tabel 3.16 Blue Print Skala <i>Self-esteem</i> | 60 |
| Tabel 3.17 Nilai Skala Likert <i>Self-esteem</i> | 60 |
| Tabel 3.18 Loading Factor <i>Self-esteem</i> | 61 |
| Tabel 3.19 Fit Measure <i>Self-esteem</i> | 61 |
| Tabel 3.20 Hasil Uji Reliabilitas Skala <i>Self-esteem</i> | 62 |
| Tabel 3.21 Hasil Uji Normalitas | 63 |
| Tabel 3.22 Hasil Uji Heteroskedastisitas | 64 |
| Tabel 3.23 Hasil Uji Multikolinearitas..... | 65 |
| Tabel 4.1 Data Subjek Berdasarkan Jenis Kelamin | 68 |
| Tabel 4.2 Data Subjek Berdasarkan Usia..... | 68 |
| Tabel 4.3 Data Subjek Berdasarkan Status | 69 |
| Tabel 4.4 Data Subjek Berdasarkan Pendidikan Terakhir | 69 |

| | |
|---|----|
| Tabel 4.5 Data Subjek Berdasarkan Domisili Pulau | 70 |
| Tabel 4.6 Data Subjek Berdasarkan Media Sosial | 70 |
| Tabel 4.7 Data Subjek Berdasarkan Rata-rata Penggunaan Media Sosial dalam Satu Hari | 71 |
| Tabel 4.8 Deskripsi Data Penelitian | 71 |
| Tabel 4.9 Rumus Kategori Interval | 73 |
| Tabel 4.10 Mean dan Standar Deviasi Variabel | 73 |
| Tabel 4.11 Hasil Kategorisasi Interval | 73 |
| Tabel 4.12 Hasil Kategorisasi Skor Subjek Penelitian | 74 |
| Tabel 4.13 Hasil Crosstab Depresi Berdasarkan Media Sosial yang digunakan | 75 |
| Tabel 4.14 Hasil Crosstab Depresi Berdasarkan Jenis Kelamin | 76 |
| Tabel 4.15 Hasil Crosstab Depresi Berdasarkan Usia | 77 |
| Tabel 4.16 Hasil Crosstab Depresi Berdasarkan Status | 77 |
| Tabel 4.17 Hasil Crosstab Depresi Berdasarkan Pendidikan Terakhir | 78 |
| Tabel 4.18 Hasil Crosstab Depresi Berdasarkan Domisili Pulau | 80 |
| Tabel 4.19 Hasil Crosstab Depresi Berdasarkan Rata-rata Penggunaan Media Sosial dalam Satu Hari | 81 |
| Tabel 4.20 Hasil Jalur Hasil Jalur Social Comparison ke Envy | 82 |
| Tabel 4.21 Hasil Jalur Social Comparison ke Self-esteem | 83 |
| Tabel 4.22 Hasil Jalur Envy ke Depresi dan Self-esteem ke Depresi | 83 |
| Tabel 4.23 Hasil Efek Total, Efek Langsung, dan Efek Tidak Langsung Social Comparison terhadap Depresi | 84 |
| Tabel 4.24 Hasil Efek Jalur Tidak Langsung | 85 |

DAFTAR GAMBAR

| | |
|---|----|
| Gambar 1. Kerangka Teori..... | 40 |
| Gambar 2. Plot Skala Depresi | 51 |
| Gambar 3. Plot Skala <i>Social Comparison</i> | 54 |
| Gambar 4. Plot Skala <i>Envy</i> | 58 |
| Gambar 5. Plot Skala <i>Self-esteem</i> | 61 |
| Gambar 6. Hasil Uji Hipotesis | 87 |



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR LAMPIRAN

| | |
|--|-----|
| Lampiran 1 Penyebaran Kuesioner | 116 |
| Lampiran 2 Persetujuan Responden..... | 117 |
| Lampiran 3 Kuesioner Penelitian..... | 118 |
| Lampiran 4 Validitas dan Reliabilitas..... | 122 |
| Lampiran 5 Hasil Uji Crosstab..... | 130 |
| Lampiran 6 Demografi Responden | 135 |
| Lampiran 7 Skoring Variabel..... | 143 |
| Lampiran 8 Hasil Uji Prasyarat..... | 175 |
| Lampiran 9 Hasil Uji Hipotesis | 178 |
| Lampiran 10 Hasil G-Power | 181 |



UIN SUNAN AMPEL
S U R A B A Y A

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S U R A B A Y A