

**PENGARUH *SELF-ESTEEM* DAN DUKUNGAN SOSIAL TERHADAP
KEPUASAN HIDUP MAHASISWA PENGGUNA TIKTOK DI SURABAYA**

SKRIPSI



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2026**

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Diajukan Kepada Fakultas Psikologi dan Kesehatan
Universitas Islam Negeri Sunan Ampel Surabaya
untuk Memenuhi Sebagian Persyaratan Guna Memperoleh
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PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul "**Pengaruh *self-esteem* dan dukungan sosial terhadap kepuasan hidup mahasiswa pengguna tiktok di surabaya**" merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis diacuan dalam naskah ini dan disebutkan dalam daftar pustaka.

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Demikian pernyataan ini yang saya buat dengan sebenarnya.

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ABSTRACT

This study aims to examine the effect of self-esteem and social support on life satisfaction among TikTok-using university students in Surabaya. This research employs a quantitative method with an explanatory design. The sampling technique used is accidental sampling, where respondents who are conveniently encountered and meet the criteria active university students aged 18–25 who regularly use TikTok are selected as samples, due to limitations in obtaining a sampling frame. Data were collected through questionnaires from 402 respondents and analyzed using multiple linear regression. The results show that self-esteem and social support have a significant simultaneous effect on life satisfaction ($F=4.332$; $\text{sig}=0.004$; $R^2=0.423$). Partially, self-esteem ($t=2.514$; $\text{sig}=0.002$) and social support ($t=1.696$; $\text{sig}=0.001$) also have significant effects, indicating that higher self-esteem and social support are associated with higher life satisfaction among students.

Keywords: self-esteem, social support, life satisfaction, students, TikTok

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