

Hubungan antara social comparison dan citra tubuh pada mahasiswa = The Relationship between social comparison and body image among college student

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara social comparison dan citra tubuh pada mahasiswa. Pengukuran social comparison menggunakan alat ukur Body Comparison Scale milik Fisher, Dunn, & Thompsom (2002). Untuk pengukuran citra tubuh menggunakan alat ukur MBSRQ dari Thomas Cash (1989). Partisipan berjumlah 102 responden mahasiswa dengan rentang usia 18 sampai 29 tahun. Hasil penelitian ini menunjukkan tidak terdapat hubungan yang signifikan antara social comparison dan citra tubuh pada mahasiswa. ($r=0,121$; $p=0,210$). Hasil penelitian ini diharapkan dapat menjadi data dasar dalam mengembangkan penelitian selanjutnya mengenai social comparison dan citra tubuh.

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This research was conducted to find the correlation between social comparison and body image among college students. Social comparison was measured using instrument of Body Comparison Scale from Fisher, Dunn, & Thompsom (2002). Body image was measured using instrument of MBSRQ from Thomas Cash (1989). The participants of this research are 102 responden of college studets who have emerging adulthood ages, 18 until 29 years old ($r=0,121$; $p=0,210$). The main results of this study showed no significant relationship between social comparison and body image among college students. The results of this study are expected to be the basis of data in developing further research on social comparison and body image.