

# Peran Social Comparison dalam Bidang Akademik terhadap Psychological Well-being Mahasiswa yang Sedang Mengerjakan Skripsi = The Role of Social Comparison in Academic Setting on the Psychological Well-Being of Student Engaged in Theses

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920543100&lokasi=lokal>

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## Abstrak

Social comparison dalam bidang akademik mengacu pada kecenderungan individu untuk membandingkan kinerja akademik, kemampuan, atau prestasi mereka dengan rekan-rekannya dalam lingkungan akademik. Penelitian terdahulu menunjukkan bahwa social comparison dikaitkan dengan dampak negatif yang memengaruhi psychological well-being. Namun, temuan lain menunjukkan bahwa social comparison juga dapat menjadi faktor protektif. Memahami faktor protektif dan faktor risiko yang memengaruhi

family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">psychological well-being</span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;"> menjadi penting untuk mendukung kesejahteraan psikologis mahasiswa. Oleh karena itu, tujuan penelitian ini adalah untuk melihat peran </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">social comparison </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">dalam konteks akademik terhadap </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">psychological well-being </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">serta mengidentifikasi dimensi apakah yang paling berperan terhadap </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">psychological well-being</span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;"> mahasiswa yang sedang mengerjakan skripsi. Penelitian ini adalah penelitian kuantitatif dengan desain korelasional. Penelitian ini melibatkan 152 partisipan mahasiswa dengan rentang usia 20-25 tahun, dari universitas negeri maupun swasta di Indonesia. Alat ukur yang digunakan adalah </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">Ryff's Psychological Well-Being Scale </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">(RPWB) dan A</span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position:

normal; vertical-align: baseline; white-space: pre-wrap;">cademic Social Comparison Scale </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">(ASCS). Hasil menunjukkan </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">social comparison </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">berkontribusi sebesar 16,1% terhadap </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">psychological well-being</span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;"> mahasiswa. Dimensi yang paling berperan terhadap </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">psychological well-being</span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;"> mahasiswa adalah dimensi </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">downward comparison </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">dan </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-style: italic; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">upward comparison</span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0); text-align: justify; font-size: 12pt; font-family: "Times New Roman", serif; font-variant-ligatures: normal; font-variant-numeric: normal; font-variant-alternates: normal; font-variant-east-asian: normal; font-variant-position: normal; vertical-align: baseline; white-space: pre-wrap;">. Penelitian ini memberikan masukan kepada penelitian selanjutnya untuk lebih mendalami faktor-faktor lainnya yang memengaruhi </span><span style="caret-color: rgb(0, 0, 0); color: rgb(0, 0, 0);

psychological well-being

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pada tingkat pendidikan tinggi.

Social comparison in the academic setting to the tendency of individuals to compare their academic performance, abilities, or achievements with those of their peers within an academic setting. Previous research has shown that social comparison is associated with negative impacts on psychological well-being. However, other findings suggest that social comparison can also serve as a protective factor. Understanding the protective and risk factors influencing psychological well-being is crucial to supporting the psychological welfare of students. Therefore, the aim of this study is to examine the role of social comparison in the academic context on psychological well-being and to identify which dimensions most significantly affect the psychological well-being of students working on their theses. This study is quantitative research with a correlational design. It involves 152 student participants, aged between 20 and 25 years, from both public and private universities in Indonesia. The measurement tools used are the Ryff's Psychological Well-Being Scale (RPWB) and the Academic Social Comparison Scale (ASCS). The results indicate that social comparison contributes 16.1% to the psychological well-being of students. The dimensions that play the most significant role in students' psychological well-being are downward comparison and upward comparison. This study suggests that future research should further explore other factors that influence psychological well-being in higher education settings