

Abstrak

Penelitian ini dilakukan untuk mengetahui hubungan antara social comparison dengan subjective well-being pada mahasiswa fakultas Psikologi di Universitas "X". Penelitian ini menggunakan Teori Subjective Well-Being (Diener, 1984) dan Teori Social Comparison (Festinger, 1954).

Metode yang digunakan dalam penelitian ini adalah korelasional dengan menggunakan accidental sampling dan diperoleh 200 mahasiswa. Alat ukur yang digunakan adalah kuesioner Iowa-Netherlands Comparison Measure (INCOM), Satisfaction with Life Scale (SWLS), dan Scale of Positive and Negative Experience (SPANE). Uji validitas menggunakan Pearson Correlation dan reliabilitas menggunakan Alpha Cronbach dengan SPSS 22. Validitas kuesioner INCOM berkisar 0,300-0,730 dengan reliabilitas 0,799. Validitas SWLS berkisar 0,395 – 0,693 dengan reliabilitas 0,801. Validitas SPANE berkisar 0,473 – 0,837 dan reliabilitas 0,893 untuk SPANE-P dan 0,827 untuk SPANE-N.

Kesimpulan yang diperoleh yaitu terdapat hubungan yang negatif antara social comparison dengan subjective well-being. Peneliti mengajukan saran agar mahasiswa dapat memahami pentingnya keseimbangan antara upward dan downward dalam social comparison yang berkaitan dengan subjective well-being selain itu menyarankan bagi peneliti lain untuk melakukan penelitian lebih lanjut mengenai faktor-faktor lain yang mempengaruhi subjective well-being pada mahasiswa

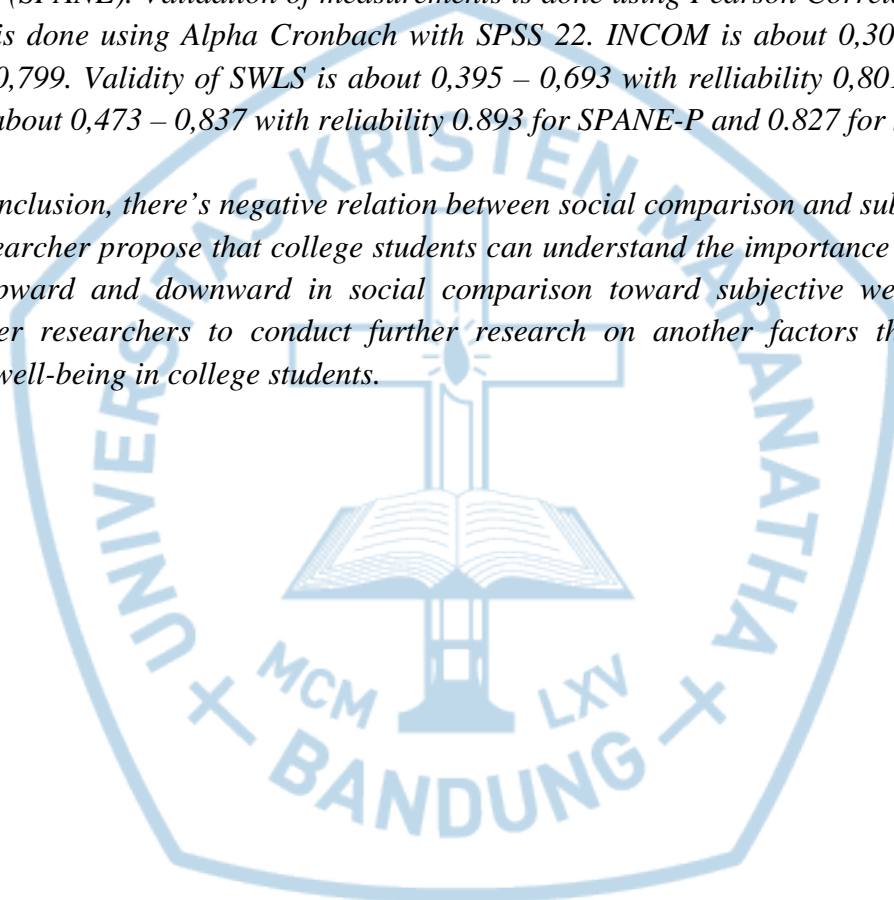


Abstract

The purpose of this research is to find the correlation social comparison and the subjective well-being of students of the Faculty of Psychology in “X” University. Researcher uses Diener’s theory of Subjective Well-being (1984) and theory of social comparison from Festinger (1954).

The method used is correlational with accidental sampling, which obtained 200 college students. The instruments used in this research are Iowa-Netherlands Comparison Measure (INCOM), Satisfaction with Life Scale (SWLS) and Scale of Positive and Negative Experience (SPANE). Validation of measurements is done using Pearson Correlation and for reliability is done using Alpha Cronbach with SPSS 22. INCOM is about 0,300-0,730 with reliability 0,799. Validity of SWLS is about 0,395 – 0,693 with reliability 0,801. Validity of SPANE is about 0,473 – 0,837 with reliability 0.893 for SPANE-P and 0.827 for SPANE-N.

Conclusion, there’s negative relation between social comparison and subjective well-being. Researcher propose that college students can understand the importance of a balance between upward and downward in social comparison toward subjective well-being and advise other researchers to conduct further research on another factors that influence subjective well-being in college students.



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