

JUDUL: THE RELATIONSHIP BETWEEN SOCIAL COMPARISON WITH SOCIAL ANXIETY IN YOUTH USERS INSTAGRAM IN JAKARTA

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Abstract

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Introduction: This study aims to see whether there is a relationship between social comparison and social anxiety in adolescent Instagram users in Jakarta. **Method:** The approach used in this research is quantitative. The measuring instrument used is an attitude scale that measures a social comparison scale and a social anxiety scale. The social comparison scale uses the Upward and Downward Psychological Appearance Comparison (UPADC) by Festinger (2011) and consists of 13 items, while the social anxiety scale is measured using the Social Anxiety Scale for Adolescents (SAS-A) proposed by La Gresa and Lopes (2005). and consists of 18 items. Subjects in this study amounted to 104 people who fit the research criteria. **Results:** The results obtained a correlation coefficient of 0.767 with a p_value of 0.000 ($p < 0.05$). This result means that the null hypothesis is rejected and the alternative hypothesis is accepted by stating there is. **Conclusion:** Based on the results of this study, the researchers concluded that there was a significant relationship with a positive direction between social comparison and social anxiety in adolescents. Instagram users in Jakarta.

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PENDAHULUAN

This study aims to see whether there is a relationship between social comparison and social anxiety in adolescent Instagram users in Jakarta. The approach used in this research is quantitative. The measuring instrument used is an attitude scale that measures a social comparison scale and a social anxiety scale (Lestari & Solekhah, 2022). The social comparison scale and consists of 13 items, while the social anxiety scale is measured using the Social Anxiety Scale for Adolescents (SAS-A) proposed by (Lestari & Solekhah, 2022). and consists uses Upward and Downward Psychological Appearance Comparison (UPADC) by Festinger (2011) of 18 items. Subjects in this study amounted to 104 people who fit the research criteria. The results of the study obtained a correlation coefficient of 0.767 with a p _ value of 0.000 ($p < 0.05$). These results mean that the null hypothesis is rejected and the alternative hypothesis is accepted by stating that there is a Based on the results of this study, the researchers concluded that there was a significant relationship with a positive direction between social comparisons and social anxiety among adolescent Instagram users in Jakarta (Alodia & Suryadi, 2021).

METODE PENELITIAN

The popular social media platform, for now, is Instagram. Instagram is a photo-based platform that provides services for users to upload pictures of themselves and other users will provide feedback in the form of likes and comments (Anixiadis et al., 2019). The number of Instagram users in Indonesia is 61.610,000 million or 22.6% of the Indonesian population. The largest Instagram users in Indonesia come from the group of late teens aged 18-24 years (Sugihartati & Susilo, 2019).

Teenagers as the highest Instagram users will easily see the uploads of their peers that display interesting pictures and make comparisons to the images that are considered ideal (Perloff, 2014) because they believe that peers have a more achievable level of attractiveness (Fardouly, Diedrichs, Vartanian, & Halliwell, 2015). In addition, as many as 39% of adolescents experience excessive fear or social anxiety in missing certain moments that occur in their lives. As many as 32% of adolescents said that they experienced feelings of fear when they could not achieve their goals when they saw photos of friends or other people who easily exposed their success on social media (Azka, FatiAzka, Fatih, Firdaus, Dendih Fredi, & Kurniadewi, 2018).

Anxiety about other people's judgments on social media can affect anxiety about other people's judgments in real life (Chen, 2018). Research shows that about 88% of people will compare their lives with the lives of others seen on social media. This can make teenagers feel inferior and think negatively about themselves (Nareza, 2020). Then Instagram users unconsciously make social comparisons when they see the latest posts from other users. Social comparison is a person's tendency to evaluate his situation, skills, and overall identity with others (Jiang & Ngien, 2020).

In Indonesia itself, a study by (Vriends, Pfaltz, Novianti, & Hadiyono, 2013) regarding the comparison of the level of social anxiety in students in Indonesia with students in Switzerland, stated that the level of social anxiety in students in Indonesia is very high when compared to the level of social anxiety in students in Switzerland (Vriends et al., 2013).

According to Dayakisni and Hudaniah (2009), every individual must have felt anxiety in his life, even if only sometimes when dealing with other people or unfulfilled demands that require individuals to fulfill these demands. Someone with social anxiety will tend to be anxious and uncomfortable when dealing with other people, accompanied by feelings of shame and fear because they think something bad will happen.

If this social anxiety continues to exist, it can affect the functioning of a person's life. Because social anxiety causes a person to not be able to adapt to a new environment because of low social skills and will also increase the risk of developing symptoms of depression because they continue to live in fear of other people's judgments of themselves. The bad effect of social anxiety that you want to avoid is the thought or act of an attend suicide (Fcca et al., 2021).

Based on the background of the problem above, the researcher is interested in examining the relationship between social comparison and social anxiety in adolescent Instagram users in Jakarta.

HASIL DAN PEMBAHASAN

1. Item Difference Power Test

Based on the results of the analysis of the different power of the items on the social comparison scale, it is known that there are no items that have a value below 0.3. It can be concluded that the results of the analysis of the different power of the social comparison scale items consisting of 13 items were declared used. It can be seen in table 1 below:

Table 1. Distribution of Social Comparison Scale after Trial

Aspect	Item	
	<i>Favorable</i>	<i>Unfavorable</i>
Aspect upward comparison	1,2,3,4,5,6,7,8	-
Aspect downward comparison	9,10,11,12,13	-
Total	13	-

While the results of the analysis of the different power of social anxiety scale items, it is known that there are no items that have a value below 0.3. It can be concluded that the results of the analysis of the differentiating power of social anxiety scale items consisting of 18 items were declared used. It can be seen in table 2 below:

Table 2. Distribution of Social Anxiety Scale after Trial

Aspect	Item	
	<i>Favorable</i>	<i>Unfavorable</i>
Fear of negative evaluation	1, 2, 3, 4, 5, 6, 7, 8	--
General social avoidance and stress	9, 10, 11, 12, 13, 14	--
Social avoidance and pressure to new social environment	15, 16, 17, 18	--
Total	18	-

2. Measuring Instrument Validity

Test the validity of the measuring instrument using the Kaiser-Meyer Olkin (KMO) test with the help of SPSS software version 16.0. If the Kaiser-Meyer Olkin (KMO) value is more than 0.50 then the analysis process can be continued. The following are the results of the KMO test on the social comparison scale and social anxiety. It can be seen in table 3 below:

Table 3. Kaiser-Meyer Olkin (KMO) Test Results

Scale	Result test KMO
Social Comparison	.628
Social Anxiety	.669

Based on the results of the KMO test using SPSS on the social comparison scale and social anxiety, the KMO values are 0.628 and 0.669, respectively, in this case, the results show a value greater than 0.50 so that the social comparison scale and social anxiety can be said to be valid.

3. Measuring Instrument Reliability Test

The reliability test in this study used Cronbach's Alpha technique with the help of the SPSS version 16.0 program. The measuring instrument is said to be reliable if it has a Cronbach's Alpha value greater than 0.6. Meanwhile, if Cronbach's Alpha value is less than 0.6, it is said to be unreliable (Suharsimi, 2006). The following are the results of the reliability test of the social comparison scale and social anxiety

Table 4. Reliability Test Result

Scale	Nilai Alpha Cronbach's
Social Comparison	.879

Social Anxiety **.910**

Based on the reliability test on the social comparison scale and social anxiety, Cronbach's Alpha coefficient values are 0.879 and 0.910, respectively, so a value greater than 0.6 on one social comparison scale and social anxiety is said to be reliable. The normality test was conducted to determine whether the data used in this study were normally distributed or not. The testing technique used in this study is the Kolmogorov-Smirnov test with the help of the SPSS version 16.0 program. The rule used to determine the normality of the data distribution is if the value of sig. > 0.05 the distribution is said to be normal or if the value of sig. < 0.05 then the distribution is considered abnormal.

Table 5. Data Normality Test Results

	Significance Value (p)	Information
Social Comparison	.790	Normal
Social Anxiety	.692	Normal

Based on the results of the Kolmogorov-Smirnov normality test, it is known that the significance value of the two variables is > 0.05, so it can be concluded that the residual values of the two variables are normally distributed.

4. Linearity Test

The linearity test aims to determine whether two variables have a significant linear relationship or not. If the value of deviation from linearity Sig. > 0.05, then there is a linear relationship between the independent and dependent variables. Meanwhile, if the value of deviation from linearity Sig. < 0.05, then there is no linear relationship between the independent and dependent variables.

Table 6. Linearity Test Results

			Sig.
Social Anxiety Social Comparison	<i>Between Group</i>	(<i>Combined</i>)	.000
<i>Linearity</i>			.000
<i>Deviation from Linearity</i>			.077

Based on the linearity test, it can be seen that the deviation from linearity Sig. is 0.077 > 0.05. So it can be concluded that there is a significant linear relationship.

5. Hypothesis Testing

Hypothesis testing is carried out on research that has been collected from interrelated variables to find out whether the two variables to be tested have a correlation or not. If the significance is < 0.05, then Ho is rejected and the distribution of scores on the variables is declared to be not normally distributed. If the significance value > 0.05 then Ho is accepted and the distribution of scores on the variables is declared to be normally distributed.

Table 7. Pearson Data Hypothesis Test Results

		Social Comparison	Social Anxiety
Social Comparison	<i>Pearson Correlaton</i>	1	.767
	Sig.(2-tailed)		.000
	N	100	100
Social Anxiety	<i>Pearson Correlation</i>	.767	1
	Sig.2-tailed)	.000	
	N	100	100

Based on the results of Pearson's Product Moment hypothesis test, it is known that the social comparison variable and the social anxiety variable show a positive relationship ($r = 0.767$) meaning that the higher the social comparison, the higher the level of social anxiety. Furthermore, the significance value ($p = 0.000$) indicates that social comparison has a significant relationship with social anxiety ($p < 0.05$).

Based on these results, it can be said that the null hypothesis in this study is accepted so that social comparison has a positive and significant relationship with social anxiety in adolescent Instagram users (Goodman, Kelso, Wiernik, & Kashdan, 2021).

6. Categorization

Categorization is done to place research subjects into groups whose positions are tiered according to a continuum based on the measured attributes (Rahmat & Izudin, 2018).

7. Social Comparison Categorization

From the results of the data that has been obtained, the categories for social comparison variables get the following results.

Table 8. Social Comparison Categorization

Categori	Skor	Frekuensi	Persentase
Low	$x < 26$	7	7%
Currently	$26 \leq x \leq 39$	48	48%
High	$39 \leq x$	35	35%
	Total	100	100%

Based on table 8 above shows that the level of social comparison in adolescent Instagram users is at the level of the medium category, obtaining a percentage of 48%.

8. Categorization of Social Anxiety

Categorization for social anxiety variables obtained the following results:

Table 9. Categorization of Social Anxiety

Categori	Skor	Frekuensi	Persentase
Low	$x < 36$	8	8%
Currently	$36 \leq x \leq 54$	49	49%
High	$54 \leq x$	43	43%
	Total	100	100%

Based on table 9 above, it is shown that the level of social anxiety in adolescent Instagram users is at the level of the moderate category, obtaining a percentage of 49%.

CONCLUSION

Based on data obtained through the online distribution of attitude scales to adolescent Instagram users in Jakarta, it can be seen that there is a significant relationship that is highly correlated, and positive relationship between social comparison and social anxiety with a correlation coefficient value of 0.767 with a p-value of 0.000 ($p < 0.05$). The results of these calculations indicate that the two variables have a positive and significant relationship. That is, the higher the social comparison, the higher the level of social anxiety, and vice versa. The results of this study are in line with research conducted by Ho, et al (2016), that social comparisons with peers in social networks have a positive relationship with body dissatisfaction. Social media has a very important role in making social comparisons that lead to body dissatisfaction such as self-presentation by peers so that teenagers can constantly see photos or videos uploaded by their friends. In addition, this is in line with the results of the categorization test conducted where social comparisons depend on the moderate category and social anxiety depends on the moderate category. This means that the two variables are not negatively proportional but positively proportional. The results of this study are in line with (Setiawati, 2020), that there is a significant negative relationship between social comparison and body image, so it can be concluded that the higher the subject's social comparison, the lower his body image and vice versa. shows that the number of respondents in this study consisted of 45% male adolescents and 55% female adolescents, this indicates that in this study the results of social comparison categorization were at a high level dominated by female respondents. The results of this study are in line with research conducted by (Elfina, 2015), that social anxiety is more common in the female sex (80.6%) compared to the male gender (19.37%). Suggestions that can be given to researchers who want to do similar research are expected to be able to develop this research again with other variables indicated to be related to social anxiety, increase the number of subjects, and use qualitative research methods so that it can be widely understood. Suggestions for adolescent Instagram users should not do too many social comparisons that can cause social anxiety. However, increase motivation in improving self-appearance skills, and expand knowledge so that you understand yourself more fully. The DKI Jakarta Provincial Government or policymakers should make regulations or programs for the development of healthy adolescent characters related to the use of social media.

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