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## **Pengaruh *Body Image* dan *Social Comparison* terhadap *Life Satisfaction* pada Remaja dengan *Acne Vulgaris***

## **The Effect of Body Image and Social Comparison towards Life Satisfaction in Adolescents with Acne Vulgaris**

**Nur 'Azizah Laili Anjainah\* & Jainudin**

Study Program of Psychology, Faculty of Psychology and Health,  
Universitas Islam Negeri Sunan Ampel, Indonesia

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\*Corresponding Author: Email: [lailianjainah01@gmail.com](mailto:lailianjainah01@gmail.com)

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### **Abstrak**

Tingkat *life satisfaction* diketahui lebih rendah pada orang dengan *acne vulgaris* dibandingkan mereka yang tidak memiliki penyakit dermatologis ini. Riset ini melihat ada tidaknya pengaruh antara *body image* dan *social comparison* terhadap *life satisfaction* pada remaja dengan *acne vulgaris*. Penelitian ini menggunakan metode kuantitatif korelasional dengan *Satisfaction with Life Scale* (SWLS), *Multidimensional Body Self Relations Questionnaire – Appearance Scales* (MBSRQ-AS), dan *Iowa-Netherlands Comparison Orientation Scale* sebagai instrumen penelitian. Subjek penelitian ini merupakan remaja dengan *acne vulgaris* sebanyak 352 orang. Pengambilan sampel dilakukan dengan *purposive sampling*. Penelitian ini menggunakan analisis regresi linier berganda. Hasil analisis mengungkap bahwa *body image* mempengaruhi *life satisfaction* dan *social comparison* juga berpengaruh terhadap *life satisfaction*. Kedua variabel bebas juga terbukti secara bersama-sama mempengaruhi *life satisfaction* dengan presentase sebesar 39,2%.

**Kata Kunci:** *Body Image; Social Comparison; Life Satisfaction; Acne Vulgaris.*

### **Abstract**

*Life satisfaction levels are known to be lower in people with acne vulgaris than in those who do not have this dermatological disease. This research looked at whether there was an effect between body image and social comparison on life satisfaction in adolescents with acne vulgaris. This study uses a correlational quantitative method with Satisfaction with Life Scale (SWLS), Multidimensional Body Self Relations Questionnaire – Appearance Scales (MBSRQ-AS), and Iowa-Netherlands Comparison Orientation Scale as research instruments. The subjects of this study are adolescents with acne vulgaris as many as 352 people. Sampling was carried out by purposive sampling. This study uses multiple linear regression analysis. The results of the analysis revealed that body image affects life satisfaction and social comparison also affects life satisfaction. The two independent variables were also proven to jointly affect life satisfaction with a percentage of 39.2%.*

**Keywords:** *Body Image; Social Comparison; Life Satisfaction; Acne Vulgaris.*

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## INTRODUCTION

More than 85% of adolescents suffer from acne and 50% of cases continue into adulthood (Hazarika & Rajaprabha, 2016; Skroza et al., 2018). Acne or its scientific language acne vulgaris is a chronic inflammatory disease of the pilosebaceous unit whose symptoms are characterized by seborrhea, open and closed blackheads, papules, pustules, and in more severe cases, nodules and pseudocysts. Acne vulgaris usually attacks the face, upper chest, and upper back (George & Sridharan, 2018). The appearance of acne in adolescents can have a negative impact on their psychological state. Teenagers who experience this situation usually have low self-confidence. In addition, adolescents also experience other changes that eventually become vulnerable to experiencing psychological problems, such as low life satisfaction (Orben et al., 2022).

Life satisfaction is part of the Subjective wellbeing and can be seen from the relationship of the individual with his or her life (Voukelatou et al., 2021). Life satisfaction is a concept related to Subjective wellbeing individual and includes emotional reactions and is shaped by social contexts and criteria that show how well-being is defined in general terms (Demirbilek & Keser, 2023). Life satisfaction is part of Subjective wellbeing which refers to the cognitive evaluation of the comparison of the standard of life made by oneself with all aspects of life today.

Research Daly (2022) reveals that the level of life satisfaction in most adolescents experienced a decline. Declining trend in rates life satisfaction in adolescents can be directed by the onset acne vulgaris. There are research results showing that the level of life satisfaction significantly lower in people with acne vulgaris compared to those who do not have this dermatological disease (Alanazi et al., 2018). The appearance of acne, especially in the face area in adolescents, is considered very disturbing for the sufferer. In fact, many adolescents who experience this condition rarely go out of the house and interact with others because they are not confident and afraid of being judged badly by others. Reporting from Coil (2019) A survey conducted by the British Skin Foundation showed that every one in five people with acne experienced life satisfaction who are low by having ever thought about making a suicide attempt.

One of the many factors that affect life satisfaction in adolescents with acne vulgaris be body image. According to Grogan, body image It is a multidimensional thing that includes an individual's perception of one's appearance and related thoughts and feelings about it (Shoraka et al., 2019). How individuals judge and view their own bodies impacts the level life satisfaction individuals. Individuals who feel satisfied with their bodies tend to have satisfaction with their lives (Swami et al., 2018). An individual's positive assessment of his body will have an impact on life satisfaction high. The more an individual values his own body, the higher the level of life satisfaction (Davis et al., 2020).

In addition to how individuals perceive their bodies, behaviors Social Comparison is also a variable that affects the level of life satisfaction. According to Festinger Social comparison refers to the tendency to use others as a source of information to make comparisons of abilities, behaviors, thoughts, and feelings (Verduyn et al., 2020). Causes of individuals not having life satisfaction One of them is because it often does Social

Comparison with other individuals (Civitci & Civitci, 2015; Khan et al., 2020). Social comparison that arises because of the environment greatly affects individual behavior. One study revealed that Social Comparison in individuals can increase various risks. The risks that occur due to behavior Social Comparison namely depression, self-harm, also related to other psychological factors such as rumination, dysfunctional attitudes, shame, and self-criticism, so that this has an impact on the low life satisfaction (Wetherall et al., 2019). The risks lurking from social comparison in individuals should be realized by all groups, especially adolescents with acne vulgaris.

A research conducted Biçer & Demir (2020) reveals that body image with life satisfaction are known to be positively correlated and quite significant. In the research Hafizah (2021) It is evident that body image Affects the rate life satisfaction to students. The more individuals view their own body positively, the more it will affect the increase in life satisfaction Individual. There is a study that also shows that individuals who often make upward comparisons tend to have life satisfaction The low (Olivos et al., 2021). Based on previous research that has been conducted, researchers are interested in seeing the influence of body image and Social Comparison to the level of life satisfaction in adolescents who experience acne vulgaris. The results of this study will contribute to the overview of the influence of each of the two variables and their effects together on life satisfaction in adolescents with acne vulgaris.

## **RESEARCH METHODS**

This study uses a correlational quantitative method. The subjects of this study are individuals who are in the adolescent phase with the age of 12 – 18 years, domiciled in Surabaya, and experiencing acne skin problems. The sampling technique uses Purposive Sampling and obtained as many as 352 subjects. This research uses instruments Satisfaction with Life Scale (SWLS) developed by E. D. Diener et al., (1985) It consists of several aspects, namely the individual's desire to change his life, the individual's satisfaction with his life now, in the past, in the future, and the individual's assessment of his life ( $\alpha = 0.835$ ), Multidimensional Body Self Relations Questionnaire – Appearance Scales (MBSRQ-AS) which has been modified in the research (Cash et al., 2002) which consists of aspects of appearance evaluation and appearance orientation ( $\alpha = 0.821$ ), and Iowa-Netherlands Comparison Orientation Scale developed by Gibbons & Buunk, (1999) which consists of aspects of ability and opinion ( $\alpha = 0.807$ ).

## **RESULTS AND DISCUSSION**

Based on the results of the data distribution, it was found that of the 352 respondents obtained, there were 38 (10.8%) adolescents who had low life satisfaction, 247 (70.2%) adolescents were in the medium category and 67 (19%) adolescents were in the high category. Furthermore, the results of this study show the level of body image in adolescents with acne vulgaris. There were 35 (9.9%) respondents with low or negative body image scores, 251 (71.3%) respondents in the medium category, and 66 (18.8%) respondents with high scores or in the positive category. Next, there is an overview of the level of social comparison from 352

respondents. A total of 71 (20.2%) respondents were in the low category, 213 (60.5%) respondents were in the medium category, and 68 (19.3%) respondents were in the high category.

To meet the requirements of the multiple linear regression analysis test, the researcher needs to conduct several tests to meet the requirements of the hypothesis test, namely by conducting normality, heteroscedasticity, and multicollinearity tests. The normality test conducted showed a data significance value of 0.535 ( $p > 0.05$ ), therefore, the data in this study was distributed normally. The results of the normality test are shown in the following table:

Table 1. Normality Test

	Unstandardized Residual
Kolmogorov-Smirnov Z	.805
Asymp. Sig. (2-tailed)	.535

Then the park test was carried out to find out if the data experienced heteroscedasticity. The results of the heteroscedasticity test can be seen in the table below:

Table 2. Heteroscedasticity Test

Type	t	Sig.
(Constant)	3.199	.002
Body Image	-1.788	.075
Social Comparison	1.650	.100

From the table, it can be said that the data in this study did not experience heteroscedasticity because the significance value  $> 0.05$ . After that, a multicollinearity test is carried out. The results of the multicollinearity test are shown in the following table:

Table 3. Multicollinearity Test

Type	Collinearity Statistic	
	Tolerance	VIF
Body Image	.998	1.002
Social Comparison	.998	1.002

Based on the analysis of the data presented in the table above, it is known that the tolerance values of the body image and social comparison variables are both  $0.998 > 0.10$  and VIF is  $1.002 < 10$ , which means that the two variables are multicollinearity. Furthermore, the researcher examined the level of contribution of the two independent variables to the formation of dependent variables. The results are shown in the table below:

Table 4. Multiple Test Analysis of Body Image and Social Comparison on Life Satisfaction

Type	R	R Square	Adjusted R Square	R	Std. Error of the Estimate
1	.626	.392	.388		4.670

a

The results of the above test showed an R Square value of 0.392 in other words the variables body image and social comparison contributed 39.2% to the level of life satisfaction in adolescents

with acne vulgaris, while the remaining percentage was influenced by additional variables that were not discussed in this study. Furthermore, the results of the hypothesis test conducted to answer the hypothesis of this study are as follows:

Table 5. Hypothesis Test

Type	Standarized		t	Sig.
	Coefficients			
	Beta			
Constant			15.973	.000
Body Image	.375		8.965	.000
Social Comparison	-.484		-	.000
			11.581	

Based on the Sig. value of the two variables, namely 0.000 ( $p < 0.05$ ), it can be concluded that the bound variable is influenced by the two independent variables in this study. Body image has a positive effect on life satisfaction and social comparison has a negative effect on life satisfaction.

From the results of the hypothesis test in this study, it is known that the significance value between body image with life satisfaction 0.000 ( $p < 0.05$ ) which indicates that body image has an influence on the bound variable. The more individuals view their own body positively, the more it will affect the increase in life satisfaction Individual. The results of this study are in line with research that shows that individuals who feel uncomfortable with their bodies have an effect on their level of happiness and tendency to be dissatisfied with their lives (Sari et al., 2021). Adolescents with a high or positive body image will have Self-esteem and with Self-esteem These teenagers will be able to interact well in the community. Having a good relationship with their social environment will make adolescents have a high level of life satisfaction Safitri & Rizal, (2020). Research Biçer & Demir (2020) also reveals the same thing where body image positive ones will affect the increase life satisfaction Individual.

Other influencing factors life satisfaction individuals are Social Comparison. The results of the hypothesis test between Social Comparison with life satisfaction shows that there is an influence on both variables because the significance value obtained is 0.000 ( $p < 0.05$ ). The more often individuals perform Social Comparison, thus having an impact on the low life satisfaction. Other research also reveals the same thing that Social Comparison affect the level of life satisfaction (Olivos et al., 2021). According to the study, individuals who rarely do Social Comparison will have an impact on the height life satisfaction that are felt. This is because this phase of adolescents is synonymous with their attitudes and behaviors that try to blend in with their environment and make adjustments to be accepted by their environment, so that adolescents are vulnerable to disorders in the form of ideas, feelings, intellectuals, stress, and anxiety, so that adolescents conduct self-evaluations that tend to be negative by comparing themselves with others (Thahir, 2018).

The results of the data analysis conducted showed that there was a relationship between body image and Social Comparison with life satisfaction. This is known from the significance value of the two independent variables of 0.000 ( $p < 0.05$ ). Research Anjela & Ambarwati (2022) also reveals the same thing that individuals who experience body image negative and do Social Comparison related to physical appearance will have an impact on decreasing the quality of life of

individuals. This ends at the level of happiness and life satisfaction low. In this study, the contribution of the two independent variables to the formation of life satisfaction by 39.2%. So, the question in this study is that there is an influence between body image and Social Comparison Against life satisfaction in adolescents with acne vulgaris evident.

The implications of this study are expected to add knowledge and enrich readers about life satisfaction in adolescents suffering from acne vulgaris. Readers are also expected to know about what factors affect the level of individual life satisfaction. For adolescents themselves, this research is expected to be able to be understood as knowledge and add insight. The results of this study can later be input into issues related to life satisfaction in adolescents who suffer from acne vulgaris.

## CONCLUSION

Based on the analysis of the data above, it is proven that body image and social comparison are significantly related to the level of life satisfaction in adolescents with acne vulgaris. These two variables contributed 39.2% to the occurrence of life satisfaction in adolescents with acne vulgaris, the rest were other predictors that were not examined in this study. The study has a weakness where it only examines the influence of body image variables and social comparison on life satisfaction levels. The contribution given by the two independent variables is small in this study, so as a consideration for future researchers to look at other variables that are assumed as predictors of the life satisfaction variable.

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