

The Correlation Between Social Comparison and Depression in Adolescents Aged 12-24 Years in Suci Village, Manyar District, Gresik

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Article Information	ABSTRACT
Article History: <i>Submission:</i> 12 June 2024 <i>Revision:</i> 03 August 2024 <i>Reception:</i> 12 August 2024	Introduction: Social comparison is a behavior that often occurs in adolescents who tend to compare themselves with others, based on social status, economic status, beauty, personality traits, abilities, opinions, emotional reactions, and so on. The tendency to make a social comparison that adolescents are greater when they evaluate themselves which can cause dissatisfaction with themselves and cause negative and positive effects, so which can cause frustration to depression. The purpose of this research was to know the correlation between social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik. Method: The type of research used is quantitative with a cross-sectional approach. The population was 73 teenagers and the sample used was 62 teenagers using simple random sampling technique. Statistical tests used the Spearman Rank. Results: The research results showed that the level of social comparison in adolescents classified as medium category with as many as 44 people (71%). In the incidence of depression in adolescents is classified as a mild category for as many as 40 people (64.5%). The significance value of the correlation between social comparison and depression in adolescents was obtained by p-value = $0.464 \geq \alpha$ (0.05). Conclusion: There is no correlation between social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik.
Keywords: Social Comparison, Depression, Adolescents	
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INTRODUCTION

Social comparison is a human behavior that tries to compare oneself with other people or individual groups with other groups related to social status, economic status, beauty, personality traits, abilities, opinions, emotional reactions, and so on (Situmeang,

2015). According to Saadat et al. (2017) define social comparison as a process of thinking about oneself in relation to other people which is used to evaluate individual opinions and abilities that are adjusted in society. Humans are social creatures who, in carrying out social processes, will tend to show impressions, communicate, assess their social situation, and make certain comparisons. According to Festinger, social comparison occurs when individuals are driven by the desire to evaluate and compare themselves with other people specifically or in general. Social comparison is not something that is rarely found in our environment. Not a few people make or make comparisons every day, because there isn't objective comparison information available (Febrianti & Supriyadi, 2020). In general, social comparison in society refers to the behavior of comparing aspects such as opinions, status, behavior, success, and so on. These aspects are compared with other people so that they have a better assessment of themselves (Buunk & Gibbons, 2007). Social conditions in society in general have various unwritten standards, such as standards of ability, achievement, intelligence, beauty, good looks, body image, and so on. In this modern era, many figures that make a person encouraged to do social comparison, especially with the booming use of cyberspace (Bacan et al., 2018).

This behavior often occurs in teenagers who tend to compare themselves with other people in their environment and the mass media. Adolescents have a greater tendency to engage in social comparison when they evaluate themselves, giving rise to feelings of dissatisfaction with themselves (Santrock, 2003b). According to Festinger (1954), this is used as a benchmark for evaluating opinions and abilities, as well as for managing emotions and maintaining self-esteem. Social comparison carried out by individuals, including teenagers, can have negative and positive effects. The effects can impact self-confidence, motivation, attitudes, and negative feelings. This can also have an impact on mental health where it can be said that teenagers have unstable emotions. This affects the way they face and solve the problems they are experiencing, which will then cause teenagers to have difficulty understanding themselves and find themselves at a dead end (Anjarsari & Sari, 2020), thus causing frustration and even depression (Santrock, 2003b).

According to the World Health Organization (WHO) (2021), depression is a mental illness that is common throughout the world. Around 3.8% of the world's population and 50% of them are adults aged >60 years. According to the Institute for Health Metric and Evaluation (IHME) (2017), in calculating the burden of disease in 2017, there are types of mental disorders that are expected to be experienced by residents in Indonesia, one of which is depressive disorders. In three decades (1990-2017), depressive disorders remained in the first place of the top 10 mental disorders. Based on data obtained from Riskesdas (2019), shows that depressive disorders begin to occur in the adolescent age group at the age of 15-24 years, namely at 6.2%. In East Java, the prevalence of depression in the population aged over 15 years is around 4.53% with a total of 74,657 residents. The low level of depression was 4.28%, while the high level of depression was 4.79%. So the depression scale in East Java province shows that high levels of depression have a greater percentage compared to residents who experience low levels of depression. This also happens in Gresik Regency/City with around 8.16% of the population aged 15 years and over experiencing depression with a total of 2,382 residents. The low level of depression was 6.25%, while the high level of depression was 10.58%.

Based on a preliminary study conducted in Suci Village, Manyar Gresik District, shows that 7 out of 10 teenagers aged 12-24 years experience depression because they feel insecure and have low self-esteem due to comparing themselves with the lives of their friends or neighbors such as physical problems, intelligence, success, and so on. Meanwhile,

3 other teenagers stated that they felt motivated and encouraged to be like what they were compared to.

This depressive condition can be experienced by anyone, including teenagers. The causal factors can be influenced by pressure that arises from within oneself or from other people. One of these pressures is insecurity, namely feelings of anxiety, doubt, inadequacy, and lack of self-confidence. This is what people often experience, especially teenagers who often compare themselves to other people or even themselves in the past. Apart from that, another reason is that adolescence is a period when someone has relatively not yet reached the stage of mental and social maturity so changes that occur in development and growth cause teenagers to be very vulnerable to experiencing various physiological and psychological problems (Primadiana et al., 2019). According to Wika et al. (2018), teenagers often carry out social comparisons against models or peers to assess their bodies in terms of height, weight, appearance, or even intelligence. This is because peers are the highest targets for conducting social comparisons for teenagers to evaluate themselves.

This is to Santrock's (2003b) statement that teenagers tend to see and compare themselves with others. This behavioral tendency is carried out when evaluating oneself, which causes a feeling of dissatisfaction with oneself (Wika et al., 2018). The problem that arises from social comparison behavior is that someone will feel that they are worse off, especially when they have low self-control. Other effects that can result from this behavior are frustration, jealousy, violence, and low self-esteem (Fakhri, 2017). This is also contained in Gerber's (2018) statement that social comparison has the impact of decreasing self-esteem, so it can potentially affect a person's mental condition. This research aims to know the correlation between social comparison and depression in adolescents aged 12 - 24 years in Suci Village, Manyar Gresik District.

LITERATURE REVIEW

Adolescence is a transition period from childhood to adulthood, during this transition period adolescents explore alternatives and try various options as part of identity development. According to the World Health Organization (WHO), the age limit for adolescents is 12 to 24 years (Nur, 2018). In general, adolescent girls are less satisfied with the condition of their bodies and have a more negative body image compared to adolescent boys (Santrock, 2003b). Physical and cultural factors influence teenagers' popularity. Physically attractive teenagers are more popular than those who are unattractive. Intelligent teenagers are more popular than less intelligent teenagers. Adolescents who grow up in middle class environments tend to be more popular than those who grow up in lower class environments (Santrock, 2003a).

Social comparison theory is one of the social theories that contains individual social behavior in the process of social comparison such as making self-assessments of others, forming impressions about others, and accepting that oneself does not have freedom of action. This theory was proposed by Leon Festinger (Fakhri, 2017). According to Sayag & Kavé (2022), there are 3 (three) types of social comparison, namely downward, upward, and lateral. The factors that influence social comparison according to Jannah (2019) are Self-enhancement, Self-improvement, Self-assessment, and Social-Judgement.

Depression according to the World Health Organization (WHO) is a mental disorder characterized by the appearance of symptoms of feelings of depression, decreased interest in something, loss of energy, low self-esteem, difficulty sleeping, sleep or appetite disturbances, feelings of tiredness, and decreased concentration. This condition can occur repeatedly and be chronic. Therefore, depression can interfere with an individual's ability to carry out daily activities, and can even lead to suicide (Dianovinina, 2018). According to

Saam & Wahyuni (2019), there are 4 causes of depression, namely lack of positive reinforcement, negative thinking, learned helplessness, and inadequate self-regulation. According to Santrock (2003b), other factors that can cause depression in adolescents are related to specific factors, for example negative events related to peers. Limited relationships with peers such as the absence of close relationships with friends, rejection from peers, and few relationships with friends, experiences facing difficult changes or challenges, and parental divorce.

METHOD

The research type used is quantitative research with a cross-sectional approach. This research was conducted using 62 respondents with aged criteria of 12-24 years who lived in Suci Village, Manyar District, Gresik Regency, which has a population of 73 people. The sample size in this study was determined using the Slovin formula (Precision value or significance value of 95% = 0.05). The number of respondents was selected using probability sampling techniques with simple random sampling type. The criteria for respondents selected were adolescents aged 12-24 years who lived and settled in that location, and agreed to be respondents. The entire population that has been collected, then randomly selected using a random generator application or website.

The type of instrument used for the independent variable (social comparison) is the Iowa-Netherlands Comparison Measure (INCOM) scale compiled by Gibbons & Buunk in 1999 and has been adapted to Indonesia and modified by Jannah (2019) with a reliability test with a Cronbach alpha of 0.83 so that, it is said to be reliable and consists of 11 question items. The validity test of the Social Comparison Scale resulted 10 valid items and 1 invalid item. Valid question item have validity coefficient ranging from 0.639-0.756 using a coefficient value of 5% (0.632). The reliability test results showed an Alpha coefficient (α) of 0.760 using a Cronbach Alpha value <0.70 . This scale assesses two aspects of comparison based on Festinger's theory in 1954, namely the ability aspect and the opinion aspect. The scale assessment is categorized into five answer options, namely strongly agree, agree, neutral, disagree, and strongly disagree. The assessment categories on the Social Comparison Scale are assessed based on the Theoretical Mean and Standard Deviation values so that the following categories are obtained.

Table 1 Social Comparison Variable Score Category

Category	Score	Results
High	$x \geq M+1.SD$	$x \geq 40$
Medium	$(M-1.SD) \leq x < (M+1.SD)$	$26 \leq x < 40$
Low	$x < M-1.SD$	$x < 26$

Meanwhile, the instrument used for the dependent variable (depression in adolescents) uses the standard Beck Depression Inventory (BDI) scale from Beck in 1961 which has been adapted to Indonesian and modified by Elisabeth (2018) with a reliability test with a Cronbach alpha of 0.739 so that, it is said to be reliable. This scale consists of 21 question items assessing 21 categories. The scale assessment is categorized into four answer choices consisting of values 0-3. The assessment categories on the Depression Scale are mild (0-16), moderate (17-30), and severe (31-40+). Testing the validity of the Depression Scale resulted in 19 valid items and 2 invalid items. Valid items have a validity coefficient ranging from 0.660-0.794 using a coefficient value of 5% (0.632). The reliability test results show an Alpha coefficient (α) of 0.761 using a Cronbach Alpha value <0.70 .

Data analysis carried out in this research used the Kolmogorov-Smirnov Test as a normality test (Sig. (p) > 0.05) where both variables have a value of 0.000 so the data is not normally distributed. Meanwhile, hypothesis testing uses the non-parametric Spearman Rank statistical test, because the independent variable and dependent variable are on an ordinal-ordinal scale. The results are seen based on the p-value ≤ 0.05 (there is a significant effect on the relationship between the independent variable and the dependent variable) and the correlation coefficient (r) which is assessed from the direction of a positive relationship, where the higher the x score, the higher the y score. The correlation coefficient is also assessed from the direction of a negative relationship, meaning that the lower the x score, the higher the y score. All data processing in this research uses SPSS for Windows version 21. The research ethics test was carried out by the Research Ethics Commission of the Faculty of Health, University of Muhammadiyah Gresik, and obtained ethical permission number 162/KET/II.3.UMG/KEP/A/2022.

RESULT AND DISCUSSION

This study involved 62 adolescents aged 12-24 years as the respondents. Table 2 shows the characteristics of adolescents in this study including age, gender, and education which are presented as follows. The study showed that the majority of teenagers aged 12-15 years were 33 people (53.2 %), the majority of teenagers were female, 32 people (51.6 %), and the majority of teenagers had junior high school education, 33 people (53.2 %) (Table 2).

Table 2 Frequency Distribution Based on Respondent Characteristics (N= 62)

Characteristics	Frequency	Percentage (%)
Age		
12-25 Years	33	53.2
16-18 Years	13	21
19-24 Years	16	25.8
Gender		
Male	30	48.4
Female	32	51.6
Education		
Junior High School	33	53.2
Senior High School	13	21
College	12	19.4
Not Attending School/College	4	6.5

Table 3 shows the variable of social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik. Based on Table 3, shows that more than half of teenagers have social comparison in the moderate category, 44 people (71%), and more than half of teenagers have mild levels of depression, 40 people (64.5%). This means that the teenager is quite used to comparing himself with other people in several aspects of life based on aspects of ability (ability) and opinion (opinion). The results of this research are equivalent to research by Jannah (2019) which shows that almost all people carry out social comparisons in the moderate category, 86 people (78.90%).

Teenagers often carry out social comparisons against models or peers to assess their bodies in terms of height, weight, appearance, or even intelligence (Wika et al., 2018). This is to Santrock's (2003b) statement that teenagers tend to look at themselves and compare them with other people in the environment or the mass media. Another study mentioned

by Jannah (2019) states that the negative impact of social comparison behavior is that it has a negative influence on self-evaluation, causes a bad mood, and causes feelings of depression (stress).

Table 3 Frequency Distribution Based on Social Comparison with Depression in Adolescents Aged 12-24 Years

Variable	Frequency	Percentage (%)
Social Comparison		
Low	8	12.9
Medium	44	71
High	10	16.1
Depression in Adolescents		
Mild	40	64.5
Medium	16	25.8
Heavy	6	9.7

Teenagers tend to need recognition and will continue to be hungry for praise, and they will continue to look at other people's lives. However, on the one hand, teenagers have less stable emotional conditions and less mature thinking, so it is feared that if they overdo it, they will lack a sense of gratitude and lack self-love. They will always view themselves as bad, especially if they have low self-control. What will result from this behavior is jealousy, low self-esteem, and frustration. Therefore, there is a need for support from the environment, including parents, siblings, and peers, to always be self-loving and have good self-control.

Meanwhile, based on Table 3, it can be seen that the majority of teenagers aged 12-24 years in Suci Village, Manyar District, Gresik have a high level of depression in the mild category, there were 40 teenagers (64.5%). Teenagers are called the Storm and Stress period because their emotional conditions are unstable, easily volatile, and vulnerable to conflict caused by high sensitivity so they are easily stressed and have low-stress tolerance (Dianovinina, 2018). The causes of depression experienced by one person and another person are not the same, it can be due to one cause or due to several causes. Then the risk factors that can increase the occurrence of depression according to Hardjoesanto et al . (2017) are age, gender, and social and cultural factors. Another study states that the impacts caused by depression are disruption of social functions, difficulty concentrating, disruption of work functions, helplessness in learning things, and thoughts of committing suicide which can lead to death (Fitriah & Hariyono, 2019).

Based on this, depression is a disorder that cannot be underestimated, especially in teenagers whose emotions are less stable. If this is not prevented early on, it is feared that it will have an impact on undesirable things. Therefore, good coping mechanisms are needed. If an individual has a good coping mechanism, then the individual will be able to adapt to these changes or burdens. However, if the individual is incapable of coping mechanisms, it will cause anxiety, restlessness, frustration, stress, and depression (Widiyawati & Aripin, 2017). The role of parents is very important in the growth and development of adolescents so they need to pay attention to the condition of adolescents, especially their psychology. Teenagers need to be heard and paid attention to, therefore parenting knowledge towards children is very necessary for parents to educate, provide protection, and observe children's development.

Table 4 shows the correlation between social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik. Data analysis carried out in this research used the Spearman Rank test.

Table 4 Cross Tabulation Of The Correlation Between Social Comparison And Depression In Adolescents Aged 12-24 Years (N= 62)

Social Comparison	Depression in Adolescents						Total		P-Value	α	Correlation Coefficient (r)
	Mild		Medium		Heavy						
	n	%	n	%	n	%	N	%			
Low	4	50	0	0	4	50	8	100	0.464	0.05	0.095
Medium	28	63.6	12	27.3	4	9.1	44	100			
High	3	30	3	30	4	40	10	100			

Based on Table 4, shows that the p-value obtained is $0.464 \geq \alpha (0.05)$, which means there is no correlation between social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar Gresik District. Meanwhile, the correlation coefficient (r) value was obtained at 0.095, which means there is a weak correlation between the two variables with a positive relationship direction. So, if the individual's social comparison score is higher, the higher the adolescent's depression score will be.

Based on the research results, shows that there is no correlation between social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik. These results show a positive relationship, where the higher the level of teenagers engaging in social comparison behavior, the higher the possibility of depression in teenagers, and vice versa. These results are not in line with research by Auliannisa & Hatta (2021) which states that there is a negative relationship between social comparison and depressive symptoms in student Instagram users. So in this research, it is suspected that there are other factors outside the control of the researcher, including the following.

Auliannisa & Hatta (2021) suggest that when someone looks at other people and feels that other people have a better life than them, or other people are better than them. This comparison increases feelings of depression or low self-esteem which triggers judging oneself as worse than others. In this study, what might happen is that teenagers making comparisons with other people do not have much of an impact on feelings of depression and low self-esteem. Adolescents who make these comparisons are likely to be able to evaluate themselves both in terms of opinions and abilities positively so that they do not cause severe symptoms of depression. This evaluation or attitude can be in the form of feelings of liking, satisfaction, or positivity shown by acceptance of one's body shape or it can also be feelings of dislike, dissatisfaction, or negativity. There is also the possibility that teenagers do social comparison because they want to compete with other people. Adolescents who already have the goal of developing themselves to be better have the motivation to carry out social comparisons which can facilitate competitive behavior in other people. When the teenager has a goal to become better, he will be motivated to do better at his assignments. According to Onggono (2021), not all individuals who carry out social comparisons are negative, so the results that emerge when social comparisons are carried out are not depression, but other things that are positive for the individual.

Self-esteem is also a factor in body image problems, for both men and women. This is because self-esteem is one aspect that influences body image (Suarya, 2018). The results of other research show that one of the factors that contribute to predicting self-esteem is the number of negative thoughts about the body that ever appear in a person's mind. Thus, it shows that self-esteem is one of the important things in assessing the body image of teenagers (Sabekti et al., 2019). When self-esteem increases, the level of depression will decrease. Meanwhile, when self-esteem decreases, the level of depression will increase (Tanoko, 2021).

Based on research conducted on teenagers aged 12-24 years in Suci Village, Manyar Gresik District, these teenagers are likely to have increased self-esteem, so this can reduce

risk factors for depression. The results of this research are in line with Aziza (2019) who shows that the higher the student's self-esteem, the lower the depression, and likewise. The results of this study state that individuals who have low self-esteem tend to have feelings of wanting to be someone else because of dissatisfaction with themselves and more often experience negative emotions, have difficulty accepting failure, and are excessively disappointed when they experience failure, view life and various events in life as negative things, difficulty interacting/connecting closely with other people, pessimistic, and not thinking constructively.

Based on research results, show that more than some teenagers experience mild depression. This is likely due to the existence of very good social support in the adolescent environment so that it can prevent symptoms of depression. Good and appropriate social support in the environment is needed by individuals to fulfill their physical and psychological needs. Social support is very necessary for someone to improve their health, well-being, happiness, and maybe even live a little longer because they don't feel pressured, are not ignored, are not avoided and their presence is still taken into account. However, excessive social support causes stress so teenagers need appropriate social support in the form of intensity or frequency as well as the source of the social support itself. Friends, family, lovers, or other factors also play a big role in influencing individuals in evaluating themselves, because friends and family are the people who compare things most often.

Based on research that has been conducted, it was found that women engage in more social comparison behavior than men. This is because women have a higher tendency to carry out social comparisons. Social comparison is also a parameter for women to evaluate their physical appearance. The existence of social comparison, Girls learn to recognize what an attractive appearance looks like, and what society's ideal standards of beauty are, and then assess whether teenagers are by society's ideal standards or not. The more often a woman compares her body with the bodies of other women, the more dissatisfied women are with their bodies (Suarya, 2018). Meanwhile, depression occurs more often in women than in men. This is caused by several things, one of which is the influence of different hormonal levels in men and women (Hardjosesanto et al ., 2017). Adolescent boys need social support that is different from girls, both in form, intensity, and frequency. The depression process for women requires treatment with a process that is quite consistent, intensive, and uses a lot of catharsis or expression of feelings. Meanwhile, men need more processes that can change negative thoughts into positive ones, irrational ones become more rational and more logical.

CONCLUSION

Based on the results of the discussion and description, it was concluded that the level of social comparison among adolescents aged 12-24 years in Suci Village, Manyar District, Gresik, was in the medium category. The incidence rate of depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik is mild depression. There is no correlation between social comparison and depression in adolescents aged 12-24 years in Suci Village, Manyar District, Gresik. The individual's social comparison score is higher, the higher the adolescent's depression score will be.

The limitations of this research which may affect the results of the research are (1) There are limited research time, energy and researcher abilities. (2) This research only took a sample of 62 respondents, of course it is still insufficient to describe the real situation. (3) In the process of collecting data, the information provided by respondents through questionnaires sometimes doesn't show the actual opinions of respondents, this happens because sometimes there are differences in thoughts, assumptions and understandings of

each respondent. In addition, there are other factors such as the honesty factor in filling in the respondents' opinions in the questionnaire, so there is a possibility that the results will be less accurate. (4) The conclusions drawn are only based on data analysis, so it is hoped that there will be further research with different research methods, a wider-samples, other factors that influence between social comparison variables or depression in adolescents, and the use of different and more complete research instruments.

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