

		Correlations															
	B D 1	B D 2	B D 3	B D 4	B D 5	B D 6	B D 7	B D 8	B D 9	B D 10	B D 11	B D 12	B D 13	B D 14	B D 15	B D 16	B D
B D on 1 Correlation	1	.417**	.396**	.553**	.519**	.562**	.592**	.533**	.463**	.625**	.528**	.284**	.328**	.435**	.496**	.456**	.690**
Sig. (2-tailed)		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
B D on 2 Correlation	.417**	1	.462**	.633**	.620**	.603**	.645**	.580**	.635**	.532**	.647**	.500**	.530**	.336**	.527**	.309**	.749**
Sig. (2-tailed)	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
B D on 3 Correlation	.396**	.462**	1	.559**	.584**	.688**	.600**	.555**	.455**	.537**	.387**	.602**	.528**	.528**	.383**	.342**	.714**
Sig. (2-tailed)	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
B D on 4 Correlation	.553**	.633**	.559**	1	.680**	.711**	.707**	.627**	.655**	.635**	.682**	.501**	.570**	.497**	.524**	.307**	.822**
Sig. (2-tailed)	<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
B D on 5 Correlation	.519**	.620**	.584**	.680**	1	.725**	.724**	.666**	.619**	.608**	.593**	.601**	.615**	.481**	.489**	.293**	.818**

Sig. (2-tailed)	<.001	<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255
B Pearson Correlation	.562**	.603**	.688**	.711**	.725**	1	.709**	.717**	.612**	.612**	.572**	.563**	.576**	.515**	.532**	.386**	.840**	
Sig. (2-tailed)	<.001	<.001	<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255
B Pearson Correlation	.592**	.645**	.600**	.707**	.724**	.709**	1	.761**	.619**	.700**	.605**	.433**	.639**	.437**	.513**	.378**	.840**	
Sig. (2-tailed)	<.001	<.001	<.001	<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255
B Pearson Correlation	.533**	.580**	.555**	.627**	.666**	.717**	.761**	1	.719**	.707**	.637**	.455**	.600**	.464**	.472**	.447**	.323**	.840**
Sig. (2-tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255
B Pearson Correlation	.463**	.635**	.455**	.655**	.619**	.612**	.719**	.719**	1	.637**	.706**	.491**	.575**	.468**	.422**	.412**	.386**	.786**
Sig. (2-tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255	N=255
B Pearson Correlation	.625**	.532**	.537**	.635**	.608**	.612**	.700**	.707**	.637**	1	.623**	.355**	.526**	.518**	.504**	.497**	.808**	

Sig. (2- tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001		<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
B D on 1 Corre 6 lation	Pears on 1 Corre 6 lation	.456**	.309**	.342**	.307**	.293**	.386**	.378**	.347**	.312**	.497**	.408**	.304**	.322**	.492**	.471**	1.554**
Sig. (2- tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
B D on Corre lation	Pears on Corre lation	.690**	.749**	.714**	.822**	.818**	.840**	.840**	.823**	.786**	.808**	.778**	.643**	.749**	.664**	.693**	.554**
Sig. (2- tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255

** . Correlation is significant at the 0.01 level (2-tailed).

Case Processing Summary

	N	%
Cases		
Valid	255	100.0
Excluded ^a	0	.0
Total	255	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.947	16

2. Validitas dan Reliabilitas Skala Social Comparison

Correlations

SC 1	SC 2	SC 3	SC 4	SC 5	SC 6	SC 7	SC 8	SC 9	SC 10	SC 11	SC 12	SC 13	SC
------	------	------	------	------	------	------	------	------	-------	-------	-------	-------	----

S C 1	Pearson Correlation	1	.433**	.478**	.428**	.605**	.461**	.340**	.436**	.548**	.380**	.312**	.521**	.426**	.664**
	Sig. (2-tailed)		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255
S C 2	Pearson Correlation		.433**	1	.487**	.517**	.581**	.544**	.455**	.495**	.552**	.566**	.421**	.469**	.474**
	Sig. (2-tailed)		<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N		255	255	255	255	255	255	255	255	255	255	255	255	255
S C 3	Pearson Correlation			.478**	.487**	1	.546**	.532**	.657**	.530**	.478**	.586**	.523**	.461**	.533**
	Sig. (2-tailed)			<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N			255	255	255	255	255	255	255	255	255	255	255	255
S C 4	Pearson Correlation				.428**	.517**	.546**	1	.548**	.500**	.562**	.617**	.645**	.567**	.373**
	Sig. (2-tailed)				<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N				255	255	255	255	255	255	255	255	255	255	255
S C 5	Pearson Correlation					.605**	.581**	.544**	1	.608**	.468**	.572**	.626**	.565**	.414**
	Sig. (2-tailed)					<.001	<.001	<.001		<.001	<.001	<.001	<.001	<.001	<.001
	N					255	255	255	255	255	255	255	255	255	255
S C 6	Pearson Correlation						.461**	.544**	.650**	.508**	1	.575**	.465**	.536**	.515**
	Sig. (2-tailed)						<.001	<.001	<.001	<.001		<.001	<.001	<.001	<.001

	N	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5
S C 7	Pearso n Correl ation	.34 0**	.45 5**	.53 0**	.56 2**	.46 8**	.57 5**	1	.54 1**	.51 7**	.47 2**	.41 6**	.43 4**	.47 0**	.71 3**
	Sig. (2- tailed)	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01		<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01
	N	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5
S C 8	Pearso n Correl ation	.43 6**	.49 5**	.47 8**	.61 7**	.57 2**	.46 5**	.54 1**	1	.61 6**	.60 0**	.41 8**	.51 0**	.40 2**	.75 2**
	Sig. (2- tailed)	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01		<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01
	N	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5
S C 9	Pearso n Correl ation	.54 8**	.55 2**	.58 6**	.64 5**	.62 6**	.53 6**	.51 7**	.61 6**	1	.62 6**	.36 6**	.54 0**	.39 2**	.79 6**
	Sig. (2- tailed)	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01		<.0 01	<.0 01	<.0 01	<.0 01	<.0 01
	N	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5
S C 10	Pearso n Correl ation	.38 0**	.56 6**	.52 6**	.56 7**	.56 5**	.52 5**	.47 2**	.60 0**	.62 6**	1	.44 3**	.45 6**	.31 8**	.74 2**
	Sig. (2- tailed)	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01		<.0 01	<.0 01	<.0 01	<.0 01
	N	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5
S C 11	Pearso n Correl ation	.31 2**	.42 1**	.46 3**	.37 1**	.41 1**	.44 1**	.41 6**	.41 8**	.36 6**	.44 3**	1	.38 1**	.55 1**	.62 2**
	Sig. (2- tailed)	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01	<.0 01		<.0 01	<.0 01	<.0 01
	N	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5	25 5
S C 12	Pearso n Correl ation	.52 1**	.46 9**	.47 1**	.49 6**	.55 4**	.53 6**	.43 4**	.51 0**	.54 0**	.45 6**	.38 1**	1	.51 0**	.72 2**

	Sig. (2- tailed)	<,001	<,001	<,001	<,001	<,001		<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	.02	<,001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
P W B 7	Pears on Corre lation	.574**	.522**	.574**	.563**	.632**	.599**	1	.638**	.560**	.756**	.552**	.526**	.680**	.454**	.473**	.222**	.807**
	Sig. (2- tailed)	<,001	<,001	<,001	<,001	<,001	<,001		<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
P W B 8	Pears on Corre lation	.471**	.400**	.546**	.561**	.604**	.571**	.638**	1	.592**	.665**	.532**	.459**	.587**	.506**	.406**	.306**	.762**
	Sig. (2- tailed)	<,001	<,001	<,001	<,001	<,001	<,001		<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
P W B 9	Pears on Corre lation	.510**	.475**	.526**	.645**	.576**	.592**	.560**	.592**	1	.612**	.613**	.502**	.537**	.408**	.439**	.257**	.765**
	Sig. (2- tailed)	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001		<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
P W B 10	Pears on Corre lation	.593**	.502**	.575**	.577**	.625**	.552**	.756**	.665**	.612**	1	.668**	.489**	.705**	.517**	.527**	.333**	.841**
	Sig. (2- tailed)	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001	<,001		<,001	<,001	<,001	<,001	<,001	<,001	<,001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
P W B	Pears on Corre lation	.559**	.520**	.462**	.573**	.470**	.637**	.552**	.532**	.613**	.668**	1	.428**	.614**	.393**	.550**	.324**	.772**

16	Sig. (2-tailed)	<.001	.002	.012	<.001	<.001	.002	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255
PWB	Pearson Correlation	.714**	.671**	.711**	.765**	.794**	.775**	.807**	.762**	.765**	.841**	.772**	.679**	.795**	.641**	.694**	.416**	1
	Sig. (2-tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255	255

** . Correlation is significant at the 0.01 level (2-tailed).
 * . Correlation is significant at the 0.05 level (2-tailed).

Case Processing Summary

	N	%
Cases		
Valid	255	100.0
Excluded ^a	0	.0
Total	255	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.941	16

4. Uji Normalitas

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual	Unstandardized Residual
N		255	255
Normal Parameters ^{a,b}	Mean	.0000000	.0000000
	Std. Deviation	.24505322	.24342948
Most Extreme Difference	Absolute	.044	.042
	Positive	.044	.032
	Negative	-.039	-.042
Kolmogorov-Smirnov Z		.044	.042
Asymp. Sig. (2-tailed)		.200 ^d	.200 ^d

- a. Test distribution is Normal.
- b. Calculated from data.

Hasil uji normalitas menggunakan One Sample Kolmogorov-Smirnov menunjukkan keduanya nilai Asymp. Sig. (2-tailed) sebesar 0,200 > 0,05. Maka, data disimpulkan berdistribusi normal.

5. Uji Linieritas

ANOVA Table

Variabel	Korelasi	Sig	Keterangan
X ₁ - X ₂	0,829	.<001	<i>Linier</i>
X ₁ - Y	-0,486	.<001	<i>Linier</i>
X ₁ - Y	-0,491	.<001	<i>Linier</i>

Hasil uji menunjukkan bahwa semua korelasi bersifat linier dan signifikan pada level $p < 0,001$.

6. Uji Hipotesis

- a. Uji Korelasi
 - Korelasi Product Moment

Product Moment

Variabel	r xy	Sig	Keterangan
X ₁ - X ₂	0,829	< 0,001	<i>Signifikan</i>
X ₁ - Y	-0,486	< 0,001	<i>Signifikan</i>
X ₂ - Y	-0,491	< 0,001	<i>Signifikan</i>

Hasil uji korelasi Pearson menunjukkan bahwa semua hubungan antar variabel adalah signifikan pada level 0,01 (2-tailed). Terdapat korelasi positif yang kuat antara Body Dissatisfaction dan Social Comparison dengan nilai korelasi 0,829, yang berarti semakin tinggi Body Dissatisfaction, semakin tinggi Social Comparison, dan hubungan ini sangat signifikan ($p < 0,001$). Sementara itu, Body Dissatisfaction dan Kesejahteraan Psikologis menunjukkan korelasi negatif sedang sebesar -0,486, yang mengindikasikan bahwa semakin tinggi Body Dissatisfaction, semakin rendah Kesejahteraan psikologis, dengan tingkat signifikansi yang juga sangat tinggi ($p < 0,001$). Demikian pula, Social Comparison dan Kesejahteraan Psikologis memiliki korelasi negatif sedang sebesar -0,491, yang menunjukkan bahwa semakin tinggi Social Comparison, semakin rendah Kesejahteraan Psikologis, dengan signifikansi yang sangat kuat ($p < 0,001$). Semua korelasi tersebut menunjukkan hubungan yang signifikan.

- b. Uji F

ANOVA^a

Model	Sum of	df	Mean	F	Sig.
-------	--------	----	------	---	------

		Squares		Square		
1	Regression	8557.658	2	4278.82	44.45	<,001
		24254.32		9	7	
	Residual	6	25	96.247		
		32811.98	2			
	Total	4	25			
			4			

Nilai F hitung sebesar 44,457 > nilai F tabel yaitu 3,032 dan nilai sig. yaitu 0,001 < 0,05, maka H0 ditolak dan Ha diterima, artinya variabel body dissatisfaction dan social comparison berpengaruh signifikan terhadap kesejahteraan psikologis.

c. Uji Koefisien Determinasi (R²)

Hasil Uji Koefisien Determinasi (R²)
Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.511 ^a	.261	.255	9.811

Nilai Adj R Square sebesar 0,261 atau 26,1%. Nilai koefisien determinasi tersebut menunjukkan bahwa variabel Body Dissatisfaction (X1) dan Social Comparison (X2) mampu menjelaskan variabel Kesejahteraan Psikologis (Y) sebesar 26,1% sedangkan sisanya yaitu 73,9% dijelaskan oleh variabel lain yang tidak dijelaskan dalam penelitian ini.

d. Uji T Parsial

. Hasil Uji T
Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	59.017	2.214		26.651	<,001
	BD	-.238	.092	-.251	-2.593	.010
	SC	-.364	.125	-.283	-2.924	.004

a. Dependent Variable: PWB

Hasil uji t parsial menunjukkan bahwa baik variabel Body Dissatisfaction (X1) maupun Social Comparison (X2) berpengaruh signifikan negatif terhadap kesejahteraan psikologis. Dengan t hitung masing-masing -2,593 dan -2,924, serta nilai signifikansi masing-masing 0,010 dan 0,004, keduanya memenuhi kriteria untuk menolak hipotesis nol (H0) dan menerima hipotesis alternatif (Ha).