

Hubungan *Social Comparison* dan *Interpersonal Trust* Pengguna TikTok yang
Berpacaran di masa *Emerging Adulthood*

ABSTRAK

Putri, Belicia Nediva. (2026). Hubungan *Social Comparison* dan *Interpersonal Trust* Pengguna TikTok yang Berpacaran di masa *Emerging Adulthood*. Skripsi. Yogyakarta. Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *social comparison* dengan *interpersonal trust* pada *emerging adulthood* pengguna TikTok yang memiliki pacar. Penelitian ini melibatkan 240 partisipan pengguna TikTok yang berada pada rentang usia 18–25 tahun dan sedang menjalin hubungan romantis (berpacaran). Hipotesis yang diajukan adalah terdapat hubungan negatif antara *social comparison* dan *interpersonal trust* pada *emerging adulthood* pengguna TikTok yang memiliki pacar. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional serta teknik pengambilan sampel *non-probability sampling* jenis *convenience sampling*. Pengumpulan data dilakukan melalui kuesioner daring (*Google Form*) menggunakan skala *social comparison* dan skala *interpersonal trust* yang keduanya disusun sendiri oleh peneliti, masing-masing berdasarkan teori Festinger (1954) dengan aspek dari Gibbons dan Buunk (1999), serta teori dan aspek Rempel, Holmes, dan Zanna (1985). Hasil uji reliabilitas menunjukkan bahwa skala *social comparison* memiliki koefisien reliabilitas sebesar ($\alpha = 0,949$) dan skala *interpersonal trust* sebesar ($\alpha = 0,951$). Analisis data menggunakan teknik korelasi *Spearman's rho*. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang kuat antara *social comparison* dan *interpersonal trust* ($r = -0,842$, $p < 0,001$), yang berarti semakin tinggi *social comparison* maka semakin rendah *interpersonal trust*.

Kata kunci: *social comparison*, *interpersonal trust*, *emerging adulthood*, pengguna TikTok, berpacaran.

The Relationship Between Social Comparison and Interpersonal Trust Among TikTok Users in Romantic Relationship During Emerging Adulthood

ABSTRACT

Putri, Belicia Nediva. (2026). *The Relationship Between Social Comparison and Interpersonal Trust Among TikTok Users in Romantic Relationship During Emerging Adulthood*. Skripsi. Yogyakarta. Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

This study aims to examine the relationship between social comparison and interpersonal trust among emerging adults who use TikTok and are currently in a romantic relationship. This study involved 240 participants who were TikTok users aged 18–25 years and currently in a romantic relationship (dating). The hypothesis proposed is that there is a negative relationship between social comparison and interpersonal trust among emerging adults who use TikTok and are currently in a romantic relationship. This study employed a quantitative method with a correlational design and a non-probability sampling technique, specifically convenience sampling. Data collection was conducted through an online questionnaire (Google Form) using a social comparison scale and an interpersonal trust scale, both of which were developed by the researcher, based on Festinger's (1954) theory with aspects from Gibbons and Buunk (1999), and the theory and aspects from Rempel, Holmes, and Zanna (1985), respectively. Reliability testing results showed that the social comparison scale had a reliability coefficient of ($\alpha = 0.949$) and the interpersonal trust scale of ($\alpha = 0.951$). Data analysis was conducted using Spearman's rho correlation technique. The results showed that there is a strong negative relationship between social comparison and interpersonal trust ($r = -0.842$, $p < 0.001$), meaning that the higher the social comparison, the lower the interpersonal trust.

Keywords: social comparison, interpersonal trust, emerging adulthood, TikTok users, romantic relationship.