

ABSTRAK

Chumairotul Halizah, NIM. 1860308222213, 2026. "*Pengaruh Kecenderungan Kecanduan TikTok dan Tingkat Religiusitas terhadap Body Dissatisfaction pada Mahasiswa FUAD UIN Sayyid Ali Rahmatullah Tulungagung.*" Skripsi, Program Studi Psikologi Islam, Fakultas Ushuluddin, Adab, dan Dakwah, UIN Sayyid Ali Rahmatullah Tulungagung. Pembimbing: Ahmad Fauzan, S.S., M.Pd.I.

Kata kunci: Kecenderungan Kecanduan TikTok, Religiusitas, *Body Dissatisfaction*, Mahasiswa.

Body dissatisfaction merupakan kondisi psikologis berupa ketidakpuasan individu terhadap penampilan fisiknya yang dapat berdampak negatif pada kesejahteraan psikologis. Fenomena ini semakin relevan di kalangan mahasiswa seiring meningkatnya penggunaan platform media sosial berbasis visual seperti TikTok. Paparan konten yang memuat standar tubuh ideal mendorong terjadinya social comparison yang dapat memperburuk ketidakpuasan tubuh. Di sisi lain, religiusitas diduga berperan sebagai faktor protektif melalui penguatan penerimaan diri dan rasa syukur. Namun, kajian yang secara spesifik mengaitkan ketiga variabel tersebut pada mahasiswa FUAD masih sangat terbatas.

Penelitian ini bertujuan untuk mengetahui: (1) pengaruh kecenderungan kecanduan TikTok terhadap body dissatisfaction; (2) pengaruh religiusitas terhadap body dissatisfaction; dan (3) pengaruh kecenderungan kecanduan TikTok dan religiusitas secara simultan terhadap body dissatisfaction pada mahasiswa FUAD UIN Sayyid Ali Rahmatullah Tulungagung.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 100 mahasiswa aktif FUAD UIN Sayyid Ali Rahmatullah Tulungagung tahun ajaran 2025/2026 berusia 18–25 tahun yang merupakan pengguna aktif TikTok minimal 1 jam per hari. Pengumpulan data dilakukan menggunakan tiga instrumen, yaitu skala kecenderungan kecanduan TikTok berbasis model Andreassen, skala religiusitas berdasarkan teori Glock dan Stark, serta skala body dissatisfaction berdasarkan teori Ogden. Data dianalisis menggunakan teknik regresi linier berganda.

Hasil penelitian menunjukkan bahwa: (1) kecenderungan kecanduan TikTok berpengaruh positif dan signifikan terhadap body dissatisfaction; (2) religiusitas berpengaruh negatif dan signifikan terhadap body dissatisfaction; dan (3) secara simultan, kecenderungan kecanduan TikTok dan religiusitas berpengaruh signifikan terhadap body dissatisfaction dengan koefisien determinasi (R^2) sebesar 59,1%. Temuan ini mengimplikasikan pentingnya penggunaan media sosial secara bijak serta penguatan nilai religiusitas sebagai upaya menjaga kesejahteraan psikologis mahasiswa.

ABSTRACT

Chumairotul Halizah, Student ID 1860308222213, 2026. *"The Effect of TikTok Addiction Tendency and Religiosity on Body Dissatisfaction among Students of FUAD UIN Sayyid Ali Rahmatullah Tulungagung."* Thesis, Islamic Psychology Study Program, Faculty of Ushuluddin, Adab, and Dakwah, UIN Sayyid Ali Rahmatullah Tulungagung. Supervisor: Ahmad Fauzan, S.S., M.Pd.I.

Keywords: TikTok Addiction Tendency, Religiosity, Body Dissatisfaction, University Students.

Body dissatisfaction is a psychological condition characterized by individuals' negative evaluation of their physical appearance, which can adversely affect psychological well-being. This phenomenon has become increasingly relevant among university students in the context of growing use of visual-based social media platforms such as TikTok. Exposure to content promoting idealized body standards fosters social comparison, which may intensify body dissatisfaction. Conversely, religiosity is proposed as a protective factor through its role in strengthening self-acceptance and gratitude. However, research specifically examining the relationships among these three variables among FUAD students remains limited.

This study aimed to investigate: (1) the effect of TikTok addiction tendency on body dissatisfaction; (2) the effect of religiosity on body dissatisfaction; and (3) the simultaneous effect of TikTok addiction tendency and religiosity on body dissatisfaction among students of FUAD UIN Sayyid Ali Rahmatullah Tulungagung.

A quantitative correlational design was employed. The sample consisted of 100 active students of FUAD UIN Sayyid Ali Rahmatullah Tulungagung in the 2025/2026 academic year, aged 18–25 years, who actively used TikTok for a minimum of one hour per day. Data were collected using three instruments: the TikTok addiction tendency scale based on Andreassen's model, the religiosity scale based on Glock and Stark's theory, and the body dissatisfaction scale based on Ogden's theory. Data were analyzed using multiple linear regression.

The results indicated that: (1) TikTok addiction tendency had a positive and significant effect on body dissatisfaction; (2) religiosity had a negative and significant effect on body dissatisfaction; and (3) TikTok addiction tendency and religiosity simultaneously exerted a significant effect on body dissatisfaction, with a coefficient of determination (R^2) of 59.1%. These findings highlight the importance of mindful social media use and religious value reinforcement as strategies to promote students' psychological well-being.