

## **Comparison is the Thief of Joy: The Role of Social Comparison in Academic Settings on Depression Tendencies with Anxiety Tendencies as a Mediator**

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### **Abstract**

Despite the abundance of research in upward social comparison, yet little studies have investigated the phenomenon in academic settings. This study intends to investigate the relationship of upward social comparison in academic settings, specifically in higher education, towards depression, as well as investigating the mediating role of anxiety in the relationship of upward social comparison and depression. This study employed non-random sampling with cross-section approach, which included 342 female undergraduate students in Universitas Gadjah Mada, Indonesia. Findings indicate that upward social comparison in academic settings had a positive significant relationship towards depression and anxiety ( $p = .148$ ,  $p = .159$ , respectively, as well as anxiety providing full mediation towards depression ( $B = .037$ , with significance of  $p = .345$  ( $p > .05$ )).

**Keywords:** social comparison, upward social comparison, anxiety, depression, undergraduate students

### **Abstrak**

Meskipun sudah banyak penelitian mengenai upward social comparison sebelumnya, namun sedikit penelitian yang menyelidiki fenomena ini di lingkungan akademik. Penelitian ini bermaksud untuk menyelidiki hubungan upward social comparison dalam lingkungan akademik, khususnya dalam pendidikan tinggi, terhadap depresi, serta menyelidiki peran mediasi kecemasan dalam hubungan upward social comparison dan depresi. Penelitian ini menggunakan non-random sampling dengan pendekatan cross-section, yang mencakup 342 mahasiswa wanita di Universitas Gadjah Mada, Indonesia. Hasil penelitian menunjukkan bahwa upward social comparison dalam lingkungan



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akademik memiliki hubungan yang signifikan terhadap depresi dan kecemasan ( $p = .148$ ,  $p = .159$ , masing-masing, serta kecemasan memberikan mediasi penuh terhadap depresi ( $B = .037$ , dengan signifikansi  $p = .345$  ( $p > .05$ )).

**Kata kunci:** perbandingan sosial, upward social comparison, kecemasan, depresi, mahasiswa