

**THE RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND
BODY DISSATISFACTION ON FEMALE STUDENTS AT FACULTY OF
ECONOMICS AND ISLAMIC BUSINESS, UIN AR-RANIRY**

UNDERGRADUATE THESIS

Submitted by

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**PSYCHOLOGY STUDY PROGRAM
FACULTY OF PSYCHOLOGY
AR-RANIRY STATE ISLAMIC UNIVERSITY
BANDA ACEH
2025**

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**Submitted to the Faculty of Psychology,
UIN Ar-Raniry, Banda Aceh,
as one of the requirements for obtaining a
Bachelor of Psychology degree (S.Psi)**

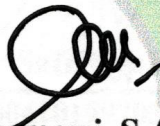
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UNDERGRADUATE THESIS

has been assessed by the thesis examination committee of the
Faculty of Psychology, UIN Ar Raniry, Banda Aceh, and has
been declared to passed and approved as a final assignment to
obtain a bachelor's degree in psychology (S.Psi)

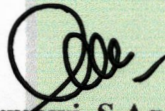
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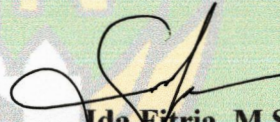
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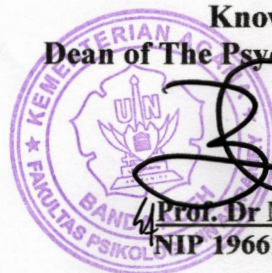
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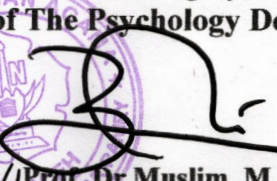
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I hereby declare that this thesis does not contain any work that has been submitted to obtain an undergraduate degree at any university, and to the best of my knowledge, it does not contain any work or opinions that have been written or published by others, except those that are explicitly referenced in this manuscript and mentioned in the bibliography. Should any claims be made by other parties regarding my work in the future, and should evidence be found that I have violated this statement, I am prepared to accept sanctions in accordance with the regulations of the Faculty of Psychology at Ar-Raniry State Islamic University in Banda Aceh.

Banda Aceh, 21 August 2025
The Declarant,



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FOREWORD

Praise be to Allah SWT for granting the researcher good health and the opportunity to complete this thesis. Peace and blessings be upon the Prophet Muhammad SAW, who fought for Islam and led his followers to a world full of knowledge.

With the permission of Allah SWT and the assistance of all parties, the researcher was able to complete this thesis research titled “The Relationship Between TikTok Addiction and Body Dissatisfaction on Female Students in the Faculty of Economics and Islamic Business at UIN Ar-Raniry, Banda Aceh.” Finally, this undergraduate thesis has been completed, and this would not have been possible without the moral and material support of various parties. Therefore, the researcher would like to express gratitude to those who have assisted in the completion of this undergraduate thesis, namely:

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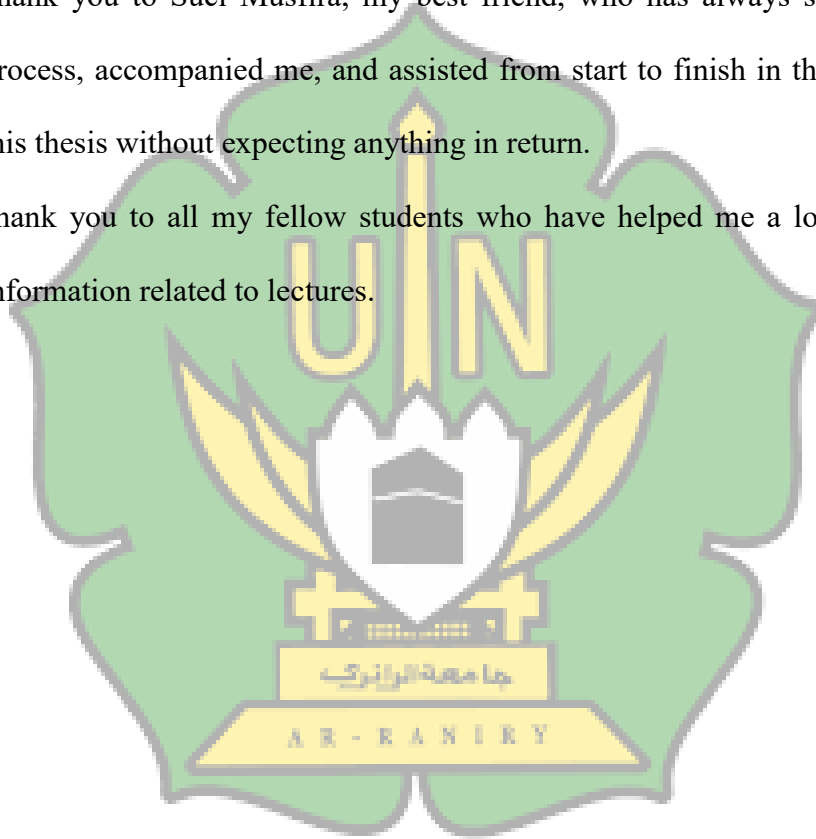


TABLE OF CONTENT

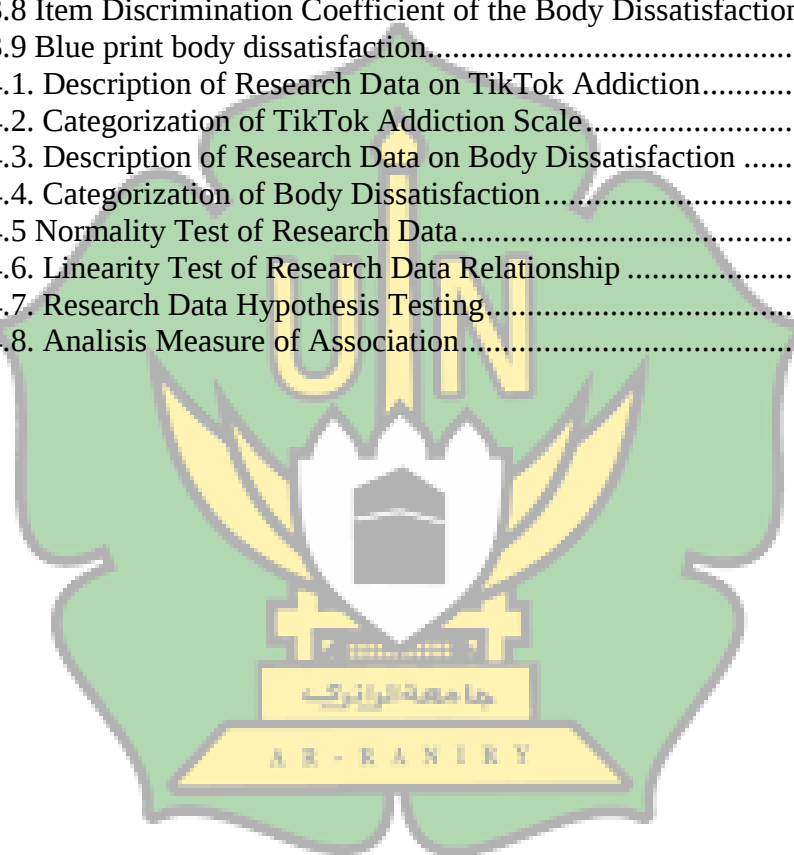
RESEARCH AUTHENTICITY STATEMENT	iii
TABLE OF CONTENT	vii
LIST OF TABLE	ix
LIST OF DIAGRAMS.....	x
LIST OF ATTACHMENTS.....	xi
ABSTRACT	xii
 CHAPTER I INTRODUCTION	 1
A. Background of Study	1
B. Research Question.....	7
C. Aim of The Study.....	7
D. Significance of Study	7
E. Originality of Research.....	8
 CHAPTER II LITERATURE REVIEW.....	 11
A. Body Dissatisfaction	11
1. Definition of Body Dissatisfaction	11
2. Aspects Of Body Dissatisfaction	12
3. Factors of Body Dissatisfaction.....	14
B. Social Media Addiction.....	17
1. Definition of Social Media Addiction	17
2. Aspects of Social Media Addiction.....	18
3. Factors of Social Media Addiction.....	21
C. Relationship Between Social Media Addiction and Body Dissatisfaction ...	22
F. Hypothesis.....	24
 CHAPTER III METHODOLOGY.....	 25
A. Approach and Type of Research.....	25
B. Identification of Research Variables.....	25
C. Operational Definition of Research Variables.....	26
1. Body Dissatisfaction.....	26
2. Social Media Addiction	26
D. Population and Sample.....	27
1. Research Population	27
2. Research Sample.....	28
E. Data Collection Techniques.....	29
1. Research Measurement Tools	29
2. Validity Test.....	33
3. Item Difficulty Level	34
4. Reliability Test	38
 CHAPTER IV RESULTS AND DISCUSSION	 40
A. Research Preparation	40
1. Research Administration.....	40

2. Try Out Implementation.....	41
3. Implementation of Research	41
B. Description of The Research Object.....	41
C. Research Results.....	43
1. Research Data Categorisation.....	43
2. Prerequisite Tests.....	48
D. Discussion	50
CHAPTER V CLOSING	53
A. Conclusion.....	53
B. Advice	53
REFERENCES	55



LIST OF TABLE

Table 3.1 Skor Aitem Skala Favorable dan Unfavorable	29
Tabel 3.2 Blue Print TikTok Addiction Scale.....	30
Tabel 3.3 Blue Print Body Dissatisfaction Scale.....	32
Table 3.4 CVR computation results of the Tiktok Addiction scale using	34
Table 3.5 CVR coefficient for body dissatisfaction scale.....	34
Table 3.6 Item Discrimination Coefficient of the TikTok Addiction Scale	35
Tabel 3.7 Final Blue Print of The TikTok Addiction	36
Table 3.8 Item Discrimination Coefficient of the Body Dissatisfaction Scale	37
Table 3.9 Blue print body dissatisfaction.....	38
Table 4.1. Description of Research Data on TikTok Addiction.....	44
Tabel 4.2. Categorization of TikTok Addiction Scale.....	45
Table 4.3. Description of Research Data on Body Dissatisfaction	46
Tabel 4.4. Categorization of Body Dissatisfaction.....	47
Table 4.5 Normality Test of Research Data.....	48
Table 4.6. Linearity Test of Research Data Relationship	49
Table 4.7. Research Data Hypothesis Testing.....	49
Table 4.8. Analisis Measure of Association.....	50



LIST OF DIAGRAMS

Diagram 4.1. Subject Demographic Data Based on Age Group	40
Diagram 4.2. Subject Demographic Data Based on Year of Enrollment	40
Diagram 4.3. Subject Demographic Data Based on Major	41



LIST OF ATTACHMENTS

- Attachment I : Letter of decision from the dean of psychology regarding supervisors
- Attachment II : research permit letter from the Faculty of Psychology
- Attachment III : Research completion letter from the Faculty of Economics and Islamic Business, UIN Ar-Raniry
- Attachment IV : Questionnaire on TikTok addiction and body dissatisfaction
- Attachment V : Tabulation of data on TikTok addiction and body dissatisfaction
- Attachment VI : Research data analysis results
- Attachment VII : Biographical History



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ABSTRACT

This study aims to determine the relationship between social media addiction and body dissatisfaction among female students at the Faculty of Economics and Islamic Business, UIN Ar-Raniry, Banda Aceh. The background of this study is the increasing phenomenon of body dissatisfaction influenced by beauty standards on social media, particularly TikTok, which has become one of the most popular platforms among teenagers and young adults. The research method used was quantitative with a correlational approach. The sample consisted of 202 female students at the faculty of economic and islamic business aged 18–25 years, who actively utilised TikTok and met the criteria of using social media for more than six hours per day. Data were collected using two scales: the TikTok Addiction Scale, modified from Andreassen's theory and the Body Dissatisfaction Scale based on the theory of Cooper, Taylor, Cooper, and Fairburn. Hypothesis testing revealed a significant positive correlation between TikTok addiction and body dissatisfaction ($r = 0.538$, $p < 0.000$). This means that the higher the level of TikTok addiction, the higher the body dissatisfaction experienced by students. The categorization test results showed that TikTok addiction among female students in the high category was (23,8%) TikTok additin was mostly in the moderate category (72,3%) and TikTok addiction in the low category was only (4%). Meanwhile, Body dissatisfaction among female university students in the high category was only (1%), body dissatisfaction was mostly in the moderate category (70.8%), and body dissatisfaction in the lowest category (28,2%).

Keywords: *Social media addiction, body dissatisfaction, female students, social media.*

**HUBUNGAN ANTARA KECANDUAN MEDIA SOSIAL DAN
KETIDAKPUASAN TERHADAP TUBUH PADA MAHASISWI DI
FAKULTAS EKONOMI DAN BISNIS ISLAM, UIN AR-RANIRY**

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kecanduan media sosial dan ketidakpuasan tubuh di kalangan mahasiswi Fakultas Ekonomi dan Bisnis Islam, UIN Ar-Raniry, Banda Aceh. Latar belakang penelitian ini adalah meningkatnya fenomena ketidakpuasan tubuh yang dipengaruhi oleh standar kecantikan di media sosial, khususnya TikTok, yang telah menjadi salah satu platform paling populer di kalangan remaja dan dewasa muda. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan korelasional. Sampel terdiri dari 202 mahasiswi berusia 18–25 tahun fakultas ekonomi dan bisnis islam yang aktif menggunakan TikTok dan memenuhi kriteria menggunakan media sosial lebih dari enam jam per hari. Data dikumpulkan menggunakan dua skala: Skala Kecanduan TikTok, yang dimodifikasi dari teori Andreassen dan Skala Ketidakpuasan Tubuh berdasarkan teori Cooper, Taylor, Cooper, dan Fairburn. Pengujian hipotesis mengungkapkan korelasi positif yang signifikan antara kecanduan TikTok dan ketidakpuasan terhadap tubuh ($r = 0,538$, $p < 0,000$). Ini berarti bahwa semakin tinggi tingkat kecanduan TikTok, semakin tinggi pula ketidakpuasan terhadap tubuh yang dialami oleh siswa. Hasil uji kategorisasi menunjukkan bahwa kecanduan TikTok di kalangan mahasiswi pada kategori tinggi (23,8%), kecanduan TikTok Sebagian besar berada pada kategori sedang (72,3%), dan kecanduan TikTok pada kategori rendah hanya (4%). Sedangkan, Ketidakpuasan tubuh di kalangan mahasiswi pada kategori tinggi hanya (1%), ketidakpuasan tubuh sebagian besar berada pada kategori sedang (70,8%), dan ketidakpuasan tubuh di kategori rendah (28,2%).

Kata Kunci: *Kecanduan media sosial, Ketidakpuasan tubuh, mahasiswi, sosial media*

CHAPTER I

INTRODUCTION

A. Background of Study

The dissatisfaction with body shape forces someone to continuously try to fix their body. Various attempts are made to get a perfect body, including strict dieting, exercise, taking supplements, liposuction, or worst plastic surgery. As a consequence of those, an individual does not display themselves. This behaviour is body dissatisfaction. Body dissatisfaction is a feeling, a thought, and a negative assessment of the complaints of individuals who self-assess the body because of societal beauty standards (Dewi, 2020). Body Dissatisfaction is a feeling, an emotion, of a person's negative assessment of their body because they don't feel that way, ideal or not, as expected (Sumanty et al., 2018).

The phenomenon of body dissatisfaction was strengthened through articles from Detik.com news (2022) regarding Kim Kardashian's body shape, making many women feel inferior. McComb & Mills (in Damayanti, 2024), examined the relationship between ideal body image and women's physical satisfaction and surveyed 402 women aged between 18 and 25 years who were exposed to Instagram content every day. Participants then showed 13 photos of influencers with different body types and shapes, from slim to full, athletic to thin. As a result, a "full-bodied" body shape causes more dissatisfaction than a slim body.

Another research in Surabaya on 104 female students aged 18-25 years showed a significant positive relationship between social comparison and body

dissatisfaction in early adult women. This means that the more often an early adult woman compares her body shape with the body shape of other more attractive women, the higher the level of body dissatisfaction she experiences (Sunartio in Usman, 2021). A phenomenon that correlates with the physiological and socio-emotional changes that occur in students is the trend toward ideal body shape, easily found in social media content. Public figures demonstrate this phenomenon with content that focuses on the ideal body shape so that they can give rise to the phenomenon of “body goals” through the restructuring of the body shape that is identical to the goal of achieving the dream body shape (Cruzat-Mandich in Damayanti, 2024).

Research by Bozzola et al., (in Dewi, et.al., 2023) has reported that, social media use is associated with adverse consequences, especially in the most vulnerable individuals such as young people. Several negative consequences result. One of them is the results of Jiotso et al.'s research (in Dewi, et.al., 2023) on 1,331 subjects with an average age of 24 years, showing that there is a tendency for individuals to feel dissatisfied with their body proportions, this is because there is a difference with the ideal body image of others on social media which then leads individuals to have a thin body to cause eating disorders.

Based on observations and interviews that researchers have made for some time, several female students have problems with body dissatisfaction. For example, a 22- year-old finale semester female student at the faculty of psychology UIN Ar-Raniry Banda Aceh with the initial SM, which the researcher observed during February 2024. SM is a female student actively on social media

and likely follows some influencers. She is actively following every new post of influencers, and talking about every beauty tip from social media. The subject always looking herself in the mirror at every chance she gets, and after that subject always says something atrocious about her face.

This happened to another female student at UIN Ar-Raniry, Banda Aceh, as can be seen in the following interview:

1st interview quotes:

“Aku selalu coba buat keeping up sama trend skincare, makeup, dan fashion. Tapi tetep aja kau ngerasa kurang dan gakan bisa cantik. Semua udah capek aku coba, tapi tau apa tetep aja aku ga cantik kayak influencer TikTok (RF, personal interview 12th December 2025).

2nd interview quotes:

“Aku selalu pengen keliatan cantik tapi effortless pretty kayak tiktokers. Aku bahkan coba nabung dan kalau cukup aku bakal botox sama filler karena ya kayaknya cuma itu jalan buat muka bulat kek aku.” (HM, personal interview on 25th December 2025).

The conclusion from the two interview shows that the informant experienced psychological pressure due to the beauty standards they perceived from society. They kept trying to keep up with beauty trends and made various efforts, such as trying skincare products, dieting, and exercising, but still felt not beautiful enough. Feelings of dissatisfaction with her body led her to experience emotional exhaustion and deep self-confidence.

From several interview quotes above, it can be concluded that it is difficult to feel satisfied with one's own body is difficult. This can be seen when the average female student feels dissatisfied with their own body. One of several factors that lead to body dissatisfaction in the age of globalisation is the intensity of social media use.

Furthermore, Internet development is becoming increasingly advanced. People in the globalisation era have become more dependent on the internet. The internet services used are social media, for example facebook, Instagram, twitter, etc (Hanlim, 2015). Students are one of the most active social media users. Based on user survey results, social media reached a percentage of 89.7%, in the majority student group, 18-25 year olds have a number most compared to the other groups (Handikasari, Jusup, & Johan, 2018:920).

According to Horrigan (in Hanafi, 2016), internet use is assessed based on intensity. Internet usage is based on the frequency and duration of use the internet. The Graphics, Visualisation & Usability Centre, the Georgia Institute of Technology (2014) ensures that a person's index can be stated like internet addiction in the heavy users group is ≥ 40 hours/month or 6 hours in one day. According to ICCA (Indonesian Contact Centre Association), social media users in Indonesia spend up to 3 hours a day accessing social media. So, it can be concluded that the average time is 21 hours a week, which is the depth of internet usage, it has heavy user tendencies.

The existence of gadgets has made it easier for people to be on the internet at any time, so people can always check on incoming notifications, interact online with others, and see intriguing images or pictures popping up on social media (Khatami & Yundianto, 2020).

Especially for women who are diligently following influencers on social media. Most women are feeling dissatisfied with their body shape because there are standardizations of beauty formed by society. Beautiful women identify with

white skin, slim bodies, and no spots on their faces as a result of those standardizations, women are getting comparisons of themselves with individuals on social media (Lestari, 2022).

Social media spread in Indonesia is very diverse, including Instagram, Twitter, YouTube, Facebook, LINE, WhatsApp, etc. These social media have their advantages that attract many users. Indonesia is one of the countries with the highest number of Instagram social media users with 800 million active users, with the highest usage coming from 18-24 years old (Sakinah and Surmayanti, 2020).

TikTok is an application that provides unique and interesting special effects that users can easily use to create cool short videos and attract the attention of many people who see them. The TikTok app is a Chinese social network and music video platform launched in September 2016. This application is an application for making short videos supported by music, which is very popular with many people, including adults and minors. (Idris, et. al., 2022)

There are many companies that develop social media applications with various advantages. Likewise, with one of the social media applications that is currently popular in Indonesia, namely TikTok, this relatively new social media has managed to get tens of thousands of downloads every day. An extraordinary number for social media that was known at the end of 2016 and is relatively newly established. With its growing popularity, the TikTok application is predicted to become the third largest Social Media application by 2022, with active users reaching 755 million people, and has been downloaded around 500 million more on Playstore. (Hayati, S. et. al., 2022)

According to a report by We Are Social, the estimated number of users of TikTok users in the world reached 1.09 billion as of April 2023 and 38.5% of its users are aged 18 - 24 years old. Indonesia ranks second as the country with the highest number of TikTok users in the world, which is 113 million users with an average age of 18 years and above (Annur, Mutia, 2023; TikTok Users, Stats, Data & Trends, 2023).

Based on Socialinsider, 2022, the age group of TikTok users in Indonesia illustrates that the age range of 18 - 24 years old is the age of users. illustrates that the age range of 18 - 24 years old is the age of the largest TikTok users, which is 50 million users, followed by 25 - 34 years old. TikTok users, with 50 million users, followed by 25 - 34 years old with 44.5 million users, 35 - 43 years old with 12 million users, and 12 million users with 12 million users. with 44.5 million users, 35 - 43 years old with 12 million users, 35 - 43 years old with 12 million users, and 35 - 43 years old with 12 million users. million users, 35 - 43 years old with 12 million users, 65 years old and above with 2.55 million users, and ages 13 - 17 as the lowest TikTok users with the lowest number of TikTok users with 500 thousand users.

Based on the results of a preliminary study conducted on 5 January 2023 to 9 respondents at SMA Kolombo Sleman Yogyakarta, the results obtained, all class X respondents said that using TikTok social media made respondents feel addicted so respondents always wanted to access it at any time. (Purwadini, et. al., 2023)

Based on the background of the study above, researchers are interested in researching about the relationship between tiktok addiction and body

dissatisfaction among female student at the faculty of economics and islamic business.

B. Research Question

Based on the background of study description above, the problem formulation will be discussed is “Is there a relationship between Tiktok addiction and body dissatisfaction?”.

C. Aim of The Study

Based on the problem formulation above, this research aims to determine the relationship between tiktok addiction and body dissatisfaction at the faculty of economics and islamic business, UIN Ar-Raniry, Banda Aceh.

D. Significance of Study

The results of this research have several benefits, including:

1. Theoretical benefits

The expected theoretical benefit is that this research can contribute and also provide input for the development of science, especially in the fields of social psychology and industrial psychology. It is also hoped that this research can become a reference for further research in researching similar topics.

2. Practical Benefits

The practical benefit of this research is to provide knowledge about the dangerous of body dissatisfaction especially for individuals are actively on social media. This research also provides awareness of the

importance social media addiction can affect the dissatisfaction on female student's own bodies.

E. Originality of Research

The authenticity of this research is based on the results of several previous studies, which differ in several ways from the research to be conducted by the author.

Research by Maimunah and Yohana (2021) about The Relationship Between Social Media And Body Dissatisfaction In Female College Students in Surabaya city. The method researchers used is a quantitative study. The population of this study comprised 228 female students from universities in Surabaya, such as UNAIR, UNESA, UINSA, PPNS, UBAYA, and Perbanas. The sampling technique that the researcher will use is snowball sampling. The data sampling technique where at first the number is small then becomes large, at first initially one or two people are selected and then from these two people will spread to the third person fourth, and so on. A technique The statistical technique used is the regression analysis technique. From this explanation, it can be seen the difference between previous research and researcher, are the research subject, population, sample size, and location of the research conducted by the author.

The following research was conducted by Nur (2022) under the title Body Dissatisfaction In Female Instagram Users. The method used in this research is qualitative. This research uses a type of literature review research to examine more deeply the title of the research raised. From this explanation, it can be seen the

difference between previous research and research, are in the form of titles, research methods, subjects, and research locations.

Subsequent research was conducted by Ulis and Ali (2023) under the title Impact of Instagram Intensity on Body Dissatisfaction, Eating Behavior, and Nutritional Status in adolescents. The methods used is quantitative and qualitative. This research population has the following criteria teenage girls aged 15-18 years, active instagram users, have a gadget with good internet access, willing to interviewed and participate in the study and other criteria, namely who are suffering from illness or undergoing a special diet due to certain diseases. The population of this study was 100 subjects consisting of 50 students of SMAN 3 Jakarta and 50 students of SMAN 1 Ciampea. The sampling method uses purposive sampling, while processing, and the normality test uses the Kolmogorov Smirnov test. From the explanation above, the differences between previous research and researcher, are in the form of titles, research methods, subjects population, and research locations.

A study conducted by Anggraeni et al. (2025) entitled A General Overview Of Social Media Addiction Among University Students. This study employed a phenomenological qualitative method to explore the lived experiences of three students at Muria Kudus University.

A subsequent study conducted by Elvaretta and Handoyo (2022), with the title The Relationship Between Social Media Addiction Tendency, Body Image Dissatisfaction, And Self-Esteem Among University Students, utilised an online questionnaire distributed via social media. A total of 221 students participated in

this study and were given three instruments to measure social media addiction, self-esteem, and body image dissatisfaction.

Based on literature searches published in several research-related search sites. No research has been found that discusses or examines the relationship between instagram social media addiction and body dissatisfaction on female students at faculty of economics and islamic business.



CHAPTER II

LITERATURE REVIEW

A. Body Dissatisfaction

1. Definition of Body Dissatisfaction

According to Ogden (in Maimunah and Satwika, 2021), body dissatisfaction is a feeling of displeasure over their body shape because of the emergence of individual perceptions regarding the ideal body shape that is different from the body shape they have. Body dissatisfaction is a psychological concept that refers to the negative feelings and dissatisfaction of individuals with their appearance and body size (Santos et al. in Chandra, 2023).

Grogan S. (2017) defines the negative evaluation that a person has on the body both in size, weight, and shape that involves different individual perceptions of the ideal form that he expects is included in body dissatisfaction. Body dissatisfaction is a concept that is the result of further development of the concept of body image. body image was first discussed in the 1920s by a German writer named Schilder and is considered a psychological phenomenon (Grogan S. , 2017).

In the opinion of Cooper, Taylor, Cooper & Fairburn (in Hati & Soetjningsih, 2022) individuals can compare themselves with others can be said to be one of the main causes of body dissatisfaction, excessive

orientation about body image, as well as perceptions of one's own body and significant changes to the body can also be a cause of body dissatisfaction.

2. Aspects Of Body Dissatisfaction

Aspects of body dissatisfaction based on Cooper, Taylor, Cooper & Fairburn (Hati & Soetjiningsih, 2022), which are as follows:

a. Self-perception of body shape

Self-perception of body shape is a perception within an individual that is based on how they perceive themselves. Negative views, images, perceptions of the body can potentially lead to the individual not feeling satisfied with themselves. whereas if a positive perception occurs, the individual does not have the potential to experience body dissatisfaction.

b. Comparative perception of body image

Comparative perception of body image is an aspect that measures the perception of individual body image that compares to others. If individuals tend to appeal to their body image with the perceptions of others, then this indicates that they are not satisfied with themselves. On the contrary, if an individual does not compare their body image perception with other individuals, this indicates that the individual may not experience physical dissatisfaction.

c. Attitude concerning body image alteration

Attitude concerning body image alteration this attitude focuses on body image alteration. This aspect relates to how an individual

behaves and reacts emotionally when they feel their body shape undergo disappointing changes. An individual may experience physical dissatisfaction if they have a negative emotional response to changes in the way they see their body.

d. Severe alterations in body perception

Severe alteration in body perception is a form of dramatic alteration in body image of the body. People who are susceptible to physical dissatisfaction tend to feel bad in front of others and tend to be more withdrawn or not participate in social activities as frequently.

Heatherton and Polivy (in Shawli, I.F., 2019) argued that there are three aspects of self-esteem suggests that there are three aspects of self-esteem, namely: (1) Performance is a general competence includes intellectual, academic achievement, achievement related to self, and success; (2) social is an individual's belief in the perception of other individuals regarding the acceptance of the social environment on self regarding the acceptance of the social environment on the self; and (3) appearance is the way individuals perceive their physicality, including their attractive appearance and body image.

And as for the theory that researchers use is the theory of Cooper, Taylor, Cooper & Fairburn as a guideline for measuring instruments.

3. Factors of Body Dissatisfaction

Several factors can affect body dissatisfaction according to Grogan S. (Maimunah & Satwika, 2021) namely:

a) Culture

A culture that influences the way we think and act is formed in society. In this case, the culture of modern society generally believes that thin body, fair skin, and a sharp nose are the social beauty standards. ideal. Grogan argues that a thin or slender body (slenderness) is usually associated with a sense of happiness and acceptance in the social environment, whereas if someone has body that tends to be fat is associated with laziness and loss of self-control. Women and men who tend to be fat will be considered unattractive by the environment (physically unattractive) and are also associated with other negative characteristics.

b) Age

Each level of human age has the potential to show different reactions to body dissatisfaction. In early adulthood, women are more likely to pay attention to their body shape than when they were teenagers or adults. This can happen because during puberty a person's body will experience significant changes. Early adulthood tends to be more sensitive to all kinds of changes that occurred in his body, giving rise to the emergence of dissatisfaction with the shape of the body he has. Adolescents feel that their bodies are too fat so they want to lose weight.

c) Social Class

Grogan (in Maimunah & Satwika, 2021) states that in addition, there is a social class that can be one of the factors for someone to feel dissatisfaction with their body or it can be called body dissatisfaction. Furthermore, Grogan (2017) argues that when an individual is included an individual who has a high social class, they are more likely to feel dissatisfaction with their body because women in high social classes like to emphasise their body shape and try to be the best among others. In addition, upper-class women have easy access to information that is useful to support their appearance.

d) Interpersonal Relationships

The relationship between one person and can react and influence each other. The relationship between individuals and their peers is no exception. Opinions about ideal body perceptions from peers can influence the extent to which individuals satisfied or dissatisfied with their body (Grogan S., 2017; Maimunah & Satwika, 2021).

e) Social Media

Social media also holds a very important role in the development of very important in the development of dissatisfaction in one's body. Through social media, one can of course can see pictures and videos of ideal idealised body models that conform to the standards society. For example, in advertising does not only provide information about the ideal physical standards prevailing in society, but also creates social pressure

that can cause people's thoughts and people's perceptions related to physical dissatisfaction.

According to Brehm (in), factors that cause body-dissatisfaction include:

- a. Unattainable beauty standards each culture in a place or region has beauty standards that may differ from one another. Most cultures, although different, usually regard a good and pleasing appearance as higher status, a better chance of attracting the opposite sex, and other positive things. Body dissatisfaction is the gap between the ideal body shape and the individual's actual body shape (Esther, 2002; Iswari & Hartini, 2005).
- b. The belief that self-control will result in a perfect body. Theoretically, one of the things that can be changed about the body is weight (Esther, 2002; Iswari & Hartini, 2005). This causes weight to be targeted when a person is dissatisfied with other things about their body, such as their face and sometimes psychological aspects of themselves. This suggests that body weight is a function of self-control. Furthermore, according to Chrisler, Golden, and Rozeemitos beauty encourages individuals to feel guilty and frustrated when the individual's weight does not provide the perfect body for the individual because the beauty myth says that every woman can achieve the ideal weight if the woman can control herself (Esther, 2002; Iswari & Hartini, 2005).

- c. Deep dissatisfaction with oneself and life. Body image experts believe that body dissatisfaction, especially if it escalates into hatred of one's body, is a picture of low self-esteem and feelings of inadequacy (Esther, 2002; Iswari & Hartini, 2005) This can happen because the body is a part of the self that can be seen, so if an individual has negative feelings about himself, then he also has negative feelings about his body.
- d. The need for control because many things cannot be controlled. Humans must have problems in their lives, and some of these problems do not have answers even though the person concerned needs answers to the problem. This situation can cause some people to try to control the things they can control, such as controlling what they eat and controlling their weight. By controlling the body in this way, individuals can feel helped because at least they have some influence over their lives (Esther, 2002; Iswari & Hartini, 2005).
- e. Living in a culture of 'first impressions' one's appearance is very important. This is evidenced by the judgement of new people based on how the person dresses, speaks, walks, etc. (Esthe, 2002; Iswari & Hartini, 2005).

B. Social Media Addiction

1. Definition of Social Media Addiction

Young (Krisnadi & Adhandayani, 2020) stated that social media addiction is characterised as the use of the internet for various online activities, such as compulsive use of social media and tends to cause

obstacles in terms of health, both physical and psychological. According to Young (in Lestari, Dewi, & Chairani 2020) social media addiction is a psychological disorder in which users spend a lot of time accessing social media motivated by curiosity, lack of interest, and lack of knowledge self-control, and lack of productive activities in their daily lives. cal, social social, academic, work, and others.

Social media addiction is a subset of internet addiction that relates specifically to social networking sites. In contrast, internet addiction is a state where internet use becomes compulsive (Longstreet & Brooks in Destiyanti and Coralia, 2020).

Andreassen (Sakinah & Surmayanti, 2020) defines social media addiction as the behaviour of individuals who pay too much attention to their social media, are driven by a very strong motivation to enter or use social media, and spend a lot of time and energy playing social networks so that it interferes with social activities, work/academics, interpersonal relationships, and the psychological well-being/health of the individual.

Social media addiction is a condition in which a person feels unable to control their use of social media, thus spending excessive time using social media and experiencing interference with their daily life (Andreassen et. al in Sakinah and Surmayanti, 2020).

2. Aspects of Social Media Addiction

Andreassen stated (Sakinah & Surmayanti, 2020) 6 dimensions of social media addiction which are as follows:

- a. **Salience:** Internet use becomes the most important activity in an individual's life compared to other activities and dominates the individual's thoughts (addiction), feelings (feeling very needy), and behaviour (deterioration of social behaviour).
- b. **Tolerance:** indicating an increase in the amount of internet use, where individuals will spend more time using the internet than before. Based on Andreassen (Carmelita, 2024) tolerance is repeatedly used for a large amount of time to access social networks. Then feel encouraged to continue interacting with social media in order to achieve the desired level of satisfaction (Andreassen in Carmelita, 2024).
- c. **Mood modification:** leads to the subjective experience of internet addiction, where individuals report positive feelings derived from internet use, which can be seen as a coping strategy. Individuals tend to use social media platforms as a mechanism to alleviate feelings of guilt, anxiety, restlessness, helplessness and depression, in the hope of escaping personal problems (Andreassen in Carmelita, 2024).
- d. **Relapse:** is the repetition of higher internet use behaviour after control, thus making the individual addicted. According to Andreassen (Carmelita, 2024), Individuals tend to ignore others' suggestions to limit time on social media. Despite frequent attempts to reduce interaction with social media, their efforts are fruitless. When individuals decide to reduce the frequency of use, the effort is frequently unsuccessful, and they eventually return to their previous pattern of social media activity.

e. Withdrawal symptoms: unpleasant feelings that occur because internet use is reduced or restricted. For example, irritability, anxiety, disappointment, headaches and also difficulty sleeping. Based on Andreassen (in Carmelita, 2024) If restricted from accessing social networks, a person who has become addicted will generally experience increased stress levels, anxiety, difficulty dealing with problems, and is prone to feeling offended, even to the point of feeling bad if they are unable to access social networks.

f. Conflict: conflicts that occur between internet users and their surrounding environment (interpersonal conflict), conflicts in other tasks (work, tasks, social life, hobbies) or conflicts that occur within themselves (into physical conflict or feeling a lack of control) caused by too much use. Individuals also tend to neglect their partners, family members, and peers because they are indulging in social media use.

Aspects of social media addiction (Al-Menayes, 2015) are:

- a. Social Consequences, which is a reflection of social media users that affect individual daily activities. Individuals can lose people who are nearby, education and career because of the use of social media.
- b. Time Displacement reflection of time on social media users, such as continuous use of social media, not doing the work given and increasing the time that increases when accessing social media.
- c. Compulsive feelings are a reflection of the feelings of social media users. Users who experience addiction will access social media as a way to solve

problems or reduce negative thoughts, such as feelings of boredom, stress, helplessness.

3. Factors of Social Media Addiction

Factors causing social media addiction from Young (Krisnadi and Adhandayani, 2020) are:

- a. Gender: men will often be faced with addictions such as online gaming, cybersex and gambling, then women will experience addictions to virtual shopping and chatting.
- b. Psychological conditions, namely problems related to emotions, for example, depression, anxiety and using cyberspace as a substitute for unwelcome psychological feelings or distressing circumstances.
- c. Socio-economic conditions, someone who already has a job will face social media addiction than someone who does not work because people who work will more easily have the flexibility to access the internet in their office and have enough money to have a laptop.
- d. The purpose and time of using the internet, which aims to find out how far a person will become addicted to the internet, especially if they have a job. a person will become an internet addict, especially if it relates to the amount of use a person uses on a smartphone, where they spend time accessing the internet, especially social media. So that the use of the internet aims to reduce or as a way out of the problems that a person experiences in his life or as a medium of entertainment.

Factors that can contribute to social media addiction are psychological factors such as social anxiety, neuroticism, and lack of self-control (Elphinston & Noller, 2019).

C. Relationship Between Social Media Addiction and Body Dissatisfaction

Social media, integral to contemporary life, offer significant connectivity and entertainment benefits. However, its pervasive use has drive to social media addiction. Characterized by excessive screen time, compulsively checking, and detrimental effects on daily functioning, overall well-being, and responsibilities. This addiction can manifest in several ways, such as experience distress when unable to access any social media platforms.

Social media addiction is a condition in which a person feels unable to control their use of social media, leading them to spend excessive amounts of time on social media and experience disruptions to their daily life. Social media addiction refers to an individual's excessive preoccupation with social media, which drives them to use it for prolonged periods and interferes with various other social activities such as work and study, social relationships, and their psychological health and well-being.

There are several phenomena that are popular or viral on social media among college students, one of which is in *celebtok* (celebrity based in TikTok platform). Most of them upload their content about photos or videos that show ideal body shape so that there is a term 'body goals' which makes social media users feel that they must have a body shape similar to them in order to be called 'body goals'.

Social media specially TikTok is entirely based on visual content, where everyone can share their moments for others to see. It is common to see women sharing photos or videos of themselves on social media, whether full-body shots or simply selfies. When sharing these, they naturally select their best photos for others to see. One consequence of this phenomenon is that others may feel envious of the body shape, skin tone, and appearance of others. Women feel that if someone else is more attractive than themselves, they will feel that their own body is not as attractive as that of the other woman they see. (Rahardjo, W. et. al)

At the current moment, adolescents are very concerned about their body shape, and this is related to body image. the average of late adolescents is an active social media user, so this is certainly very relevant to do a research on instagram social media addiciton with body dissatisfaction. Andreassen (in Sakinah and Surmayanti, 2020) defines social media addiction as the behaviour of individuals who pay too much attention to their social media, are driven by a very strong motivation to enter or use social media, and spend a lot of time and energy playing social networks so that it interferes with social activities, work/academics, interpersonal relationships, and the psychological well-being/health of the individual.

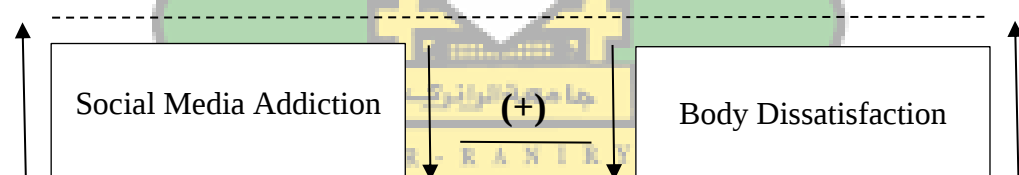
Body dissatisfaction is a psychological variable as a result of the development within the concept of body image. generally, body dissatisfaction can be described as an individual's negative perception of his/her physical body due to the difference between thoughts and feelings regarding the ideal body image and the actual condition of the body.

As a psychological variable, body dissatisfaction is not an issue that can be underestimated because body dissatisfaction itself is diverse, such as the impact of psychological health such as depressive symptoms and low self-esteem. In addition, physical health symptoms of eating disorders, clinical eating disorders, irregular eating patterns including dieting, unhealthy weight control so that the more severe leads to the symptoms of bulimia.

Individuals suffering from social media addiction tend to access social media more frequently. Consequently, they are increasingly exposed to images of bodies, skin tones and other features that appear ideal on social media, which can lead to body dissatisfaction.

Based on the explanation above, the researcher aims to see how the social media addiction is related to body dissatisfaction in female students.

E. Framework of Thinking



2.1 Conceptual Framework for Social Media Addiction and Body Dissatisfaction

F. Hypothesis

Based on the explanation that has been stated previously, the researcher proposes a research hypothesis that there is a positive relationship between social media addiction and body dissatisfaction in female students. the higher the addiction, the higher the body dissatisfaction.

CHAPTER III

METHODOLOGY

A. Approach and Type of Research

Research methodology is essentially the operationalisation of epistemology, which examines the sequence of steps taken so that the knowledge obtained meets scientific characteristics. (Rizka, A. U., 2018). Regarding the research method, which is divided into population and sample, place and time of research, data sources, research instruments, data collection techniques, and data processing techniques.

This research utilises a quantitative research method. Quantitative research is a research that uses a lot of numbers, starting from collecting data, interpreting the data obtained, and presenting the results (Arikunto. 2006, 12).

The type of research used is correlational quantitative research. Correlational research is an enquiry into a social problem based on testing a theory consisting of variables, measured with numbers, and analysed with statistical procedures to determine if the predictive generalisations of the theory are valid (Ali, M., 2022). This method is used by researchers because they want to see if there is a relationship between the variable social media addiction and body dissatisfaction in female students.

B. Identification of Research Variables

A variable is something in some form that is studied in order to obtain information and draw conclusions (Sugiyono, 2019). Independent variables are

variables that cause or have the theoretical possibility of impacting other variables.. The dependent variable is the variable that is affected or the result of the independent variable. (Ulfa, R., 2021). In this study, the independent variable (X) is social media addiction, whereas the dependent variable (Y) is body dissatisfaction.

The variables that will be measured in this study are:

1. Independent Variable (X) : Social Media Addiction
2. Dependent Variable (Y) : Body Dissatisfaction

C. Operational Definition of Research Variables

The operational definitions in this study are as follows:

1. Body Dissatisfaction

Grogan S. (2017) defines the negative evaluation that a person has of the body, both in size, weight, and shape, which involves different individual perceptions of the ideal form that he expects to be included in body dissatisfaction. Body dissatisfaction is a concept that is the result of further development of the concept of body image. body image was first discussed in the 1920s by a German writer named Schilder and is considered a psychological phenomenon (Grogan, S. 2017).

2. Social Media Addiction

Andreassen (in Sakinah and Surmayanti, 2020) defines social media addiction as the behaviour of individuals who pay too much attention to their social media, are driven by a very strong motivation to enter or use social media, and spend a lot of time and energy playing social networks so that it interferes with social activities, work/academics, interpersonal relationships,

and the psychological well-being/health of the individual. Social media addiction is a condition in which a person feels unable to control their use of social media, thus spending excessive time using social media and experiencing interference with their daily life (Andreassen et al in Sakinah, Surmayanti. 2020).

With the increasing number of social media users, a unique phenomenon has emerged in Indonesian society, namely the rise video based platform on social media, especially TikTok. TikTok is an application that provides unique and interesting special effects that users can use easily to create cool short videos and attract the attention of many people who see it. The TikTok app is a Chinese social network and music video platform launched in September 2016. This application is an application for making short videos supported by music, which is very popular with many people including adults and minors. (Idris, et. al., 2022)

D. Population and Sample

1. Research Population

The population in the study is the area that the researcher wants to study. According to Amin, et al (2023), " Population is all members of a community of people, animals, events, or objects that live together in a planned place to be the intended target of conclusions from the final results of a study." The population referred to by researchers are female students who are registered in the faculty of economics and islamic business, UIN - Ar-Raniry, Banda Aceh as many as 1,198 students (BPS, 2025).

2. Research Sample

The sample is part of the population that the researcher wants to study. According to Amin, et al (2023), "Samples are simply defined as part of the population that is the actual source of data in a study. In other terms, a sample is a part of the population to represents the entire population." Therefore, the sample taken must be representative of the population.

The sample in the study using the method of purposive sampling and was determined with the following criteria: (1) Using social media for more than 6 hours per day, this criterion was chosen because the duration of social media use is already at the addiction level; (2) Having TikTok social media, this criterion was chosen because the subject in the study must be a social media user. In the late adolescence stage, preferably at the age of 18-25 years, who use social media TikTok and are sitting in college as research subjects.

The subject criteria were chosen because in the middle adolescent stage, there are significant physical changes, and adolescents will certainly pay more attention to these changes; besides that, adolescents tend to make social comparisons when evaluating themselves. Another supporting reason is that the majority of social media users are in the adolescent age group.

In the study, the total number of samples was determined based on the table proposed by Isaac and Michael (Sugiono, 2013) with an error rate of 5% and an infinite population; the minimum number of samples required is 202 people.

E. Data Collection Techniques

1. Research Measurement Tools

The scale used in this study is a modified Likert scale. Sugiyono (2017) says the Likert scale is a scale used to measure the attitudes, opinions, and perceptions of a person or group of people about social phenomena. This study will share two different scales, namely the body dissatisfaction scale and the TikTok addiction scale.

The research scale distributed will have two statements, namely, favourable and unfavourable statements. Azwar (2012) says that favourable statements are statements that support the attributes to be measured, while unfavourable statements are statements that do not support the attributes that the researcher wants to measure. Each scale has four alternative answers, namely Agree (S), Strongly Agree (SS), Disagree (TS) and Strongly Disagree (STS).

Table 3.1 *Scores on the Favourable and Unfavourable Scale*

Answers	Favorable	Unfavorable
Strongly Agree (SS)	4	4
Agree (S)	3	3
Disagree (TS)	2	2
Strongly Disagree (STS)	1	1

a. TikTok Addiction Scale

The Tiktok Addiction scale was compiled by the researcher using the theory of Andreassen (in Sakinah and Surmayanti, 2020).

Tabel 3.2 *Blue Print of TikTok Addiction Scale*

No.	Aspek	Indikator	Nomor Item		Jumlah
			Favorable	Unfavorable	
1.	<i>Salience</i>	1. Perasaan yang mendominasi membuat merasa sangat butuh menggunakan internet	1, 6	4, 9	4
		2. mendominasi tingkah laku (kemunduran perilaku sosial).	8, 11	2, 5	4
2	<i>Tolerance</i>	1. peningkatan jumlah penggunaan internet	3, 13	7, 10	4
3	<i>Mood Modification</i>	1. individu melaporkan adanya perasaan positif yang didapatkan dari penggunaan internet	14, 17	12, 15	4
		2. melakukan strategi <i>coping</i> dengan menggunakan internet	20, 21	16, 18	4
4	<i>Relapse</i>	1. pengulangan perilaku penggunaan internet yang lebih tinggi setelah adanya kontrol	19, 22	24, 26	4
		2. Individu cenderung tidak mempedulikan saran orang lain untuk membatasi waktu penggunaan internet	23, 25	27, 28	4

		3. Terus kembali ke pola aktivitas tiktok yang sama ketika gagal mengurangnya.	29, 31	32, 33	4
5	<i>Withdrawal Symphoms</i>	1. Mudah marah Ketika pihak lain membatasi penggunaan tiktok	36	41	2
		2. Cemas ketika adanya pengurangan penggunaan internet oleh pihak lain	30	35	2
		3. Mengalami kesulitan tidur Ketika mengurangi penggunaan tiktok	29	40	2
		4. Mengalami sakit kepala ketika menggunakan tiktok	36	39	2
		5. Mengalami stress yang meningkat ketika membatasi kegiatan menggunakan tiktok	37	41	2
		6. Mengalami kesulitan dalam <i>problem solving</i>	46	44	2
		7. Menjadi rentan dan mudah tersinggung ketika dibatasi	42	47	2
6	<i>Conflicts</i>	1. Konflik dengan lingkungan sekitarnya (konflik interpersonal)	45	43	2
		2. Konflik dengan tugas lainnya (tugas rumah, hobi, dll.)	51	49	2
		3. Konflik dengan diri sendiri	48	34	2

	(konflik intrafisik dan kurangnya kontrol)			
4.	Mengabaikan pasangan, kerabat, dan teman	52	50	2
TOTAL		26	26	52

b. Body Dissatisfaction Scale

The Body dissatisfaction scale was compiled by the researcher using the theory of Cooper, Taylor, Cooper and Fairburn (in Hati & Soetjningsih, 2022).

Tabel 3.3 *Blue Print of Body Dissatisfaction Scale*

No.	Aspek	Indikator	Nomor Item		Jumlah
			Favorable	Unfavorable	
1.	Self-perception of body shape	1. Cara pandang yang negatif terhadap diri sendiri	1, 9	5, 13	4
		2. Merasa tidak puas terhadap gambaran diri	2, 10	6, 14	4
2	Comparative perception of body image	1. mengukur persepsi citra tubuh individu membandingkan citra tubuh dengan persepsi orang lain	3, 11	7, 15	4
		2. Rasa tidak puas dengan diri sendiri	4, 12	8, 16	4
3	Attitude concerning body image alteration	1. berperilaku secara emosional ketika mereka merasa bentuk tubuhnya mengalami perubahan yang mengecewakan	17, 30	21, 32	4
4	Severe alterations in body perception	1. Merasa buruk didepan orang lain	18, 29	22, 31	4
		2. Menarik diri	23, 28	19, 26	4
		3. Menghindari untuk berpartisipasi dalam kegiatan sosial	20, 25	24, 27	4
TOTAL			16	16	32

2. Validity Test

The validity in this study is the type of content validity, where Djamaludin Ancok (in Masri Singarimbun, 1989) says that the validity of the contents according to the measuring instrument is determined by the extent to which the contents of the measuring instrument can represent all aspects considered as aspects of the conceptual framework. In making the scale in this study, researchers used content validity by using an instrument grid or blue print scale.

Lawshe (in Azwar, 2016) formulated the Content Validity Ratio (CVR) is the validity of an instrument that can be proven by some evidence. The evidence includes determining whether scale items are important in operationalising the theoretical constructs of the scale, based on empirical data from research conducted by experts called subject matter experts (SMEs). Contains content used to measure content validity. Affected. SMEs assess whether the items are important and relevant or irrelevant to the measurement objectives of the scale. CVR is formulated as follows:

$$CVR = (2n_e/n) - 1$$

Description

Ne = Number of SMEs who rated the item as “essential”
 N = Number of SMEs who carried out the assessment

The results of the CVR calculation for TikTok Addiction Scale, using the expert judgement method with the assistance of three experts, can be seen in the table below.

Table 3.4 CVR coefficient results of the Tiktok Addiction scale using

No	CVR	No	CVR	No	CVR	No	CVR	No	CVR
1	1	13	1	25	1	37	0,3	49	1
2	1	14	1	26	1	38	1	50	0,3
3	1	15	1	27	1	39	1	51	1
4	1	16	1	28	1	40	1	52	1
5	1	17	1	29	0,3	41	1		
6	1	18	1	30	1	42	0,3		
7	1	19	1	31	1	43	1		
8	1	20	1	32	1	44	1		
9	0,3	21	1	33	1	45	1		
10	1	22	0,3	34	1	46	1		
11	0,3	23	1	35	1	47	1		
12	1	24	1	36	0,3	48	1		

The results of CVR calculations from the body dissatisfaction scale using the expert judgement method with the assistance of three experts can be seen in the table below.

Table 3.5 CVR coefficient for body dissatisfaction scale

No	CVR	No	CVR	No	CVR
1	1	12	0,3	23	1
2	1	13	1	24	1
3	1	14	1	25	1
4	1	15	1	26	1
5	1	16	1	27	1
6	1	17	1	28	1
7	1	18	1	29	1
8	1	19	1	30	1
9	1	20	1	31	1
10	1	21	1	32	1
11	1	22	1		

3. Item Discrimination Test

The test of item discrimination is the extent to which an item can distinguish between individuals or groups of individuals who have and do not have the attributes to be measured (Azwar, 2017). The items' power difference test is used to assess the suitability of the scale function in revealing individual differences (Periantalo, 2016).

$$r_{ix_1} = \frac{n\sum ix - \sum i \sum x}{\sqrt{(n\sum i^2 - (\sum i)^2)(n\sum x^2 - (\sum x)^2)}}$$

Description:

r_{ix} = Item-total correlation coefficient

I = Item score

x = Total score

n = Number of subjects

The results of the analysis of the discriminant power of each item on the TikTok addiction and anxiety scales can be seen in the tables below:

Table 3.6 *Item Discrimination Coefficient of the TikTok Addiction Scale*

No	rix	No	rix	No	rix	No	rix	No	rix	No	rix
1	0.190	11	0.440	21	0.609	31	0.604	41	0.309	51	0.472
2	0.142	12	0.261	22	0.529	32	-0.162	42	0.475	52	0.365
3	0.562	13	0.538	23	0.583	33	-0.026	43	0.231		
4	0.773	14	0.388	24	0.079	34	0.483	44	0.160		
5	0.387	15	0.090	25	0.491	35	0.169	45	0.567		
6	0.314	16	0.153	26	0.037	36	0.407	46	0.567		
7	0.534	17	0.632	27	0.363	37	0.412	47	-0.080		
8	0.442	18	-0.036	28	-0.088	38	0.490	48	0.630		
9	0.042	19	0.501	29	0.436	39	-0.297	49	0.213		
10	0.080	20	0.605	30	0.511	40	0.089	50	0.223		

Based on the results of the item discrimination test in the table above, it shows that not all items achieve an item correlation coefficient > 0.25 . There are 21 items that failed, namely items 1, 2, 9, 10, 12, 15, 16, 18, 24, 26, 28, 32, 33, 35, 39, 40, 43, 44, 47, 49 and 50. There are 31 items remaining that have high values for use in the research data analysis presented in Table 3.8 below.

Tabel 3.7 *Final Blue Print of The TikTok Addiction*

No.	Aspek	Indikator	Nomor Item		Jumlah
			Favorable	Unfavorable	
1.	<i>Salience</i>	▪ Perasaan yang mendominasi membuat merasa sangat butuh menggunakan internet	6	4	2
		▪ Mendominasi tingkah laku (kemunduran perilaku sosial).	8, 11	5	3
2	<i>Tolerance</i>	▪ peningkatan jumlah penggunaan internet	3, 13	7,	3
3	<i>Mood Modification</i>	▪ individu melaporkan adanya perasaan positif yang didapatkan dari penggunaan internet	14, 17		2
		▪ melakukan strategi <i>coping</i> dengan menggunakan internet	20, 21		2
4	<i>Relapse</i>	▪ pengulangan perilaku penggunaan internet yang lebih tinggi setelah adanya kontrol	19, 22	26	3
		▪ Individu cenderung tidak mempedulikan saran orang lain untuk membatasi waktu penggunaan internet	23, 25	27	3
		▪ Terus kembali ke pola aktivitas tiktok yang sama ketika gagal mengurangnya.	29, 31		2
5	<i>Withdrawal Symphoms</i>	▪ Mudah marah Ketika pihak lain membatasi penggunaan tiktok	36	41	2
		▪ Cemas ketika adanya pengurangan penggunaan internet oleh pihak lain	30		1
		▪ Mengalami kesulitan tidur Ketika mengurangi penggunaan tiktok	29		1
		▪ Mengalami sakit kepala ketika menggunakan tiktok	36		1
		▪ Mengalami stress yang meningkat ketika membatasi kegiatan menggunakan tiktok	37	41	2
		▪ Mengalami kesulitan dalam <i>problem solving</i>	46		1

6	<i>Conflicts</i>	▪ Menjadi rentan dan mudah tersinggung ketika dibatasi	42		1
		▪ Konflik dengan lingkungan sekitarnya (konflik interpersonal)	45		1
		▪ Konflik dengan tugas lainnya (tugas rumah, hobi, dll.)	51		1
		▪ Konflik dengan diri sendiri (konflik intrafisik dan kurangnya kontrol)	48	34	2
		▪ Mengabaikan pasangan, kerabat, dan teman	52		1
		TOTAL	23	8	31

The results of the analysis of the discriminant power of each item on the TikTok addiction and anxiety scales can be seen in the tables below:

Table 3.8 *Item Discrimination Coefficient of the Body Dissatisfaction Scale*

No	rix	No	rix	No	rix	No	rix
1	0.222	11	0.226	21	0.410	31	0.127
2	0.425	12	0.559	22	0.464	32	0.367
3	-0.143	13	0.552	23	0.269		
4	-0.013	14	0.350	24	-0.252		
5	0.422	15	0.482	25	0.380		
6	0.365	16	0.569	26	0.585		
7	0.438	17	0.201	27	0.308		
8	0.298	18	0.292	28	0.364		
9	0.347	19	0.520	29	0.227		
10	0.248	20	0.437	30	0.239		

Based on the results of the item discrimination test in the table above, it shows that not all items achieve an item correlation coefficient > 0.25 . There are 10 items that failed, namely items 1, 3, 4, 10, 11, 17, 24, 29, 30, and 31. There are 22 items remaining that have high values for use in the research data analysis presented in Table 3.9 below.

Table 3.9 *Blue print body dissatisfaction*

No.	Aspek	Indikator	Nomor Item		Jumlah
			Favorable	Unfavorable	
1.	<i>Self-perception of body shape</i>	▪ Cara pandang yang negatif terhadap diri sendiri ▪ Merasa tidak puas terhadap gambaran diri	9	5, 13	3
2	<i>Comparative perception of body image</i>	▪ mengukur persepsi citra tubuh individu membandingkan citra tubuh dengan persepsi orang lain ▪ Rasa tidak puas dengan diri sendiri	2	6, 14	3
3	<i>Attitude concerning body image alteration</i>	▪ berperilaku secara emosional ketika mereka merasa bentuk tubuhnya mengalami perubahan yang mengecewakan	12	8, 16	3
4	<i>Severe alterations in body perception</i>	▪ Merasa buruk didepan orang lain ▪ Menarik diri ▪ Menghindari untuk berpartisipasi dalam kegiatan sosial	18, 29	22	3
			23, 28	19, 26	4
			20, 25	27	3
TOTAL			9	13	22

4. Reliability Test

Sugiharto and Situnjak in Sanaky, M. M. (2021) state that reliability refers to an understanding that the instruments used in research to obtain information can be trusted as data collection tools and are able to reveal actual information in the field.

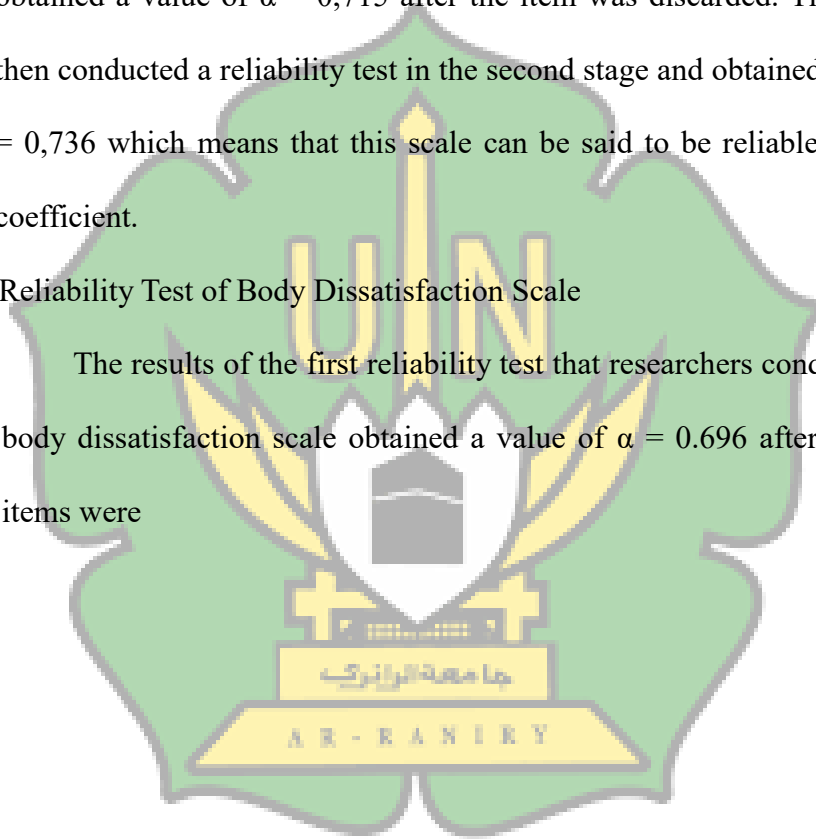
The more reliable a test meets your requirements, the more confident you are that the test results will give the same results when run again. In this study, the reliability test used the Chornbach Alpha measurement technique.

a. TikTok Addiction Scale Reliability Test

The results of the first reliability test on the TikTok addiction scale obtained a value of $\alpha = 0,715$ after the item was discarded. The researcher then conducted a reliability test in the second stage and obtained a value of $\alpha = 0,736$ which means that this scale can be said to be reliable with a high coefficient.

b. Reliability Test of Body Dissatisfaction Scale

The results of the first reliability test that researchers conducted on the body dissatisfaction scale obtained a value of $\alpha = 0.696$ after the rejected items were



CHAPTER IV

RESULTS AND DISCUSSION

A. Research Preparation

Before the researcher conducts the research, the researcher prepares the research scale first, namely the TikTok Addiction and Body Dissatisfaction scale, which will be used to collect respondent data. The research scale must first pass a validity test by expert judgement. After the scale validity test is complete, the researcher prepares the scale in the form of a Google form which will be distributed via TikTok, WhatsApp, and Instagram to female students of the Faculty of Economics and Islamic Business at UIN Ar-Raniry, starting from the age of 18-25 years. The administration that must be prepared by researchers is a research letter from the faculty for research permission to the faculty of economics and islamic business, UIN Ar-Raniry.

1. Research Administration

Before conducting the research, the researcher prepared a research permit for the agency where the research was conducted, namely on 5 August, 2025, the researcher applied for a research permit to the academic field of the Faculty of Psychology of UIN Ar-Raniry. Then, on the date 7 August, 2025, the researcher delivered the research permit to the administration department of the Faculty of Economics and Islamic Business, UIN Ar-Raniry.

2. Try Out Implementation

The tryout was conducted from 9 July to 16 July 2025. The tryout was distributed to 50 female TikTok users ranging in age from 18-25 years by distributing Google Form links through the Tiktok, WhatsApp, and Instagram applications.

3. Implementation of Research

The research was conducted on the date 7 August, 2025 to 19 August, 2025. The data collection process in this study was through a Google Form link distributed via WhatsApp to students of the Faculty Islamic Economics and Business, Banda Aceh, where this scale has 53 items. The initial sample size was 202 respondents. After the data collection period, the researcher conducted data analysis through SPSS version 26 for Windows.

B. Description of The Research Object

Respondents in this study are female students registered in the faculty of economics and islamic business at UIN Ar-Raniry, Banda Aceh. Based on the list of statements submitted to 202 people who can be known as gender, age, and the last education of the respondent.

1. Demographics of The Research

a. Description of Research Subjects Based on Age Groups

Subjects based on age groups show that the most numerous are 21-23 years old, as many as 97 (46%), followed by 18-20 years old, as many as 68 (32%), and the lowest number is 24-25 years old, numbering 47 (22%)

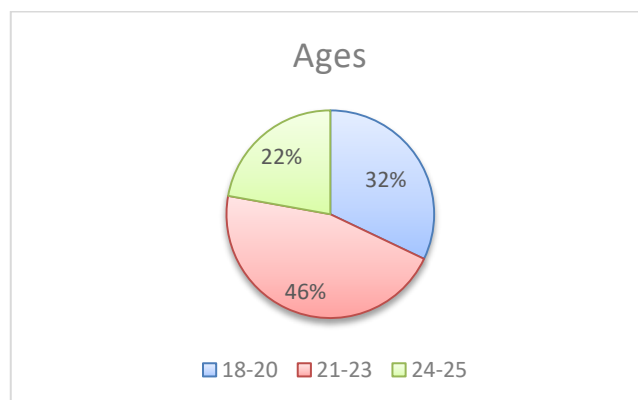


Diagram 4.1. *Subject Demographic Data Based on Age Group*

b. Description of Subjects Based on Year of Enrolment

Based on the year of enrolment, the largest number of subjects were students who enrolled in 2023, totaled 47 people (23%), the second largest are students who enrolled in 2021, totaling 45 people (22%), then students who enrolled in 2022, as many as 41 (20%). After that students who enrolled in 2024 totalling 32 (16%), followed by students who enrolled in 2019 numbered 20 (10%), and finally the smallest number of subjects are students who started in 2020 as many as 17 (9%)

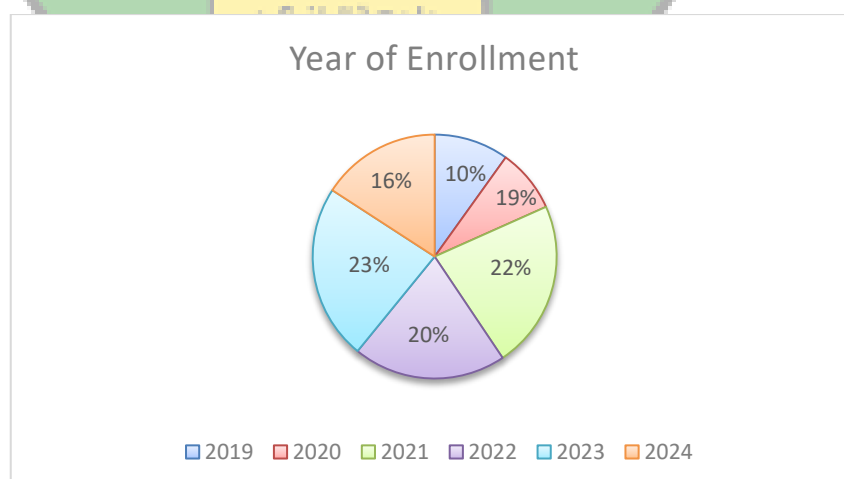


Diagram 4.2. *Subject Demographic Data Based on Year of Enrollment*

c. Subject Description Based on Major

The most common subject based on major is Economics with 75 people (37%), followed by Sharia Economics with 64 people (32%), and the least common is Sharia Banking with 63 people (31%)

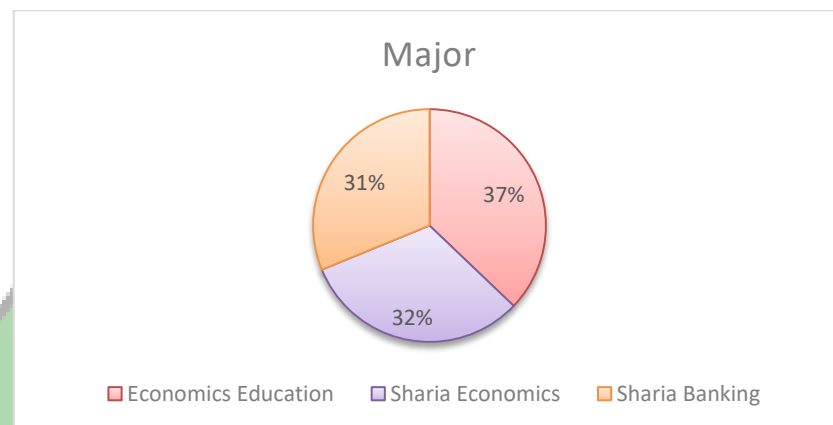


Diagram 4.3. *Subject Demographic Data Based on Major*

C. Research Results

1. Research Data Categorisation

The categorisation of the sample used by the researcher is based on the normal distribution model with ordinal categorisation. According to Azwar (2012), this categorisation places individuals into groups that are ranked according to a continuum based on the attributes being measured. This categorisation is obtained based on the subject's score value according to the population standard deviation unit. This category is relative, so that each interval covering the desired category is set into three categories, namely low, medium, and high.

a. Tiktok Addiction Scale

Descriptive data analysis is useful for determining the description of hypothetical data (which may occur) and empirical data (based on reality in the field) of Tiktok Addiction variables. The description of the research data is presented in the following table.

The description of the research data is presented in the following table.

Table 4.1. *Description of Research Data on TikTok Addiction*

Variable	Hypothetical Score				Empirical Score			
	Xmax	Xmin	Mean	SD	Xmax	Xmin	Mean	SD
Social Media Addiction	124	31	77,5	15,5	113	50	81,46	13,126

Explanation of Hypothetical Score Formula:

Xmin (Minimum score) = The result of multiplying the number of scale items by the lowest value of the answer choice weighting.

Xmax (Maximum Score) = The result of multiplying the number of scale items by the highest value of the answer choice weighting.

M (Mean) = Using the formula μ (maximum score + minimum score): 2

SD (Standard Deviation) = Using the formula s (maximum score – minimum score): 6

Based on the statistical results of the research data in the table above, a hypothetical descriptive analysis shows that the minimum answer is 31, while the maximum answer is 124, with a mean of 77,5 and a standard deviation of 15,5. Meanwhile, empirical data shows a minimum response of 51, a maximum of 117, a mean of 83,93, and a standard deviation of 13,569.

The description of the research data results can be used as a basis for categorising the research sample into three categories: low, medium, and high, using the ordinal categorisation method.

The following is the formula for categorising the Body Dissatisfaction scale.

$$\begin{aligned}\text{Low} &= X < M - 1SD \\ \text{Moderate} &= M - 1SD = X < M + 1SD \\ \text{High} &= M + 1SD = X\end{aligned}$$

Description:

$$\begin{aligned}X &= \text{Range of questionnaire items} \\ M &= \text{Mean (average)} \\ SD &= \text{Standard Deviation}\end{aligned}$$

Based on the ordinal categorisation formula used, the results of the TikTok Addiction scale categorisation are as shown in the following table. Based on the ordinal categorisation formula used, the results of the TikTok Addiction scale categorisation are as shown in the following table.

Tabel 4.2. *Categorization of TikTok Addiction Scale*

Kategorisasi	Interval	Jumlah	Persentase
Low	$X < 70,33$	8	4.0%
Moderate	$70,33 < X < 97,52$	146	72.3%
High	$X > 97,52$	48	23.8%
Total		202	100%

Based on the categorisation of the TikTok Addiction Scale among female students at the Faculty of Economics and Islamic Business, UIN Ar-Raniry in Banda Aceh, the total number of students with low TikTok Addiction was 8, accounting for 4% of the total. In the moderate category, there are 146 students, accounting for 72.3%, and in the high category, there are 48 students, accounting for 23.8%.

This means that TikTok addiction among female students at the faculty of economics and Islamic Business, UIN Ar-Raniry in Banda Aceh, is predominantly classified in the moderate category, with 146 students accounting for 72.3%.

b. Body Dissatisfaction Scale

Descriptive data analysis is useful for determining the description of hypothetical data (which may occur) and empirical data (based on reality in the field) of anxiety variables. The description of the research data is shown in the following table.

Table 4.3. *Description of Research Data on Body Dissatisfaction*

Variable	Hypothetical Score				Empirical Score			
	Xmax	Xmin	Mean	SD	Xmax	Xmin	Mean	SD
Body Dissatisfaction	88	22	55	11	72	20	56,19	8,624

Explanation of Hypothetical Score Formula:

Xmin (Minimum score) = The result of multiplying the number of scale items by the lowest value of the answer choice weighting.

Xmax (Maximum Score) = The result of multiplying the number of scale items by the highest value of the answer choice weighting.

M (Mean) = Using the formula μ (maximum score + minimum score) : 2

SD (Standard Deviation) = Using the formula s (maximum score – minimum score) : 6

Based on the statistical results of the research data in the table above, a hypothetical descriptive analysis shows that the minimum answer is 22, while the maximum answer is 88, with a mean of 55 and a standard deviation of 11. Meanwhile, empirical data shows a minimum response of 22, a maximum of 79, a mean of 61,36, and a standard deviation of 9,060.

The description of the research data results can be used as a basis for categorising the research sample into three categories: low, medium, and high, using the ordinal categorisation method.

The following is the formula for categorising the Body Dissatisfaction scale.

Low = $X < M - 1SD$
 Moderate = $M - 1SD = X < M + 1SD$
 High = $M + 1SD = X$

Description:

X = Range of questionnaire items
 M = Mean (average)
 SD = Standard Deviation

Based on the ordinal categorisation formula used, the results of the Body Dissatisfaction scale categorisation are as shown in the following table.

Tabel 4.4. *Categorization of Body Dissatisfaction*

Kategorisasi	Interval	Jumlah	Persentase
Rendah	$X < 52,3$	2	1.0%
Sedang	$52,3 < X < 70,42$	143	70.8%
Tinggi	$X > 70,42$	57	28.2%
Total		202	100%

Based on the categorisation of the Body Dissatisfaction Scale among female students at the Faculty of Economics and Islamic Business, UIN Ar-Raniry in Banda Aceh, the total number of students with low Body Dissatisfaction was 2, accounting for 1% of the total. In the moderate category, there are 143 students, accounting for 70.8%, and in the high category, there are 57 students, accounting for 28.2%.

This means that Body Dissatisfaction among female students at the faculty of economics and Islamic business, UIN Ar-Raniry in Banda Aceh, is predominantly classified in the moderate category, with 143 students accounting for 70.8%.

2. Prerequisite Tests

a. Normality Test

This normality test was conducted to determine whether the samples studied were normally distributed or not. The normality test in this study used the Kolmogorov-Smirnov test processed with SPSS. According to the conclusion of the normality test results, if the significance value is > 0.05 , the data is declared to be normally distributed, and if the significance value is < 0.05 .

The data is declared to be non-normally distributed.

Table 4.5 *Normality Test of Research Data*

Variable	Coefficient K-SZ	P
Social Media Addiction	0,083	0,002
Body Dissatisfaction	0,112	0,000

Based on the data in the table above, it can be seen that the TikTok Addiction variable shows non-normal distribution, as indicated by the Kolmogorov-Smirnov (K-SZ) coefficient of 0.083 and a significance value (p) of 0.002 ($p > 0.05$). The research data for the Body Dissatisfaction variable also exhibits a non-normal distribution, as evidenced by the Kolmogorov-Smirnov (K-SZ) coefficient of 0.112 and a significance level (p) of 0.000 ($p > 0.05$).

b. Linearity Test

A linearity test was conducted to prove that each independent variable had a linear relationship with the dependent variable (Hanief & Himawanto, 2017). Two variables are said to have a relationship that can be drawn in a straight line if the significance value in linearity is less than 0.05 (Priyanto,

2011). The results of the linearity test of the relationship conducted on the two variables in this study are shown in Table 4.6.

Table 4.6. *Linearity Test of Research Data Relationship*

Research Variable	F Linearity	P
Social Media Addiction & Body Dissatisfaction	212.895	0,000

Based on the table above, the F-value for the linearity of the two variables is 212.895, with a p-value of 0.000. Since the p-value is less than 0.05, it can be concluded that both scales exhibit linear properties and do not deviate from the straight line, indicating a linear relationship between TikTok Addiction and Body Dissatisfaction among female students in the Faculty of Economics and Islamic Business at UIN Ar-Raniry, Banda Aceh.

c. Hypothesis Test

After conducting the prerequisite test, the researcher will conduct a hypothesis test to see if there is a relationship or correlation between the independent and dependent variables in this study. To test the hypothesis, the data analysis technique used is Spearman's correlation for data with a non-normal distribution. According to Periantalo (2016), the correlation coefficient is considered significant if the p-value is less than 0.05. The results of the Spearman correlation analysis to test the hypothesis can be seen in Table 4.7.

Table 4.7. *Research Data Hypothesis Testing*

Research Variable	Spearman Correlation	P
Social Media Addiction and Body Dissatisfaction	0,538	0,000

The hypothesis test results indicate a correlation coefficient of 0.581 with a p-value of 0.000. Since the p-value is less than 0.05, the hypothesis is accepted, meaning there is a relationship between TikTok Addiction and Body Dissatisfaction. The Spearman Correlation value of 0.581 indicates a positive direction of the relationship, meaning that the higher the TikTok addiction, the higher the body dissatisfaction, and vice versa—the lower the TikTok addiction, the lower the body dissatisfaction. The relative contribution of the research results for both variables can be seen in Table 4.8 below.

Table 4.8. *Analisis Measure of Association*

Research Variable	r^2
Social Media Addiction and Body Dissatisfaction	0,395

Based on the measure of association table above, the result obtained is r^2 or relative contribution of 0.395, which means that 39.5% of the influence of TikTok addiction is on body dissatisfaction, while 60.5% is influenced by other factors.

D. Discussion

Grogan S. (2017) defines the negative evaluation that a person has on the body both in size, weight, and shape that involves different individual perceptions of the ideal form that he expects is included in body dissatisfaction. According to Grogan S. (in Maimunah & Satwika, 2021), there are several factors that cause body dissatisfaction in young women, one of which is social media, particularly TikTok, which is currently widely used. Body dissatisfaction can occur when individuals are unable to limit their exposure to social media, especially if they have a tendency

to become addicted to social media over a long period of time. This can lead to body dissatisfaction, which will make individuals unable to feel satisfied with their physical appearance.

This research aims to determine the relationship between TikTok addiction and body dissatisfaction among female students in the Faculty of Economics and Islamic Business at UIN Ar-Raniry, Banda Aceh. After conducting a Spearman's product-moment correlation test, a correlation of 0,581 was obtained with a significance level of 0.000 ($p < 0.05$). This indicates a positive correlation between tiktok addiction and body dissatisfaction, meaning that higher tiktok addiction is associated with higher body dissatisfaction levels, while lower tiktok addiction is associated with lower body dissatisfaction levels among female students in the Faculty of Economics and Islamic Business at UIN Ar-Raniry.

Based on the categorisation of the TikTok Addiction Scale among female students at the Faculty of Economics and Islamic Business, UIN Ar-Raniry in Banda Aceh, the total number of students with low TikTok Addiction was 8, accounting for 4% of the total. In the moderate category, there are 146 students, accounting for 72.3%, and in the high category, there are 48 students, accounting for 23.8%. This means that tiktok addiction among female students at the Faculty of economics and Islamic Business, UIN Ar-Raniry in Banda Aceh, is predominantly classified in the moderate category, with 146 students accounting for 72.3%. This is in line with the Body Dissatisfaction Scale which is predominantly classified in the moderate category, with 143 students accounting for 70.8%.

Based on the results of this study, it has been proven that TikTok addiction is related to body dissatisfaction. This study also shows that there is a significant relationship/hypothesis accepted. The higher the TikTok addiction, the higher the body dissatisfaction, and vice versa, the lower the TikTok addiction, the lower the body dissatisfaction.

This study certainly has many limitations, one of which is the difficulty of finding respondents who are still actively enrolled in university. In addition to distributing the Google Form link via WhatsApp, the researchers also went directly to the field to find students who are still actively enrolled in university to fill out the Google Form link directly and asked them to distribute it to their classmates whom the researchers met in the field.



CHAPTER V

CLOSING

A. Conclusion

Based on the results of the data analysis above in this study, the correlation value (p) is 0,000 with a p value = 0,000. Because the P value < 0.05 , the hypothesis is accepted, meaning that there is a relationship between Social Media Addiction and Body Dissatisfaction. The Spearman Correlation value of 0,538 shows the positive direction of the relationship, which means that the higher the social media addiction, the higher the body dissatisfaction, and the lower the social media addiction, the lower the body dissatisfaction. Referring to the analysis of the measure of association $r^2 = 0,395$ this means that there is 39,5% influence on social media addiction with body dissatisfaction.

B. Advice

Here are some suggestions that researchers can provide for theoretical and practical interests in similar research.

1. For Students

Researchers hope that students will be able to reduce tiktok addiction and reduce Body Dissatisfaction in living life. It is hoped that this research can also add a source of knowledge and insight for students who are feeling addicted to tiktok and body dissatisfaction, so that they can find out the picture of addiction and dissatisfaction of students.

2. For Future Researchers

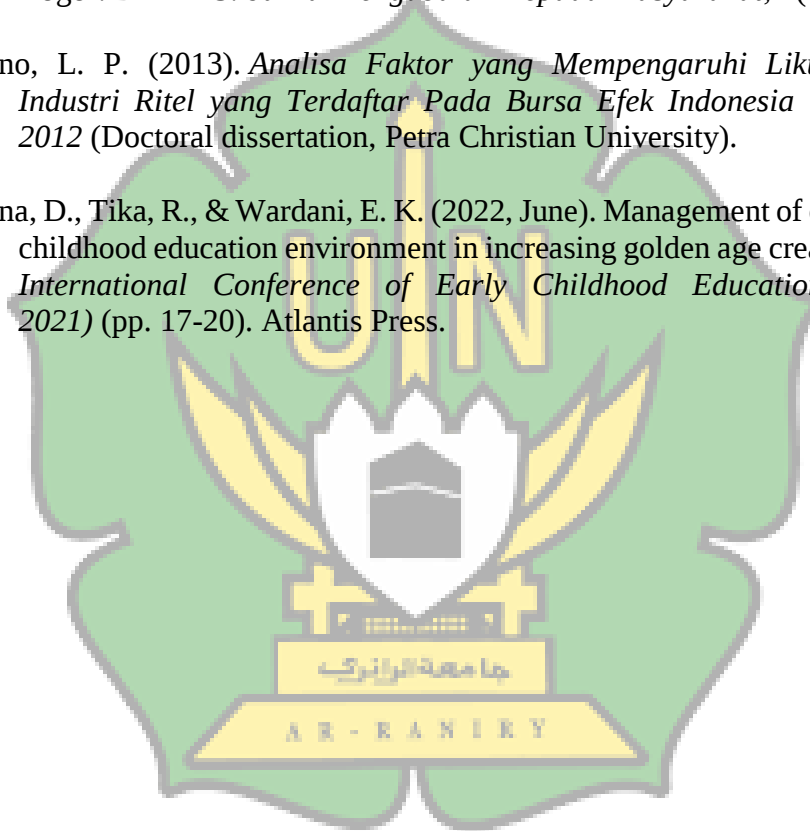
For future researchers, it is recommended to combine both research methods, namely quantitative research and questionnaire research methods. Furthermore, researchers also suggest exploring other factors that influence tiktok addiction and body dissatisfaction in students in order to get a broader picture of the psychological dynamics of students.



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SURAT KEPUTUSAN DEKAN FAKULTAS PSIKOLOGI UIN AR-RANIRY

Nomor : B-1236/Un.08/FPsi/Kp.00.4/11/2024

TENTANG

PEMBIMBING SKRIPSI MAHASISWA SEMESTER GANJIL TAHUN AKADEMIK 2024/2025
PADA FAKULTAS PSIKOLOGI UIN AR-RANIRY

DEKAN FAKULTAS PSIKOLOGI

Menimbang : a. Bahwa untuk kelancaran bimbingan Skripsi Mahasiswa Semester Ganjil Tahun Akademik 2024/2025 pada Fakultas Psikologi UIN Ar-Raniry, dipandang perlu menetapkan pembimbing skripsi;
b. Bahwa nama yang tercantum dalam Surat Keputusan ini dipandang mampu dan cakap diberi tugas sebagai Pembimbing Skripsi.

Mengingat : 1. Undang-Undang No.20 tahun 2003, tentang Sistem Pendidikan Nasional;
2. Undang-Undang Nomor 14 Tahun 2005, tentang Guru dan Dosen;
3. Undang-Undang Nomor 12 Tahun 2012, tentang Pendidikan Tinggi;
4. Peraturan Pemerintah Nomor 19 Tahun 2005, tentang Standar Pendidikan Nasional;
5. Peraturan Pemerintah Nomor 37 Tahun 2009, tentang Dosen;
6. Peraturan Pemerintah Nomor 4 Tahun 2014, tentang Penyelenggara Pendidikan Tinggi dan Pengelolaan Perguruan Tinggi;
7. Peraturan Pemerintah Nomor 53 Tahun 2010, tentang Disiplin Pegawai Negeri Sipil;
8. Peraturan Presiden RI Nomor 64 Tahun 2013, tentang Perubahan IAIN Ar-Raniry Banda Aceh menjadi UIN Ar-Raniry Banda Aceh;
9. Peraturan Menteri Agama RI Nomor 12 Tahun 2014, tentang organisasi dan tata kerja UIN Ar-Raniry;
10. Keputusan Menteri Agama No.89 Tahun 1963, tentang Penetapan Pendirian IAIN Ar-Raniry;
11. Keputusan Menteri Agama No. 40 Tahun 2008 tentang Statuta IAIN Ar-Raniry;
12. Surat Keputusan Rektor UIN Ar-Raniry Nomor: 01 Tahun 2015, tentang Pendelegasian Wewenang Kepada Dekan dan Direktur PPs di lingkungan UIN Ar-Raniry Banda Aceh;
13. Hasil Penetapan Ketua Prodi Psikologi tanggal 22 Oktober 2024;

MEMUTUSKAN

Menetapkan Pertama : Menunjuk Saudara 1. Dr. Barmawi, S.Ag., M.Si Sebagai Pembimbing Pertama
2. Ida Fitria, S.Psi., M.Sc Sebagai Pembimbing Kedua

Untuk membimbing Skripsi:

Nama : Zharifa Yasmin Julian
NIM/Prodi : 210901154 / Psikologi
Judul : The Relationship Between Tiktok Addiction and Body Dissatisfaction on Female Students at Faculty of Islamic Economics and Business UIN Ar-Raniry Banda Aceh

Kedua : Kepada Pembimbing yang tercantum namanya di atas diberikan honorarium sesuai dengan peraturan yang berlaku;

Ketiga : Pembiayaan akibat keputusan ini dibebankan pada dana DIPA UIN Ar-Raniry Tahun 2024.

Keempat : Surat Keputusan ini mulai berlaku sejak tanggal ditetapkan, sesuai dengan ketentuan bahwa segala sesuatu akan diubah dan diperbaiki kembali sebagaimana mestinya, apabila kemudian ternyata terdapat kekeliruan dalam penetapan Surat Keputusan ini.

Kelima : Surat Keputusan ini diberikan kepada yang bersangkutan untuk dapat dilaksanakan sebagaimana mestinya.

Ditetapkan di : Banda Aceh
Pada Tanggal : 5 November 2024

Dekan Fakultas Psikologi,


Muslim

Tembusan :

1. Rektor UIN Ar-Raniry;
2. Bagian Keuangan dan Akuntansi UIN Ar-Raniry;
3. Pembimbing Skripsi;
4. Yang bersangkutan.



KEMENTERIAN AGAMA REPUBLIK INDONESIA
UNIVERSITAS ISLAM NEGERI AR-RANIRY BANDA ACEH
FAKULTAS PSIKOLOGI

Jl. Syekh Abdur Rauf Kopelma Darussalam Banda Aceh Telp/Fax. : 0651-752921

Nomor : B-1216/Un.08/F.Psi.I/PP.00.09/08/2025

Lamp : -

Hal : **Penelitian Ilmiah Mahasiswa**

Kepada Yth,

Bapak Dekan Fakultas Ekonomi dan Bisnis Islam UIN Ar-Raniry Banda Aceh

Assalamualaikum Warahmatullahi Wabarakatuh.

Fakultas Psikologi UIN Ar-Raniry dengan ini menerangkan bahwa:

Nama/NIM : ZHARIFA YASMIN JULIAN / 210901154

Semester/Jurusan : VII / Psikologi

Alamat sekarang : PELANGI MAWAR KEURAMAT

Saudara yang tersebut namanya diatas benar mahasiswa Fakultas Psikologi bermaksud melakukan penelitian ilmiah di lembaga yang Bapak/Ibu pimpin dalam rangka penulisan Skripsi dengan judul ***The Relationship between TikTok Addiction and Body Dissatisfaction on Female Students at the Faculty of Islamic Economics and Bussines, UIN Ar-Raniry***

Banda Aceh, 4 Agustus 2025

An. Dekan

Wakil Dekan Bidang Akademik dan Kelembagaan



Dr. Safrilsyah, S.Ag., M.Si.

NIP. 197004201997031001

Berlaku sampai : 5 September 2025



KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI AR-RANIRY BANDA ACEH
FAKULTAS EKONOMI DAN BISNIS ISLAM

Jl. Syekh Abdur Rauf Kopelma Darussalam Banda Aceh
Situs : [www. uin-arraniry-web.id/fakultas-ekonomi-dan-bisnis](http://www.uin-arraniry-web.id/fakultas-ekonomi-dan-bisnis)

No : 1349/U.08/FEBI.I/PP.00.9/08/2025
Hal : Izin Penelitian

Banda Aceh, 07 Agustus 2025

Kepada Yth:
Wakil Dekan Bidang Akademik dan kelembagaan
Fakultas Psikologi Universitas Islam Negeri Ar-Raniry
Banda Aceh

Assalamualaikum Wr, Wb

Sehubungan dengan surat saudara Nomor: B-1216/Un.08/F.Psi.I/PP.00.09/08/2025 tanggal 4 Agustus 2025 hal Penelitian Ilmiah Mahasiswa :

Nama/Nim : Zharifa Yasmin Julian / 210901154
Semester/jurusan : VII / Psikologi
Alamat sekarang : Pelangi Mawar Keuramat

Maka dengan ini kami informasikan bahwa pada prinsipnya kami tidak keberatan mahasiswa tersebut melakukan penelitian skripsi dengan judul ***"The Relationship between Tiktok Addiction and Dissatisfaction on Female Studens at the Faculty of Islamic Economics and Bussines, UIN Ar-Raniry"***



Assalam
Wakil Dekan I,
Fakultas
FEBI

TIKTOK ADDICTION SCALE

No.	Pernyataan	S	SS	TS	STS
1	Saya merasakan dorongan untuk menggunakan tiktok lebih dan lebih lagi.				
2	Saya memperhatikan lawan bicara dengan seksama				
3	Saya menggunakan tiktok ketika sedang luang				
4	Saya tetap menonton tiktok ketika berkumpul bersama teman				
5	Saya sering bermain tiktok ketika sedang berbicara dengan teman saya				
6	Semakin hari, waktu yang saya habiskan bermain tiktok semakin Panjang				
7	Penggunaan tiktok membuat saya terhubung dengan orang lain				
8	Saya sering mendapatkan inspirasi dan motivasi dari tiktok				
9	Saya malah lebih sering menggunakan tiktok ketika mencoba membatasinya				
10	Saya menggunakan tiktok untuk melupakan masalah				
11	Saat stress saya melampiaskannya dengan bermain tiktok				
12	Ketika mencoba menahan untuk mengurangi tiktok semakin lama yang saya bermain tiktok				
13	Saya merasa kesal ketika orang lain memberikan kritik karena saya menggunakan tiktok				
14	Menurut saya larangan penggunaan tiktok berlebih tidaklah penting				
15	Saya menerima kritikan orang lain secara positif				
16	Saya telah mencoba mengurangi penggunaan tiktok namun tidak berhasil.				
17	Saya menjadi cemas jika tidak menggunakan tiktok.				
18	Meskipun sudah berusaha menguranginya saya tetap menggunakan tiktok seperti sebelumnya				
19	Saya menghabiskan banyak waktu melakukan hobi saya				
20	Terkadang saya mengalami sakit kepala ketika terlalu lama menggunakan tiktok				
21	Ketika mengurangi waktu penggunaan tiktok, saya mengalami stress karena bingung menghabiskan waktu luang				
22	Tidur saya menjadi terganggu dikarenakan tiktok				
23	Saya menggunakan tiktok sewajarnya				
24	Ketika tidak menggunakan tiktok, saya menghabiskan waktu melakukan hobi saya				
25	Saya mudah merasa tersinggung ketika saya membatasi menggunakan tiktok				
26	Saya mengalami konflik dengan teman dikarenakan pendapat yang saya percayai dari tiktok				

27	Saya sulit menyelesaikan masalah saya tanpa panduan dari tiktok				
28	Saya menghabiskan banyak waktu untuk memikirkan tiktok atau merencanakan cara menggunakannya.				
29	Saya sering mengabaikan tugas karena keasyikan bermain tiktok				
30	Saya tanpa sadar mengabaikan orang terdekat saya ketika menggunakan tiktok				



BODY DISSATISFACTION SCALE

No.	Pernyataan	S	SS	TS	STS
1.	Saya berpikir bahwa paha, pinggul, atau bokong saya terlalu besar untuk bagian tubuh lainnya				
2.	Menurut saya kombinasi antara tubuh, wajah dan rambut saya sudah cukup proporsional.				
3.	Saya menyukai bentuk tubuh yang saya miliki sekarang				
4.	Dibandingkan orang lain tubuh saya sudah ideal				
5.	Saya tidak merasa bahwa figur / anggota tubuh saya jelek				
6.	Saya senang atau senyum-senyum sendiri melihat tubuh saya didepan cermin				
7.	Saya merasa wajah saya sudah proporsional				
8.	Saya merasa saya cantik dan memiliki tubuh yang ideal				
9.	Saya merasa orang lain memberikan penilaian yang positif terhadap penampilan saya				
10.	Saya melakukan diet ketat dan menahan lapar agar terlihat menarik bagi orang lain				
11.	Menurut saya, ukuran tubuh saya sudah cukup proporsional				
12.	Ketika diet tidak seperti yang saya inginkan, saya berhenti menemui teman saya				
13.	Ketika sudah berusaha diet tapi tidak berhasil, saya biasa saja				
14.	Saya merasa bobot tubuh saya sudah ideal				
15.	Saya khawatir orang lain melihat gumpalan lemak di sekitar pinggang atau perut saya				
16.	saya akan senang bersosialisasi jika bentuk tubuh saya ideal				
17.	Saya menyukai penampilan yang saya tunjukkan				
18.	Meskipun saya gemuk saya tetap percaya diri bersosialisasi dengan teman – teman saya				
19.	Saya khawatir orang menyadari wajah saya tidak simetris atau dipenuhi jerawat				
20.	Saya tidak peduli ketika berat saya bertambah				

A 20x20 grid of numbers from 1 to 4, where the numbers are arranged to form a pixelated image of a green tree with yellow leaves and a white house with a grey roof.

A 20x20 grid of numbers from 1 to 4, where the numbers are arranged to form a pixelated image of a green tree with yellow leaves and a white trunk. The word 'UNIVERSITY' is faintly visible in the background.

32.	2	3	2	4	4	1	3	1	4	4	1	2	2	3	1	4	4	4	2	3	3	1	2	4	2	4	3	3	2	1	1	4	4	3	4	4	1	4	3	1	3	2	3	3	2	1	3	2	4	4	3	3	141			
33.	2	3	1	4	3	1	4	1	4	4	1	3	3	2	2	4	3	4	2	1	1	1	1	4	1	4	3	4	2	1	1	4	3	2	4	4	1	1	4	4	3	1	2	3	1	1	4	1	4	4	1	1	128			
34.	3	4	3	2	3	3	3	3	2	2	3	2	3	3	2	2	3	2	4	4	4	3	3	2	2	2	2	2	3	3	3	2	2	2	2	4	3	4	1	1	2	4	2	2	3	3	2	2	2	2	4	4	138			
35.	2	4	2	3	4	2	3	3	3	3	2	3	2	4	2	4	3	3	2	2	2	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	2	2	3	2	3	2	2	3	2	2	3	3	2	2	135				
36.	2	4	2	4	4	2	3	2	2	3	1	3	1	3	3	4	3	3	3	3	2	2	2	3	3	3	3	3	2	2	3	3	4	4	3	1	3	3	3	4	2	2	3	2	2	4	2	2	4	1	1	139				
37.	2	3	3	3	3	1	3	3	4	3	2	3	2	3	2	3	4	4	4	2	2	1	1	3	1	3	4	4	1	1	1	4	4	4	4	2	1	2	4	3	4	2	4	4	2	1	4	3	4	4	1	1	141			
38.	4	4	4	4	3	1	4	1	3	4	1	1	1	4	4	4	4	3	3	2	1	1	3	3	4	4	4	4	4	4	3	3	4	3	2	1	1	4	3	3	1	3	3	1	1	3	2	3	3	1	1	144				
39.	2	3	2	3	3	2	4	1	3	3	2	2	2	3	2	3	3	3	3	3	3	2	1	3	3	3	3	3	2	2	2	3	3	3	3	3	2	2	4	3	4	1	3	3	2	2	3	2	3	3	3	3	137			
40.	3	3	2	2	3	3	3	3	2	3	3	2	3	3	2	3	3	3	3	3	3	2	2	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3	2	2	142					
41.	4	3	3	2	3	4	4	2	2	2	1	2	3	2	4	4	4	2	4	4	1	2	2	3	3	3	3	2	2	2	2	2	2	2	4	3	2	2	3	4	2	4	2	4	4	2	2	4	2	2	4	1	1	140		
42.	1	4	1	4	4	1	1	1	4	4	1	2	1	3	2	4	3	3	1	1	1	1	1	4	1	4	4	4	1	1	1	4	4	4	4	3	1	3	4	4	4	1	4	4	1	1	4	1	4	4	1	1	130			
43.	4	3	3	2	4	3	4	2	2	3	1	2	3	3	2	4	3	3	4	4	3	2	3	3	2	4	4	3	3	4	3	2	2	4	3	3	4	3	3	4	4	3	4	3	4	2	4	3	4	4	1	1	158			
44.	2	4	2	3	3	3	3	2	2	3	2	2	2	3	2	4	3	3	2	2	2	2	2	3	2	3	3	3	2	1	2	2	3	3	3	2	2	2	4	2	3	2	2	2	2	2	3	2	3	4	2	2	129			
45.	4	2	3	3	3	1	3	2	4	3	2	3	2	2	2	3	4	3	2	2	3	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	145				
46.	1	4	1	4	3	1	2	1	4	4	1	2	2	3	2	4	3	4	1	1	1	1	1	4	1	4	3	4	1	1	2	3	3	3	4	2	1	1	4	4	3	1	4	3	1	1	4	1	4	4	1	2	125			
47.	2	4	3	3	4	2	4	2	2	3	1	2	2	3	2	4	4	3	3	3	3	3	3	3	3	3	3	1	3	3	4	3	2	3	3	3	2	4	3	2	4	4	2	3	3	4	3	1	1	4	1	3	4	2	1	144
48.	4	3	4	2	4	4	4	4	2	4	2	2	2	2	2	4	4	4	2	4	4	4	2	4	4	4	4	4	2	2	4	2	4	4	4	4	4	3	4	2	4	2	2	2	2	2	2	4	4	4	4	2	164			
49.	3	3	4	2	3	4	4	4	1	1	3	4	4	4	2	2	4	1	4	4	4	4	3	2	4	2	2	2	4	4	4	1	2	4	1	4	4	4	4	1	3	4	2	2	4	4	1	4	1	1	4	4	155			
50.	2	4	1	4	4	1	3	2	3	3	1	4	1	3	3	4	2	4	1	2	2	1	1	4	2	4	4	4	1	1	1	4	4	4	1	1	1	1	4	3	4	2	4	4	1	1	4	1	3	4	1	1	164			



Research Tabulation Data TikTok Addiction

No.	X1	X2	X3	X4	X5	X6	X7	X8	X9	X10	X11	X12	X13	X14	X15	X16	X17	X18	X19	X20	X21	X22	X23	X24	X25	X26	X27	X28	X29	X30	TOTAL
1.	2	3	3	2	2	2	2	2	2	3	2	2	2	2	3	2	2	2	2	2	2	2	3	2	2	2	2	2	2	2	65
2.	2	3	3	2	2	2	3	3	2	3	2	2	2	3	3	2	2	2	3	2	2	2	3	3	2	2	2	2	2	2	70
3.	3	4	3	3	2	2	2	2	2	1	1	1	1	1	3	1	1	2	4	1	1	1	4	4	1	1	1	1	1	1	56
4.	1	4	3	1	1	2	3	3	2	2	3	2	2	1	3	3	1	2	2	3	3	2	3	2	1	1	1	1	1	2	61
5.	4	4	4	3	1	2	4	4	3	3	3	3	2	2	4	3	2	3	3	3	2	3	3	3	2	1	2	2	2	1	81
6.	3	4	4	2	2	2	3	3	2	3	3	2	2	2	3	2	2	2	4	1	2	2	2	3	2	2	2	1	1	1	69
7.	3	3	3	2	1	2	2	3	2	3	3	4	2	2	3	2	1	2	2	3	2	2	3	3	2	2	2	2	1	1	68
8.	2	3	4	2	2	1	3	3	2	3	3	2	2	1	3	1	2	2	3	2	2	3	4	3	1	1	2	2	1	1	66
9.	2	4	4	4	2	4	2	4	4	4	4	4	2	2	4	4	4	4	4	4	4	2	4	4	2	2	2	2	4	4	100
10.	4	3	4	2	2	2	4	4	2	3	2	2	1	1	2	2	1	2	4	1	2	2	3	3	2	2	1	1	2	2	68
11.	2	3	3	3	3	2	3	3	2	2	2	2	2	2	3	2	2	2	3	2	2	2	3	4	2	2	2	2	2	2	71
12.	3	4	4	1	1	4	3	3	3	3	2	2	2	2	3	3	1	2	3	3	2	3	3	3	1	1	1	2	3	1	72
13.	3	3	3	2	1	2	2	3	2	3	2	2	1	1	4	2	1	2	3	3	1	1	3	4	1	1	1	1	1	1	60
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15.	4	2	3	4	3	2	4	2	2	3	2	4	2	3	4	4	3	4	3	2	1	4	4	3	2	3	4	4	3	4	92
16.	2	3	4	4	3	2	4	2	3	4	4	3	2	3	4	2	2	3	2	4	4	3	3	2	4	3	4	3	2	4	92
17.	2	2	2	3	1	3	4	4	3	2	4	2	3	3	2	1	4	1	3	2	4	1	3	2	2	4	2	4	3	3	79
18.	2	3	4	4	3	2	3	1	4	3	3	2	4	3	3	1	4	3	2	3	1	4	3	3	1	4	3	2	3	2	83
19.	3	3	3	1	1	1	3	3	1	3	1	1	1	1	3	1	1	1	3	1	1	1	3	3	1	1	1	1	1	1	50
20.	4	4	4	1	1	2	1	4	2	4	1	1	1	2	4	1	1	1	4	4	1	1	4	4	1	1	1	1	1	1	63
21.	2	3	4	4	3	2	3	2	4	4	2	4	2	3	3	4	1	2	3	1	2	2	3	4	3	2	4	4	2	2	84
22.	1	3	2	1	2	2	3	4	1	2	2	1	1	2	4	2	1	2	3	2	1	2	4	3	1	2	1	1	2	2	60
23.	1	3	1	1	2	1	4	3	2	1	2	1	1	2	4	2	1	1	4	1	2	1	3	4	1	2	2	1	2	1	57

24.	2	4	2	1	2	1	4	3	2	2	1	2	1	4	1	2	1	3	2	1	2	4	3	4	1	2	2	2	1	2	64
25.	1	4	1	1	2	2	4	3	1	2	1	2	1	2	4	2	1	1	4	2	1	2	4	3	2	1	2	2	1	2	61
26.	2	4	2	1	2	1	3	4	2	1	2	1	2	2	3	2	2	1	3	2	1	2	3	4	1	2	1	4	3	4	67
27.	3	3	3	3	3	2	3	3	2	3	3	2	2	2	3	2	2	2	3	3	2	2	3	3	2	2	2	2	2	3	75
28.	3	3	3	2	2	2	3	3	2	2	3	2	2	2	3	2	1	2	3	3	2	2	3	3	2	2	2	2	2	2	70
29.	2	3	4	2	1	2	3	3	2	2	2	2	2	2	3	2	2	2	3	2	2	2	1	3	4	2	2	2	2	2	68
30.	3	4	3	3	2	2	3	3	3	2	3	3	3	3	4	3	3	3	2	3	2	2	4	4	2	1	2	2	2	1	80
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32.	3	3	3	1	1	2	2	4	2	3	3	3	2	2	3	3	2	2	2	2	2	2	3	3	3	2	2	2	2	3	72
33.	4	4	1	1	2	4	4	4	4	3	4	4	3	4	1	3	1	2	4	4	3	3	4	4	4	1	4	3	1	4	92
34.	4	4	4	1	4	4	2	1	4	3	4	3	4	4	4	4	3	4	2	4	2	4	1	4	2	4	2	4	4	4	98
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36.	4	4	4	4	3	2	4	4	3	3	4	4	1	1	2	3	2	1	4	2	4	4	2	3	2	1	1	2	4	3	85
37.	4	4	2	4	2	4	3	4	2	4	3	3	4	1	4	4	3	2	3	4	2	4	4	3	2	4	4	3	2	3	95
38.	4	4	4	2	1	4	1	3	4	2	4	3	2	4	1	4	2	1	2	1	1	2	4	2	3	4	4	3	1	2	79
39.	3	3	2	4	3	1	4	3	2	3	4	2	4	1	2	3	3	4	1	4	3	4	2	4	2	2	1	4	2	3	83
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42.	4	2	2	4	3	2	1	4	3	2	1	3	1	4	2	1	4	3	1	4	3	1	2	4	4	4	1	4	2	1	77
43.	1	4	4	2	1	4	3	1	4	4	2	3	2	4	3	2	4	1	3	3	2	2	2	3	4	4	4	4	4	82	
44.	2	1	3	3	4	4	2	4	4	3	4	2	4	3	2	1	3	4	4	2	3	2	1	4	4	3	2	1	4	3	86
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163.	1	2	2	2	2	3	4	2	1	2	4	4	2	2	2	4	4	4	4	4	1	1	4	1	4	2	2	3	2	1	74	
164.	1	4	1	4	1	2	3	2	3	2	1	3	2	2	3	4	1	3	1	2	4	1	4	3	1	4	3	1	4	2	72	
165.	4	2	4	2	4	4	2	4	4	4	2	2	2	4	2	4	4	2	2	4	2	2	2	1	2	1	2	4	2	2	82	
166.	2	1	1	2	2	4	2	2	3	1	4	2	1	4	4	4	4	1	2	1	2	2	4	2	1	4	2	2	2	1	69	
167.	1	4	3	4	1	4	4	2	1	4	1	4	2	1	4	2	3	2	3	1	3	4	3	2	3	2	1	3	2	3	77	
168.	2	3	4	1	3	4	1	4	2	3	1	4	3	2	4	2	3	2	3	2	1	3	2	1	3	4	1	3	2	4	77	
169.	1	1	2	4	3	2	2	2	4	2	2	4	3	4	3	1	1	2	2	3	2	2	4	4	3	2	1	4	4	2	76	
170.	3	3	2	2	4	4	3	4	4	2	4	4	2	2	2	2	2	4	3	2	2	3	2	4	2	4	4	2	1	1	83	
171.	2	2	2	4	2	4	4	2	4	3	2	2	3	4	3	4	4	4	4	2	1	4	2	1	4	3	4	3	2	3	88	
172.	1	4	3	1	2	3	1	2	3	2	1	3	4	3	1	3	2	3	1	4	1	3	4	2	3	1	3	2	4	2	72	
173.	2	2	4	4	2	1	4	2	3	1	1	3	4	1	1	2	4	3	2	2	4	2	1	1	4	3	4	3	2	1	73	
174.	1	3	4	4	2	4	1	3	2	3	1	4	3	2	4	2	3	1	3	2	4	1	4	2	3	1	4	2	4	2	79	
175.	1	4	2	4	3	3	4	1	2	2	3	4	3	1	2	2	2	2	3	1	2	4	1	2	3	3	4	2	2	3	75	
176.	4	3	2	3	2	3	2	3	4	1	4	1	3	2	1	3	2	3	1	4	2	1	3	2	4	3	4	3	3	4	80	
177.	1	2	3	2	2	1	4	3	3	2	4	2	4	4	2	2	4	1	2	1	2	2	4	1	1	3	4	3	3	4	76	
178.	1	4	3	2	1	4	2	3	4	4	3	2	3	1	4	1	3	4	3	1	4	3	1	2	1	3	4	3	2	3	79	
179.	3	4	2	3	3	2	1	2	4	2	4	4	2	2	4	2	3	2	1	1	2	3	1	1	4	3	1	1	2	3	72	
180.	3	2	1	2	3	1	4	3	4	2	3	4	2	3	2	3	1	4	1	4	1	4	1	3	1	3	2	2	2	2	4	74
181.	2	1	2	2	4	2	1	4	4	1	2	3	3	1	1	1	1	2	2	3	3	4	3	4	3	4	3	3	4	2	75	
182.	2	4	4	1	3	3	4	3	2	2	1	2	1	4	3	1	1	2	2	3	1	4	1	1	1	3	4	3	1	1	68	
183.	1	4	3	2	1	4	1	2	3	2	3	1	4	1	3	2	1	4	2	3	2	1	3	1	4	4	1	2	3	4	72	
184.	2	3	4	4	2	2	4	3	2	3	3	2	2	1	1	2	2	1	4	4	4	2	2	4	2	1	1	2	4	1	74	
185.	4	1	2	3	1	4	1	4	1	3	1	3	2	3	1	2	3	2	1	3	2	4	1	3	1	2	3	1	4	2	68	

186.	3	2	1	3	2	1	4	3	2	1	3	2	3	2	1	3	2	3	1	3	4	1	3	1	2	3	2	4	2	4	71
187.	2	3	4	3	4	1	3	2	2	3	2	2	2	2	4	4	4	2	3	2	2	2	2	3	4	2	1	4	1	1	76
188.	2	3	4	2	2	4	1	3	1	2	4	1	3	1	4	1	3	1	2	3	2	3	2	1	4	3	2	3	1	4	72
189.	3	4	1	2	3	2	2	4	4	2	4	4	2	2	2	2	2	2	1	2	4	4	2	2	1	2	2	2	4	1	74
190.	2	3	4	2	1	2	2	4	4	4	4	4	3	4	4	4	4	4	4	4	4	4	4	3	2	2	2	4	4	2	98
191.	4	4	4	4	3	4	2	4	2	4	2	2	1	1	2	4	2	3	4	3	3	4	4	2	2	4	4	2	2	2	88
192.	2	3	4	2	1	2	3	3	2	3	3	2	2	2	3	2	2	2	3	3	2	2	3	4	2	2	2	2	2	2	72
193.	3	3	4	3	2	3	3	4	2	4	3	2	2	2	3	2	2	3	3	4	2	4	3	3	2	2	3	2	3	3	84
194.	3	3	4	2	2	3	3	3	3	3	3	3	3	2	2	3	3	2	3	2	2	3	4	2	3	2	2	2	3	3	81
195.	2	3	3	3	1	1	1	2	1	1	1	1	1	1	3	1	1	1	2	2	1	4	4	2	1	1	1	1	2	2	51
196.	2	3	3	2	2	2	2	2	2	3	2	2	2	2	3	2	2	2	2	2	2	2	2	3	2	2	2	2	2	2	65
197.	2	4	4	2	2	2	3	3	2	2	3	2	2	1	4	2	2	2	4	1	1	1	4	4	1	2	1	2	1	1	67
198.	2	3	3	2	1	1	2	2	1	2	2	2	2	2	3	2	1	2	3	3	2	2	4	4	2	2	2	2	2	2	65
199.	3	2	2	3	3	3	3	3	4	3	3	4	3	3	2	3	3	3	3	3	3	3	2	2	4	3	4	4	4	4	92
200.	2	2	4	1	1	1	3	3	1	2	2	2	1	1	4	2	2	2	4	1	1	2	4	4	2	1	1	1	1	1	59
201.	4	3	3	2	1	3	3	4	3	4	3	3	2	3	4	3	2	2	1	2	4	4	2	1	2	2	2	2	2	1	77
202.	4	4	4	3	2	3	3	3	3	3	3	2	3	3	2	2	2	2	3	2	2	2	3	3	2	2	3	2	2	1	78



Tryout Tabulation Data Body Dissatisfaction

No.	Y1	Y2	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Y13	Y14	Y15	Y16	Y17	Y18	Y19	Y20	Y21	Y22	Y23	Y24	Y25	Y26	Y27	Y28	Y29	Y30	Y31	Y32	Total	
1.	2	3	4	2	3	3	2	2	2	3	3	2	3	2	2	4	3	2	3	4	4	2	4	2	2	4	4	4	1	3	4	1	89	
2.	2	2	2	2	3	4	4	3	2	3	2	3	3	2	3	3	2	2	3	3	3	3	2	3	2	3	3	2	2	2	3	2	83	
3.	4	3	2	2	3	3	3	3	2	3	3	2	2	2	3	3	2	2	2	3	3	3	4	3	2	2	3	2	2	1	4	2	83	
4.	2	2	2	2	4	4	4	4	1	1	1	1	4	4	4	4	1	1	4	3	3	3	1	3	1	4	2	1	1	2	3	4	81	
5.	4	2	4	4	2	2	2	2	2	4	4	4	2	2	2	2	2	2	2	3	3	2	2	4	4	3	2	2	4	2	1	4	86	
6.	3	2	3	3	2	2	2	2	3	4	2	1	1	2	2	3	4	4	2	2	2	2	3	3	4	3	3	3	2	4	4	2	84	
7.	3	3	3	3	2	2	2	2	4	4	4	3	2	2	1	2	3	3	1	2	2	1	4	2	4	2	2	3	3	3	3	2	82	
8.	3	3	3	3	2	2	2	3	2	3	2	2	2	2	2	3	3	2	2	2	2	2	3	3	2	3	3	2	2	2	4	2	78	
9.	3	2	4	2	2	3	2	3	2	3	3	3	3	2	2	2	2	1	3	3	3	3	2	3	2	3	3	2	3	2	4	3	83	
10.	3	4	3	2	2	2	1	4	2	4	3	2	1	2	1	3	4	2	2	4	4	1	4	3	2	3	4	2	2	1	4	1	82	
11.	2	2	3	3	3	3	2	2	3	4	4	3	3	1	2	2	1	1	3	4	3	3	1	2	4	3	2	4	3	3	2	2	83	
12.	3	4	2	4	4	2	4	2	4	4	4	4	4	4	4	4	4	4	3	4	4	4	4	4	4	4	4	4	4	4	4	4	120	
13.	2	2	2	2	3	3	3	2	2	2	2	2	3	3	3	3	3	2	3	2	2	3	2	3	3	3	3	2	2	2	3	3	80	
14.	4	4	4	4	2	4	2	4	4	4	4	4	4	4	2	2	4	2	2	4	4	4	4	2	4	4	4	2	2	2	4	4	108	
15.	2	3	4	4	2	1	1	4	3	1	3	3	2	2	1	2	3	3	2	2	2	1	3	2	4	2	2	3	3	3	3	1	77	
16.	2	2	3	2	3	3	2	3	2	2	3	2	3	3	3	3	1	1	3	3	3	3	2	3	3	3	3	3	2	2	4	3	83	
17.	3	3	2	3	2	3	3	3	2	4	2	3	3	2	4	2	2	1	3	3	3	3	2	4	2	3	3	3	2	2	1	2	83	
18.	3	3	3	2	3	2	2	2	2	3	3	3	2	2	2	2	2	3	3	2	2	2	3	3	3	3	2	3	3	2	3	3	2	80
19.	2	2	4	4	2	3	3	3	2	2	4	2	3	2	2	3	2	3	2	3	3	2	4	2	3	3	3	2	4	2	2	2	85	
20.	3	4	2	2	3	2	2	4	3	3	3	4	3	2	2	3	4	4	2	2	2	2	2	3	2	3	3	4	3	4	4	1	90	
21.	3	4	3	3	2	3	3	2	2	3	2	1	3	2	3	3	2	2	3	3	3	3	2	3	3	3	3	2	2	2	4	3	85	
22.	4	1	4	4	1	1	1	1	4	4	4	3	3	1	1	1	2	2	1	2	2	1	1	3	2	1	2	1	4	2	1	1	66	
23.	3	4	3	3	2	1	1	1	3	3	4	3	3	2	2	2	3	2	2	2	2	1	4	3	4	2	3	4	3	4	4	1	83	
24.	4	3	3	3	2	2	2	2	3	3	3	4	3	2	2	2	3	3	2	2	2	2	2	3	3	2	2	3	3	3	3	2	82	
25.	3	1	4	4	2	1	1	1	4	4	3	4	1	1	1	1	2	1	1	3	3	2	1	3	3	1	1	4	2	1	4	4	72	
26.	2	2	2	2	3	3	3	3	2	2	2	2	3	3	4	3	1	1	3	3	3	4	1	3	2	3	3	1	1	1	3	3	77	
27.	2	2	3	3	3	2	2	2	3	3	3	3	2	2	2	2	4	2	2	3	3	2	3	2	2	2	3	2	2	3	4	2	80	
28.	4	2	2	2	2	4	3	3	2	3	2	2	3	2	2	3	2	2	2	3	2	3	2	3	2	3	2	2	2	2	4	3	80	
29.	3	2	3	3	2	2	2	2	3	3	3	3	2	2	2	2	2	2	2	2	3	3	2	3	3	2	1	4	2	4	4	2	80	
30.	4	4	4	4	2	3	1	2	4	4	4	3	3	2	3	3	4	2	1	1	1	1	4	3	4	2	3	4	4	4	1	1	90	

31.	3	4	4	4	2	2	2	2	1	3	3	2	2	2	2	2	1	1	1	2	2	1	4	2	4	2	2	4	2	1	4	1	74	
32.	3	4	2	3	3	2	1	2	4	3	4	3	2	2	2	2	4	2	4	4	4	2	3	2	2	2	2	3	3	3	4	1	87	
33.	3	1	2	3	3	1	2	3	4	1	2	2	1	4	2	4	1	1	2	4	4	3	1	3	1	4	4	1	1	1	4	4	77	
34.	3	3	2	3	2	2	2	2	4	4	4	4	1	1	2	1	4	4	1	1	2	1	4	1	4	1	2	4	4	4	2	1	80	
35.	2	2	2	2	3	3	3	3	2	2	2	2	3	3	3	3	3	2	3	3	3	3	3	2	3	3	3	3	2	1	2	1	2	79
36.	2	2	2	2	3	4	2	3	1	2	2	2	2	3	3	3	2	2	3	3	3	3	3	2	3	2	3	3	2	2	2	2	2	77
37.	4	4	4	4	2	1	2	1	4	4	4	4	1	1	1	1	1	1	1	1	1	1	1	4	1	4	1	1	1	1	2	4	1	68
38.	4	4	4	4	4	4	4	4	4	4	1	1	3	4	4	4	2	1	4	4	3	2	4	3	4	4	1	2	1	1	1	3	97	
39.	3	2	2	2	3	2	2	3	2	3	2	2	2	2	2	3	2	1	2	2	1	2	1	4	2	3	3	3	2	1	3	3	72	
40.	3	2	3	3	3	3	3	2	3	4	4	4	2	2	3	2	2	2	3	3	3	2	2	3	3	3	2	3	2	2	2	2	3	86
41.	3	1	4	3	2	2	2	2	4	2	1	4	1	1	1	1	4	1	2	4	4	2	2	2	1	2	4	1	1	4	1	1	70	
42.	1	1	2	1	4	4	2	4	1	3	1	2	3	3	3	3	2	1	2	3	3	2	2	4	2	3	4	1	2	2	4	2	77	
43.	3	3	2	1	4	4	4	3	2	3	3	2	4	3	4	3	3	2	3	4	3	4	4	2	4	3	3	4	3	3	4	2	99	
44.	2	2	2	2	3	3	2	3	2	3	2	2	2	2	2	3	3	2	2	3	3	2	2	2	3	3	4	2	1	2	4	3	78	
45.	4	3	3	2	3	3	4	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	2	2	3	3	4	3	3	3	3	4	95	
46.	1	1	1	1	4	4	4	4	1	1	1	1	4	4	4	4	1	1	4	4	4	4	1	4	1	4	4	1	1	1	4	4	83	
47.	4	2	1	1	4	4	4	4	1	4	2	3	4	2	4	4	1	1	4	4	4	4	2	3	4	4	4	3	2	1	3	4	96	
48.	4	2	2	2	4	2	2	4	1	4	4	1	4	1	2	4	2	1	4	4	4	4	2	2	4	4	4	4	1	4	4	3	94	
49.	4	4	4	4	1	2	1	1	4	4	4	4	1	1	2	1	4	4	1	1	1	1	4	1	4	2	1	4	4	4	3	1	82	
50.	2	2	2	2	4	4	3	4	2	2	2	2	2	3	3	3	2	2	4	4	3	3	2	4	2	4	3	2	2	1	3	3	86	



Research Tabulation Data Body Dissatisfaction

NO.	Y1	Y2	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Y13	Y14	Y15	Y16	Y17	Y18	Y19	Y20	TOTAL
1	3	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3	2	2	3	2	46
2	3	3	3	3	2	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	57
3	2	3	4	4	4	4	4	4	4	1	4	4	4	4	1	1	4	1	1	1	59
4	1	3	2	2	3	3	2	3	3	1	2	3	2	2	1	2	3	3	3	3	47
5	2	3	3	3	3	3	3	3	3	1	4	3	3	3	1	2	4	3	2	2	54
6	2	4	3	3	4	4	4	4	4	1	4	4	4	4	2	2	4	2	2	2	63
7	3	3	3	3	3	3	3	3	3	1	3	3	3	3	2	2	3	3	2	3	55
8	2	3	3	2	3	3	3	3	3	1	3	3	3	3	2	3	3	3	3	3	55
9	4	4	4	2	4	4	4	4	4	1	4	4	4	4	2	4	4	4	2	4	71
1	1	3	3	1	3	1	3	2	2	1	3	1	1	3	2	3	3	3	2	3	44
1	2	4	4	4	4	3	4	4	4	1	4	3	3	4	2	2	3	3	2	3	63
1	3	3	3	3	2	2	3	3	3	2	3	3	3	2	2	3	3	3	2	3	54
1	2	3	4	2	2	4	3	4	4	2	2	4	3	2	1	2	4	4	1	2	55
1	4	3	4	3	4	4	4	3	4	4	4	4	2	2	3	4	2	4	4	4	70
1	1	3	2	4	1	3	4	3	3	1	4	4	3	4	2	4	3	3	2	4	58
1	2	3	4	4	3	4	3	3	4	1	4	3	4	3	1	4	3	3	2	4	62
1	1	4	3	3	2	3	4	4	3	1	4	3	3	4	1	3	4	4	2	3	59
1	1	3	4	3	2	3	4	4	3	1	4	3	3	4	2	3	4	3	1	4	59

1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	20	
2	1	4	4	4	4	4	4	4	1	4	4	4	4	1	4	4	1	1	1	62	
2	4	3	3	4	1	4	4	3	4	1	3	3	4	4	1	3	4	4	2	4	63
2	2	3	3	4	4	3	3	4	3	1	4	3	4	3	1	2	4	3	2	3	59
2	1	4	3	4	4	4	3	4	4	1	3	3	3	4	1	2	4	3	1	4	60
2	2	4	3	4	4	4	3	4	4	1	3	4	3	4	1	2	3	4	1	4	62
2	2	3	4	4	3	4	3	3	4	4	3	4	3	3	1	2	4	3	2	4	63
2	2	4	3	4	4	3	4	3	4	1	3	4	3	4	1	2	3	3	1	3	59
2	3	3	3	2	3	3	3	3	3	2	3	3	3	3	3	2	3	3	2	3	56
2	4	3	3	3	4	3	3	3	3	2	2	2	2	2	3	3	3	2	2	2	54
2	2	3	2	2	3	2	2	2	3	2	2	2	3	2	2	2	3	3	3	3	48
3	2	3	4	3	4	2	3	3	3	2	3	2	2	3	2	2	3	4	2	2	54
3	1	2	1	2	1	2	2	2	2	1	3	4	4	1	1	1	2	1	4	4	41
3	2	3	3	3	3	4	4	4	4	1	4	2	3	3	3	4	4	3	4	1	62
3	4	4	2	1	3	4	1	4	4	3	4	3	3	1	1	4	2	4	4	4	60
3	1	4	4	2	1	4	4	3	2	1	4	4	3	1	2	4	4	2	1	4	55
3	4	3	3	4	4	4	3	4	4	3	4	4	2	1	4	2	4	3	2	1	63
3	1	2	4	3	4	1	4	2	3	4	1	4	4	2	1	3	4	4	2	4	57
3	2	4	4	3	4	3	4	4	3	1	4	2	4	3	1	4	4	3	2	4	63
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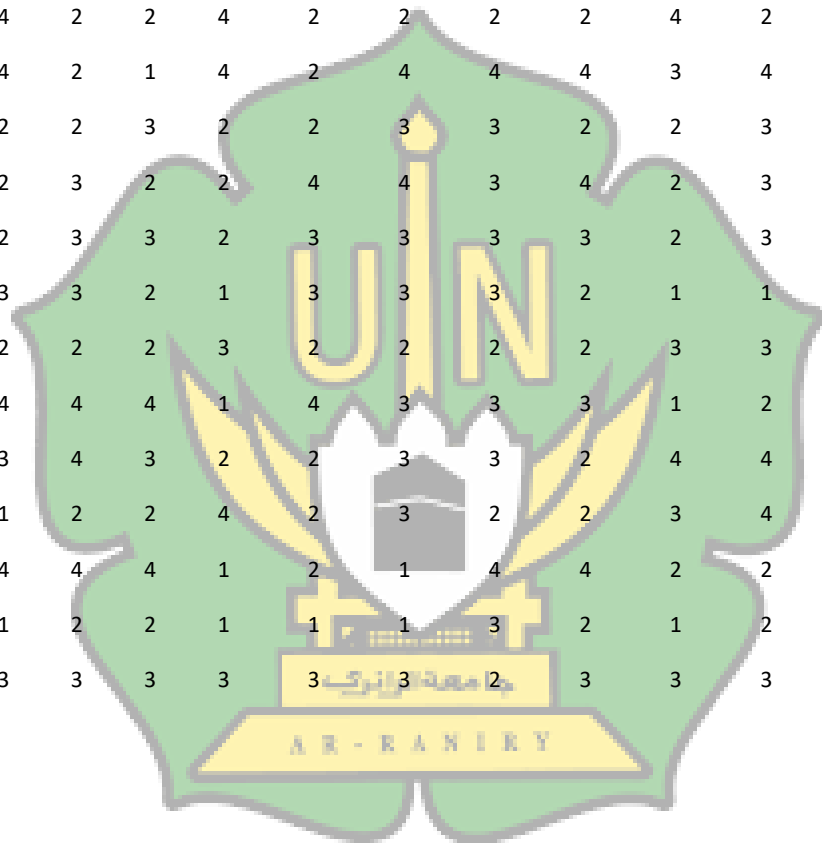
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Item Discrimination Test & Reliability Test Tiktok Addiction Stage 1

Case Processing Summary

		N	%
Cases	Valid	50	100.0
	Excluded ^a	0	.0
	Total	50	100.0

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

Reliability Statistics

Cronbach's Alpha	N of Items
.821	52

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
P01	137.76	159.778	.126	.821
P02	137.06	161.486	.102	.821
P03	137.84	151.607	.514	.811
P04	137.40	164.694	-.105	.827
P05	137.02	158.102	.350	.817
P06	137.96	156.039	.240	.819
P07	137.16	154.749	.496	.813
P08	138.14	154.327	.387	.814
P09	137.98	163.081	-.036	.827
P10	137.38	162.200	.023	.823
P11	138.62	155.669	.394	.815
P12	138.10	158.582	.203	.819
P13	138.08	152.728	.491	.812
P14	137.50	157.235	.345	.816
P15	138.18	162.028	.035	.823
P16	137.16	160.953	.101	.821
P17	137.24	154.104	.603	.812

P18	137.36	164.235	-.089	.825
P19	138.04	153.427	.452	.813
P20	137.64	149.786	.557	.809
P21	137.74	149.584	.561	.809
P22	138.24	152.227	.477	.812
P23	138.40	152.327	.541	.811
P24	137.24	162.309	.034	.822
P25	138.26	152.890	.436	.813
P26	137.30	162.949	-.011	.823
P27	137.26	158.482	.326	.817
P28	137.16	164.913	-.136	.826
P29	138.20	154.857	.383	.815
P30	138.50	152.173	.456	.812
P31	138.10	150.418	.558	.809
P32	137.68	166.589	-.215	.828
P33	137.52	163.887	-.072	.824
P34	137.26	155.339	.441	.814
P35	137.22	160.420	.109	.821
P36	137.60	154.980	.348	.815
P37	138.40	154.367	.351	.815
P38	137.88	152.393	.432	.813
P39	137.28	169.389	-.349	.832
P40	138.00	161.878	.011	.826
P41	137.26	158.727	.266	.818
P42	138.48	154.704	.428	.814
P43	137.24	158.798	.166	.820
P44	137.50	160.867	.108	.821
P45	138.52	151.642	.520	.811
P46	138.60	155.551	.345	.816
P47	137.22	165.032	-.133	.826
P48	138.46	150.090	.587	.809
P49	137.36	159.582	.155	.820
P50	137.20	159.551	.168	.820
P52	138.34	152.270	.409	.813
P51	138.42	155.391	.299	.817

Item Discrimination Test & Reliability Test Tiktok Addiction Stage 2

Case Processing Summary			
		N	%
Cases	Valid	50	100.0
	Excluded	0	.0
	Total	50	100.0

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

Reliability Statistics

Cronbach's Alpha	N of Items
.931	30

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
P03	72.02	183.489	.607	.928
P05	71.20	194.857	.207	.932
P06	72.14	185.021	.443	.931
P07	71.34	187.902	.561	.929
P08	72.32	184.834	.555	.929
P11	72.80	186.898	.560	.929
P13	72.26	183.870	.630	.928
P14	71.68	191.406	.366	.931
P17	71.42	190.249	.479	.930
P19	72.22	184.910	.577	.929
P20	71.82	181.416	.647	.928
P21	71.92	179.544	.720	.927
P22	72.42	181.922	.670	.927
P23	72.58	183.881	.664	.928
P25	72.44	184.129	.559	.929
P27	71.44	198.782	-.053	.934
P29	72.38	183.547	.647	.928
P30	72.68	181.610	.652	.928
P31	72.28	180.369	.729	.927
P34	71.44	193.476	.233	.932
P36	71.78	186.257	.482	.930
P37	72.58	181.840	.634	.928
P38	72.06	181.894	.620	.928
P41	71.44	198.578	-.039	.934
P42	72.66	186.270	.566	.929
P45	72.70	182.908	.643	.928
P46	72.78	186.053	.525	.929
P48	72.64	182.113	.667	.927
P52	72.52	179.806	.665	.927
P51	72.60	183.673	.548	.929

Item Discrimination Test & Reliability Test Body Dissatisfaction Stage 1

Case Processing Summary			
		N	%
Cases	Valid	50	100.0
	Excluded ^a	0	.0
	Total	50	100.0

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

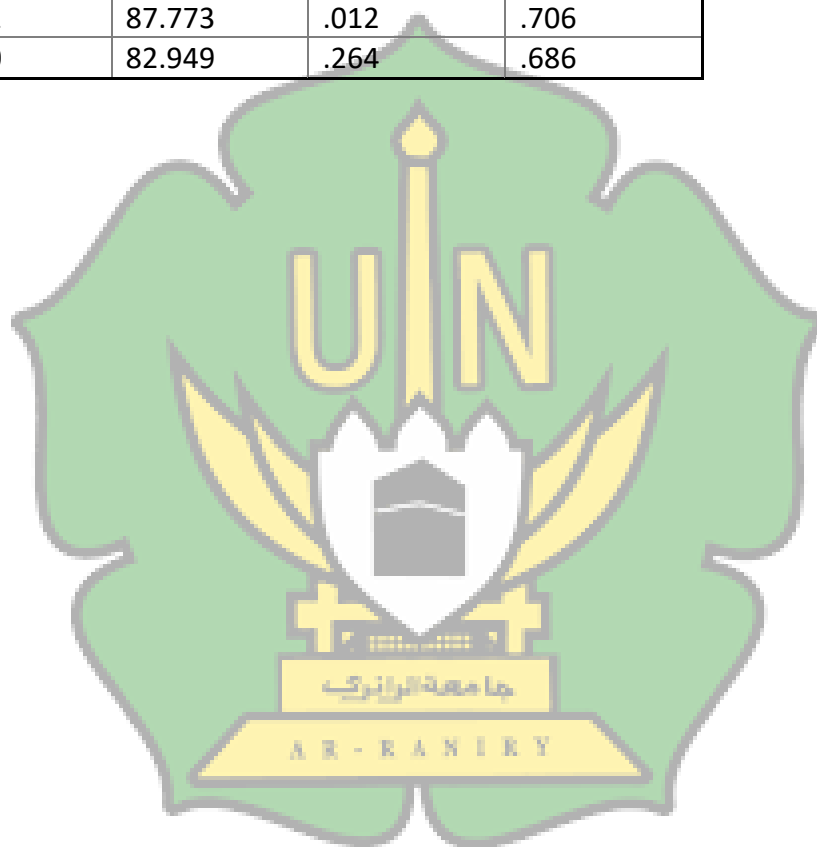
Reliability Statistics

Cronbach's Alpha	N of Items
.696	32

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
P001	80.54	86.376	.135	.695
P002	80.86	82.204	.334	.681
P003	80.64	92.439	-.234	.718
P004	80.74	90.278	-.110	.711
P005	80.76	83.329	.347	.682
P006	80.82	83.457	.272	.686
P007	81.08	82.279	.352	.680
P008	80.78	84.787	.204	.690
P009	80.86	88.776	-.033	.708
P010	80.42	85.677	.152	.694
P011	80.64	85.949	.123	.696
P012	80.82	89.089	-.046	.708
P013	80.98	80.347	.478	.671
P014	81.22	84.338	.269	.686
P015	81.02	81.612	.401	.677
P016	80.78	80.175	.498	.670
P017	81.00	86.367	.095	.698
P018	81.46	84.907	.197	.691

P019	80.96	80.733	.441	.674
P020	80.58	82.412	.352	.680
P021	80.66	83.249	.329	.682
P022	81.06	81.649	.378	.678
P023	80.92	84.891	.159	.694
P024	80.64	86.072	.173	.692
P025	80.60	83.020	.285	.685
P026	80.64	80.235	.518	.670
P027	80.66	84.719	.217	.690
P028	80.84	83.076	.262	.686
P029	81.18	85.987	.127	.696
P030	81.06	85.568	.130	.696
P031	80.32	87.773	.012	.706
P032	81.10	82.949	.264	.686



Item Discrimination Test & Reliability Test Body Dissatisfaction Stage 2

Case Processing Summary			
		N	%
Cases	Valid	50	100.0
	Excluded ^a	0	.0
	Total	50	100.0

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

Reliability Statistics

Cronbach's Alpha	N of Items
.854	20

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
P002	48.44	94.292	-.002	.866
P005	48.34	83.739	.723	.838
P006	48.40	83.102	.636	.840
P007	48.66	82.678	.681	.838
P008	48.36	84.398	.577	.842
P013	48.56	83.068	.667	.839
P014	48.80	85.184	.603	.842
P015	48.60	82.286	.719	.837
P016	48.36	80.929	.817	.833
P018	49.04	97.264	-.157	.870
P019	48.54	81.315	.758	.835
P020	48.16	84.300	.593	.842
P021	48.24	86.227	.515	.845
P022	48.64	82.276	.686	.837
P023	48.50	96.745	-.126	.872
P025	48.18	95.457	-.062	.868
P026	48.22	81.359	.825	.833
P027	48.24	87.166	.427	.848
P028	48.42	95.636	-.073	.870
P032	48.68	84.916	.470	.847

Categorization Test Results Of Tiktok Addiction Variable

Statistics		
kategorisasi_x		
N	Valid	202
	Missin g	0

Kategorisasi_X					
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Vali d	LOW	6	3.0	3.0	3.0
	MODERA TE	147	72.8	72.8	75.7
	HIGH	49	24.3	24.3	100.0
	Total	202	100.0	100.0	

Categorization Test Results Of Body Dissatisfaction Variable

Statistics		
Kategorisasi_Y		
N	Valid	202
	Missin g	0

Kategorisasi_Y					
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Vali d	LOW	4	2.0	2.0	2.0
	MODERA TE	130	64.4	64.4	66.3
	HIGH	68	33.7	33.7	100.0
	Total	202	100.0	100.0	

Empirical Data Between Tiktok Addiction and Body Dissatisfaction

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
tiktok addiction	202	50	113	81.46	13.126
body dissatisfaction	202	20	72	56.19	8.624
Valid N (listwise)	202				

Normality Test

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
BODY DISSATISFACTION	.083	202	.002	.963	202	.000
TIKTOK ADDICTION	.112	202	.000	.957	202	.000
a. Lilliefors Significance Correction						

Linearity Test

Case Processing Summary						
	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
BODY DISSATISFACTION * TIKTOK ADDICTION	202	100.0%	0	0.0%	202	100.0%

Report

BODY DISSATISFACTION			
TIKTOK ADDICTION	Mean	N	Std. Deviation
50	20.00	1	.
51	49.00	1	.
56	59.00	1	.
57	60.00	1	.
58	39.00	1	.
59	63.00	1	.
60	56.33	3	2.309
61	55.00	2	11.314
63	62.00	1	.
64	62.00	1	.
65	48.67	3	5.508
66	49.33	3	4.933
67	61.00	4	8.287
68	49.50	6	4.593
69	55.67	3	7.024
70	56.00	3	1.732
71	53.00	3	8.718
72	50.25	12	4.654
73	47.25	4	6.752
74	52.43	7	5.473
75	54.00	8	4.000
76	53.22	9	4.438
77	48.58	12	4.441
78	54.22	9	4.466
79	52.00	8	6.782
80	48.00	4	6.055
81	58.57	7	6.503
82	53.00	8	6.459
83	56.57	7	5.968
84	58.75	4	7.588
85	56.33	3	.577
86	57.29	7	7.566
87	59.00	1	.
88	56.60	5	3.715
90	43.00	1	.
91	61.50	2	2.121
92	56.75	4	6.702
93	52.00	1	.
94	66.00	3	3.606
95	63.00	1	.
97	67.00	3	2.646
98	54.00	2	1.414

100	70.00	3	1.000
101	57.00	2	15.556
103	68.63	8	.518
104	67.00	2	.000
105	68.88	8	.835
106	69.20	5	.447
107	71.00	3	1.000
113	70.00	1	.
Total	56.19	202	8.624

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
BODY DISSATISFACTION * TIKTOK ADDICTION	Between Groups	(Combined)	10733.669	49	219.054	7.899	.000
		Linearity	5903.899	1	5903.899	212.895	.000
		Deviation from Linearity	4829.769	48	100.620	3.628	.000
	Within Groups		4215.183	152	27.731		
	Total		14948.851	201			

Measures of Association

	R	R Squared	Eta	Eta Squared
BODY DISSATISFACTION * TIKTOK ADDICTION	.628	.395	.847	.718

Hypothetical Test

Correlations

			BODY DISSATISFACTION	TIKTOK ADDICTION
Spearman's rho	BODY DISSATISFACTION	Correlation Coefficient	1.000	.538**
		Sig. (2-tailed)	.	.000
		N	202	202
	TIKTOK ADDICTION	Correlation Coefficient	.538**	1.000
		Sig. (2-tailed)	.000	.
		N	202	202

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

BIOGRAPHICAL HISTORY

Personal Information

1. Name : Zharifa Yasmin julian
2. Student ID Number : 210901154
3. Place and Date of Birth : Banda Aceh, 03 March 2003
4. Gender : Female
5. Religion : Islam
6. Nationality : Indonesian
7. Address
 - a. District/City : Banda Aceh
 - b. Subdistrict : Kuta Alam
8. Province : Aceh
9. Phone/Mobile Number : 0895611013479
10. Email : 210901154@student.ar-raniry.ac.id
11. Educational History
 - a. Elementary School/MIN : MIN Merduati Banda Aceh
 - b. Junior High School/MTS : Maryam Binti Ibrahim Boarding School
 - c. Senior High School/MAN : SMA Negeri 2 Banda Aceh
12. Parents/Guardians
 - a. Father's Name : Julian Sulaiman (in memoriam)
 - b. Mother's Name : Arita T. Iskandariata
13. Parents' Occupations
 - a. Father : -
 - b. Mother : Housewife
14. Parents' Address
 - a. Father : -
 - b. Mother : Banda Aceh

Banda Aceh, 25th August 2025

Researcher

Zharifa Yasmin Julian