

Daftar Pustaka

- Anand, N., Sharma, M. K., & Marimuthu, P. (2021). Problematic internet use and its association with psychological stress among adolescents. *Indian J Soc Psychiatry*, 37(3), 269 – 274. doi: 10.4103/ijsp.ijsp_225_21
- Anbumalar, C., Dorathy, A. P., Jaswanti, V. P., Priya, D., & Reninangelin, D. (2017). Gender differences in perceived stress levels and coping strategies among college students. *The International Journal of Indian Psychology*, 4(4), 22–33. <https://doi.org/10.25215/0404.103>
- Andangsari, E., & Dhowi, B. (2016). Two Typology Types of Loneliness and Problematic Internet Use (PIU): An Evidence of Indonesian Measurement. *Advanced Science Letters*, 22, 1711-1714
- APA. (2018, Oktober). *Stress in America™ Generation Z*. American Psychological Association. Diakses Maret 27, 2022, dari <https://www.apa.org/news/press/releases/stress/2018/stress-gen-z.pdf>
- APA. (2021, Oktober 25). *Stress in America™ 2021: Pandemic impedes basic decision-making ability*. American Psychological Association. Diakses Maret 28, 2022, dari <https://www.apa.org/news/press/releases/2021/10/stress-pandemic-decision-making>
- AP-NORC Center for Public Affairs Research. (2021, Desember 6). *Gen Z and the Toll of the Pandemic*. AP. Diakses Maret 28, 2022, dari <https://apnorc.org/projects/gen-z-and-the-toll-of-the-pandemic/>
- Azwar, S. (2016). Metode penelitian. Yogyakarta: Pustaka Belajar.
- Beard, K. W. & Wolf, E. M. (2001). Modification in the proposed diagnostic criteria for internet addiction. *CyberPsychology & Behavior*, 4(3), 377–383. doi:10.1089/109493101300210286
- Cahya, G. H. (2020, March 16). *Stay home, President says*. The Jakarta Post. <https://www.thejakartapost.com/news/2020/03/16/stay-home-president-says.html>.
- Caplan, S. E. (2002). Problematic Internet use and psychosocial well-being: development of a theory-based cognitive-behavioral measurement instrument. *Computers in Human Behavior*, 18(5), 553–575. [https://doi.org/10.1016/s0747-5632\(02\)00004-3](https://doi.org/10.1016/s0747-5632(02)00004-3)
- Caplan, S. E. (2003). Preference for Online Social Interaction: A Theory of Problematic Internet Use and Psychosocial Well-Being. *Communication Research*, 30(6), 625–648. <https://doi.org/10.1177/0093650203257842>
- Caplan, S. E. (2005). A Social Skill Account of Problematic Internet Use. *Journal of Communication*, 55(4), 721–736. <https://doi.org/10.1111/j.1460-2466.2005.tb03019.x>
- Caplan, S. E. (2010). Theory and measurement of generalized problematic Internet use: A two-step approach. *Computers in Human Behavior*, 26(5), 1089–1097. <https://doi.org/10.1016/j.chb.2010.03.012>

- Çevik, G. B., & Ali Yıldız, M. (2017). The role of peceived social support, coping, and loneliness in predicting internet addiction in adolescents. *Journal of Education and Practice*, 8(12), 64–73.
- Chang, J. (2015). The interplay between collectivism and social support processes among Asian and Latino American college students.. *Asian American Journal of Psychology*, 6(1), 4–14. doi:10.1037/a0035820
- Cohen, S. & Williamson, G. (1988). Perceived stress in a probability sample of the United States In: Spacapam S and Oskamp S (eds) *The Social Psychology of Health*. Newbury Park, CA: Sage, 31–67.
- Costa, C., Briguglio, G., Mondello, S., Teodoro, M., Pollicino, M., Canalella, A., Verduci, F., Italia, S., & Fenga, C. (2021). Perceived stress in a gender perspective: A survey in a population of unemployed subjects of Southern Italy. *Frontiers in Public Health*, 9. <https://doi.org/10.3389/fpubh.2021.640454>
- Davis, R. A. (2001). A cognitive-behavioral model of pathological Internet use. *Computers in Human Behavior*, 17(2), 187–195. [https://doi.org/10.1016/s0747-5632\(00\)00041-8](https://doi.org/10.1016/s0747-5632(00)00041-8)
- DeAndrea, D. C., Tong, S. T., & Walter, J. B. (2011). Dark Sides of Computer-Mediated Communication. Dalam *The Dark Side of Close Relationships II* (pp. 95–118). chapter, Routledge.
- Diomidous, M., Chardalias, K., Magita, A., Koutonias, P., Panagiotopoulou, P., & Mantas, J. (2016). Social and Psychological Effects of the Internet Use. *Acta Informatica Medica*, 24(1), 66. <https://doi.org/10.5455/aim.2016.24.66-69>
- Eisman, A. B., Stoddard, S. A., Heinze, J., Caldwell, C. H., & Zimmerman, M. A. (2015). Depressive symptoms, social support, and violence exposure among urban youth: A longitudinal study of resilience. *Developmental Psychology*, 51(9), 1307–1316. <https://doi.org/10.1037/a0039501>
- Gao, L., Gan, Y., Whittal, A., & Lippke, S. (2020). Problematic Internet Use and Perceived Quality of Life: Findings from a Cross-Sectional Study Investigating Work-Time and Leisure-Time Internet Use. *International Journal of Environmental Research and Public Health*, 17(11), 4056–. doi:10.3390/IJERPH17114056
- George, D. R., Dellasega, C., Whitehead, M. M., & Bordon, A. (2013). Facebook-based stress management resources for first-year medical students: A multi-method evaluation. *Computers in Human Behavior*, 29(3), 559–562. <https://doi.org/10.1016/j.chb.2012.12.008>
- Graves, B. S., Hall, M. E., Dias-Karch, C., Haischer, M. H., & Apter, C. (2021). Gender differences in perceived stress and coping among college students. *PLOS ONE*, 16(8). <https://doi.org/10.1371/journal.pone.0255634>
- Helmi, A. F. (2021). ASPEK-ASPEK PSIKOLOGIS INTERAKSI SOSIAL DI RUANG SIBER. Paper dipresentasikan di Pidato Pengukuhan Jabatan Guru Besar dalam Bidang Psikologi Sosial. Universitas Gadjah Mada.

- Hofstede, G. (2011). Dimensionalizing Cultures: The Hofstede Model in Context. *Online Readings in Psychology and Culture*, 2(1), 1–26. <https://doi.org/10.9707/2307-0919.1014>
- Hou, X. L., Wang, H. Z., Hu, T. Q., Gentile, D. A., Gaskin, J., & Wang, J.L. (2019). The relationship between perceived stress and problematic social networking site use among Chinese college students. *Journal of Behavioral Addictions*, 8(2), 306–317. <https://doi.org/10.1556/2006.8.2019.26>
- Jun, S., & Choi, E. (2015). Academic stress and Internet addiction from general strain theory framework. *Computers in Human Behavior*, 49, 282–287. <https://doi.org/10.1016/j.chb.2015.03.001>
- Kaligis, F., Indraswari, M. T., & Ismail, R. I. (2020). Stress during COVID-19 pandemic: mental health condition in Indonesia. *Medical Journal of Indonesia*, 29(4), 436–441. <https://doi.org/10.13181/mji.bc.204640>
- Kawachi, I & Berkman L. F. (2001). Social Ties and Mental Health. *Journal of Urban Health: Bulletin of the New York Academy of Medicine*, 78(3), 458–467. <https://doi.org/10.1093/jurban/78.3.458>
- Kemp, S. (2021, February 11). *Digital in Indonesia: All the Statistics You Need in 2021 - DataReportal – Global Digital Insights*. DataReportal. <https://datareportal.com/reports/digital-2021-indonesia>.
- Khan, A., & Husain, A. (2010). Social Support as a Moderator of Positive Psychological Strengths and Subjective Well-Being. *Psychological Reports*, 106(2), 534–538. <https://doi.org/10.2466/pr0.106.2.534-538>
- Kıran-Esen, B., & Gündoğdu, M. (2010). The relationship between Internet addiction, peer pressure and perceived social support among adolescents, *The International Journal of Educational Researchers*, 2(1), 29–36.
- Kominfo. (2020, April 17). *Penggunaan Internet Naik 40% Saat Bekerja dan Belajar dari Rumah*. Kementerian Komunikasi dan Informatika Republik Indonesia. https://www.kominfo.go.id/content/detail/25881/penggunaan-internet-naik-40-saat-bekerja-dan-belajar-dari-rumah/0/berita_satker.
- Komite Penanganan COVID-19 dan Pemulihan Ekonomi Nasional. (2021). *Peta Sebaran COVID-19*. KPCPEN. <https://covid19.go.id/peta-sebaran-covid19>.
- Kraut, R., Scherlis, W., Patterson, M., Kiesler, S., & Mukhopadhyay, T. (1998). Social impact of the Internet: What does it mean? *Communications of the ACM*, 41(12), 21–22.
- Lam, L. T., Peng, Z., Mai, J., & Jing, J. (2009). Factors associated with internet addiction among adolescents. *Cyberpsychology & Behavior*, 12(5), 551–555. doi:10.1089/cpb.2009.0036
- Lee, C. Y., & Goldstein, S. E. (2016). Loneliness, stress, and social support in young adulthood: Does the source of support matter?. *Journal of Youth and Adolescence*, 45(3), 568–580. <https://doi.org/10.1007/s10964-015-0395->
- Leung, L. (2007). Stressful life events, motives for internet use, and social support among digital kids. *CyberPsychology & Behavior*, 10(2), 204–214. <https://doi.org/10.1089/cpb.2006.9967>

- Li, C., Saeed, M., & Habimana, S. (2020). Role of perceived social support as a predictor of internet addiction with the mediating effect of life satisfaction among international students in China. *International Journal of Future Generation Communication and Networking*, 13(3), 1382-1395.
- Li, D., Zhang, W., Li, X., Zhen, S., & Wang, Y. (2010). Stressful life events and problematic Internet use by adolescent females and males: A mediated moderation model. *Computers in Human Behavior*, 26(5), 1199–1207. <https://doi.org/10.1016/j.chb.2010.03.031>
- Li, D., Zhang, W., Li, X., Zhou, Y., Zhao, L., & Wang, Y. (2016). Stressful life events and adolescent internet addiction: The mediating role of psychological needs satisfaction and the moderating role of coping style. *Computers in Human Behavior*, 63, 408–415. <https://doi.org/10.1016/j.chb.2016.05.070>
- Li, H., Wang, J., & Wang, L. (2009). A Survey on the Generalized Problematic Internet Use in Chinese College Students and its Relations to Stressful Life Events and Coping Style. *International Journal of Mental Health and Addiction*, 7(2), 333–346. <https://doi.org/10.1007/s11469-008-9162-4>
- Mahdi, M. I. (2022, Februari 25). *Generasi z Lebih Stres Dibandingkan Milenial Saat Pandemi*. Dataindonesia.id. Diakses Maret 28, 2022, dari <https://dataindonesia.id/Ragam/detail/generasi-z-lebih-stres-dibandingkan-milenial-saat-pandemi>
- Mojaverian, T., & Kim, H. S. (2013). Interpreting a helping hand: Cultural variation in the effectiveness of solicited and unsolicited social support. *Personality and Social Psychology Bulletin*, 39, 88-99. doi:10.1177/0146167212465319
- Passavanti, M., Argentieri, A., Barbieri, D. M., Lou, B., Wijayaratna, K., Foroutan Mirhosseini, A. S., Wang, F., Naseri, S., Qamhia, I., Tangerang, M., Pellicciari, M., & Ho, C.-H. (2021). The psychological impact of COVID-19 and restrictive measures in the world. *Journal of Affective Disorders*, 283, 36–51. <https://doi.org/10.1016/j.jad.2021.01.020>
- Pekerti, A. A. & Arli, D. (2015). Do cultural and generational cohorts matter to ideologies and consumer ethics? A comparative study of Australians, Indonesians, and Indonesian Migrants in Australia. *Journal of Business Ethics*, 143(2), 387–404. doi:10.1007/s10551-015-2777-z
- Prasetyaningrum, W. (2019). *Faktor-faktor yang mempengaruhi kualitas hidup pasien pasca bedah pintas arteri koroner (BPAK) di RSUP Dr. Hasan Sadikin Bandung*. [Thesis Program Pascasarjana, Universitas Padjadjaran]. Unpad Repository. <http://repository.unpad.ac.id/frontdoor/index/index/docId/36355>
- Prievera, D. K., Piko, B. F., & Luszczynska, A. (2018). Problematic internet use, social Needs, and social support among youth. *International Journal of Mental Health and Addiction*. doi:10.1007/s11469-018-9973-x
- Shavitt, S., Cho, Y. I., Johnson, T. P., Jiang, D., Holbrook, A., & Stavrakantonaki, M. (2016). Culture moderates the relation between perceived stress, social support, and mental and physical health. *Journal of Cross-Cultural Psychology*, 47(7), 956–980. doi:10.1177/0022022116656132

- Song, W. J., & Park, J. W. (2019). The Influence of Stress on Internet Addiction: Mediating Effects of Self-Control and Mindfulness. *International Journal of Mental Health and Addiction*, 17(4), 1063–1075. <https://doi.org/10.1007/s11469-019-0051-9>
- Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R&D. (Cetakan ke-24). Bandung: PT Alfabet.
- Szkody, E., Stearns, M., Stanhope, L., & McKinney, C. (2021). Stress-buffering role of social support during COVID-19. *Family process*, 60(3), 1002–1015. <https://doi.org/10.1111/famp.12618>
- Tariq, A., Beihai, T., Abbas, N., Ali, S., Yao, W., & Imran, M. (2020). Role of perceived social support on the association between physical disability and symptoms of depression in senior citizens of Pakistan. *International Journal of Environmental Research and Public Health*, 17(5), 1485. <https://doi.org/10.3390/ijerph17051485>
- Torales, J., O'Higgins, M., Castaldelli-Maia, J. M. & Ventriglio, A. (2020). The outbreak of COVID-19 coronavirus and its impact on global mental health. *International Journal of Social Psychiatry*, doi:10.1177/0020764020915212
- Triandis, H.C. (1995). *Individualism and collectivism*. Boulder, Colorado: Westview Press, Inc.
- Unsar, S., Kostak, M. A., Yilmaz, S., Ozdinc, S., & Selda, Ö. & Unsar, A. S. (2020). Problematic internet use and stress levels in students of health and social sciences. *International Journal of Caring Sciences*. 13(1), 438-447.
- Wang, S. & Zhang, D. (2020). The impact of perceived social support on students' pathological Internet use: The mediating effect of perceived personal discrimination and moderating effect of emotional intelligence. *Computers in Human Behavior*. <https://doi.org/10.1016/j.chb.2020.106247>
- WeAreSocial. (2022, February 15). *Digital in Indonesia: All the Statistics You Need in 2022 - DataReportal – Global Digital Insights*. DataReportal. <https://datareportal.com/reports/digital-2022-indonesia>
- Winahyu, K., Hemchayat, M., & Charoensuk, S. (2015). Factors affecting quality of life among family caregivers of patients with schizophrenia in Indonesia. *Journal of Health Research*, 29, 77-82. doi:10.14456/jhr.2015.52.
- Xiong, J., Lipsitz, O., Nasri, F., Lui, L. M. W., Gill, H., Phan, L., Chen-Li, D., Iacobucci, M., Ho, R., Majeed, A., & McIntyre, R. S. (2020). Impact of COVID-19 pandemic on mental health in the general population: A systematic review. *Journal of Affective Disorders*, 277, 55–64. <https://doi.org/10.1016/j.jad.2020.08.001>
- Zhao, C., Xu, H., Lai, X., Yang, X., Tu, X., Ding, N., Lv, Y., & Zhang, G. (2021). Effects of online social support and perceived social support on the relationship between perceived stress and problematic smartphone usage among chinese undergraduates. *Psychology Research and Behavior Management*, Volume 14, 529–539. <https://doi.org/10.2147/prbm.s302551>



- Zhang, S., Tian, Y., Sui, Y., Zhang, D., Shi, J., Wang, P., Meng, W., & Si, Y. (2018). Relationships between social support, loneliness, and internet addiction in Chinese postsecondary students: A longitudinal cross-lagged analysis. *Frontiers in Psychology*, 9(1707). doi:10.3389/fpsyg.2018.01707
- Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment*, 52(1), 30–41. https://doi.org/10.1207/s15327752jpa5201_2