



Daftar Pustaka

- Abel, J. P., Buff, C. L., & Burr, S. A. (2016). Social Media and the Fear of Missing Out: Scale Development and Assessment. *Journal of Business & Economics Research (JBER)*, 14(1), 33–44. <https://doi.org/10.19030/jber.v14i1.9554>
- Adelhardt, Z., Markus, S., & Eberle, T. (2018). Teenagers' reaction on the long-lasting separation from smartphones, anxiety and fear of missing out. *ACM International Conference Proceeding Series*, 212–216. <https://doi.org/10.1145/3217804.3217914>
- Adhitia, F. B. (2018). *Millennials Dominasi Penggunaan Internet, Kebanyakan untuk Chatting dan Media Sosial*. IDN Times.
<https://www.idntimes.com/news/indonesia/fitang-adhitia/millennials-dominasi-penggunaan-internet-kebanyakan-untuk-chatting-dan-media-sosial-1/1>
- Akhtar, H. (2020). *PSIKOMETRIS DAN PERBANDINGAN MODEL PENGUKURAN KONSTRUK SUBJECTIVE WELL-BEING* by Hanif Akhtar.
- Al-Menayes, J. J. (2015). Social Media Use, Engagement and Addiction as Predictors of Academic Performance. *International Journal of Psychological Studies*, 7(4), 86.
<https://doi.org/10.5539/ijps.v7n4p86>
- Alt, D. (2017). Students' social media engagement and fear of missing out (FoMO) in a diverse classroom. *Journal of Computing in Higher Education*, 29(2), 388–410.
<https://doi.org/10.1007/s12528-017-9149-x>
- Alt, D., & Boniel-Nissim, M. (2018). Parent–Adolescent Communication and Problematic Internet Use: The Mediating Role of Fear of Missing Out (FoMO). *Journal of Family Issues*, 39(13), 3391–3409. <https://doi.org/10.1177/0192513X18783493>
- Anderson, M., & Jiang, J. (2018). Teens, social media & technology. *Pew Research Center [Internet & American Life Project]*, 1–9. <http://publicservicesalliance.org/wp-content/uploads/2018/06/Teens-Social-Media-Technology-2018-PEW.pdf>
- Appel, H., Gerlach, A. L., & Crusius, J. (2016). The interplay between Facebook use, social



comparison, envy, and depression. *Current Opinion in Psychology*, 9, 44–49.

<https://doi.org/10.1016/j.copsyc.2015.10.006>

Arnett, J. J. (2014). *Emerging adulthood: The winding road from the late teens through the twenties*. Oxford University Press.

Attrill, A. (2015). *Cyberpsychology*. Oxford University Press.

Azwar, S. (2012). Penyusunan Skala Psikologi (ed.2). In *Pustaka Pelajar* (Issue June 2011). Pustaka Pelajar.

Błachnio, A., & Przepiórka, A. (2018). Facebook intrusion, fear of missing out, narcissism, and life satisfaction: A cross-sectional study. *Psychiatry Research*, 259, 514–519.
<https://doi.org/10.1016/j.psychres.2017.11.012>

Blos, P. (1979). *The Adolescent Passage: Developmental Issues*. International Universities Press. <https://doi.org/10.3928/0048-5713-19810501-18>

Branje, S. (2018). Development of Parent–Adolescent Relationships: Conflict Interactions as a Mechanism of Change. *Child Development Perspectives*, 12(3), 171–176.
<https://doi.org/10.1111/cdep.12278>

Burnell, K., George, M. J., Vollet, J. W., Ehrenreich, S. E., & Underwood, M. K. (2019). Passive social networking site use and well-being: The mediating roles of social comparison and the fear of missing out. *Cyberpsychology*, 13(3).
<https://doi.org/10.5817/CP2019-3-5>

Cahyanabila, A., & Helmi, A. F. (2021). *Fenomena Fear of Missing Out di Kalangan Pengguna Media Sosial : Studi Mixed Methods*. 2021.

Carbonell, X., & Panova, T. (2017). A critical consideration of social networking sites' addiction potential. *Addiction Research and Theory*, 25(1), 48–57.
<https://doi.org/10.1080/16066359.2016.1197915>

Deci, E. L., & Ryan, R. M. (1985). The general causality orientations scale: Self-determination in personality. *Journal of Research in Personality*, 19(2), 109–134.
[https://doi.org/10.1016/0092-6566\(85\)90023-6](https://doi.org/10.1016/0092-6566(85)90023-6)



Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment, 49*(1).

Dogan, V. (2019). Why Do People Experience the Fear of Missing Out (FoMO)? Exposing the Link Between the Self and the FoMO Through Self-Construal. *Journal of Cross-Cultural Psychology, 50*(4), 524–538. <https://doi.org/10.1177/0022022119839145>

Elhai, J. D., Levine, J. C., Dvorak, R. D., & Hall, B. J. (2016). Fear of missing out, need for touch, anxiety and depression are related to problematic smartphone use. *Computers in Human Behavior, 63*, 509–516.
<https://doi.org/10.1016/j.chb.2016.05.079>

Erikson, E. (1993). Childhood and Society. In *WW Norton & Company*.
<https://doi.org/10.4324/9781315076928-12>

Etikan, I. (2016). Comparison of Convenience Sampling and Purposive Sampling. *American Journal of Theoretical and Applied Statistics, 5*(1), 1.
<https://doi.org/10.11648/j.ajtas.20160501.11>

Festinger, L. (1954). A Theory of Social Comparison Processes. *Human Relations, 7*(2), 117–140. <https://doi.org/10.1177/001872675400700202>

Frison, E., & Eggermont, S. (2016). “Harder, Better, Faster, Stronger”: Negative Comparison on Facebook and Adolescents’ Life Satisfaction Are Reciprocally Related. *Cyberpsychology, Behavior, and Social Networking, 19*(3), 158–164.
<https://doi.org/10.1089/cyber.2015.0296>

Ghozali, I. (2018). *Aplikasi Analisis Multivariate Dengan Program IBM Spss 25 Ed 9*. Universitas Diponegoro.

Good, M. C., & Hyman, M. R. (2020). ‘Fear of missing out’: antecedents and influence on purchase likelihood. *Journal of Marketing Theory and Practice, 28*(3), 330–341.
<https://doi.org/10.1080/10696679.2020.1766359>

Goossens, L., Klimstra, T., Luyckx, K., Vanhalst, J., & Teppers, E. (2014). Reliability and validity of the roberts UCLA loneliness scale (RULS-8) with Dutch-speaking adolescents in Belgium. *Psychologica Belgica, 54*(1), 5–18.



<https://doi.org/10.5334/pb.ae>

Halim, C. F., & Dariyo, A. (2016). Hubungan Psychological Well-Being dengan Loneliness pada Mahasiswa yang Merantau (Relationship between Psychological Well-Being and Loneliness among Overseas Student). *Jurnal Psikogenesis*, 4(2), 170–181.

Heinrich, L. M., & Gullone, E. (2006). The clinical significance of loneliness: A literature review. *Clinical Psychology Review*, 26(6), 695–718.

<https://doi.org/10.1016/j.cpr.2006.04.002>

Helmi, A. F. (2020). *Adaptasi dan Validasi Skala FoMo: Desiminasi Hasil Riset*. Youtube.
https://www.youtube.com/watch?v=9uNimmG_aow

Helmi, A. F. (2021). Aspek-Aspek Psikologis Interaksi Sosial di Ruang Siber. *Pidato Pengukuhan Jabatan Guru Besar Dalam Bidang Psikologi Sosial Universitas Gadjah Mada*.

Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). No more FOMO: social media usage and types of social media content on students. *Journal of Social and Clinical Psychology*, 37(10), 751–768.

Iskandar, D., & Isnaeni, M. (2019). Penggunaan Internet Di Kalangan Remaja Di Jakarta. *Communicare : Journal of Communication Studies*, 6(1), 57.
<https://doi.org/10.37535/101006120194>

Jood, T. E. (2017). MISSING THE PRESENT FOR THE UNKNOWN: THE RELATIONSHIP BETWEEN FEAR OF MISSING OUT (FoMO) AND LIFE SATISFACTION. *University of South Africa, Master Thesis.*, 4(April), 9–15.
<https://doaj.org/article/f820bd6e28cf44988e96d72e946a06ff>

Killeen, C. (1998). Loneliness: An epidemic in modern society. *Journal of Advanced Nursing*, 28(4), 762–770. <https://doi.org/10.1046/j.1365-2648.1998.00703.x>

King, A. L. S., Valença, A. M., Silva, A. C. O., Baczyński, T., Carvalho, M. R., & Nardi, A. E. (2013). Nomophobia: Dependency on virtual environments or social phobia? *Computers in Human Behavior*, 29(1), 140–144.
<https://doi.org/10.1016/j.chb.2012.07.025>



- Lenhart, B. Y. A., Smith, A., Anderson, M., Duggan, M., & Perrin, A. (2015). Teens, Technology & Friendships: Video games, social media and mobile phones play an integral role in how teens meet and interact with friends. *Pew Research Center's Internet & American Life Project*, 1–76.
<http://www.pewinternet.org/2015/08/06/teens-technology-and-friendships/>
- Leung, L., & Lee, P. S. N. (2012). The influences of information literacy, internet addiction and parenting styles on internet risks. *New Media and Society*, 14(1), 117–136.
<https://doi.org/10.1177/1461444811410406>
- Lopez-Fernandez, O., Kuss, D. J., Romo, L., Morvan, Y., Kern, L., Graziani, P., Rousseau, A., Rumpf, H. J., Bischof, A., Gässler, A. K., Schimmenti, A., Passanisi, A., Männikkö, N., Kääriänen, M., Demetrovics, Z., Király, O., Chóliz, M., Zacarés, J. J., Serra, E., ... Billieux, J. (2017). Self-reported dependence on mobile phones in young adults: A European cross-cultural empirical survey. *Journal of Behavioral Addictions*, 6(2), 168–177. <https://doi.org/10.1556/2006.6.2017.020>
- Mendoza, J. S., Pody, B. C., Lee, S., Kim, M., & McDonough, I. M. (2018). The effect of cellphones on attention and learning: The influences of time, distraction, and nomophobia. *Computers in Human Behavior*, 86, 52–60.
<https://doi.org/10.1016/j.chb.2018.04.027>
- Milyavskaya, M., Saffran, M., Hope, N., & Koestner, R. (2018). Fear of missing out: prevalence, dynamics, and consequences of experiencing FOMO. *Motivation and Emotion*, 42(5), 725–737. <https://doi.org/10.1007/s11031-018-9683-5>
- Nawaz, S., & Gilani, N. (2011). Relationship of Parental and Peer Attachment Bonds with Career Decision-Making Self-Efficacy among Adolescents and Post- Adolescents Attachment is generally defined as an enduring affectual bond of substantial intensity . The relationship between attach. *Journal of Behavioural Sciences*, 21(1), 2011.
- Oberst, U., Wegmann, E., Stodt, B., Brand, M., & Chamarro, A. (2017). Negative consequences from heavy social networking in adolescents: The mediating role of fear of missing out. *Journal of Adolescence*, 55, 51–60.



<https://doi.org/10.1016/j.adolescence.2016.12.008>

Palfrey, J., Gasser, U., & boyd, danah. (2017). *Empowering Parents and Protecting Children in an Evolving Media Landscape*. January.

<https://doi.org/10.31219/osf.io/8z7a7>

Partini. (2017). *Perubahan peranan perempuan: Peluang dan tantangan*. Fakultas Ilmu Sosial dan Ilmu Politik Universitas Gadjah Mada.

Pavot, W., & Diener, E. (2008). The Satisfaction With Life Scale and the emerging construct of life satisfaction. *Journal of Positive Psychology*, 3(2), 137–152.

<https://doi.org/10.1080/17439760701756946>

Pramitha, R., & Astuti, Y. D. (2019). *Hubungan Kesejahteraan Psikologis dengan Kesepian pada Mahasiswa Yang Merantau di Yogyakarta*.

Przybylski, A. K., Murayama, K., Dehaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841–1848. <https://doi.org/10.1016/j.chb.2013.02.014>

Qonitatin, N., Faturochman, F., Helm, A. F., & Kartowagiran, B. (2020). Relasi Remaja – Orang Tua dan Ketika Teknologi Masuk di Dalamnya. *Buletin Psikologi*, 28(1), 28. <https://doi.org/10.22146/buletinpsikologi.44372>

Reer, F., Tang, W. Y., & Quandt, T. (2019). Psychosocial well-being and social media engagement: The mediating roles of social comparison orientation and fear of missing out. *New Media and Society*, 21(7), 1486–1505. <https://doi.org/10.1177/1461444818823719>

Rosen, L. D., Mark Carrier, L., & Cheever, N. A. (2013). Facebook and texting made me do it: Media-induced task-switching while studying. *Computers in Human Behavior*, 29(3), 948–958. <https://doi.org/10.1016/j.chb.2012.12.001>

Saputri, S. W. D. (2017). Peran Intensitas Penggunaan Situs Jejaring Sosial. *Doctoral Dissertation (Universitas Gadjah Mada)*, 8.5.2017.

Schimmack, U., Diener, E., & Oishi, S. (2002). Life-satisfaction is a momentary judgment and a stable personality characteristic: The use of chronically accessible and stable



sources. *Journal of Personality*, 70(3), 345–384. <https://doi.org/10.1111/1467-6494.05008>

Setti, S., & Wanto, A. (2019). Analysis of Backpropagation Algorithm in Predicting the Most Number of Internet Users in the World. *Jurnal Online Informatika*, 3(2), 110. <https://doi.org/10.15575/join.v3i2.205>

Steyer, J. (2009). *Is Technology Networking Changing Childhood?“-A National Poll by Common Sense Media*. <https://www.commonsemmedia.org/about-us/news/press-releases/is-social-networking-changing-childhood>

Suh, E. M., Diener, E., & Updegraff, J. A. (2008). From culture to priming conditions: Self-construal influences on life satisfaction judgments. *Journal of Cross-Cultural Psychology*, 39(1), 3–15. <https://doi.org/10.1177/0022022107311769>

Tomczyk, Ł., & Selmanagic-Lizde, E. (2018). Fear of Missing Out (FOMO) among youth in Bosnia and Herzegovina — Scale and selected mechanisms. *Children and Youth Services Review*, 88, 541–549. <https://doi.org/10.1016/j.childyouth.2018.03.048>

Tseng, L., & Lee, T. (2013). Investigating the Factors Influence Tweens' Purchase Intention through Peer Conformity in Taiwan. *Advances in Management and Applied Economics*, 3(3), 259–277.
<http://www.sciencpress.com/download.asp?ID=646>

We Are Social. (2021). Digital 2021: Overview report. *Global Digital Reports*, 299. <https://datareportal.com/reports/digital-2021-global-overview-report>

Widhiarso, W. (2010). *Uji linieritas hubungan*. Fakultas Psikologi Universitas Gadjah Mada.

World Economic Forum. (2019). *This graph tells us who's using social media the most*. <https://www.weforum.org/agenda/2019/10/social-media-use-by-generation/>

Wortham, J. (2021). *Feel like a wallflower? Maybe it's your Facebook wall*. The New York Times. <https://www.nytimes.com/2011/04/10/business/10ping.html>