

## DAFTAR PUSTAKA

- Adolescent Health. Retrieved Maret 12, 2022, from [https://www.who.int/health-topics/adolescent-health#tab=tab\\_1](https://www.who.int/health-topics/adolescent-health#tab=tab_1).
- Alkis, Y., Kadirhan, Z., & Sat, M. (2017). Development and Validation of Social Anxiety Scale for Social Media Users. *Computers in Human Behavior*, 72, 296–303.
- Anxiety. APA.org. Diakses pada 12 Mei, 2022, dari <https://www.apa.org/topics/anxiety>.
- Arnett, J. J. (2006). Emerging adulthood: Understanding the new way of coming of age. In J.J. Arnett & J.L. Tanner (Eds.), *Emerging adults in America*. Washington, DC: American Psychological Association.
- Arnett, J. J. (2007). Socialization in emerging adulthood. In J.E. Grusec & P.D. Hastings (Eds.), *Handbook of socialization*. New York: Guilford.
- Arnett, J. J. (2015). *Emerging adulthood: The winding road from the late teens through the twenties* (2nd ed.). New York: Oxford University Press.
- Arthur, S. R. & Emily, S. R. 2010. *Kamus Psikologi*. Yogyakarta: Pustaka Pelajar.
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2020). *Laporan Survei Internet 2019-2020*. Jakarta: Asosiasi Jasa Penyelenggara Jasa Internet Indonesia.
- Bailey, J., Steeves, V., Burkell, J., & Priscilla, R. (2013). Negotiating with gender stereotypes on social networking sites: From bicycle face to Facebook. *Journal of Communication Inquiry*, 37(2), 91-112. doi: 10.1177/0196859912473777.
- Bair, C. E., Kelly, N. R., Serdar, K. L., & Mazzeo, S. E. (2012). Does the Internet function like magazines? An exploration of image-focused media, eating pathology, and body dissatisfaction. *Eating Behaviors*, 13, 398–401. [http://dx. doi.org/10.1016/j.eatbeh.2012.06.003](http://dx.doi.org/10.1016/j.eatbeh.2012.06.003).
- Barnes, S. B. (2008). Understanding social media from the media ecological perspective. In E. A. Konijn, S. Utz, M. Tanis, & S. B. Barnes (Eds.), *Mediated Interpersonal Communication* (pp.14-33). New York: Routledge.
- Benoit, P. J. (1997). *Telling the Success Story: Acclaiming and Disclaiming Discourse*. New York: SUNNY Press.
- Brinthaup, T. M., Lipka, R. P., (2002) *Understanding early adolescent self and identity: applications and interventions*. Albany: State University of New York Press.
- Cash, T. F. (1994). Body Image Attitudes : Evaluation, Investment and Affect : Perceptual Motor Skills. *Journal of psychology*, (78), 1168-1170.
- Cash, T., Fleming, E., Alindogan, J., dkk. (2002) *Beyond body image as a*

- trait: the development and validation of the Body Image States Scale. *Eating Disorders: The Journal of Treatment & Prevention*, 10, 103–113.
- Chua, T. H. H., & Chang, L. (2016). Full length article: Follow me and like my beautiful selfies: Singapore teenage girls engagement in self-presentation and peer comparison on social media. *Computers in Human Behavior*, 55, 190–197. <https://doi.org/10.1016/j.chb.2015.09.011>.
- Claes, L., Hart, T. A., Smits, D., Van Den Eynde, F., Mueller, A., Mitchell, J. E. (2012). Validation of the social appearance anxiety scale in female eating disorder patients. *European Eating Disorder Review*, 20, 406–409.
- Cohen, R., Irwin, L., & Newton-John, T., & Slater, A. (2019). #bodypositivity: A content analysis of body positive accounts on Instagram. *Body Image*, 29, 47-57.
- Côté, J. E. (2006). Emerging adulthood as an institutionalized moratorium: Risks and benefits to identity formation. In J. J. Arnett & J. T. Tanner (Eds.), *Emerging adults in America: Coming of age in the 21st century*, (pp. 85-116). Washington D.C.: American Psychological Association Press.
- Constine, J. (2018) Instagram hits 1 billion monthly users, up from 800M in September. Available at: <https://techcrunch.com/2018/06/20/Instagram-1-billion-users/>.
- Curry, M. (2019). “Effects of Social Media on Self-Image of Emerging Adults”. Student Research. Retrieved from [https://digitalcommons.ursinus.edu/cgi/viewcontent.cgi?article=1029&context=psych\\_sum](https://digitalcommons.ursinus.edu/cgi/viewcontent.cgi?article=1029&context=psych_sum).
- Dibble, J. L., & Levine, T. R. (2013). Sharing good and bad news with friends and strangers: Reasons for an communication behaviors associated with the MUM effect. *Communication Studies*, 62(4), 431-452.
- Djafarova, E., & Trofimenko, O. (2017). Exploring the relationship between self-presentation and self-esteem of mothers in social media in Russia. *Computers in Human Behavior*, 73, 20-27. doi:10.1016/j.chb.2017.03.021.
- Duval, S., & Wicklund, R.A. (1972). A theory of objective self awareness. Oxford, England: Academic Press.
- Erikson, E. H. (1950). *Childhood and society*. New York: Norton.
- Erikson, E. H. (1968). *Identity: Youth and crisis*. New York: Norton.
- Fejfar, M. C., & Hoyle, R. H. (2000). Effect of private self-awareness on negative affect and self-referent attribution: A quantitative review. *Personality and Social Psychology Review*, 4, 132-142. doi:10.1207/S15327957PSPR0402\_02.
- Fitzsimmons-Craft EE, Harney MB, Koehler LG, Danzi LE, Riddell MK, & Bardone-Cone AM (2012). Explaining the relation between thin ideal internalization and body dissatisfaction among college women:

- The roles of social comparison and body surveillance. *Body Image*, 9(1), 43–49.
- Gentile, B., Twenge, J. M., Freeman, E. C., & Campbell, W. K. (2012). The effect of social networking websites on positive self-views: An experimental investigation. *Computers in Human Behavior*, 28, 1929–1933. doi: 10.1016/j.chb.2012.05.012.
- Gilbert, D. T., Giesler, R. B., Morris, K. A. (1995). When comparisons arise. *Journal of Personality and Social Psychology*, 69, 227–236.
- Goffman, E. (1959). *The presentation of self in everyday life*. New York: Penguin Books.
- Grogan, S. (2017). *Body image: Understanding body dissatisfaction in men, women and children* (3rd ed.). New York, NY: Routledge.
- Harter S. (1999) *The construction of the self: a developmental perspective*. New York: Guilford Press.
- Hendra. (2014). *Fenomena internet pada anak-anak dan remaja*. Diunduh pada 23 Mei 2015 dari <http://hendra.room318online.com/>
- Highfield, T. & Leaver, T. (2015). A methodology for mapping Instagram hashtags. *First Monday*, 20(1), 82–86.
- Ilma, U., Latifa, R., Subchi, I., dkk. (2020). Social anxiety on instagram second account user. *Institute of Electrical and Electronics Engineers*. DOI: [10.1109/CITSM50537.2020.9268809](https://doi.org/10.1109/CITSM50537.2020.9268809).
- Jones, D. C., & Smolak, L. (2011). Body Image during Adolescence: A Developmental Perspective. *Encyclopedia of Adolescence*, 1, 77–86. Doi: doi:10.1016/B978-0-12-373915-5.00005-X.
- Jones, E. E., & Pittman, T. S. (1982). Toward a general theory of strategic self-presentation. In J. Suls (Eds.), *Psychological Perspectives on the Self*, 1, 231–262.
- Kemp, S. (2021). Digital 2021: Indonesia. Diambil dari <https://datareportal.com/reports/digital-2021-indonesia>.
- Lally, M., & Valentine-French, S. (2020). Lifespan Development. Licensed CC BY NC SA. Retrieved from <http://dept.clcillinois.edu/psy/LifespanDevelopment.pdf>.
- Lazzara, J. (2020). Lifespan Development. Maricopa Community College. Retrieved from <https://open.maricopa.edu/devpsych/>.
- Leary, M. R., & Kowalski, R. M. (1990). Impression management: A literature review and twocomponent model. *Psychological Bulletin*, 107(1), 34–47. <https://doi.org/10.1037/0033-2909.107.1.34>.
- Leary, M. R. (1995). *Self-presentation, impression management and interpersonal behaviour*. Madison, Wisconsin; Brown and Benchmark.
- Leary, M. R., & Tangney, J. P. (2003). The self as an organizing construct in the behavioral sciences. In M. R. Leary & J. P. Tangney (Eds.), *Handbook of self and identity* (pp. 3–14). New York, NY: Guilford.
- Levy, S. J. (1981). Interpreting consumer mythology: A structural approach to consumer behavior. *Journal of Marketing*, 45, 49–61.

- Liu, D., & Brown, B. B. (2014). Self-disclosure on social networking sites, positive feedback, and social capital among Chinese college students. *Computers in Human Behavior*, 38: 213–219.
- Lup, K., Trub, L., & Rosenthal, L. (2015) Instagram #Instasad? Exploring associations among Instagram use, depressive symptoms, negative social comparison, and strangers followed. *Cyberpsychology, Behavior and Social Networking*, 18: 247–252.
- Lupinetti, V. M. (2015) ."Self-presentation and social media: A qualitative examination of the use of instagram by amateur npc female figure competitors". Master's Theses. 4550. DOI: <https://doi.org/10.31979/etd.zbm-v-39zh>  
[https://scholarworks.sjsu.edu/etd\\_theses/4550](https://scholarworks.sjsu.edu/etd_theses/4550).
- Lowe-Calverley, E., & Grieve, R. (2018). Thumbs up: A thematic analysis of image-based posting and liking behaviour on social media. *Telematics and Informatics*, 35: 1900–1913.
- Mackson, S. B., Brochu, P. M., & Schneider, B. A. (2019). Instagram: Friend or foe? The application's association with psychological well-being. *New Media & Society*, 21(10), 2160–2182. <https://doi.org/10.1177/1461444819840021>.
- Manago, A. M., Graham, M. B., Greenfield, P. M., & Salimkhan, G. (2008). Self-presentation and gender on MySpace. *Journal of Applied Developmental Psychology*, 29(6), 446–458. <https://doi.org/10.1016/j.appdev.2008.07.001>.
- Marcia, J. (1980). Identity in adolescence. In J. Adelson(Ed.), *Handbook of adolescent psychology*(pp. 159-197). New York: Wiley.
- Marcia, J. E. (2002) Identity and Psychosocial Development in Adulthood. *Identity: An International Journal of Theory and Research*, 2(1), 7-28, DOI: 10.1207/S1532706XID0201\_02
- McCord, B., Rodebaugh, T., & Levinson, C. (2014). Facebook: social uses and anxiety. *Computers in Human Behavior*, 34: 23–27.
- Michikyan, M., Subrahmanyam, K., & Dennis, J. (2015). A picture is worth a thousand words: A mixed methods study of online self-presentation in a multiethnic sample of emerging adults. *Identity: An International Journal of Theory and Research*, 15, 287–308. <http://dx.doi.org/10.1080/15283488.2015.1089506>.
- Michikyan, M. (2020). Linking online self-presentation to identity coherence, identity confusion, and social anxiety in emerging adulthood. *British Journal of Development Psychology*. DOI:10.1111/bjdp.12337.
- Paraskeva, N., Lewis-Smith, H., & Diedrichs, P. C. (2017). Consumer opinion on social policy approaches to promoting positive body image: Airbrushed media images and disclaimer labels. *Journal of Health Psychology*, 22, 164–175. <http://dx.doi.org/10.1177/1359105315597052>.
- Purnamasari, A. & Agustin, V. (2018). Hubungan citra diri dengan

- perilaku narsisme pada remaja putri pengguna Instagram di Kota Prabumulih. *Jurnal Psibernetika*, 11(2), 115-132.
- Riboli, G., Borlimi, R., & Caselli, G. (2022) A qualitative approach – delineates changes on pubertal body image after menarche. *International Journal of Adolescence and Youth*, 27:1, 111-124, DOI: 10.1080/02673843.2022.2032219.
- Robinson, L., Prichard, I., Nikolaidis, A., Drummond, C., Drummond, M., & Tiggemann, M. (2017). Idealised media images: The effect of fitspiration imagery on body satisfaction and exercise behaviour. *Body Image*, 22, 65–71. <http://dx.doi.org/10.1016/j.bodyim.2017.06.001>.
- Royal Society for Public Health. (2017). #StatusOfMind: social media and young people’s mental health and wellbeing. Available at: <https://www.rsph.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>.
- Sampasa-Kanyinga, H., & Lewis, R. F. Cyberpsychology, Behavior, and Social Networking. July 2015, 18(7): 380-385. doi:10.1089/cyber.2015.0055.
- Schwarz, O. (2010). On friendship, boobs, and the logic of the catalogue: Online self portraits as a means for the exchange of capital. *Convergence*, 16(2), 163-183. doi: <http://con.sagepub.com/content/16/2/163.short>.
- Seabrook, E., Kern, M and Rickard N (2016) Social networking sites, depression, and anxiety: a systematic review. *JMIR Mental Health* 3: e50.
- Sebre, S. B., & Miltuze, A. (2021). Digital media as a medium for adolescent identity development. *Technology, Knowledge and Learning*, 26(1), 1-15. doi: [10.1007/s10758-021-09499-1](https://doi.org/10.1007/s10758-021-09499-1).
- Sholeh, A., & Rusdi, A. (2019). “A new measurement of instagram addiction: psychometric properties of The Instagram Addiction Scale (TIAS)”. Development of The Instagram Addiction Scale. Retrieved from [https://www.researchgate.net/publication/335947345\\_A\\_New\\_Measurement\\_of\\_Instagram\\_Addiction\\_Psychometric\\_Properties\\_of\\_The\\_Instagram\\_Addiction\\_Scale\\_TIAS](https://www.researchgate.net/publication/335947345_A_New_Measurement_of_Instagram_Addiction_Psychometric_Properties_of_The_Instagram_Addiction_Scale_TIAS).
- Smith A., & Anderson, M. (2018). Social Media Use in 2018. Retrieved from <http://www.pewinternet.org/2018/03/01/social-media-use-in-2018/>.
- Stice E (2001). A prospective test of the dual-pathway model of bulimic pathology: Mediating effects of dieting and negative affect. *Journal of Abnormal Psychology*, 110(1), 124–135.
- Subrahmanyam, K., & Šmahel, D. Advancing Responsible Adolescent Development. *Digital Youth*. DOI 10.1007/978-1-4419-6278-2\_4.
- Syed, M. Identity exploration, identity confusion, and openness as predictors of multicultural ideology. *International Journal of Intercultural Relations*, 37(4), 491-496.



- Tiggemann, M., & Zaccardo, M. (2015). "Exercise to be fit, not skinny": The effect of fitspiration imagery on women's body image. *Body Image*, 15, 61–67. [http://dx. doi.org/10.1016/j.bodyim.2015.06.003](http://dx.doi.org/10.1016/j.bodyim.2015.06.003)
- Thompson, C. J., & Haytko, D. L. (1997). Speaking of fashion: Consumers' uses of fashion discourses and the appropriation of countervailing cultural meanings. *Journal of Consumer Research*, 24(1), 15–42.
- Thompson JK, Heinberg LJ, Altabe M, & Tantleff-Dunn S (1999). *Exacting beauty: Theory, assessment, and treatment of body image disturbance*. Washington, DC: American Psychological Association.
- Thompson, J.K. (2000). *Body Image, Eating Disorder, and Obesity an Integrative Guide for Asesment and Treatment*. Washington: American Psychological Association.
- Vanucci, A., & Ohannessian, C. M. (2017). Body Image Dissatisfaction and Anxiety Trajectories during Adolescence. *Journal of Clinical Child & Adolescent Psychology*, 47(5), 785-795.
- Vannucci, A., Flannery, K., & Ohannessian, C. (2017). Social media use and anxiety in emerging adults. *Journal of Affective Disorders*, 207: 163–166.
- Vincent, E. A. (2016). Social media as an avenue to achieving sense of belonging among college students. *VISTAS Online*. Available at: [https://www.counseling.org/docs/default-source/vistas/ social-media-as-an-avenue.pdf?sfvrsn=8](https://www.counseling.org/docs/default-source/vistas/social-media-as-an-avenue.pdf?sfvrsn=8).
- Widhiarso, W. (2011). *Menghitung Sumbangan Efektif Tiap Aspek terhadap Variabel Dependen*. Yogyakarta: Fakultas Psikologi UGM. Retrieved from <https://widhiarso.staff.ugm.ac.id/files/Mencari%20Sumbangan%20Efektif%20Aspek%20Variabel.pdf>.
- Wagstaff, D. L. (2018). Exploring relationship between frequency of Instagram use, exposure to idealized images, and psychological well-being in women. *Psychology of Popular Media Culture*. 8. 10.1037/ppm0000182.
- Yang, C. C., & Brown, B. B. (2016). Online self-presentation on Facebook and self-development during college transition. *Journal of Youth Adolescence*, 45, 402-416. doi:10.1007/s10964-015-0385-y.
- Yang, C., Holden, S. M., & Carter, M. D. K. (2017). Emerging adults' social media self-presentation and identity development at college transition: Mindfulness as a moderator. *Journal of Applied Development Psychology*, 52, 212-221.
- Yang, C., Holden, S. M., & Carter, M. D. K. (2018). Social media social comparison of ability (but not opinion) predicts lower identity clarity: Identity processing style as a mediator. *Journal of Youth and Adolescence*, 47(10), 2114-2128. doi:<http://dx.doi.org/10.1007/s10964-017-0801-6>.
- Yusra, Y. (2016, Januari 15). Riset TNS: Generasi Terpelajar Dominasi

Pengguna Instagram di Indonesia [Halaman artikel]. Dikutip dari <https://dailysocial.id/post/riset-tns-generasi-terpelajar-dominasi-pengguna-instagram-di-indonesia>.

Zhao, S., Grasmuck, S., & Martin, J. (2008). Identity construction on Facebook: Digital empowerment in anchored relationships. *Computers in Human Behavior*, 24(5), 1816–1836. <https://doi.org/10.1016/j.chb.2008.02.012>.