

## Referensi

- Alhumaid, K. (2019). Four Ways Technology Has Negatively Changed Education. *Journal of Educational and Social Research*, 9(4), 10–20. <https://doi.org/10.2478/jesr-2019-0049>
- Arora, A., Chakraborty, P., & Bhatia, M. P. S. (2021). Problematic Use of Digital Technologies and Its Impact on Mental Health During COVID-19 Pandemic: Assessment Using Machine Learning. *Studies in Systems, Decision and Control*, 348, 197–221. [https://doi.org/10.1007/978-3-030-67716-9\\_13](https://doi.org/10.1007/978-3-030-67716-9_13)
- Auxier, B., & Anderson, M. (2021, April 7). *Social Media Use in 2021* | Pew Research Center. Pew Research Center. <https://www.pewresearch.org/internet/2021/04/07/social-media-use-in-2021/>
- Baek, H., & Lee, H. (2021). Framework of Socio-Technology Analysis and Prescriptions for a sustainable society: Focusing on the mobile technology case. *Technology in Society*, 65, 101523. <https://doi.org/10.1016/j.techsoc.2020.101523>
- Balaban, D. C., & Spoaller, D. F. (2020). How Social Comparison on Instagram Affects Well-Being. Perspectives from a Study Conducted During the Lockdown. *Studia Universitatis Babeş-Bolyai Ephemerides*, 65(2), 5–19. <https://doi.org/10.24193/subbeph.2020.2.01>
- Berryman, C., Ferguson, C. J., & Negy, C. (2018). Social Media Use and Mental Health among Young Adults. *The Psychiatric Quarterly*, 89(2), 307–314. <https://doi.org/10.1007/S1126-017-9535-6>
- Brannan, D., Biswas-Diener, R., Mohr, C. D., Mortazavi, S., & Stein, N. (2013). Friends and family: A cross-cultural investigation of social support and subjective well-being among college students. *Journal of Positive Psychology*, 8(1), 65–75. <https://doi.org/10.1080/17439760.2012.743573>
- Chou, H. T. G., & Edge, N. (2012). “They are happier and having better lives than I am”: the impact of using Facebook on perceptions of others’ lives. *Cyberpsychology, Behavior and Social Networking*, 15(2), 117–121. <https://doi.org/10.1089/CYBER.2011.0324>
- Chrisler, J. C., Fung, K. T., Lopez, A. M., & Gorman, J. A. (2013). Suffering by comparison: Twitter users’ reactions to the Victoria’s Secret Fashion Show. *Body Image*, 10(4), 648–652. <https://doi.org/10.1016/j.bodyim.2013.05.001>
- Civitci, N., & Civitci, A. (2015). Social Comparison Orientation, Hardiness and Life Satisfaction in Undergraduate Students. *Procedia - Social and Behavioral Sciences*, 205(May), 516–523. <https://doi.org/10.1016/j.sbspro.2015.09.062>
- Creswell, J. W. (2012). Educational research: Planning, conducting, and evaluating quantitative and qualitative research. *Educational Research*, 4, 237. <https://drive.google.com/file/d/1d5ZzlgJuCrwAyLpdBeK5dhKMZTpE2HNb/view>
- Dahiya, R., & Rangnekar, S. (2020). Validation of satisfaction with life scale in the Indian manufacturing sector. *Asia-Pacific Journal of Business Administration*, 12(3–4), 251–268. <https://doi.org/10.1108/APJBA-03-2019-0045>

- Das, K. V., Jones-Harrell, C., Fan, Y., Ramaswami, A., Orlove, B., & Botchwey, N. (2020). Understanding subjective well-being: perspectives from psychology and public health. *Public Health Reviews*, 41(1), 1–32. <https://doi.org/10.1186/s40985-020-00142-5>
- de Vries, D. A., Möller, A. M., Wieringa, M. S., Eigenraam, A. W., & Hamelink, K. (2018). Social Comparison as the Thief of Joy: Emotional Consequences of Viewing Strangers' Instagram Posts. *Media Psychology*, 21(2), 222–245. <https://doi.org/10.1080/15213269.2016.1267647>
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542–575. <https://doi.org/10.1037/0033-2909.95.3.542>
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71–75. [https://doi.org/10.1207/S15327752JPA4901\\_13](https://doi.org/10.1207/S15327752JPA4901_13)
- Diener, E., & Fujita, F. (1997). Social Comparisons and Subjective Well-Being. In B. P. Buunk & F. X. Gibbons (Eds.), *Health, Coping, and Well-being: Perspectives From Social Comparison Theory - Google Books* (pp. 329–358). Lawrence Erlbaum Associates Inc. [https://books.google.co.id/books?hl=en&lr=&id=\\_9w5DA9NajoC&oi=fnd&pg=PA329&dq=subjective+well+being+and+social+comparison&ots=qpCe86scco&sig=9f0oGmwPNsj7sTCMhJfoQbOOBpo&redir\\_esc=y#v=onepage&q&f=true](https://books.google.co.id/books?hl=en&lr=&id=_9w5DA9NajoC&oi=fnd&pg=PA329&dq=subjective+well+being+and+social+comparison&ots=qpCe86scco&sig=9f0oGmwPNsj7sTCMhJfoQbOOBpo&redir_esc=y#v=onepage&q&f=true)
- Dowerah Baruah, T. (2012). Effectiveness of Social Media as a tool of communication and its potential for technology enabled connections: A micro-level study. *International Journal of Scientific and Research Publications*, 2(5). [www.ijsrp.org](http://www.ijsrp.org)
- Eryilmaz, A. (2011). Investigating adolescents' subjective well-being with respect to using subjective well-being increasing strategies and determining life goals. *Dusunen Adam*, 24(1), 44–51. <https://doi.org/10.5350/DAJPN2011240106T>
- Fagundes, L. S., Marot, T. A., & Natividade, J. C. (2020). Use of Instagram, Social Comparison, and Personality as Predictors of Self-Esteem. *Psico-USF*, 25(4), 711–724. <https://doi.org/10.1590/1413/82712020250410>
- Festinger, L. (1954). A theory of social comparison processes. *Human Relations* 7 (2), 117–140.
- Fujita, F. (2013). The Frequency of Social Comparison and Its Relation to Subjective Well-Being. In R. M. Biswas-Diener, D. M. Buss, J. T. Cacioppo, R. J. Compton, C. Diener, E. Diener, M. L. Diener, M. B. D. McGavran, M. Eid, R. A. Emmons, & E. Al (Eds.), *The science of subjective well-being* (pp. 239–257). Guilford Publications, Inc.
- Gallardo Echenique, E. E., Marqués Molías, L., & Bullen, M. (2015). Students in higher education: Social and academic uses of digital technology. *RUSC. Universities and Knowledge Society Journal*, 12(1), 25. <https://doi.org/10.7238/rusc.v12i1.2078>
- Gerber, J. P., Wheeler, L., & Suls, J. (2018). Psychological Bulletin A Social Comparison Theory Meta-Analysis 60+ Years On A Social Comparison Theory Meta-Analysis 60+ Years On. *Psychological Bulletin*, 144(2), 177. <http://dx.doi.org/10.1037/bul0000127>
- Gibbons, F. X., & Buunk, B. P. (1999). Individual differences in social comparison:

- Hilal Bashir, & Shabir Ahmad Bhat. (2017). Effects of Social Media on Mental Health: A Review. *International Journal of Indian Psychology*, 4(3). <https://doi.org/10.25215/0403.134>
- Hu, Y., Manikonda, L., & Kambhampati, S. (2014). What We Instagram: A First Analysis of Instagram Photo Content and User Types. *Proceedings of the 8th International Conference on Weblogs and Social Media*, 595–598. [www.aaai.org](http://www.aaai.org)
- Huang, L., & Zhang, T. (2021). Perceived Social Support, Psychological Capital, and Subjective Well-Being among College Students in the Context of Online Learning during the COVID-19 Pandemic. *Asia-Pacific Education Researcher*. <https://doi.org/10.1007/s40299-021-00608-3>
- Hwnag, H. S. (2019). Why social comparison on instagram matters: Its impact on depression. *KSII Transactions on Internet and Information Systems*, 13(3), 1626–1638. <https://doi.org/10.3837/tiis.2019.03.029>
- Jones, E. E. (1979). The rocky road from acts to dispositions. *The American Psychologist*, 34(2), 107–117. <https://doi.org/10.1037//0003-066X.34.2.107>
- Jordan, A. H., Monin, B., Dweck, C. S., Lovett, B. J., John, O. P., & Gross, J. J. (2011). Misery has more company than people think: Underestimating the prevalence of others' negative emotions. *Personality and Social Psychology Bulletin*, 37(1), 120–135. <https://doi.org/10.1177/0146167210390822>
- Kaligis, F., Ismail, R. I., Wiguna, T., Prasetyo, S., Indriatmi, W., Gunardi, H., Pandia, V., & Magdalena, C. C. (2021). Mental health problems and needs among transitional-age youth in Indonesia. *International Journal of Environmental Research and Public Health*, 18(8), 4046. <https://doi.org/10.3390/IJERPH18084046>
- Kepios. (2021). *Digital in New Zealand: All the Statistics You Need in 2021 — DataReportal – Global Digital Insights*. <https://datareportal.com/reports/digital-2021-indonesia>
- Krasnova, H., Wenninger, H., Buxmann, P., & Widjaja, T. (2013). Envy on Facebook: A Hidden Threat to Users' Life Satisfaction? *11th International Conference on Wirtschaftsinformatik*. <https://www.researchgate.net/publication/256712913>
- Kross, E., Verduyn, P., Demiralp, E., Park, J., & Lee, D. S. (2013). Facebook Use Predicts Declines in Subjective Well-Being in Young Adults. *PLoS ONE*, 8(8), 69841. <https://doi.org/10.1371/journal.pone.0069841>
- Lee, J. K. (2020). The effects of social comparison orientation on psychological well-being in social networking sites: Serial mediation of perceived social support and self-esteem. *Current Psychology*. <https://doi.org/10.1007/S12144-020-01114-3>
- Li, Y. (2019). Upward social comparison and depression in social network settings. *Internet Research*, 29(1), 46–59. <https://doi.org/10.1108/IntR-09-2017-0358>
- Lin, R., & Utz, S. (2015). The emotional responses of browsing Facebook: Happiness, envy, and the role of tie strength. *Computers in Human Behavior*, 52, 29–38. <https://doi.org/10.1016/J.CHB.2015.04.064>

- 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(5), 247–252. <https://doi.org/10.1089/CYBER.2014.0560>
- Marengo, D., Longobardi, C., Fabris, M. A., & Settanni, M. (2018). Highly-visual social media and internalizing symptoms in adolescence: The mediating role of body image concerns. *Computers in Human Behavior*, 82, 63–69. <https://doi.org/10.1016/J.CHB.2018.01.003>
- Mastrodicasa, J., & Metellus, P. (2013). The Impact of Social Media on College Students. *Journal of College and Character*, 14(1), 21–30. <https://doi.org/10.1515/jcc-2013-0004>
- McCrory, A., Best, P., & Maddock, A. (2020). The relationship between highly visual social media and young people's mental health: A scoping review. *Children and Youth Services Review*, 115. <https://doi.org/10.1016/J.CHILDYOUTH.2020.105053>
- Mussweiler, T., Rüter, K., & Epstude, K. (2004). The man who wasn't there: Subliminal social comparison standards influence self-evaluation. *Journal of Experimental Social Psychology*, 40(5), 689–696. <https://doi.org/10.1016/j.jesp.2004.01.004>
- Ode, B., Marni, R., & Kuncoro, M. W. (2021). Hubungan Antara Social Comparison Dengan Subjective Well-Being Pada Remaja Akhir. *Naskah Publikasi Program Studi Psikologi UMBY*, 622, 1–15.
- Panjaitan, M. E., & Rahmasari, D. (2021). Hubungan antara Social Comparison dengan Subjective Well-Being pada Mahasiswi Psikologi UNESA Pengguna Instagram. *Jurnal Penelitian Psikologi*, 8(5), 1–14.
- Pittman, M., & Reich, B. (2016). Social media and loneliness: Why an Instagram picture may be worth more than a thousand Twitter words. *Computers in Human Behavior*, 62, 155–167. <https://doi.org/10.1016/j.chb.2016.03.084>
- Ramelb, M. (2016). *Twitter and Identity: Living up to the Social Comparison*. 16. [https://scholarcommons.scu.edu/cgi/viewcontent.cgi?article=1010&context=engl\\_176](https://scholarcommons.scu.edu/cgi/viewcontent.cgi?article=1010&context=engl_176)
- Ridner, S. L., Newton, K. S., Staten, R. R., Crawford, T. N., & Hall, L. A. (2016). Predictors of well-being among college students. *Journal of American College Health*, 64(2), 116–124. <https://doi.org/10.1080/07448481.2015.1085057>
- Sabatini, F., & Sarracino, F. (2015). *Online social networks and trust*. EERI Research Paper Series, No. 04. [https://ideas.repec.org/p/eei/rpaper/eei\\_rp\\_2015\\_04.html](https://ideas.repec.org/p/eei/rpaper/eei_rp_2015_04.html)
- Schneider, S. M., & Schupp, J. (2014). Individual differences in social comparison and its consequences for life satisfaction: Introducing a short scale of the Iowa-Netherlands Comparison Orientation Measure. *Social Indicators Research*, 115(2), 767–789. <https://doi.org/10.1007/s11205-012-0227-1>
- Schnotz, W. (2005). An integrated model of text and picture comprehension. In R. E. Mayer (Ed.), *The Cambridge Handbook of Multimedia Learning* Cambridge (Issue 2, pp. 49–69). Cambridge University Press.
- Sponcil, M., & Gitimu, P. (2013). Use of social media by college students : Relationship to communication and self-concept. *Journal of Technology Research*, 4(1), 37–49.



- Stapleton, P., Luiz, G., & Chatwin, H. (2017). Generation Validation: The Role of Social Comparison in Use of Instagram among Emerging Adults. *Cyberpsychology, Behavior, and Social Networking*, 20(3), 142–149. <https://doi.org/10.1089/cyber.2016.0444>
- Sundar, S. S. (2008). The MAIN model: A heuristic approach to understanding technology effects on credibility. *Digital Media, Youth, and Credibility*, 73–100. <https://doi.org/10.1162/dmal.9780262562324.073>
- Suryaningrum, C. (2021). College student's social anxiety: a study of the young people mental health in digital age. *Jurnal Konseling Dan Pendidikan*, 9(1), 1. <https://doi.org/10.29210/150100>
- Thygesen, H., Bonsaksen, T., Schoultz, M., Ruffolo, M., Leung, J., Price, D., & Geirdal, A. Ø. (2022). Social Media Use and Its Associations With Mental Health 9 Months After the COVID-19 Outbreak: A Cross-National Study. *Frontiers in Public Health*, 9, 2316. <https://doi.org/10.3389/FPUBH.2021.752004/BIBTEX>
- Vera-Villaruel, P., Urzúa, A., Jaime, D., Contreras, D., Zych, I., Celis-Atenas, K., Silva, J. R., & Lillo, S. (2019). Positive and Negative Affect Schedule (PANAS): Psychometric Properties and Discriminative Capacity in Several Chilean Samples. *Evaluation & the Health Professions*, 42(4), 473–497. <https://doi.org/10.1177/0163278717745344>
- Verduyn, P., Gugushvili, N., Massar, K., Täht, K., & Kross, E. (2020). Social comparison on social networking sites. *Current Opinion in Psychology*, 36, 32–37. <https://doi.org/10.1016/j.copsy.2020.04.002>
- Verduyn, P., Ybarra, O., Résibois, M., Jonides, J., & Kross, E. (2017). Do Social Network Sites Enhance or Undermine Subjective Well-Being? A Critical Review. *Social Issues and Policy Review*, 11(1), 274–302. <https://doi.org/10.1111/sipr.12033>
- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and Validation of Brief Measures of Positive and Negative Affect: The PANAS Scales. *Journal of Personality and Social Psychology*, 54(6), 1063–1070. <https://doi.org/10.1037/0022-3514.54.6.1063>
- Weber, S., Messingschlager, T., & Stein, J. P. (2022). This is an Insta-vention! Exploring Cognitive Countermeasures to Reduce Negative Consequences of Social Comparisons on Instagram. *Media Psychology*, 25(3), 411–440. <https://doi.org/10.1080/15213269.2021.1968440>
- Weller, K., Bruns, A., Burgess, J., Mahrt, M., & Puschmann, C. (2014). *Twitter and Society*. Peter Lang Publishing, Inc.: New York.
- Winter, J. (2013, July 23). *Instagram and self-esteem: Why the photo-sharing network is even more depressing than Facebook*. <https://slate.com/technology/2013/07/instagram-and-self-esteem-why-the-photo-sharing-network-is-even-more-depressing-than-facebook.html>
- Wirtz, D., Tucker, A., Briggs, C., & Schoemann, A. M. (2021). How and Why Social Media Affect Subjective Well-Being: Multi-Site Use and Social Comparison as Predictors of Change Across Time. *Journal of Happiness Studies*, 22(4), 1673–1691. <https://doi.org/10.1007/S10902-020-00291-Z>
- Yang, C. chen, 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. <https://doi.org/10.1007/S10964-017-0801-6>

You, S., & Lim, S. A. (2019). Religious Orientation and Subjective Well-being: The Mediating Role of Meaning in Life. *Journal of Psychology and Theology*, 47(1), 34–47. <https://doi.org/10.1177/0091647118795180>