

Daftar Pustaka

- Ajzen. (1991). *Attitude, personality, and behavior*. Milton keyhes: Open University.
- Andreassen, C. S., Pallesen, S., & Griffiths, M. D. (2017). The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey. *Addictive Behaviors*, 64, 287–293. doi:10.1016/j.addbeh.2016.03.006
- Annur, C. M. (2020, November 23). *Berapa Usia mayoritas pengguna media sosial di Indonesia?*: Databoks. Pusat Data Ekonomi dan Bisnis Indonesia. Retrieved August 5, 2022, from <https://databoks.katadata.co.id/datapublish/2020/11/23/berapa-usia-majoritas-pengguna-media-sosial-di-indonesia>
- Annur, C. M. (2021, November 15). *Ada 91 Juta Pengguna Instagram di Indonesia, Mayoritas Usia Berapa?* Databoks. Retrieved December 17, 2021, from <https://databoks.katadata.co.id/datapublish/2021/11/15/ada-91-juta-pengguna-instagram-di-indonesia-majoritas-usia-berapa>
- Apaoalaza, V., Hartmann, P., Medina, E., Barrutia, J. M., & Echebarria, C. (2013). The relationship between socializing on the Spanish online networking site Tuenti and teenagers' subjective wellbeing: The roles of self-esteem and loneliness. *Computers in Human Behavior*, 29(4), 1282–1289. <https://doi.org/10.1016/j.chb.2013.01.002>
- Ardiansyah, M. I. (2018). *Hubungan Antara Self Esteem Dan Problematic Internet Use (Piu) Pada Mahasiswa Universitas Islam Indonesia* (thesis). Yogyakarta.
- Arnett, J. J. (1998). Learning to Stand Alone: The Contemporary American Transition to Adulthood in Cultural and Historical Context. *Human Development*, 41(5–6), 295–315. <https://doi.org/10.1159/000022591>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Arnett, J. J. (2015). (2nd ed.). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199795574.013.9>
- Aziz, A. A. Al. (2020). Hubungan antara intensitas penggunaan media sosial dan tingkat depresi pada mahasiswa. *Acta Psychologia*, 2(2), 92–107. <https://journal.uny.ac.id/index.php/actapsychologia/article/view/35100/14433>
- Baldwin, S. A., & Hoffman J. (2002). The dynamic of self esteem: Growth-curve analysis. *Journal of Youth and Adolescence*, 31(20), 101-113.
- Balzarie, E. N., & Nawangsih, E. (2019). Kajian Resiliensi pada Mahasiswa Bandung yang Mengalami Quarter Life Crisis. *Prosiding Psikologi*, 5(2), 494–500.
- Baron, R. A., & Byrne, D. (1994). *Social Psychology, Understanding Human Interaction, Sixth Edition*. Needham Heights: Allyn & Bacon.
- Baron, R. A., & Byrne, D. (2012). *Psikologi Sosial*. Jakarta: Erlangga.
- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does high self-esteem cause better performance, interpersonal success, happiness, or healthier lifestyles? *Psychological Science in the Public Interest*, 4(1), 1–44. <https://doi.org/10.1111/1529-1006.01431>

- Berk, L. E. (2012). *Development Through The Lifespan: Dari Dewasa Awal Sampai Menjelang Ajal Ed. 5*. Yogyakarta: Pustaka Pelajar.
- Blachnio, A., Przepiorka, A., & Rudnicka, P. (2016). Narcissism and self-esteem as predictors of dimensions of Facebook use. *Personality and Individual Differences*, 90, 296-301.
- Braitman, A. L. (2010). Significance Testing Indirect Effects. Retrieved from: https://fs.wp.odu.edu/abraitma/wpcontent/uploads/sites/1682/2016/05/Significance-Testing-Indirect-Effects_04-2010.pdf
- Budury, S., Fitriasari, A., & -, K. (2019). PENGGUNAAN MEDIA SOSIAL TERHADAP KEJADIAN DEPRESI, KECEMASAN DAN STRES PADA MAHASISWA. *BMJ*, 6, 214-217.
- Burrow, A. L., & Rainone, N. (2017). How many likes did I get?: Purpose moderates links between positive social media feedback and self-esteem. *Journal of Experimental Social Psychology*, 69, 232-236.
- Chae, J. (2017). Virtual makeover: Selfie-taking and social media use increase selfieediting frequency through social comparison. *Computers in Human Behavior*, 66, 370–376.
- Cohen, S. (2004). Social Relationships and Health. *American Psychologist*, 59(8), 676–684. <https://doi.org/10.1037/0003-066X.59.8.676>
- Databoks. (2019, February 8). Berapa Pengguna Media Sosial Indonesia?. <https://databoks.katadata.co.id/datapublish/2019/02/08/berapa-pengguna-media-sosial-indonesia>.
- Diener, E. (1984). Subjective well – being. *Psychological Bulletin*, 95, 542-575.
- Diener, E., & Diener, C. (1996). Most people are happy. *American Psychological Society*, 7(3), 181-185.
- Eller, T., Aluoja, A., Vasar, V., & Veldi, M. (2006). Symptoms of anxiety and depression in Estonian medical students with sleep problems. *Depression and Anxiety*, 23(4), 250–256. <https://doi.org/10.1002/da.20166>
- Erikson, E. (1968). Identity: Youth and crisis. New York: W. W. Norton & Company.
- Faraon, M., & Kaipainen, M. (2014). Much more to it: The relation between Facebook usage and self-esteem. *Proceedings of the 2014 IEEE 15th International Conference on Information Reuse and Integration (IEEE IRI 2014)*. <https://doi.org/10.1109/iri.2014.7051876>
- Festinger, L. (1954). A Theory of Social Comparison Processes. In *Human Relations* (Vol. 7, Issue 2, pp. 117–140).
- Field, A. (2013). *Discovering statistics using SPSS* (4th ed.). SAGE Publications.
- Firdaus, T. (2019). *Hubungan Kecenderungan Penggunaan Media Sosial dengan psychological well being*. Undergraduate thesis, Universitas 17 Agustus 1945 Surabaya.
- Galambos, N. L., Barker, E. T., & Krahn, H. J. (2006). Depression, self-esteem, and anger in emerging adulthood: Seven-year trajectories. *Developmental Psychology*, 42(2), 350–365. <https://doi.org/10.1037/0012-1649.42.2.350>
- Guindon, M. H. (Ed.). (2010). *Self-esteem across the lifespan: Issues and interventions*. Taylor & Francis.
- Hardjo, S., Aisyah, S., & Mayasari, S. I. (2020). Bagaimana psychological well being pada remaja ? sebuah analisis berkaitan dengan faktor meaning in life. *Jurnal Diversita*, 6(1), 63–76. <https://doi.org/10.31289/diversita.v6i1.2894>



- Hariyanto, A. D. (2010). *Prevalensi Depresi dan Faktor yang Mempengaruhi pada Mahasiswa Fakultas Kedokteran Universitas Katolik Indonesia Atma Jaya Angkatan 2007* (thesis). Program Studi Sarjana Kedokteran - Fakultas Kedokteran dan Ilmu Kesehatan Unika Atma Jaya, Jakarta.
- Hawi, N. S., & Samaha, M. (2016). The relations among social media addiction, self-esteem, and life satisfaction in university students. *Social Science Computer Review*, 35(5), 576–586. <https://doi.org/10.1177/0894439316660340>
- Heartherton, T. F., & Wyland, C. L. (2004). Assessing self-esteem. Dalam Lopez, S. J., & Synder, C. R. (Eds.). *Positive Psychological Assessment: A Handbook of Models and Measures* (pp. 219-233). Washington DC: American Psychological Association.
- Jang, K., Park, N., & Song, H. (2016). Social comparison on facebook: Its antecedents and psychological outcomes. *Computers in Human Behavior*, 62, 147–154. <https://doi.org/10.1016/j.chb.2016.03.082>
- Jaya, S. P., Wardani, N. D., & Jusup, I. (2016). HUBUNGAN INTENSITAS PENGGUNAAN SITUS JEJARING SOSIAL DENGAN DEPRESI PADA MAHASISWA TINGKAT AKHIR. *JURNAL KEDOKTERAN DIPONEGORO (DIPONEGORO MEDICAL JOURNAL)*, 5(4), 1770-1783. <https://doi.org/10.14710/dmj.v5i4.15963>
- Kandell, J. (1998). Internet addiction on campus: *The vulnerability of college students*. *CyberPsychology & Behavior*, 1(1), 11–17. doi.org/10.1089/cpb.1998.1.11
- Kemp, S. (2020). Digital 2020: Global Digital Overview. In datareportal. <https://datareportal.com/reports/digital-2020-indonesia>.
- Kenny, D. A. (2018). Mediation. Retrieved from: <http://davidakenny.net/cm/mediate.html>
- Lee, S. Y. (2014). How do people compare themselves with others on social network sites?: The case of Facebook. *Computers in Human Behavior*, 32, 253–260. <https://doi.org/10.1016/j.chb.2013.12.009>
- Liu, C.-Y., & Yu, C.-P. (2013). Can facebook use induce well-being? *Cyberpsychology, Behavior, and Social Networking*, 16(9), 674–678. <https://doi.org/10.1089/cyber.2012.0301>
- 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*, 146144481984002. doi:10.1177/1461444819840021
- Mahmoud, J. S., Staten, R. "T., Hall, L. A., & Lennie, T. A. (2012). The relationship among young adult college students' depression, anxiety, stress, demographics, Life Satisfaction, and coping styles. *Issues in Mental Health Nursing*, 33(3), 149–156. <https://doi.org/10.3109/01612840.2011.632708>
- Mami, L., & Suharnan. (2015). Harga Diri, Dukungan Sosial Dan psychological well being Perempuan Dewasa Yang Masih Lajang. *Persona:Jurnal Psikologi Indonesia*, 4(03). <https://doi.org/10.30996/persona.v4i03.716>
- Manago, A. M., Taylor, T., & Greenfield, P. M. (2012). Me and my 400 friends: The anatomy of college students' facebook networks, their communication patterns, and well-being. *Developmental Psychology*, 48(2), 369–380. <https://doi.org/10.1037/a0026338>
- Maulida, A. (2012). *Gambaran Tingkat Depresi pada Mahasiswa Program Sarjana yang Melakukan Konseling di Badan Konseling Indonesia*. Universitas Indonesia.



- Mieczkowski, H., Lee, A. Y., & Hancock, J. T. (2020). Priming effects of social media use scales on well-being outcomes: the influence of intensity and addiction scales on self-reported depression. *Social Media and Society*, 6(4). <https://doi.org/10.1177/2056305120961784>
- Miller, J. L. (2011). The Relationship between Identity Development Processes and Psychological Distress in Emerging Adulthood. In *Dissertation*.
- Mirowsky, & Ross. (1999). Well-Being Across the Life Course. In Horwitz & Scheid (Eds.), *A Handbook for the Study of Mental Health: Social Context, Theories, and System*. Cambridge University Press.
- Murtiningtyas, R. A. (2017). Hubungan Antara Self Esteem Dengan Psychological Well Being Pada Remaja. Publikasi Ilmiah. Fakultas Psikologi Universitas Muhammadiyah Surakarta.
- Myers, D. (2005). *Social Psychology*. New York: McGraw-Hill.
- Nabi, R. L., Prestin, A., & So, J. (2013). Facebook friends with (health) benefits? exploring social network site use and perceptions of social support, stress, and well-being. *Cyberpsychology, Behavior, and Social Networking*, 16(10), 721–727. <https://doi.org/10.1089/cyber.2012.0521>
- Neidi, A. W. (2021). Hubungan Antara Intensitas Penggunaan media Sosial Dan Prokrastinasi Akademik Dalam Menyelesaikan Skripsi Pada Mahasiswa. *Acta Psychologia*, 1(2), 97–105. <https://doi.org/10.21831/ap.v1i2.43142>
- Nesi, J., Choukas-Bradley, S., & Prinstein, M. J. (2018). Transformation of adolescent peer relations in the social media context: Part 1—A theoretical framework and application to dyadic peer relationships. *Clinical Child and Family Psychology Review*, 21(3), 267–294. <https://doi.org/10.1007/s10567-018-0261-x>
- Nie, J., Zhang, W., & Liu, Y. (2017). Exploring depression, self-esteem and verbal fluency with different degrees of internet addiction among Chinese college students. *Comprehensive Psychiatry*, 72, 114-120. doi: 10.1016/j.comppsych.2016.10.006
- 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. doi:10.1016/j.adolescence.2016.12.008
- Oh, H. J., Ozkaya, E., & LaRose, R. (2014). How does online social networking enhance life satisfaction? the relationships among online supportive interaction, affect, perceived social support, sense of community, and life satisfaction. *Computers in Human Behavior*, 30, 69–78. <https://doi.org/10.1016/j.chb.2013.07.053>
- O'Keeffe, G. S., Clarke-Pearson, K., & Media, C. (2011). Clinical report-The impact of social media on children, adolescents and families. <https://doi.org/10.1542/peds.2011-0054>.
- Oruh, S., Agustang, A., & Theresia, M. (2021). Kesejahteraan PSIKOLOGIS (Studi Pada dewasa madya Yang Belum Menikah di Kota Makassar). <https://doi.org/10.31219/osf.io/v5af8>
- Ozer, S., & Schwartz, S. J. (2020). Academic motivation, life exploration, and psychological well-being among emerging adults in Denmark. *Nordic Psychology*, 72(3), 199–221. <https://doi.org/10.1080/19012276.2019.1675088>
- On My Own To Feet: Identity and Self-Esteem (2nd ed.). (1997). St. Marlborough: Dept.of Education and Science Ireland.

- Papalia, D. E., Old, S. W., & Feldman, R.D. (2012). *Human development (psikologi perkembangan)*. Jakarta: Kencana.
- Phung, A. (2015). Social Media and Self Esteem. *Gonzales and Hancock*, 2.
- Preacher, K. J., & Hayes, A. F. (2004). SPSS and SAS procedures for estimating indirect effects in simple mediation models. *Behavior Research Methods, Instruments, & Computers*, 36, 717–731. <https://doi.org/10.3758/BF03206553>
- Reavley, N., & Jorm, A. F. (2010). Prevention and early intervention to improve mental health in Higher Education Students: A Review. *Early Intervention in Psychiatry*, 4(2), 132–142. <https://doi.org/10.1111/j.1751-7893.2010.00167.x>
- 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>
- Rizaty, M. A. (2021, August 3). *Inilah Negara Pengguna Instagram Terbanyak, Indonesia urutan berapa?: Databoks*. Databoks Pusat Data Ekonomi dan Bisnis Indonesia. Retrieved May 10, 2022, from <https://databoks.katadata.co.id/datapublish/2021/08/03/inilah-negara-pengguna-instagram-terbanyak-indonesia-urutan-berapa>
- Roisman, G. I., Masten, A. S., Coatsworth, J. D., & Tellegen, A. (2004). Salient and Emerging Developmental Tasks in the Transition to Adulthood. *Child Development*, 75(1), 123–133. <https://doi.org/10.1111/j.1467-8624.2004.00658.x>
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.
- Rosenberg, M., & Owens, T. J. (2001). Low self-esteem people: A collective portrait. *Extending Self-Esteem Theory and Research*, 400–436. <https://doi.org/10.1017/cbo9780511527739.018>
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069-1081.
- Ryff, C. D. (1995). Psychological Well-Being in Adult Life. *Current Directions in Psychological Science*, 4(4), 99–104. <https://doi.org/10.1111/1467-8721.ep10772395>
- Ryff, C. D., & Keyes, C. L. M. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.1037/0022-3514.69.4.719>
- Sánchez-Queija, I., Oliva, A., & Parra, Á. (2016). Stability, change, and determinants of self-esteem during adolescence and emerging adulthood. *Journal of Social and Personal Relationships*, 34(8), 1277–1294. <https://doi.org/10.1177/0265407516674831>
- Sampasa-Kanyinga, H., & Lewis, R. F. (2015). Frequent Use of Social Networking Sites Is Associated with Poor Psychological Functioning Among Children and Adolescents. *Cyberpsychology, behavior and social networking*, 18(7), 380–385. <https://doi.org/10.1089/cyber.2015.0055>
- Sari, T. P., & Rinaldi. (2019). Hubungan kecanduan mengakses instagram dengan keterampilan social pada mahasiswa psikologi UNP. *Jurnal Riset Psikologi*, 1-12.
- Schimmack, U., & Diener, E. (2003). Predictive validity of explicit and implicit self-esteem for subjective wellbeing. *Journal of Research in Personality*, 37, 100-106.



UNIVERSITAS
GADJAH MADA

Peran Intensitas Penggunaan Media Sosial terhadap Psychological Well-Being dengan Mediator
Self-Esteem pada Emerging Adulthood
MUHAMMAD'IRHAM, Idei Khurnia Swasti, S.Psi., M.Psi., Psikolog
Universitas Gadjah Mada, 2022 | Diunduh dari <http://etd.repository.ugm.ac.id/>

- Schimmack, U., Radhakrishnan, P., Oishi, S., Dzokoto, V., & Ahadi, S. (2002). Culture, personality, and subjective well-being: Integrating process models of life satisfaction. *Journal of Personality and Social Psychology*, 82(4), 582–593. <https://doi.org/10.1037/0022-3514.82.4.582>
- Schulenberg, J. E., Maggs, J. L., O'Malley, P. M., Mortimer, J. T., & Shanahan, M. J. (2003). *Handbook of the life course* (pp. 413-436).
- Schulenberg, J., O'Malley, P. M., Bachman, J. G., & Johnston, L. D. (2005). Early Adult Transitions and Their Relation to Well-Being and Substance Use. In R. A. Settersten, Jr., F. F. Furstenberg, Jr., & R. G. Rumbaut (Eds.), *On the frontier of adulthood: Theory, research, and public policy* (pp. 417–453). The University of Chicago Press. <https://doi.org/10.7208/chicago/9780226748924.003.0013>
- Schwartz, M. (2010). The usage of Facebook as it relates to narcissism, self-esteem and loneliness. Retrieved from <http://digitalcommons.pace.edu/dissertations/AAI3415681>
- Schwartz, S. J. (2016). Turning point for a turning point: Advancing emerging adulthood theory and research. *Emerging Adulthood*, 4, 307–317. <https://doi.org/10.1177/2167696815624640>
- Schmuck, D., Karsay, K., Matthes, J., & Stevic, A. (2019). "looking up and feeling down". the influence of mobile social networking site use on upward social comparison, self-esteem, and well-being of adult smartphone users. *Telematics and Informatics*, 42, 101240. <https://doi.org/10.1016/j.tele.2019.101240>
- Singhal, S., & Prakash, N. (2021). Relationship between Self-esteem and Psychological Well-being among Indian College Students. *Journal of Interdisciplinary Cycle Research*. XII. 748-756.
- Smahel, D., Brown, B. B., & Blinka, L. (2012). Associations between online friendship and Internet addiction among adolescents and emerging adults. *Developmental psychology*, 48(2), 381–388. <https://doi.org/10.1037/a0027025>
- Sowislo, J.F., & Orth, U.R. (2013). Does low self-esteem predict depression and anxiety? A meta-analysis of longitudinal studies. *Psychological bulletin*, 139 1, 213-240.
- Steinberg, L. (2002). *Adolescence*. 6 edition. New York: McGraw Hill Companies Inc.
- Sukmasari, R. N. (2013, Juli 25). Tak Hanya Facebook, Instagram Juga Bisa Pengaruhi Psikis Seseorang. Detik Health. Diunduh dari <http://health.detik.com/read/2013/07/25/163936/2314558/763/tak-hanya-facebookinstagram-juga-bisa-pengaruhi-psikis-seseorang>.
- Talamati, B. P. (2012). Hubungan Antara Trait Kepribadian Neuroticism dan Psychological Well-Being pada Mahasiswa Tingkat Akhir Universitas Indonesia. (*Skripsi S1 Universitas Indonesia, Jakarta*).
- Tanner, J. L., Arnett, J. J., & Leis, J. A. (2008). Emerging Adulthood: Learning and Development During the First Stage of Adulthood. In *Handbook of Research on Adult Learning and Development*.
- Valkenburg, P. M., Peter, J., & Schouten, A. P. (2006). Friend networking sites and their relationship to adolescents' well-being and social self-esteem. *CyberPsychology & Behavior*, 9(5), 584–590. <https://doi.org/10.1089/cpb.2006.9.584>



UNIVERSITAS
GADJAH MADA

Peran Intensitas Penggunaan Media Sosial terhadap Psychological Well-Being dengan Mediator

Self-Esteem pada Emerging Adulthood

MUHAMMAD'IRHAM, Idei Khurnia Swasti, S.Psi., M.Psi., Psikolog

Universitas Gadjah Mada, 2022 | Diunduh dari <http://etd.repository.ugm.ac.id/>

- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*, 3(4), 206–222.
<https://doi.org/10.1037/ppm0000047>
- Yang, C.-chen, & Brown, B. (2015). Online self-presentation on Facebook and self development during the college transition. *Journal of Youth and Adolescence*, 45(2), 402–416.
<https://doi.org/10.1007/s10964-015-0385-y>
- Zuo, A. (2014). Measuring Up: Social Comparisons on Facebook and Contributions to Self-Esteem and Mental Health.