

References

- Aldinger, M., Stopsack, M., Ulrich, I., Appel, K., Reinelt, E., Wolff, S., Grabe, H. J., Lang, S., & Barnow, S. (2014). Neuroticism developmental courses - implications for depression, anxiety and everyday emotional experience; a prospective study from adolescence to young adulthood. *BMC Psychiatry*, 14(1).
<https://doi.org/10.1186/s12888-014-0210-2>
- AlHadi, A. N., AlAteeq, D. A., Al-Sharif, E., Bawazeer, H. M., Alanazi, H., AlShomrani, A. T., Shuqdar, R. M., & AlOwaybil, R. (2017). An arabic translation, reliability, and validation of Patient Health Questionnaire in a Saudi sample. *Annals of General Psychiatry*, 16(1).
<https://doi.org/10.1186/s12991-017-0155-1>
- Allen, M. S., Iliescu, D., & Greiff, S. (2022). Single Item Measures in Psychological Science. *European Journal of Psychological Assessment*, 38(1), 1–5. <https://doi.org/10.1027/1015-5759/a000699>
- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.).
<https://doi.org/10.1176/appi.books.9780890425596>

American Psychiatric Association. (2021). What Are Anxiety Disorders?

Psychiatry. Retrieved from <https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders>

Andrews, B., & Wilding, J. M. (2004). The relation of depression and anxiety to life-stress and achievement in students. *British Journal of Psychology*, 95(4), 509–521. <https://doi.org/10.1348/0007126042369802>

Arcand, M., Juster, R. P., Lupien, S. J., & Marin, M. F. (2020). Gender roles in relation to symptoms of anxiety and depression among students and workers. *Anxiety, Stress, & Coping*, 33(6), 661–674. <https://doi.org/10.1080/10615806.2020.1774560>

Aydoğan, Doğan & Büyükyılmaz, Ozan. (2017). The Effect of Social Media Usage on Students' Stress and Anxiety: A Research in Karabuk University Faculty of Business. 6. 253-260.

Azwar, S. (2012). *Penyusunan Skala Psikologi edisi 2*. Yogyakarta: Pustaka Pelajar

Baron, R. M., & Kenny, D. A. (1986). Moderator-mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology*, 51(6), 1173-1182. doi:10.1037/0022-3514.51.6.1173

- Baxter, A. J., Scott, K. M., Vos, T., & Whiteford, H. A. (2013). Global prevalence of anxiety disorders: a systematic review and meta-regression. *Psychological Medicine*, 43(5), 897–910. <https://doi.org/10.1017/s003329171200147x>
- Benenson, J. F., Gauthier, E., & Markovits, H. (2021). Girls exhibit greater empathy than boys following a minor accident. *Scientific Reports*, 11(1). <https://doi.org/10.1038/s41598-021-87214-x>
- Berryman, C., Ferguson, C. J., & Negy, C. (2017). Social Media Use and Mental Health among Young Adults. *Psychiatric Quarterly*, 89(2), 307–314. <https://doi.org/10.1007/s11126-017-9535-6>
- Bewick, B., Koutsopoulou, G., Miles, J., Slaa, E., & Barkham, M. (2010). Changes in undergraduate students' psychological well-being as they progress through university. *Studies in Higher Education*, 35(6), 633–645. <https://doi.org/10.1080/03075070903216643>
- Błachnio, A., Przepiorka, A., & Pantic, I. (2016). Association between Facebook addiction, self-esteem and life satisfaction: A cross-sectional study. *Computers in Human Behavior*, 55, 701–705. <https://doi.org/10.1016/j.chb.2015.10.026>

Borrow, A., & Handa, R. (2017). Estrogen Receptors Modulation of Anxiety-

Like Behavior. *Anxiety*, 27–52.

<https://doi.org/10.1016/bs.vh.2016.08.004>

Bradley, T. (2011), “Five ways to use LinkedIn”, PC World, Vol. 29 No. 8, p.

30.

Budikayanti, A., Larasari, A., Malik, K., Syeban, Z., Indrawati, L. A., &

Octaviana, F. (2019). Screening of Generalized Anxiety Disorder in

Patients with Epilepsy: Using a Valid and Reliable Indonesian

Version of Generalized Anxiety Disorder-7 (GAD-7). *Neurology*

Research International, 2019, 1–10.

<https://doi.org/10.1155/2019/5902610>

Buunk, A. P., Dijkstra, P., Bosch, Z. A., Dijkstra, A., & Barelds, D. P. (2012).

Social comparison orientation as related to two types of closeness.

Journal of Research in Personality, 46(3), 279–285.

<https://doi.org/10.1016/j.jrp.2012.02.008>

Bystriksky, A., Khalsa, S. S., Cameron, M. E., & Schiffman, J. E. (2013).

Current diagnosis and treatment of anxiety disorders. *P & T: A Peer-*

Reviewed Journal for Formulary Management.

Cadigan, J. M., Lee, C. M., & Larimer, M. E. (2018). Young Adult Mental

Health: a Prospective Examination of Service Utilization, Perceived

Unmet Service Needs, Attitudes, and Barriers to Service Use.

Prevention Science, 20(3), 366–376. <https://doi.org/10.1007/s11121-018-0875-8>

Calancie, O., Ewing, L., Narducci, L. D., Horgan, S., & Khalid-Khan, S.

(2017). Exploring how social networking sites impact youth with anxiety: A qualitative study of Facebook stressors among adolescents with an anxiety disorder diagnosis. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 11(4). <https://doi.org/10.5817/cp2017-4-2>

Candra, S., Cahyono, H., Wibowo, R. A., & Sutopo, T. (2022). Acceptance Of

The Use Of Social Media: Case Of LinkedIn In Indonesian Netizen.

INTERNATIONAL JOURNAL OF SCIENTIFIC & TECHNOLOGY

RESEARCH, 9(01). [https://bbs.binus.ac.id/wp-](https://bbs.binus.ac.id/wp-content/uploads/sites/13/2020/04/Acceptance-Of-The-Use-Of-Social-Media-Case-Of-LinkedIn-In-Indonesian-Netizen.pdf)

[content/uploads/sites/13/2020/04/Acceptance-Of-The-Use-Of-Social-](https://bbs.binus.ac.id/wp-content/uploads/sites/13/2020/04/Acceptance-Of-The-Use-Of-Social-Media-Case-Of-LinkedIn-In-Indonesian-Netizen.pdf)

[Media-Case-Of-LinkedIn-In-Indonesian-Netizen.pdf](https://bbs.binus.ac.id/wp-content/uploads/sites/13/2020/04/Acceptance-Of-The-Use-Of-Social-Media-Case-Of-LinkedIn-In-Indonesian-Netizen.pdf)

Center for Reproductive Health, University of Queensland, & Johns

Hopkins Bloomberg School of Public Health. (2022). *Indonesia –*

National Adolescent Mental Health Survey (I-NAMHS) Report. Center

for Reproductive Health.

- Chang, J., Yuan, Y., & Wang, D. (2020). [Mental health status and its influencing factors among college students during the epidemic of COVID-19]. *Journal of Southern Medical University*, 40(2), 171–176.
<https://doi.org/10.12122/j.issn.1673-4254.2020.02.06>
- Chen, L., Wang, L., Qiu, X. H., Yang, X. X., Qiao, Z. X., Yang, Y. J., & Liang, Y. (2013). Depression among Chinese University Students: Prevalence and Socio-Demographic Correlates. *PLoS ONE*, 8(3), e58379. <https://doi.org/10.1371/journal.pone.0058379>
- Christiansen, D. M. (2015). Examining Sex and Gender Differences in Anxiety Disorders. *A Fresh Look at Anxiety Disorders*.
<https://doi.org/10.5772/60662>
- Couture Bue, A. C. (2020). The looking glass selfie: Instagram use frequency predicts visual attention to high-anxiety body regions in young women. *Computers in Human Behavior*, 108, 106329.
<https://doi.org/10.1016/j.chb.2020.106329>
- Coyne, S. M., Rogers, A. A., Zurcher, J. D., Stockdale, L., & Booth, M. (2020). Does time spent using social media impact mental health? : An eight year longitudinal study. *Computers in Human Behavior*, 104, 106160.
<https://doi.org/10.1016/j.chb.2019.106160>

Cramer, E. M., Song, H., & Drent, A. M. (2016). Social comparison on Facebook: Motivation, affective consequences, self-esteem, and Facebook fatigue. *Computers in Human Behavior*, 64, 739–746.
<https://doi.org/10.1016/j.chb.2016.07.049>

Crusius, J., Gonzalez, M. F., Lange, J., & Cohen-Charash, Y. (2019). Envy: An Adversarial Review and Comparison of Two Competing Views. *Emotion Review*, 12(1), 3–21.
<https://doi.org/10.1177/1754073919873131>

Cucos, L. (2022, April 9). *How To Run Mediation Analysis in SPSS [2 Methods]*. Uedufy. <https://uedufy.com/how-to-run-mediation-analysis-in-spss/>

Cunningham, S., Hudson, C. C., & Harkness, K. (2021). Social Media and Depression Symptoms: a Meta-Analysis. *Research on Child and Adolescent Psychopathology*, 49(2), 241–253.
<https://doi.org/10.1007/s10802-020-00715-7>

DataReportal. (2022a). Digital 2022: Indonesia. DataReportal – Global Digital Insights. Retrieved from <https://datareportal.com/reports/digital-2022-indonesia>

DataReportal. (2022b). The Latest LinkedIn Statistics: Everything You Need to Know. DataReportal – Global Digital Insights. Retrieved

September 14, 2022, from <https://datareportal.com/essential-linkedin-stats>

Davila, J., Hershenberg, R., Feinstein, B. A., Gorman, K., Bhatia, V., & Starr, L. R. (2012). Frequency and quality of social networking among young adults: Associations with depressive symptoms, rumination, and corumination. *Psychology of Popular Media Culture*, 1(2), 72–86.
<https://doi.org/10.1037/a0027512>

de Vries, D. A., & Kühne, R. (2015). Facebook and self-perception: Individual susceptibility to negative social comparison on Facebook. *Personality and Individual Differences*, 86, 217–221.
<https://doi.org/10.1016/j.paid.2015.05.029>

Dumas, T. M., Maxwell-Smith, M., Davis, J. P., & Giulietti, P. A. (2017). Lying or longing for likes? Narcissism, peer belonging, loneliness and normative versus deceptive like-seeking on Instagram in emerging adulthood. *Computers in Human Behavior*, 71, 1–10.
<https://doi.org/10.1016/j.chb.2017.01.037>

Edgar, T. W., & Manz, D. O. (2017). Exploratory Study. *Research Methods for Cyber Security*, 95–130. <https://doi.org/10.1016/b978-0-12-805349-2.00004-2>

Edwards, C., Stoll, B., Faculak, N., & Karman, S. (2015). Social Presence on LinkedIn: Perceived Credibility and Interpersonal Attractiveness Based on User Profile Picture. *Online Journal of Communication and Media Technologies*, 5(4). <https://doi.org/10.29333/ojcmnt/2528>

Febrianthi, A. N. A., & Supriyadi, S. (2021). Apakah Perbandingan Sosial dalam Menggunakan Instagram Berperan terhadap Kebahagiaan Remaja. *Intuisi: Jurnal Psikologi Ilmiah*, 12(2), 126–137. <https://doi.org/10.15294/intuisi.v12i2.24605>

Feinstein, B. A., Hershenberg, R., Bhatia, V., Latack, J. A., Meuwly, N., & Davila, J. (2013). Negative social comparison on Facebook and depressive symptoms: Rumination as a mechanism. *Psychology of Popular Media Culture*, 2(3), 161–170. <https://doi.org/10.1037/a0033111>

Festinger, L. (1954). A theory of social comparison processes. *Human Relations*, 7, 117–140.

Foroughi, B., Griffiths, M. D., Iranmanesh, M., & Salamzadeh, Y. (2021). Associations Between Instagram Addiction, Academic Performance, Social Anxiety, Depression, and Life Satisfaction Among University Students. *International Journal of Mental Health and Addiction*, 20(4), 2221–2242. <https://doi.org/10.1007/s11469-021-00510-5>

Garcia-Campayo, J., Zamorano, E., Ruiz, M. A., Pardo, A., Perez-Paramo, M., Lopez-Gomez, V., Freire, O., & Rejas, J. (2010). Cultural adaptation into Spanish of the generalized anxiety disorder-7 (GAD-7) scale as a screening tool. *Health and Quality of Life Outcomes*, 8(1), 8. <https://doi.org/10.1186/1477-7525-8-8>

Gerber, J. P., Wheeler, L., & Suls, J. (2018). A social comparison theory meta-analysis 60+ years on. *Psychological Bulletin*, 144(2), 177–197. <https://doi.org/10.1037/bul0000127>

Golan, M. (2015). Gender Differences in Respect to Self-Esteem and Body Image as Well as Response to Adolescents' School-Based Prevention Programs. *Journal of Psychology & Clinical Psychiatry*, 2(5). <https://doi.org/10.15406/jpcpy.2015.02.00092>

Google Trends. (2022). *See what was trending in 2022 - Indonesia*. Retrieved December 17, 2022, from <https://trends.google.co.id/trends/yis/2022/ID/>

Guimond, S., & Chatard, A. (2014). Basic principles of social comparison: Does gender matter? *Communal Functions of Social Comparison*, 205–229. <https://doi.org/10.1017/cbo9781139035583.013>

Hallers-Haalboom, E. T., Maas, J., Kunst, L. E., & Bekker, M. H. (2020). The role of sex and gender in anxiety disorders: Being scared “like a girl”?

Handbook of Clinical Neurology, 359–368. <https://doi.org/10.1016/b978-0-444-64123-6.00024-2>

Hatano, K., Luyckx, K., Hihara, S., Sugimura, K., & I. Becht, A. (2022). Daily Identity Processes and Emotions in Young Adulthood: a Five-Day Daily-Diary Method. *Journal of Youth and Adolescence*, 51(9), 1815–1828. <https://doi.org/10.1007/s10964-022-01629-x>

Hofmann, S. G., & Hay, A. C. (2018). Rethinking avoidance: Toward a balanced approach to avoidance in treating anxiety disorders. *Journal of Anxiety Disorders*, 55, 14–21. <https://doi.org/10.1016/j.janxdis.2018.03.004>

Hou, F., Bi, F., Jiao, R., Luo, D., & Song, K. (2020). Gender differences of depression and anxiety among social media users during the COVID-19 outbreak in China: a cross-sectional study. *BMC Public Health*, 20(1). <https://doi.org/10.1186/s12889-020-09738-7>

Huang, C. (2020). A meta-analysis of the problematic social media use and mental health. *International Journal of Social Psychiatry*, 68(1), 12–33. <https://doi.org/10.1177/0020764020978434>

Jabłońska, M. R., & Zajdel, R. (2020). Artificial neural networks for predicting social comparison effects among female Instagram users.

PLOS ONE, 15(2), e0229354.

<https://doi.org/10.1371/journal.pone.0229354>

Jiang, S., & Ngien, A. (2020). The Effects of Instagram Use, Social Comparison, and Self-Esteem on Social Anxiety: A Survey Study in Singapore. *Social Media + Society*, 6(2), 205630512091248. <https://doi.org/10.1177/2056305120912488>

Jones, J. R., Colditz, J. B., Shensa, A., Sidani, J. E., Lin, L. Y., Terry, M. A., & Primack, B. A. (2016). Associations Between Internet-Based Professional Social Networking and Emotional Distress. *Cyberpsychology, Behavior, and Social Networking*, 19(10), 601–608. <https://doi.org/10.1089/cyber.2016.0134>

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>

Kementrian Kesehatan Republik Indonesia. (2018). Riset Kesehatan Dasar 2018. Jakarta: Kementrian Kesehatan Republik Indonesia

Keyte, R., Mullis, L., Egan, H., Hussain, M., Cook, A., & Mantzios, M. (2020). Self-Compassion and Instagram Use Is Explained by the Relation to

Anxiety, Depression, and Stress. *Journal of Technology in Behavioral Science*, 6(2), 436–441. <https://doi.org/10.1007/s41347-020-00186-z>

Koch, T., Gerber, C., & De Klerk, J. J. (2018). The impact of social media on recruitment: Are you LinkedIn? *SA Journal of Human Resource Management*, 16. <https://doi.org/10.4102/sajhrm.v16i0.861>

Kreski, N., Platt, J., Rutherford, C., Olfson, M., Odgers, C., Schulenberg, J., & Keyes, K. M. (2021). Social Media Use and Depressive Symptoms Among United States Adolescents. *Journal of Adolescent Health*, 68(3), 572–579. <https://doi.org/10.1016/j.jadohealth.2020.07.006>

Kuzujanakis, M. (2020). Anxiety in today's children and young adults. *Gifted Education International*, 37(1), 54–66. <https://doi.org/10.1177/0261429420934445>

Lee, J., Jeong, H. J., & Kim, S. (2021). Stress, Anxiety, and Depression Among Undergraduate Students during the COVID-19 Pandemic and their Use of Mental Health Services. *Innovative Higher Education*, 46(5), 519–538. <https://doi.org/10.1007/s10755-021-09552-y>

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>

Lin, L. Y., Sidani, J. E., Shensa, A., Radovic, A., Miller, E., Colditz, J. B.,

Hoffman, B. L., Giles, L. M., & Primack, B. A. (2016). ASSOCIATION

BETWEEN SOCIAL MEDIA USE AND DEPRESSION AMONG U.S.

YOUNG ADULTS. *Depression and Anxiety*, 33(4), 323–331.

<https://doi.org/10.1002/da.22466>

Lin, Q., Bonkano, O., Wu, K., Liu, Q., Ali Ibrahim, T., & Liu, L. (2021). The

Value of Chinese Version GAD-7 and PHQ-9 to Screen Anxiety and

Depression in Chinese Outpatients with Atypical Chest Pain.

Therapeutics and Clinical Risk Management, Volume 17, 423–431.

<https://doi.org/10.2147/tcrm.s305623>

Löffler, C. S., & Greitemeyer, T. (2021). Are women the more empathetic

gender? The effects of gender role expectations. *Current Psychology*.

<https://doi.org/10.1007/s12144-020-01260-8>

Loi, N., Thorsteinsson, E., & Ebdell, E. (2020). Social Comparison as a

Potential Moderator of the Relationship between Social Media Use

and Psychological Wellbeing in Young Adults. *SSRN Electronic*

Journal. <https://doi.org/10.2139/ssrn.3516448>

Lucas, R. E., & Donnellan, M. B. (2012). Estimating the Reliability of Single-

Item Life Satisfaction Measures: Results from Four National Panel

Studies. *Social Indicators Research*, 105(3), 323–331.

<https://doi.org/10.1007/s11205-011-9783-z>

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>

Mac Giolla, E., & Kajonius, P. J. (2018). Sex differences in personality are larger in gender equal countries: Replicating and extending a surprising finding. *International Journal of Psychology*, 54(6), 705–711.
<https://doi.org/10.1002/ijop.12529>

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>

Mann, R. B., & Blumberg, F. (2022). Adolescents and social media: The effects of frequency of use, self-presentation, social comparison, and self esteem on possible self imagery. *Acta Psychologica*, 228, 103629.
<https://doi.org/10.1016/j.actpsy.2022.103629>

Marino, C., Gini, G., Vieno, A., & Spada, M. M. (2018). The associations between problematic Facebook use, psychological distress and well-being among adolescents and young adults: A systematic review and meta-analysis. *Journal of Affective Disorders*, 226, 274–281. <https://doi.org/10.1016/j.jad.2017.10.007>

Masciantonio, A., Bourguignon, D., Bouchat, P., Balty, M., & Rimé, B. (2021). Don't put all social network sites in one basket: Facebook, Instagram, Twitter, TikTok, and their relations with well-being during the COVID-19 pandemic. *PLOS ONE*, 16(3), e0248384. <https://doi.org/10.1371/journal.pone.0248384>

McCarthy, P. A., & Morina, N. (2020). Exploring the association of social comparison with depression and anxiety: A systematic review and meta-analysis. *Clinical Psychology & Psychotherapy*, 27(5), 640–671. <https://doi.org/10.1002/cpp.2452>

McHenry, J., Carrier, N., Hull, E., & Kabbaj, M. (2014). Sex differences in anxiety and depression: Role of testosterone. *Frontiers in Neuroendocrinology*, 35(1), 42–57. <https://doi.org/10.1016/j.yfrne.2013.09.001>

Meier, A., Gilbert, A., Börner, S., & Possler, D. (2020). Instagram Inspiration: How Upward Comparison on Social Network Sites Can Contribute

to Well-Being. *Journal of Communication*, 70(5), 721–743.

<https://doi.org/10.1093/joc/jqaa025>

Meier, A., & Johnson, B. K. (2022). Social comparison and envy on social media: A critical review. *Current Opinion in Psychology*, 45, 101302.

<https://doi.org/10.1016/j.copsyc.2022.101302>

Meier, A., & Schäfer, S. (2018). The Positive Side of Social Comparison on Social Network Sites: How Envy Can Drive Inspiration on Instagram. *Cyberpsychology, Behavior, and Social Networking*, 21(7), 411–417. <https://doi.org/10.1089/cyber.2017.0708>

Meshi, D., Tamir, D. I., & Heekeren, H. R. (2015). The Emerging Neuroscience of Social Media. *Trends in Cognitive Sciences*, 19(12), 771–782. <https://doi.org/10.1016/j.tics.2015.09.004>

Mufida, U. K. (2018). *Hubungan Antara Orientasi Perbandingan Sosial dengan Kesepian Pada Remaja Pengguna Instagram* [Undergraduate Thesis]. Universitas Brawijaya.

Munir, S., & Takov, V. (2022). *Generalized Anxiety Disorder*. StatPearls Publishing.

https://www.ncbi.nlm.nih.gov/books/NBK441870/#_NBK441870_pubdet_

NapoleonCat. (2021). LinkedIn users in Indonesia - July 2021. Retrieved from <https://napoleoncat.com/stats/linkedin-users-in-indonesia/2021/07/>

NapoleonCat. (2022). LinkedIn users in Indonesia - January 2022. Retrieved from <https://napoleoncat.com/stats/linkedin-users-in-indonesia/2022/01/>

Nayenggita, S. K., & Adishesa, M. S. (2021). Social Comparison as Mediator: Does Instagram Intensity Predict Self-Esteem? *Journal of Educational, Health and Community Psychology*, 10(1), 104. <https://doi.org/10.12928/jehcp.v10i1.18051>

Octaviani, D. (2022). *Peran Self-Esteem dan Sikap Kompetitif terhadap Perilaku Fear of Missing Out (FOMO) pada Mahasiswa Pengguna LinkedIn dalam Mencari Pekerjaan Magang* [Undergraduate Thesis]. Universitas Gadjah Mada.

Orben, A., & Przybylski, A. K. (2019a). The association between adolescent well-being and digital technology use. *Nature Human Behaviour*, 3(2), 173–182. <https://doi.org/10.1038/s41562-018-0506-1>

Orben, A., & Przybylski, A. K. (2019b). Screens, Teens, and Psychological Well-Being: Evidence From Three Time-Use-Diary Studies.

Psychological Science, 30(5), 682–696.

<https://doi.org/10.1177/0956797619830329>

Papacharissi, Z. (2009). The virtual geographies of social networks: a comparative analysis of Facebook, LinkedIn and ASmallWorld. *New Media & Society*, 11(1–2), 199–220.

Media & Society, 11(1–2), 199–220.

<https://doi.org/10.1177/1461444808099577>

Park, S. Y., & Baek, Y. M. (2018). Two faces of social comparison on Facebook: The interplay between social comparison orientation, emotions, and psychological well-being. *Computers in Human Behavior*, 79, 83–93. <https://doi.org/10.1016/j.chb.2017.10.028>

Behavior, 79, 83–93. <https://doi.org/10.1016/j.chb.2017.10.028>

Parsons, C. A., Alden, L. E., & Biesanz, J. C. (2021). Influencing emotion: Social anxiety and comparisons on Instagram. *Emotion*, 21(7), 1427–1437. <https://doi.org/10.1037/emo0001044>

1437. <https://doi.org/10.1037/emo0001044>

Patient Health Questionnaire (PHQ) Screeners. (n.d.). Phqscreeners.

<https://www.phqscreeners.com/select-screener>

Rahmani, S., & Lavasani, M. G. (2012). Gender Differences in Five Factor Model of Personality and Sensation Seeking. *Procedia - Social and Behavioral Sciences*, 46, 2906–2911.

Behavioral Sciences, 46, 2906–2911.

<https://doi.org/10.1016/j.sbspro.2012.05.587>

Remes, O., Brayne, C., van der Linde, R., & Lafortune, L. (2016). A systematic review of reviews on the prevalence of anxiety disorders in adult populations. *Brain and Behavior*, 6(7), e00497. <https://doi.org/10.1002/brb3.497>

Reynolds, T. A., Makhanova, A., Marcinkowska, U. M., Jasienska, G., McNulty, J. K., Eckel, L. A., Nikonova, L., & Maner, J. K. (2018). Progesterone and women's anxiety across the menstrual cycle. *Hormones and Behavior*, 102, 34–40. <https://doi.org/10.1016/j.yhbeh.2018.04.008>

Romero-Rodríguez, J. M., Aznar-Díaz, I., Marín-Marín, J. A., Soler-Costa, R., & Rodríguez-Jiménez, C. (2020). Impact of Problematic Smartphone Use and Instagram Use Intensity on Self-Esteem with University Students from Physical Education. *International Journal of Environmental Research and Public Health*, 17(12), 4336. <https://doi.org/10.3390/ijerph17124336>

Rozgonjuk, D., Pruunsild, P., Jürimäe, K., Schwarz, R. J., & Aru, J. (2020). Instagram use frequency is associated with problematic smartphone use, but not with depression and anxiety symptom severity. *Mobile Media & Communication*, 8(3), 400–418. <https://doi.org/10.1177/2050157920910190>

Rudaz, M., Ledermann, T., Margraf, J., Becker, E. S., & Craske, M. G. (2017).

The moderating role of avoidance behavior on anxiety over time: Is there a difference between social anxiety disorder and specific phobia? *PLOS ONE*, 12(7), e0180298.

<https://doi.org/10.1371/journal.pone.0180298>

Sackl-Pammer, P., Özlü-Erkilic, Z., Jahn, R., Karwautz, A., Pollak, E.,

Ohmann, S., & Akkaya-Kalayci, T. (2018). Somatic complaints in children and adolescents with social anxiety disorder.

Neuropsychiatrie, 32(4), 187–195. <https://doi.org/10.1007/s40211-018-0288-8>

Saddik, B., Hussein, A., Sharif-Askari, F. S., Kheder, W., Temsah, M. H.,

Koutaich, R. A., Haddad, E. S., Al-Roub, N. M., Marhoon, F. A.,

Hamid, Q., & Halwani, R. (2020). Increased Levels of Anxiety Among

Medical and Non-Medical University Students During the COVID-

19 Pandemic in the United Arab Emirates. *Risk Management and*

Healthcare Policy, Volume 13, 2395–2406.

<https://doi.org/10.2147/rmhp.s273333>

Samra, A., Warburton, W. A., & Collins, A. M. (2022). Social comparisons:

A potential mechanism linking problematic social media use with

depression. *Journal of Behavioral Addictions*, 11(2), 607–614.

<https://doi.org/10.1556/2006.2022.00023>

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>

Schreurs, L., Meier, A., & Vandenbosch, L. (2022). Exposure to the Positivity Bias and Adolescents' Differential Longitudinal Links with Social Comparison, Inspiration and Envy Depending on Social Media Literacy. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03893-3>

Shaw, A. M., Timpano, K. R., Tran, T. B., & Joormann, J. (2015). Correlates of Facebook usage patterns: The relationship between passive Facebook use, social anxiety symptoms, and brooding. *Computers in Human Behavior*, 48, 575–580.
<https://doi.org/10.1016/j.chb.2015.02.003>

Shensa, A., Sidani, J. E., Dew, M. A., Escobar-Viera, C. G., & Primack, B. A. (2018). Social Media Use and Depression and Anxiety Symptoms: A

Cluster Analysis. *American Journal of Health Behavior*, 42(2), 116–128.

<https://doi.org/10.5993/ajhb.42.2.11>

Spitzer, R. L., Kroenke, K., Williams, J. B. W., & Löwe, B. (2006). A Brief

Measure for Assessing Generalized Anxiety Disorder. *Archives of*

Internal Medicine, 166(10), 1092.

<https://doi.org/10.1001/archinte.166.10.1092>

Stallman, H. M. (2010). Psychological distress in university students: A

comparison with general population data. *Australian Psychologist*,

45(4), 249–257. <https://doi.org/10.1080/00050067.2010.482109>

Stanikova, D., Luck, T., Pabst, A., Bae, Y. J., Hinz, A., Glaesmer, H., Stanik,

J., Sacher, J., Engel, C., Enzenbach, C., Wirkner, K., Ceglarek, U.,

Thiery, J., Kratzsch, J., & Riedel-Heller, S. G. (2019). Associations

Between Anxiety, Body Mass Index, and Sex Hormones in Women.

Frontiers in Psychiatry, 10. <https://doi.org/10.3389/fpsy.2019.00479>

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>

Steel, Z., Marnane, C., Iranpour, C., Chey, T., Jackson, J. W., Patel, V., &

Silove, D. (2014). The global prevalence of common mental disorders:

a systematic review and meta-analysis 1980–2013. *International Journal of Epidemiology*, 43(2), 476–493.
<https://doi.org/10.1093/ije/dyu038>

Stoyanova, M., & Hope, D. A. (2012). Gender, gender roles, and anxiety: Perceived confirmability of self report, behavioral avoidance, and physiological reactivity. *Journal of Anxiety Disorders*, 26(1), 206–214.
<https://doi.org/10.1016/j.janxdis.2011.11.006>

Street, R. L. (2003). Mediated consumer–provider communication in cancer care: the empowering potential of new technologies. *Patient Education and Counseling*, 50(1), 99–104.
[https://doi.org/10.1016/s0738-3991\(03\)00089-2](https://doi.org/10.1016/s0738-3991(03)00089-2)

Sunaryo, A. F. P. (2022). *Peran Self Improvement terhadap Personal Branding Mahasiswa di Media Sosial LinkedIn*[Undergraduate Thesis]. Universitas Gadjah Mada.

Susanti, S. (2019). *Pengaruh Self-Esteem, Self-Uncertainty, Dukungan Sosial, dan Intensitas Penggunaan Instagram Terhadap Perbandingan Sosial Pada Pengguna Instagram* [Undergraduate Thesis]. Universitas Islam Negeri Syarif Hidayatullah.

- Syachfira, N., & Nawangsih, E. (2020). Hubungan Social Comparison dan Self-Esteem pada Mahasiswa Pengguna Instagram. *Prosiding Psikologi*, 6(2), 554–559. <https://doi.org/10.29313/.v6i2.23136>
- Tandoc, E. C., Ferrucci, P., & Duffy, M. (2015). Facebook use, envy, and depression among college students: Is facebooking depressing? *Computers in Human Behavior*, 43, 139–146. <https://doi.org/10.1016/j.chb.2014.10.053>
- Taylor, S. E., Wayment, H. A., & Carillo, M. (1995). Social comparison, self-regulation, and motivation. In R. M. Sorrentino & E. T. Higgins (Eds.), *Handbook of motivation and cognition* (pp. 3-27). New York: Guilford Press.
- Valls, M. (2022). Gender Differences in Social Comparison Processes and Self-Concept Among Students. *Frontiers in Education*, 6. <https://doi.org/10.3389/feduc.2021.815619>
- Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. *Journal of Affective Disorders*, 207, 163–166. <https://doi.org/10.1016/j.jad.2016.08.040>
- 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.copsyc.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>

Verysa, G. R. (1998). *Perbandingan Sosial sebagai Prediktor Self-Esteem pada Remaja Perempuan* [Undergraduate Thesis]. Universitas Sanata Dharma.

Vogel, E. A., Rose, J. P., Okdie, B. M., Eckles, K., & Franz, B. (2015). Who compares and despairs? The effect of social comparison orientation on social media use and its outcomes. *Personality and Individual Differences*, 86, 249–256. <https://doi.org/10.1016/j.paid.2015.06.026>

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>

Watson, N., & Wooden, M. (2020). The Household, Income and Labour Dynamics in Australia (HILDA) Survey. *Jahrbücher Für Nationalökonomie Und Statistik*, 241(1), 131–141. <https://doi.org/10.1515/jbnst-2020-0029>

Wenninger, H., Cheung, C. M., & Chmielinski, M. (2021). Understanding envy and users' responses to envy in the context of social networking

sites: A literature review. *International Journal of Information*

Management, 58, 102303.

<https://doi.org/10.1016/j.ijinfomgt.2020.102303>

Wood, J. V. (1989). Theory and research concerning social comparisons of personal attributes. *Psychological Bulletin*, 106, 231-248.

World Health Organization. (2019). *Adolescent health*.

<https://www.who.int/southeastasia/health-topics/adolescent-health>

Xie, W., & Karan, K. (2019). Predicting Facebook addiction and state anxiety without Facebook by gender, trait anxiety, Facebook intensity, and different Facebook activities. *Journal of Behavioral Addictions*, 8(1), 79–87. <https://doi.org/10.1556/2006.8.2019.09>

Yang, C. C., & Robinson, A. (2018). Not necessarily detrimental: Two social comparison orientations and their associations with social media use and college social adjustment. *Computers in Human Behavior*, 84, 49–57. <https://doi.org/10.1016/j.chb.2018.02.020>

Ye, S., Ho, K. K., & Zerbe, A. (2021). The effects of social media usage on loneliness and well-being: analysing friendship connections of Facebook, Twitter and Instagram. *Information Discovery and Delivery*, 49(2), 136–150. <https://doi.org/10.1108/idd-08-2020-0091>

Zuckerman, M., Li, C., & Hall, J. A. (2016). When men and women differ in self-esteem and when they don't: A meta-analysis. *Journal of Research in Personality*, 64, 34–51. <https://doi.org/10.1016/j.jrp.2016.07.007>