

DAFTAR PUSTAKA

- Abel, J. P., & Buff, C. L. (2016). Social Media and the Fear of Missing Out: Scale Development and Assessment. In *Journal of Business & Economics Research-First Quarter* (Vol. 14, Issue 1).
- Adams, S. K., Williford, D. N., Vaccaro, A., Kisler, T. S., Francis, A., & Newman, B. (2017). The young and the restless: Socializing trumps sleep, fear of missing out, and technological distractions in first-year college students. *International Journal of Adolescence and Youth*, 22(3), 337–348. <https://doi.org/10.1080/02673843.2016.1181557>
- Alt, D. (2018). Students' Wellbeing, Fear of Missing out, and Social Media Engagement for Leisure in Higher Education Learning Environments. *Current Psychology*, 37(1), 128–138. <https://doi.org/10.1007/s12144-016-9496-1>
- Arnett, J. J. (2018). *Adolescence and emerging adulthood: a cultural approach [6 ed.]* (6th ed.). Pearson. www.pearsonhighered.com/revel
- Attrill, A. (2015). *Cyberpsychology*. Oxford University Press.
- Baker, Z. G., Krieger, H., & LeRoy, A. S. (2016). Fear of missing out: Relationships with depression, mindfulness, and physical symptoms. *Translational Issues in Psychological Science*, 2(3), 275–282. <https://doi.org/10.1037/tps0000075>
- Barry, C. T., & Wong, M. Y. (2020). Fear of missing out (FoMO): A generational phenomenon or an individual difference? *Journal of Social and Personal*

Relationships, 37(12), 2952–2966.

<https://doi.org/10.1177/0265407520945394>

Baumeister, R. F., & Vonasch, A. J. (2015). Uses of self-regulation to facilitate and restrain addictive behavior. *Addictive Behaviors*, 44, 3–8.

<https://doi.org/10.1016/j.addbeh.2014.09.011>

Berger, A. (2011). *Self-regulation: Brain, cognition, and development*. American Psychological Association. <https://doi.org/10.1037/12327-000>

Bestari, I. U., & Widayat, I. W. (2018). Hubungan antara Fear of Missing Out dengan Intensitas Penggunaan Jejaring Sosial pada Mahasiswa Universitas Airlangga. *Jurnal Psikologi Pendidikan Dan Perkembangan*, 7, 19–29.

Beyens, I., Frison, E., & Eggermont, S. (2016a). “I don’t want to miss a thing”: Adolescents’ fear of missing out and its relationship to adolescents’ social needs, Facebook use, and Facebook related stress. *Computers in Human Behavior*, 64, 1–8. <https://doi.org/10.1016/j.chb.2016.05.083>

Beyens, I., Frison, E., & Eggermont, S. (2016b). “I don’t want to miss a thing”: Adolescents’ fear of missing out and its relationship to adolescents’ social needs, Facebook use, and Facebook related stress. *Computers in Human Behavior*, 64, 1–8. <https://doi.org/10.1016/j.chb.2016.05.083>

Biemer, P. P., & Lyberg, L. E. (2003). *Introduction to Survey Quality*. Wiley. <https://doi.org/10.1002/0471458740>

Blackwell, D., Leaman, C., Tramposch, R., Osborne, C., & Liss, M. (2017). Extraversion, neuroticism, attachment style and fear of missing out as

- predictors of social media use and addiction. *Personality and Individual Differences*, 116, 69–72. <https://doi.org/10.1016/j.paid.2017.04.039>
- DeWall, C. N., Baumeister, R. F., Stillman, T. F., & Gailliot, M. T. (2007). Violence restrained: Effects of self-regulation and its depletion on aggression. *Journal of Experimental Social Psychology*, 43(1), 62–76. <https://doi.org/10.1016/j.jesp.2005.12.005>
- Dhir, A., Yossatorn, Y., Kaur, P., & Chen, S. (2018). Online social media fatigue and psychological wellbeing—A study of compulsive use, fear of missing out, fatigue, anxiety and depression. *International Journal of Information Management*, 40, 141–152. <https://doi.org/10.1016/j.ijinfomgt.2018.01.012>
- Fuster, H., Chamarro, A., & Oberst, U. (2017). Fear of Missing Out, online social networking and mobile phone addiction: A latent profile approach. *Aloma: Revista de Psicologia, Ciències de l'Educació i de l'Esport*, 35(1), 22–30. <https://doi.org/10.51698/aloma.2017.35.1.22-30>
- Gavora, P., Jakešová, J., & Kalenda, J. (2015). The Czech Validation of the Self-regulation Questionnaire. *Procedia - Social and Behavioral Sciences*, 171, 222–230. <https://doi.org/10.1016/j.sbspro.2015.01.113>
- Gezgin, D. M., Hamutoglu, N. B., Gemikonakli, O., & Raman, I. (2017). Social Networks Users: Fear of Missing Out in Preservice Teachers. *Journal of Education and Practice*, 8(17), 156–168.
- Gunawan, L. M. (2019). “I DON'T WANT TO MISS A THING !!” Korelasi Intensitas Penggunaan Instagram dengan Fear of Missing Out (FoMO) pada Remaja [Skripsi]. Universitas Brawijaya.

- Gusti. (2021, October 21). *Prof Avin Fadilla Helmi Dikukuhkan Sebagai Guru Besar*. <https://www.ugm.ac.id/id/berita/21842-prof-avin-fadilla-helmi-dikukuhkan-sebagai-guru-besar>
- Helmi, A. F. (2020). *Adaptasi dan Validasi Skala FoMo: Desiminasi Hasil Riset*. <https://www.youtube.com/watch?v=eNN6MPw1aJ4>.
- Hetz, P. R., Dawson, C. L., & Cullen, T. A. (2015). Social Media Use and the Fear of Missing Out (FoMO) While Studying Abroad. *Journal of Research on Technology in Education*, 47(4), 259–272. <https://doi.org/10.1080/15391523.2015.1080585>
- Jacobsen, S. (2021). FOMO, JOMO and COVID: How Missing Out and Enjoying Life Are Impacting How We Navigate a Pandemic. *Journal of Organizational Psychology*, 21(3). <https://doi.org/10.33423/jop.v21i3.4309>
- Kaloeti, D. V. S., Kurnia S, A., & Tahamata, V. M. (2021). Validation and psychometric properties of the Indonesian version of the Fear of Missing Out Scale in adolescents. *Psicologia: Reflexao e Critica*, 34(1). <https://doi.org/10.1186/s41155-021-00181-0>
- Kemp, S. (2022, February 15). *Digital 2022: Indonesia*. This page contains all the data, insights, and trends you need to help you understand how people in Indonesia use connected devices and services in 2022.
- King, A. L. S., Valença, A. M., Silva, A. C. O., Baczynski, 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>

- King, K. M., Lengua, L. J., & Monahan, K. C. (2013). Individual Differences in the Development of Self-Regulation During Pre-adolescence: Connections to Context and Adjustment. *Journal of Abnormal Child Psychology*, *41*(1), 57–69. <https://doi.org/10.1007/s10802-012-9665-0>
- Lai, C., Altavilla, D., Ronconi, A., & Aceto, P. (2016). Fear of missing out (FOMO) is associated with activation of the right middle temporal gyrus during inclusion social cue. *Computers in Human Behavior*, *61*, 516–521. <https://doi.org/10.1016/j.chb.2016.03.072>
- 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>
- Michikyan, M. (2020). Linking online self-presentation to identity coherence, identity confusion, and social anxiety in emerging adulthood. *British Journal of Developmental Psychology*, *38*(4), 543–565. <https://doi.org/10.1111/bjdp.12337>
- Murray, D. W., Rosanbalm, K., Christopoulos, C., & Hamoudi, A. (2015). *Self-Regulation and Toxic Stress: Foundations for Understanding Self-Regulation from an Applied Developmental Perspective*. Office of Planning, Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services. <http://www.acf.hhs.gov/programs/opre>

NapoleonCat. (2022). *Instagram users in Indonesia January 2022*.

<https://napoleoncat.com/stats/instagram-users-in-indonesia/2022/01/>

Nirmala, H. V. P. (2017). *PERAN REGULASI DIRI DAN KONFORMITAS TERHADAP PERILAKU BERKENDARA BERISIKO PADA REMAJA* [Skripsi]. Universitas Gadjah Mada.

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(1), 51–60.

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

Paige, S. R., Stellefson, M., Chaney, B. H., Chaney, D. J., Alber, J. M., Chappell, C., & Barry, A. E. (2017). Examining the Relationship between Online Social Capital and eHealth Literacy: Implications for Instagram Use for Chronic Disease Prevention among College Students. *American Journal of Health Education*, 48(4), 264–277.

<https://doi.org/10.1080/19325037.2017.1316693>

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>

Qualtrics. (2021). *How to minimize minimize sampling and sampling and non-sampling non-sampling error error BEST PRACTICES BEST PRACTICES*.

- 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>
- Rozgonjuk, D., Sindermann, C., Elhai, J. D., & Montag, C. (2020). Individual differences in Fear of Missing Out (FoMO): Age, gender, and the Big Five personality trait domains, facets, and items. *Personality and Individual Differences*, 171. <https://doi.org/10.1016/j.paid.2020.110546>
- Salehan, M., & Negahban, A. (2013). Social networking on smartphones: When mobile phones become addictive. *Computers in Human Behavior*, 29(6), 2632–2639. <https://doi.org/10.1016/j.chb.2013.07.003>
- Santrock, J. W. (2011). *Life-Span Development Perkembangan Masa-Hidup Edisi Ketigabelas Jilid 2*. Erlangga.
- Schunk, D. H., & Greene, J. A. (2018). *Handbook of Self-Regulation of Learning and Performance*.
- Sheldon, P., & Bryant, K. (2016). Instagram: Motives for its use and relationship to narcissism and contextual age. *Computers in Human Behavior*, 58, 89–97. <https://doi.org/10.1016/j.chb.2015.12.059>
- Sianipar, N. A., & Kaloeti, D. V. S. (2019). Hubungan antara Regulasi Diri dengan Fear of Missing Out (FoMO) pada Mahasiswa Tahun Pertama Fakultas Psikologi Universitas Diponegoro. *Jurnal Empati*, 8(1), 136–143.

- Song, X., Zhang, X., Zhao, Y., & Song, S. (2017). Fearing of missing out (FoMO) in mobile social media environment: Conceptual development and measurement scale. *In IConference 2017 Proceedings*, 733–738.
- Statista. (2022, May 12). *Instagram daily active users 2022*. <https://www.statista.com/statistics/325587/instagram-global-age-group/>
- Sukmaraga, I. G. B. G. (2018). *HUBUNGAN ANTARA INTENSITAS PENGGUNAAN MEDIA SOSIAL INSTAGRAM DAN MATERIALISME PADA REMAJA* [Skripsi]. Universitas Sanata Dharma.
- 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>
- Uram, P., & Skalski, S. (2020). Still Logged in? The Link Between Facebook Addiction, FoMO, Self-Esteem, Life Satisfaction and Loneliness in Social Media Users. *Psychological Reports*, 125(1), 218–231. <https://doi.org/10.1177/0033294120980970>
- Valkenburg, P. M., & Peter, J. (2007). Online communication and adolescent well-being: Testing the stimulation versus the displacement hypothesis. *Journal of Computer-Mediated Communication*, 12(4), 1169–1182. <https://doi.org/10.1111/j.1083-6101.2007.00368.x>
- Valkenburg, P. M., & Peter, J. (2011). Online communication among adolescents: An integrated model of its attraction, opportunities, and risks. *In Journal of*

Adolescent Health (Vol. 48, Issue 2, pp. 121–127).

<https://doi.org/10.1016/j.jadohealth.2010.08.020>

Wang, P., Xie, X., Wang, X., Wang, X., Zhao, F., Chu, X., Nie, J., & Lei, L. (2018).

The need to belong and adolescent authentic self-presentation on SNSs: A moderated mediation model involving FoMO and perceived social support.

Personality and Individual Differences, 128, 133–138.

<https://doi.org/10.1016/j.paid.2018.02.035>

Xie, X., Wang, Y., Wang, P., Zhao, F., & Lei, L. (2018). Basic psychological needs

satisfaction and fear of missing out: Friend support moderated the mediating effect of individual relative deprivation. *Psychiatry Research*, 268, 223–

228. <https://doi.org/10.1016/j.psychres.2018.07.025>

Zahroh, L., & Sholichah, I. F. (2022). Pengaruh Konsep Diri dan Regulasi Diri

Terhadap Fear of Missing Out (FoMO) Pada Mahasiswa Pengguna Instagram. *Jurnal Pendidikan Dan Konseling*, 4(3), 1103–1109.

Zimmerman, B. P. (2000). *Attaining Self-Regulation a Social Cognitive*.