

Daftar Pustaka

- Alrobai, A., McAlaney, J., Phalp, K., & Ali, R. (2016). Online Peer Groups as a Persuasive Tool to Combat Digital Addiction. In *Persuasive Technology, Proceeding of 11th International Conference, PERSUASIVE 2016, Salzburg, Austria, 5–7 April 2016*; Springer Science and Business Media LLC: Salzburg, Austria, 2016.
- Alutaybi, A., Al-Thani, D., McAlaney, J., & Ali, R. (2020). Combating Fear of Missing Out (FoMO) on Social Media: The FoMO-R Method. *Int. J. Environ. Res. Public Health*. 17, 6128; doi:10.3390/ijerph17176128
- Alt, D. (2015). College Students' Academic Motivation, Media Engagement and Fear of Missing Out. *Computers in Human Behavior*, 49, 111-119.
- APJII. (2017). Infografis : penetrasi & perilaku pengguna internet indonesia. Diakses dari <https://apjii.or.id/survey>
- Azwar, S. (2018). *Metode Penelitian Psikologi (Edisi II)*. Yogyakarta: Pustaka Pelajar.
- Baker, Z.G.; Krieger, H.; Leroy, A.S. (2016) Fear of Missing Out: Relationships with Depression, Mindfulness, and Physical Symptoms. *Transl. Issues Psychol. Sci.* 2, 275–282.
- 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. doi:10.1016/j.paid.2017.04.039
- Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing coping strategies: a theoretically based approach. *Journal Pers Social Psychology*, 56(2), 267-283. <https://doi.org/10.1037//0022-3514.56.2.267>
- Cham, S.; Algashami, A.; Aldhayan, M.; McAlaney, J.; Phalp, K.; Almourad, M.B.; Ali, R. (2019). Digital Addiction: Negative Life Experiences and Potential for Technology-Assisted Solutions. *Adv. Intell. Syst. Comput.* 16, 921–931.
- Ciccarelli, S. K. (2015). *Psychology 3ed*.USA: Pearson.



- Dossey, L. (2014). FOMO, digital dementia, and out dangerous experiment. *Explore*, 10(2), 69-73
- Elhai, J. D., Yang, H., & Montag, C. (2021). Anxiety and stress severity are related to greater fear of missing out on rewarding experiences: A latent profile analysis. *PsyCh Journal* . 10. 688–69.
DOI: 10.1002/pchj.455
- Hair, J, Black, W., Babin, B., & Rolph, A. (2014). *Multivariate Data Analysis*. 7 th Edition. USA: Pearson.
- Hayran, C., & Anik, L. (2021). Well-Being and Fear of Missing Out (FOMO) on Digital Content in the Time of COVID-19: A Correlational Analysis among University Students. *Int. J. Environ. Res. Public Health* 18, 1974. <https://doi.org/10.3390/ijerph18041974>
- Helmi, A. F. (2020). *Adaptasi dan Validasi Skala FoMO*. Yogyakarta: Universitas Gadjah Mada.
Diakses dari <https://www.youtube.com/watch?v=eNN6MPw1aJ4>
- Herres, J., Ohannessian, C. M. (2015). Adolescent Coping Profiles Differentiate Reports of Depression and Anxiety Symptoms. *J Affect Disord.* 186: 312–319. doi:10.1016/j.jad.2015.07.031
- Hott, A. (2021). 25+ Powerful FoMO Statistics to Skyrocket Sales. Diakses dari [25+ Powerful FOMO Statistics to Skyrocket Sales \(2023\) \(optinmonster.com\)](#)
- Hunt, M.G., Marx, R., Lipson, C., & Young, J. (2018). No More FOMO: Limiting Social Media Decreases Loneliness and Depression. *J. Soc. Clin. Psychol.* 37, 751–768.
- Lazarus, R., S. (1990). Theory-Based Stress Measurement Richard. *Psychol. Inq.*, vol. 1, no. 1, pp. 3–13, 1990, doi: 10.1207/s15327965pli0101.
- Marshall, T. C., Lefringhausen, K., & Ferenczi, N. (2015). The big Five, Self Esteem, And narcissism As Predictors of The Topics People Write About in Facebook Status Updates. *Personality and Individual Difference*, (85) 35-40.
- Maryam, S. (2017). Strategi Coping: Teori dan Sumberdayanya. *Jurnal Konseling Andi Matappa*. 1 (2), 101-107.



- Nevid, J., S., Rathus, S., A., & Greene, B. (2013) *Abnormal psychology: In a changing world*, 9th ed., no. 9. *Pearson Education*, New Jersey, United States of America
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates fear of missing out. 2013. *Computers in Human Resources*, 1841–1848.
- Putri, A. I. D., & Halimah, L. (2019). Hubungan FoMO dengan Adiksi Media Sosial pada Mahasiswa Pengguna Instagram di Universitas Islam Bandung. *Prosiding Psikologi*, 525-532. <http://dx.doi.org/10.29313/v0i0.17131>
- Rosdaniar. (2008). Hubungan antara Kesepian dengan Kecanduan Internet (Internet Addiction Disorder) pada Mahasiswa. *Artikel Ilmiah*. Program Studi Psikologi Fakultas Psikologi dan Ilmu Sosial Budaya Universitas Islam Indonesia Yogyakarta.
- Rozgonjuk, D., Elhai, J. D., Ryan, T., & Scott, G. G. (2019). Fear of missing out is associated with disrupted activities from receiving smartphone notifications and surface learning in college students. *Computers & Education*. 140. Article 103590. <https://doi.org/10.1016/j.compedu.2019.05.016>
- 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*. 110546. doi:10.1016/j.paid.2020.110546
- Setyorini, A. S. (2012). Hubungan antara Individual Coping, Dyadic Coping, dan Kepuasan Pernikahan pada Penderita Penyakit Kronis. *Artikel Ilmiah*. Fakultas Psikologi Universitas Indonesia, Depok.
- Tekeng, St. N. Y. (2015). Belajar Berdasar Regulasi Diri Dalam Pembelajaran di Perguruan Tinggi. *Lentera Pendidikan : Jurnal Ilmu Tarbiyah dan Keguruan*. 18. 82-94. 10.24252/lp.2015v18n1a7.



Tianxue Cui, Chester Chun Seng Kam, Emily Hongzhen Cheng, Man Yee Ho. (2022). Distinguishing

between trait desirability and item desirability in predicting item scores: Is informant evaluation of personality free from social desirability?. *Personality and Individual Differences*.

196. <https://doi.org/10.1016/j.paid.2022.111708>.

Untari, P. H. (2019). Pengguna internet Indonesia paling banyak di usia 15-19 tahun. Diakses dari

[https://techno.okezone.com/read/2019/05/21/207/2058544/2018-pengguna-internet-](https://techno.okezone.com/read/2019/05/21/207/2058544/2018-pengguna-internet-indonesiapaling-banyak-di-usia-15-19-tahun)

[indonesiapaling-banyak-di-usia-15-19-tahun](https://techno.okezone.com/read/2019/05/21/207/2058544/2018-pengguna-internet-indonesiapaling-banyak-di-usia-15-19-tahun)