

DAFTAR PUSTAKA

- Amalia, D. S., Nuzrina, R., Gifari, N., Angkasa, D., & Sitoayu, L. (2021) Hubungan Kebiasaan Menonton *Mukbang*, Pengetahuan Gizi dan Tingkat Stres dengan Perubahan Perilaku Makan Negatif pada Penggemar *Mukbang* di Media Sosial Instagram. *Journal of Nutrition College*, 10(2), pp. 105-111.
- Agusmar, A. Y., Vani, A. T., & Wahyuni, S. (2019) Perbandingan Tingkat Stres pada Mahasiswa Angkatan 2018 dengan Angkatan 2015 Fakultas Kedokteran Universitas Baiturrahmah. *Health and Medical Journal*, 1(2), pp. 34-38.
- Anjani, L., Mok, T., Tang, A., Oehlberg, L., & Goh, W.B. (2020) Why Do People Watch Others Eat Food? An Empirical Study on The Motivations and Practices of Mukbang Viewers. In: *Proceedings of the 2020 CHI Conference on Human Factors in Computing Systems*.
- Augusti, G., Lisiswanti, R., Saputra, O., & Nisa, K. (2015) Differences in Stress Level Between First Year and Last Year Medical Students in Medical Faculty of Lampung University. *Jurnal Majority*, 4(4), pp. 50-56.
- Aznam, N. (2022). *Hubungan Pengetahuan Sikap, dan Kebiasaan Menonton Video Mukbang dengan Perilaku Makan Mahasiswa UGM di Masa Pandemi Covid-19*. Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada.
- Bayat, N., Fokkema, T., Mujakovic, S., & Ruiter, R. A. (2021) Contextual Correlates of Loneliness in Adolescents. *Children and Youth Services Review*, 127, p. 106083.

- Borys, S. & Perlman, D. (1985) Gender Differences in Loneliness. *Personality and Social Psychology Bulletin*, 11(1), pp. 63-74.
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983) A Global Measure of Perceived Stress. *Journal of Health and Social Behavior*, 24(4), pp. 385-396.
- Collis, A., & Eggers, F. (2022) Effects of Restricting Social Media Usage on Wellbeing and Performance: A Randomized Control Trial Among Students. *Plos One*, 17(8), p. e0272416.
- Dahlgren, G. & Whitehead, M. (2021) The Dahlgren-Whitehead Model of Health Determinants: 30 Years On and Still Chasing Rainbows. *Public Health*, 199, pp. 20-24.
- Darmajayanti, A. A. I. S., Paramasatiari, A. A. A. L., & Tirta, I. G. R. (2022) Gambaran Tingkat Stres Berdasarkan Karakteristik Mahasiswa Semester Awal Fakultas Kedokteran dan Ilmu Kesehatan Universitas Warmadewa. *AMJ (Aesculapius Medical Journal)*, 2(2), pp. 97-104.
- Darmawan, A. R. & Halimah, L. (2021) Hubungan Kesenian dengan Adiksi Media Sosial Instagram pada *Emerging Adulthood* di Masa Pandemi. *Prosiding Psikologi*, 7(2), pp. 197-201.
- Dedovic, K., Wadiwalla, M., Engert, V., & Pruessner, J. C. (2009) The Role of Sex and Gender Socialization in Stress Reactivity. *Developmental Psychology*, 45(1), p. 45.
- Fayasari, A., Gustianti, M. N., & Khasanah, T. A. (2022) Perilaku Menonton Mukbang dan Preferensi Makanan Mahasiswa di Jakarta. *Poltekita: Jurnal Ilmu Kesehatan*, 16(2), pp. 220-227.

- Fikrie, F., Ariani, L., & Hermina, C. (2019) Perbedaan Kesenian pada Mahasiswa Tahun Pertama dan Kedua. *Naskah Prosiding Temilnas XI IPPI*, pp. 242-247.
- Gaol, N. T. L. (2016) Teori Stres: Stimulus, Respons, dan Transaksional. *Buletin Psikologi*, 24(1), pp. 1-11.
- Griffiths, M. (2005) A 'Components' Model of Addiction Within A Biopsychosocial Framework. *Journal of Substance Use*, 10(4), pp. 191-197.
- Hakimey, H. & Yazdanifard, R. (2015) The Review of Mukbang (Broadcast Eating) Phenomena and Its Relations with South Korean Culture and Society. *International Journal of Management, Accounting and Economics*, 2(5), pp. 444-456.
- Hamzah, B., & Hamzah, R. (2020) Faktor-Faktor yang Berhubungan dengan Tingkat Stres Akademik pada Mahasiswa Stikes Graha Medika. *Indonesian Journal for Health Sciences*, 4(2), pp. 59-67.
- Herianda, I.P., Wungu, E., & Dewi, R. (2021) Gambaran Kondisi Kesenian Mahasiswa yang Hanya Mengambil Mata Kuliah Skripsi Program Pendidikan S-1 Universitas Padjadjaran. *Journal of Psychological Science and Profession*, 5(3), pp. 203-212.
- Hong, S. & Park, S. (2018) Internet Mukbang (Foodcasting) in South Korea. In: I. Eleá, & L. Mikos (Eds.). *Young and Creative: Digital Technologies Empowering Children in Everyday Life*. Sweden: Nordicom, pp. 111-125.
- Kang, E., Lee, J., Kim, K. H., & Yun, Y. H. (2020) The Popularity of Eating Broadcast: Content Analysis of "Mukbang" YouTube Videos, Media Coverage, and The Health Impact of "Mukbang" on Public. *Health Informatics Journal*, 26(3), pp. 2237-2248

- Kircaburun, K., Balta, S., Emirtekin, E., Tosuntas, S. B., Demetrovics, Z., & Griffiths, M. D. (2021a) Compensatory Usage of The Internet: The Case of Mukbang Watching on YouTube. *Psychiatry Investigation*, 18(4), pp. 269-276.
- Kircaburun, K., Harris, A., Calado, F., & Griffiths, M. D. (2021b) The Psychology of Mukbang Watching: A Scoping Review of The Academic and Non-Academic Literature. *International Journal of Mental Health and Addiction*, 19, pp. 1190-1213.
- Kircaburun, K., Savci, M., Emirtekin, E., & Griffiths, M. D. (2022) Uses and Gratifications of Problematic Mukbang Watching – The Role of Eating and Social Gratification: A Pilot Study. *Journal of Psychiatric Research*, 146, pp. 28-30.
- Kircaburun, K., Stavropoulos, V., Harris, A., Calado, F., Emirtekin E., & Griffiths, M. D. (2021c) Development and Validation of The Mukbang Addiction Scale. *International Journal of Mental Health and Addiction*, 19, pp. 1031-1044.
- Kountul, Y. P., Kolibu, F. K., & Korompis, G. E. (2018) Hubungan Jenis Kelamin dan Pengaruh Teman Sebaya dengan Tingkat Stres Mahasiswa Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi Manado. *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 7(5).
- Lazarus, R. S. & Folkman, S. (1984). *Stress, Appraisal, and Coping*. New York, USA: Springer Publishing Company.

- Lim, M. H., Eres, R., & Vasan, S. (2020) Understanding Loneliness in The Twenty-First Century: An Update on Correlates, Risk Factors, and Potential Solutions. *Social Psychiatry and Psychiatric Epidemiology*, 55, pp. 793-810.
- Mañas-Ojeda, A., Ros-Bernal, F., Olucha-Bordonau, F. E., & Castillo-Gómez, E. (2020) Becoming Stressed: Does the Age Matter? Reviewing the Neurobiological and Socio-Affective Effects of Stress Throughout the Lifespan. *International Journal of Molecular Sciences*, 21(16), p. 5819.
- Marlatt, G. A., Baer, J. S., Donovan, D. M., & Kivlahan, D. R. (1988) Addictive Behaviors: Etiology and Treatment. *Annual Review of Psychology*, 39(1), pp. 223-252.
- Marlatt, G. A. & Gordon, J. R. (1985) *Relapse Prevention*. New York: Guilford Press.
- Mawarपुरy, M., Maulina, S., Faradina, S., & Afriani (2020) Kecenderungan Adiksi Smartphone Ditinjau dari Jenis Kelamin dan Usia. *Psikoislamedia: Jurnal Psikologi*, 5(1), pp. 24-37.
- Mildsi, A. R., & Effendy, E. (2022) Adiksi Smartphone Mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Sumatera Utara Angkatan 2018 Selama Pandemi Covid-19. *Jurnal Kedokteran Methodist*, 15(2), pp. 124-132.
- Muttaqin, V.A. & Hidayati, I.A. (2022) Pengalaman Kesenian pada Mahasiswa Rantau Selama Pandemi Covid-19. *Psikostudia: Jurnal Psikologi*, 11(4), pp. 587-602.
- Olsen, Y. (2022) What Is Addiction? History, Terminology, and Core Concepts. *Medical Clinics of North America*, 106(1), pp. 1-12.

- Pagan, R. (2020) Gender and Age Differences in Loneliness: Evidence for People without and with Disabilities. *International Journal of Environmental Research and Public Health*, 17(24), p. 9176.
- Pawestri, F. (2020) *Perbedaan Tingkat Stres Mahasiswa pada Tahap Akademik dan Profesi di Program Studi Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada*. Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada.
- Perlman, D. & Peplau, L. (1998) *Loneliness*. In: Friedman, H. S., Ed., *Encyclopedia of Mental Health*, 2, Academic Press, San Diego, pp. 571-581.
- Pop, L. M., Iorga, M., & Iurcov, R. (2022) Body-Esteem, Self-Esteem and Loneliness Among Social Media Young Users. *International Journal of Environmental Research and Public Health*, 19(9), p. 5064.
- Qualter, P., Vanhalst, J., Harris, R., Van Roekel, E., Lodder, G., Bangee, M., Maes, M., & Verhagen, M. (2015) Loneliness Across the Life Span. *Perspectives on Psychological Science*, 10(2), pp. 250-264.
- Rai, D., Jaisoorya, T. S., Narayanaswamy, J. C., Arumugham, S. S., & Reddy, Y. C. J. (2021) Behavioural Addictions in Obsessive Compulsive Disorder – Prevalence and Clinical Correlates. *Psychiatry Research Communications*, 2(1), p. 100016.
- Rinaldi, M. R. (2021) Kesenian pada Mahasiswa selama Pandemi COVID-19. *Jurnal Psikologi Teori dan Terapan*, 11(3), pp. 267-277.
- Russell, D. W. (1996) UCLA Loneliness Scale (Version 3): Reliability, Validity, and Factor Structure. *Journal of Personality Assessment*, 66(1), pp. 20-40.

- Sastroasmoro, S. & Ismael, S. (2014) *Dasar-Dasar Metodologi Penelitian Klinis Edisi ke-5*. Jakarta: Sagung Seto.
- Singarimbun, M. & Effendi, S. (1995). *Metode Penelitian Survei*. Jakarta: LP3ES.
- Strand, M. & Gustafsson, S. A. (2020) Mukbang and Disordered Eating: A Netnographic Analysis of Online Eating Broadcasts. *Culture, Medicine, and Psychiatry*, 44(4), pp. 586-609.
- Sugiarto, A. L. (2017). *Hubungan Tingkat Kesenian dengan Penggunaan Internet yang Bermasalah pada Mahasiswa*. Fakultas Psikologi Universitas Gadjah Mada.
- Supriyati, S., Wicaksana, A.L., Sundari, E., Pangastuti, H.S., & Dewi, F.S.T. (2021) Why Do We Need to Empower University Staffs and Students for Tackling The Non-Communicable Diseases?. *Journal of Community Empowerment for Health*, 4(2), pp. 80-87.
- Tavakol, M. & Dennick, R. (2011) Making Sense of Cronbach's Alpha. *International Journal of Medical Education*, 2, p. 53.
- Vasileiou, K., Barnett, J., Barreto, M., Vines, J., Atkinson, M., Long, K., Bakewell L., Lawson, S., & Wilson, M. (2019) Coping with Loneliness at University: A Qualitative Interview Study with Students in the UK. *Mental Health & Prevention*, 13, pp. 21-30.
- Wei, F., Seetharam, T. G., & Sivakumar, V. (2021) Early Development of Normative Mind for The Students – Stress Management Approach. *Aggression and Violent Behavior*, pp. 101627.
- Yimer, B. L. (2023) Social Media Usage, Psychosocial Wellbeing and Academic Performance. *Community Health Equity Research & Policy*, 43(4), pp. 399-404.

Yunita, M. M., Isabel, K., Keziah, B. E., Natasya, M. C., & Wijaya, S. C. (2022)

Self-Esteem dan Kesenian pada Mahasiswa Selama Masa Pandemi.

Jurnal Psikologi Malahayati, 4(2), pp. 114-128.

Yusup, F. (2018) Uji Validitas dan Reliabilitas Instrumen Penelitian Kuantitatif.

Jurnal Tarbiyah: Jurnal Ilmiah Kependidikan, 7(1), pp. 17-23.

Weiss, R. S. (1973). *Loneliness: The Experience of Emotional and Social Isolation*.

Cambridge, MA: MIT Press.

Widhiarso, W. (2010). *Pengategorian Data dengan Menggunakan Statistik*

Hipotetik dan Statistik Empirik. Fakultas Psikologi. Universitas Gadjah

Mada. Yogyakarta.