

DAFTAR PUSTAKA

- Abrams, Z. (2021, Desember 2). *How can we minimize Instagram's harmful effects?*. American Psychological Association. <https://www.apa.org/monitor/2022/03/feature-minimize-instagram-effects#:~:text=Studies%20have%20linked%20Instagram%20to,them%20to%20keep%20on%20scrolling>.
- Akın, A., Arslan, S., Arslan, N., Uysal, R., Sahranç, Ü. (2015). Self-control/management And Internet Addiction. *International Online Journal of Educational Sciences*, 7 (3), 95-100. <http://dx.doi.org/10.15345/iojes.2015.03.016>
- Akun Humas Polda Kalteng Cekar Netizen yang Komen 'Mampus.' (2021, Oktober 20). CNN Indonesia. <https://www.cnnindonesia.com/nasional/20211020203822-12-710170/akun-humas-polda-kalteng-cekar-netizen-yang-komen-mampus>
- Al-Saggaf, Y., & O'Donnell, S. B. (2019). Phubbing: Perceptions, reasons behind, predictors, and impacts. *Human Behavior and Emerging Technologies*, 1(2), 132–140. <https://doi.org/https://doi.org/10.1002/hbe2.137>
- Andryanto, S. D. (Ed). (2021, April 16). *Polisi Virtual atau Polisi Siber, Begini Cara Kerjanya*. Tempo. <https://metro.tempo.co/read/1453165/polisi-virtual-atau-polisi-siber-begini-cara-kerjanya>
- Annur, C. M. (2023, Januari 31). *Daftar UMK DI Yogyakarta Tahun 2023, Ini Wilayah Terbesar*. Katadata. <https://databoks.katadata.co.id/datapublish/2023/01/31/daftar-umk-di-yogyakarta-tahun-2023-ini-wilayah-terbesar>
- Aprilia, R., Sriati, A., & Hendrawati, S. (2020). Tingkat Kecanduan Media Sosial pada Remaja. *Journal of Nursing Care*, 3(1), 41–53. <https://doi.org/10.24198/jnc.v3i1.26928>
- Aranda, J. H., & Baig, S. (2018, September 3). Toward “Jomo”: The joy of missing out and the freedom of disconnecting. *MobileHCI 2018 - Beyond Mobile: The Next 20 Years - 20th International Conference on Human-Computer Interaction with Mobile Devices and Services, Conference Proceedings*. <https://doi.org/10.1145/3229434.3229468>

- Astuti, S. W., & Subandiah, D. S. (2020). Detox Media Digital (Sikap Milenial Terhadap Detox Media Digital). *Promedia (Public Relation Dan Media Komunikasi)*, 6(2).
<https://doi.org/https://doi.org/10.52447/promedia.v6i2.4071>
- Ata. (2020, Agustus 6). *Kecanduan terhadap Internet Meningkat 5 Kali Lipat*. Media Indonesia. <https://mediaindonesia.com/humaniora/334338/kecanduan-terhadap-internet-meningkat-5-kali-lipat>
- Babbie, E. R. (2016). *The practice of social research (14th Edition)*. Cengage Learning.
- Balganesh, S. (2003). Freedom and The Internet: A Review of The Internet Galaxy By Manuel Castells. In *International Journal of Communications Law and Policy Issue* (Vol. 8). <http://ctcs.fsf.ub.es/prometheus21/articulos/obsiberprome/winner.pdf>.
- Bashir, H., & Bhat, S., A. (2017). Effects of Social Media on Mental Health: A Review. *The International Journal of Indian Psychology*, 4(3):125 - 131,
<http://dx.doi.org/10.25215/0403.134>
- Beach, A., Gartrell, M., & Han, R. (2009). Solutions to security and privacy issues in mobile social networking. *Proceedings - 12th IEEE International Conference on Computational Science and Engineering, CSE 2009*, 4, 1036–1042.
<https://doi.org/10.1109/CSE.2009.243>
- Bolton, R. N., Parasuraman, A., Hoefnagels, A., Migchels, N., Kabadayi, S., Gruber, T., Loureiro, Y. K., & Solnet, D. (2013). Understanding Generation Y and their use of social media: A review and research agenda. *Journal of Service Management*, 24(3), 245–267. <https://doi.org/10.1108/09564231311326987>
- Boyd, D. M., & Ellison, N. B. (2007). Social network sites: Definition, history, and scholarship. *Journal of Computer-Mediated Communication*, 13(1), 210–230.
<https://doi.org/10.1111/j.1083-6101.2007.00393.x>
- Brown, L., & Kuss, D. J. (2020). Fear of missing out, mental wellbeing, and social connectedness: A seven-day social media abstinence trial. *International Journal of Environmental Research and Public Health*, 17(12), 1–18.
<https://doi.org/10.3390/ijerph17124566>

- Brunon-Ernst, A. (Ed.). (2012). *Beyond Foucault: New Perspective of Bentham's Panopticon*. Ashgate.
- Cao, X., & Sun, J. (2018). Exploring the effect of overload on the discontinuous intention of social media users: An S-O-R perspective. *Computers in Human Behavior*, 81, 10–18. <https://doi.org/10.1016/j.chb.2017.11.035>
- Carr, N. (2011). *The Shallows: What the Internet Is Doing to Our Brains*. W. W. Norton & Company.
- Castells, M. (2001). *The internet galaxy: Reflections on the internet, business, and society*. Oxford University Press.
- Ceballos, N. A., Howard, K., Dailey, S., Sharma, S., & Grimes, T. (2018). Collegiate binge drinking and social media use among hispanics and non-hispanics. *Journal of Studies on Alcohol and Drugs*, 79(6), 868–875. <https://doi.org/10.15288/jsad.2018.79.868>.
- Cho, I. H. (2015). Facebook discontinuance: Discontinuance as a temporal settlement of the constant interplay between disturbance and coping. *Quality and Quantity*, 49(4), 1531–1548. <https://doi.org/10.1007/s11135-015-0225-x>
- Cuthbertson, A. (2018, Agustus 31). *Scroll Free September: Why a health charity wants you to go cold turkey on Facebook, Instagram and Twitter*. Independent. <https://www.independent.co.uk/tech/scroll-free-september-explained-what-quit-social-media-delete-facebook-instagram-twitter-a8515331.html>
- Dabija, D.-C., & Lung, L. (2019). Millennials Versus Gen Z: Online Shopping Behaviour in an Emerging Market. *Springer Proceedings in Business and Economics*, 1–18. https://doi.org/http://dx.doi.org/10.1007/978-3-030-17215-2_1
- Davis, J. (2012). Social Media and Experiential Ambivalence. *Future Internet*, 4(4), 955–970. <https://doi.org/10.3390/fi4040955>
- Demeku, A. (2021, Oktober 7). *Gen Z vs Millennial: What Marketers Need to Know on Social Media*. Later. <https://later.com/blog/gen-z-vs-millennial/>
- Detoks Media Sosial, 12 Artis Ini Pernah Tutup Akun Twitter dan Instagram*. (2018, Juli 25). Wolipop Detik. <https://wolipop.detik.com/foto-entertainment/d-4133209/detoks-media-sosial-12-artis-ini-pernah-tutup-akun-twitter-dan-instagram/1>

- Dewi, A., R. (2021, September 30). Kecanduan Bermedia Sosial dapat Mengurangi Kualitas Hidup, Kamu Perlu Social Media Detox!. Kementerian Keuangan Republik Indonesia. <https://www.djkn.kemenkeu.go.id/kanwil-kaltim/baca-artikel/14284/Kecanduan-Bermedia-Sosial-dapat-Mengurangi-Kualitas-Hidup-Kamu-Perlu-Social-Media-Detox.html#:~:text=Social%20media%20detox%20adalah%20salah,dunia%20khususnya%20pada%20generasi%20Z>.
- Digital Information World. (2021, Maret 3). *The social media detox: How attitude towards social media are changing*. <https://www.digitalinformationworld.com/2021/03/the-social-media-detox-how-attitude.html>
- Dimock, M. (2019, Januari 17). *Defining generations: Where Millennials end and Generation Z begins*. Pew Research Center. <https://www.pewresearch.org/fact-tank/2019/01/17/where-millennials-end-and-generation-z-begins/>
- Dixon, S. J. (2023, Agustus 29). *Number of social media users worldwide from 2017 to 2027*. Statista. <https://www.statista.com/statistics/278414/number-of-worldwide-social-network-users/>
- Effendi, S., & Tukiran. (2012). *Metode Penelitian Survei*. LP3ES.
- El-Khoury, J., Haidar, R., Kanj, R. R., Bou Ali, L., & Majari, G. (2021). Characteristics of social media ‘detoxification’ in university students. *Libyan Journal of Medicine*, 16(1). <https://doi.org/10.1080/19932820.2020.1846861>
- ExpressVPN. (2021, November 10). *ExpressVPN survey reveals the extent of Gen Z’s social media fixation*. <https://www.expressvpn.com/blog/gen-z-social-media-survey/#emotion>
- Fadli, R. (2022, Oktober 12). *Mitos atau Fakta, Gen Z Memiliki Mental yang Lebih Lemah*. Halodoc. <https://www.halodoc.com/artikel/mitos-atau-fakta-gen-z-memiliki-mental-yang-lebih-lemah>
- Fioravanti, G., Probst, A., & Casale, S. (2020). Taking a Short Break from Instagram: The Effects on Subjective Well-Being. *Cyberpsychology, Behavior and Social Networking*, 23(2), 107–112.

- Franks, J., Chenhall, R., & Keogh, L. (2022). Conceptual framework for temporal discontinuance experiences of social media users: What factors are responsible? *Convergence*. <https://doi.org/10.1177/13548565211057517>
- Fu, S., & Li, H. (2022). Understanding social media discontinuance from social cognitive perspective: Evidence from Facebook users. *Journal of Information Science*, 48(4), 544–560. <https://doi.org/10.1177/0165551520968688>
- Fu, S., Li, H., Liu, Y., Pirkkalainen, H., & Salo, M. (2020). Social media overload, exhaustion, and use discontinuance: Examining the effects of information overload, system feature overload, and social overload. *Information Processing and Management*, 57(6). <https://doi.org/10.1016/j.ipm.2020.102307>
- Fuchs, C. (2013). *Social Media: A Critical Introduction*. SAGE Publications Ltd
- Gandy Jr, O. H. (2021). *The Panoptic Sort: A Political Economy of Personal Information* (2nd Edition). Oxford.
- Giarla, V. (2019). *Generational Social Media: How Social Media Influences The Online and In-Person Relationship of Gen Z*. [Salem State University]. <http://hdl.handle.net/20.500.13013/699>
- Griffiths, S., Murray, S. B., Krug, I., & McLean, S. A. (2018). The contribution of social media to body dissatisfaction, eating disorder symptoms, and anabolic steroid use among sexual minority men. *Cyberpsychology, Behavior, and Social Networking*, 21(3), 149–156. <https://doi.org/10.1089/cyber.2017.0375>.
- Hadinata, H. (2022, Juli 23). *Hari Tanpa Televisi*. Kontan. <https://insight.kontan.co.id/news/hari-tanpa-televisi>
- Hameed, S., & Mathur, M. (2020). Generation Z in India: Digital Natives and Makers of Change. In *The New Generation Z in Asia: Dynamics, Differences, Digitalization* (pp. 89–104). Emerald Group Publishing Ltd. <https://doi.org/10.1108/978-1-80043-220-820201010>
- Hartanto, M. (2023, Maret 20). *Indonesia Gen Z Report 2022: Understanding and Uncovering the Behaviour, Challenges, and Opportunities*. CfDS.

- <https://cfds.fisipol.ugm.ac.id/2023/03/20/indonesia-gen-z-report-2022-understanding-and-uncovering-the-behaviour-challenges-and-opportunities/>
- Hesselberth, P. (2018). Discourses on disconnectivity and the right to disconnect. *New Media and Society*, 20(5), 1994–2010. <https://doi.org/10.1177/1461444817711449>
- Holland, G., & Tiggemann, M. (2016). A systematic review of the impact of the use of social networking sites on body image and disordered eating outcomes. *Body Image*, 17, 100–110. <https://doi.org/10.1016/j.bodyim.2016.02.008>
- Holland, K. (2018, Juni 5). *How to Identify and Manage Phubbing*. <https://www.healthline.com/health/phubbing>
- Immordino-Yang, M. H., Christodoulou, J. A., & Singh, V. (2012). Rest Is Not Idleness: Implications of the Brain's Default Mode for Human Development and Education. *Perspectives on Psychological Science*, 7(4), 352–364. <https://doi.org/10.1177/1745691612447308>
- Indita, H. (2022, Februari 7). *Second Account Generation*. CXO Media. <https://www.cxomedia.id/human-stories/20220207163038-74-173615/second-account-generation>
- Indonesia Economy Literacy Index petakan potensi ekonomi digital*. (2023, Januari 30). Indo Telko. <https://www.indotelko.com/read/1675053860/indonesia-economy-literacy-index-petakan-potensi-ekonomi-digital>
- Iqbal, M. (2022, Maret 14). *Pria di Ciledug Bunuh Diri Karena Cyber Bullying, Begini Kata Sosiolog*. IDN Times. <https://banten.idntimes.com/news/banten/muhammad-iqbal-15/pria-di-ciledug-bunuh-diri-karena-cyber-bullying-begini-kata-sosiolog?page=all>
- Jeong, M., Zo, H., Lee, C. H., & Ceran, Y. (2019). Feeling displeasure from online social media postings: A study using cognitive dissonance theory. *Computers in Human Behavior*, 97, 231–240. <https://doi.org/10.1016/j.chb.2019.02.021>
- Jonathan. (2019, Oktober 29). *Detoks Digital Ala Petra Sihombing Lewat “Biji.”* <https://pophariini.com/detoks-digital-ala-petra-sihombing-lewat-biji/>

- Kecanduan Gawai Ancam Anak-anak.* (2018, Juli 23). Kominfo. https://www.kominfo.go.id/content/detail/13547/kecanduan-gawai-ancam-anak-anak/0/sorotan_media
- Kesehatan Mental Generasi Z dan Milenial Disebut Yang Paling Lemah.* (2022, Desember 7). Binus. <https://communication.binus.ac.id/2022/12/07/kesehatan-mental-generasi-z-dan-milenial-disebut-yang-paling-lemah/>
- Keßler, M. (2020). *Disconnect to Reconnect? Examining the Motives, Strategies, and Outcomes of Individuals' (Temporary) Social Media Abstinence* [Electronic Dissertation]. University of Malta.
- Kline, D. (1980). *Metodologi Penelitian Riset*. Angkasa.
- Kristiawan, V. R., & Rakhmad, W. N. (2021). Detoksifikasi Instagram Sebagai Upaya Penyelesaian Kecemasan Komunikasi Pengguna. *Interaksi Online*, 9(3), 75–82. <https://ejournal3.undip.ac.id/index.php/interaksi-online/article/view/31307>
- Law, N., Woo, D., de la Torre, J., & Wong, G. (2018). *A Global Framework of Reference on Digital Literacy Skills for Indicator 4.4.2*. <http://www.uis.unesco.org>
- Lee, A. R., Son, S. M., & Kim, K. K. (2016). Information and communication technology overload and social networking service fatigue: A stress perspective. *Computers in Human Behavior*, 55, 51–61. <https://doi.org/10.1016/j.chb.2015.08.011>
- Liao, W. (2019). *Put Your Smartphone Down: Preliminary Evidence that Reducing Smartphone Use Improves Psychological Well-being in People with Poor Mental Health*. University of Otago.
- Light, B., & Cassidy, E. (2014). Strategies for the suspension and prevention of connection: Rendering disconnection as socioeconomic lubricant with Facebook. *New Media and Society*, 16(7), 1169–1184. <https://doi.org/10.1177/1461444814544002>
- Listianti, F. (2020, Desember 9). *Cerita 10 seleb cantik rehat dari media sosial, jaga kesehatan mental*. Brilio. <https://www.brilio.net/selebritis/cerita-10-seleb-cantik-rehat-dari-media-sosial-jaga-kesehatan-mental-201208p.html>
- Liu, H., Liu, W., Yoganathan, V., & Osburg, V. S. (2021). COVID-19 information overload and generation Z's social media discontinuance intention during the pandemic

- lockdown. *Technological Forecasting and Social Change*, 166. <https://doi.org/10.1016/j.techfore.2021.120600>
- Luqman, A., Cao, X., Ali, A., Masood, A., & Yu, L. (2017). Empirical investigation of Facebook discontinues usage intentions based on SOR paradigm. *Computers in Human Behavior*, 70, 544–555. <https://doi.org/10.1016/j.chb.2017.01.020>
- Lyon, D. (2014). Surveillance, Snowden, and Big Data: Capacities, consequences, critique. *Big Data and Society*, 1(2). <https://doi.org/10.1177/2053951714541861>
- Maier, C., Laumer, S., Eckhardt, A., & Weitzel, T. (2015). Giving too much social support: Social overload on social networking sites. *European Journal of Information Systems*, 24(5), 447–464. <https://doi.org/10.1057/ejis.2014.3>
- Mannell, K. (2019). A typology of mobile messaging's disconnective affordances. *Mobile Media and Communication*, 7(1), 76–93. <https://doi.org/10.1177/2050157918772864>
- Margaret, N. Y. M. (2020). Re-examining the innovation post-adoption process: The case of Twitter discontinuance. *Computers in Human Behavior*, 103, 48–56. <https://doi.org/10.1016/j.chb.2019.09.019>
- McAteer, O. (2018, Maret 14). *Gen Z is quitting social media in droves because it makes them unhappy, study finds*. Brand Knew. <https://www.brandknewmag.com/gen-z-is-quitting-social-media-in-droves-because-it-makes-them-unhappy-study-finds/>
- McCrae, N., Gettings, S., & Purssell, E. (2017). Social Media and Depressive Symptoms in Childhood and Adolescence: A Systematic Review. *Adolescent Res Rev*, 2(4), 315–330. <http://dx.doi.org/10.1007/s40894-017-0053-4>
- Meier, A., & Reinecke, L. (2021). Computer-Mediated Communication, Social Media, and Mental Health: A Conceptual and Empirical Meta-Review. In *Communication Research* (Vol. 48, Issue 8, pp. 1182–1209). SAGE Publications Inc. <https://doi.org/10.1177/0093650220958224>
- Miksch, L., & Schulz, C. (2018). *Disconnect to Reconnect: The Phenomenon of Digital Detox as a Reaction to Technology Overload* [Electronic Thesis]. Lund University
- Mirbabaie, M., Stieglitz, S., & Marx, J. (2022). Digital Detox. *Business and Information Systems Engineering*, 64(2), 239–246. <https://doi.org/10.1007/s12599-022-00747-x>

- Mude, G., & Undale, S. (2023). Social Media Usage. *International Journal of E-Business Research*, 19(1), 1–20. <https://doi.org/10.4018/ijebr.317889>
- National Academies of Sciences, Engineering, and Medicine. (2020). *Are Generational Categories Meaningful Distinctions for Workforce Management?* National Academies Press. <https://doi.org/10.17226/25796>
- Newport, C. (2019). *Digital Minimalism: Choosing a Focused Life in a Noisy World*. Penguin Business.
- Nguyen, M. H. (2021). Managing Social Media Use in an “Always-On” Society: Exploring Digital Wellbeing Strategies That People Use to Disconnect. *Mass Communication and Society*, 24(6), 795–817. <https://doi.org/10.1080/15205436.2021.1979045>
- Noble, S. M., & Schewe, C. D. (2003). Cohort segmentation: An exploration of its validity The Sales Impact of Using Handheld Scanners: Evidence from the Field View project. In *Article in Journal of Business Research*. <https://www.researchgate.net/publication/4966873>
- Oducado, R. M. F. (2019). Gen Z Nursing Students’ Usage, Perception And Satisfaction With Facebook For Educational Purposes: Tool For Learning Or Distraction. *Indonesian Nursing Journal of Education and Clinic (Injec)*, 4(1), 79. <https://doi.org/http://dx.doi.org/10.24990/injec.v4i1.241>
- Oktavianto, E., Timiyatun, E., Badi’ah, A. (2021). Studi Korelatif: Kontrol Diri Remaja dengan Kecanduan Menggunakan Internet. *Medika Respati : Jurnal Ilmiah Kesehatan*, 16 (2), 117 - 128. <https://doi.org/10.35842/mr.v16i2.315>
- Pentingnya Digital Skill di Era Industri 4.0*. (2023, April 21). Sampoerna University. <https://www.sampoernauniversity.ac.id/id/pentingnya-digital-skill-di-era-industri-4-0/#:~:text=Mempercepat%20Proses%20Bisnis%20dan%20Meningkatkan,mereka%20dan%20mengurangi%20biaya%20produksi.>
- Prakash Yadav, G., & Rai, J. (2017). The Generation Z and their Social Media Usage: A Review and a Research Outline. *Global Journal of Enterprise Information System*, 9(2), 110. <https://doi.org/10.18311/gjeis/2017/15748>

- Przybylski, A., Murayama, K., DeHaan, C., R., & Valerie 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>
- Przybylski, A. K., Nguyen, T. T., Law, W., & Weinstein, N. (2021). Does Taking a Short Break from Social Media Have a Positive Effect on Well-being? Evidence from Three Preregistered Field Experiments. *Journal of Technology in Behavioral Science*, 6(3), 507–514. <https://doi.org/10.1007/s41347-020-00189-w>
- Putra, F., A., D. (2020). *Karakteristik Generasi Z di Yogyakarta Tahun 2019* [Electronic Thesis]. Universitas Sanata Dharma
- Qi, M., & Edgar-Nevill, D. (2011). Social networking searching and privacy issues. *Information Security Technical Report*, 16(2), 74–78.
<https://doi.org/10.1016/j.istr.2011.09.005>
- Radtke, T., Apel, T., Schenkel, K., Keller, J., & von Lindern, E. (2022). Digital detox: An effective solution in the smartphone era? A systematic literature review. *Mobile Media and Communication*, 10(2), 190–215. <https://doi.org/10.1177/20501579211028647>
- Rahmah, P., Putri, M., & Utami, A., S. (2023). Hubungan Antara Kontrol Diri Dengan Kecanduan Media Sosial Pada Remaja. *Jurnal Keperawatan Jiwa (JKJ): Persatuan Perawat Nasional Indonesia*, 11(4), 859-866.
<https://doi.org/10.26714/jkj.11.4.2023.859-866>
- Ramadhoni, M., A. (2023, Maret 27). *Detoksifikasi Media Sosial: Manfaat dan Tips Melakukannya*. Kementerian Keuangan Republik Indonesia.
<https://www.djkn.kemenkeu.go.id/kpknl-pekanbaru/baca-artikel/15999/Detoksifikasi-Media-Sosial-Manfaat-dan-Tips-Melakukannya.html>
- Rauch, J. (2011). *TRANSFORMATIONS Journal of Media & Culture*.
http://www.transformationsjournal.org/issues/20/article_0...
- Ravindran, T., Yeow Kuan, A. C., & Hoe Lian, D. G. (2014). Antecedents and effects of social network fatigue. *Journal of the Association for Information Science and Technology*, 65(11), 2306–2320. <https://doi.org/10.1002/asi.23122>

- Rezkisari, I. (2020, Maret 2020). *Psikiater: Media Sosial Pemicu Depresi Terbesar Remaja*. Republika. <https://ameera.republika.co.id/berita/q6vhhd328/psikiater-media-sosial-pemicu-depresi-terbesar-remaja>
- Riehm, K. E., Feder, K. A., Tormohlen, K. N., Crum, R. M., Young, A. S., Green, K. M., Pacek, L. R., La Flair, L. N., & Mojtabai, R. (2019). Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth. *JAMA psychiatry*, 76(12), 1266–1273. <https://doi.org/10.1001/jamapsychiatry.2019.2325>
- Rohmah, F. N. (2020). *Media Resistance dalam Detoksifikasi Digital (Studi Kasus Pembatasan Penggunaan Media Sosial oleh Pengguna di Tengah Pandemi COVID-19)*. Universitas Gadjah Mada.
- Roselina, E., Asmiyanto, T., & Andriany, M. (2021). Health Information-Seeking Behavior on The COVID-19 Pandemic: Social Media Usage by Gen Z in Jakarta, Indonesia. *Library Philosophy and Practice (e-Journal)*. <https://digitalcommons.unl.edu/libphilprac>
- Rothman, D. (2016). *Tsunami of learners called Generation Z*. http://www.mdle.net/Journal/A_Tsunami_of_Learners_Called_Generation_Z.pdf
- Saiphoo, A., N., & Vahedi, Z. (2019). A meta-analytic review of the relationship between social media use and body image disturbance. *Computers in Human Behavior*, 10, 259-275. <https://doi.org/10.1016/j.chb.2019.07.028>
- Scheppe, M. M., & Seiffen, A. L. (2022). *Is it time for a Social Media Detox? Understanding the journey of intermittent discontinuance of Instagram among Gen Y*. Jönköping University.
- 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>.
- Schroeder, R. (2018). *Social Theory after the Internet: Media, Technology, and Globalization*. UCL Press.

- Scrivo, E. (2020, September 18). *'Digital Detox Day' Campaign Reaches Over 6 Billion People Globally*. Communicate Magazine. <https://www.communicatemagazine.com/news/2020/digital-detox-day-campaign-reaches-over-6-billion-people-globally/>
- Sebaran Wilayah Melek E-Commerce. (2022, September 12). Datanesia. <https://datanesia.id/sebaran-wilayah-melek-e-commerce/>
- Shah, S. (2016, Mei 14). *The history of social networking*. Digital Trends. <https://www.digitaltrends.com/computing/the-history-of-social-networking/>
- Sherlock, M., & Wagstaff, D., L. (2018). Exploring the Relationship Between Frequency of Instagram Use, Exposure to Idealized Images, and Psychological Well-being in Women. *Psychology of Popular Media Culture*, 8(4). <http://dx.doi.org/10.1037/ppm0000182>
- Singh, K. (2007). *Quantitative Social Research Methods*. Sage Publication.
- Sitepu, Y. S., & Harahap, H. (2020). *Social Media Usage and Digital Detoxification on Teenagers in Medan*. 351–355. <https://doi.org/10.5220/0010021403510355>
- Smith, A., & Anderson, M. (2018). *Social Media Use in 2018* (Vol. 1). Pew Research Center. www.pewresearch.org.
- Smith, C. (2011, Mei 25). *Delete Your Facebook Account: "Quit Facebook Day" Wants Users To Leave*. Huffpost. https://www.huffpost.com/entry/delete-facebook-account-q_n_576956
- Soliman, W., & Rinta-Kahila, T. (2020). Toward a refined conceptualization of IS discontinuance: Reflection on the past and a way forward. *Information and Management*, 57(2). <https://doi.org/10.1016/j.im.2019.05.002>
- Strauss, W., & Howe, N. (1991). *Generations: The history of America's future*.
- Stillman, D., & Stillman, J. (2017). *Gen Z @ Work: How the Next Generation Is Transforming the Workplace*. Harper Business
- Sucahyo, N. (2023, Maret 18). *Generasi Strawberry, Tingkat Depresi dan Kecenderungan Bunuh Diri*. VOA Indonesia. <https://www.voaindonesia.com/a/generasi-strawberry-tingkat-depresi-dan-kecenderungan-bunuh-diri-/7011064.html>

- Sugiyono, & Lestari, P. (2021). *Metode Penelitian Komunikasi: Kuantitatif, Kualitatif, dan Cara Mudah Menulis Artikel pada Jurnal Internasional*. Alfabeta.
- Suryo, D. (2023, Juli 25). *4 Kota Pelajar Terbaik di Indonesia Versi QS Best Student Cities 2024, Yogyakarta di Bawah Jakarta*. Kompas TV. <https://www.kompas.tv/pendidikan/428714/4-kota-pelajar-terbaik-di-indonesia-versi-qs-best-student-cities-2024-yogyakarta-di-bawah-jakarta#:~:text=Dalam%20daftar%20ini%2C%20empat%20kota,Kota%20Pelajar%20terbaik%20di%20ASEAN.>
- Syvertsen, T. (2017). *Media Resistance: Protest, Dislike, Abstention*. Springer International Publishing AG
- Syvertsen, Y. (2020). *Digital Detox: The Politics Of Disconnecting*. Emerald Publishing
- Syvertsen, T., & Enli, G. (2020). Digital detox: Media resistance and the promise of authenticity. *Convergence*, 26(5–6), 1269–1283. <https://doi.org/10.1177/1354856519847325>
- Tang, Z., Chen, L., & Gillenson, M. L. (2019). Understanding brand fan page followers' discontinuance motivations: A mixed-method study. *Information and Management*, 56(1), 94–108. <https://doi.org/10.1016/j.im.2018.07.004>
- Tewas Tabrakkan Diri ke KA, Yoga 'Korban Bully' di Media Sosial?. (2013, Mei 27). Detik News. <https://news.detik.com/berita/d-2256815/tewas-tabrakkan-diri-ke-ka-yoga-korban-bully-di-media-sosial>
- Turel, O., Cavagnaro, D. R., & Meshi, D. (2018). Short abstinence from online social networking sites reduces perceived stress, especially in excessive users. *Psychiatry Research*, 270, 947–953. <https://doi.org/10.1016/j.psychres.2018.11.017>
- Turkle, S. (1995). *Life on the Screen: Identity in the Age of the Internet*. Simon & Schuster.
- Twenge, J. M., Spitzberg, B. H., & Campbell, W. K. (2019). Less in-person social interaction with peers among U.S. adolescents in the 21st century and links to loneliness. *Journal of Social and Personal Relationships*, 36(6), 1892–1913. <https://doi.org/10.1177/0265407519836170>

- Vally, Z., & D'Souza, C. G. (2019). Abstinence from social media use, subjective well-being, stress, and loneliness. *Perspective in Psychiatric Care*, 55(4), 752–759. <https://doi.org/https://doi.org/10.1111/ppc.12431>
- West, R., & Turner, L. H. (2012). *Introducing Communication Theory: Analysis and Application*. McGraw Hill.
- Wilcockson, T. D. W., Osborne, A. M., & Ellis, D. A. (2019). Digital detox: The effect of smartphone abstinence on mood, anxiety, and craving. *Addictive Behaviors*, 99. <https://doi.org/10.1016/j.addbeh.2019.06.002>
- Wishart, R., Corapi, D., Marinovic, S., & Sloman, M. (2010). Collaborative privacy policy authoring in a social networking context. *Proceedings - 2010 IEEE International Symposium on Policies for Distributed Systems and Networks, Policy 2010*, 1–8. <https://doi.org/10.1109/POLICY.2010.13>
- Woodstock, L. (2014). Media Resistance: Opportunities for Practice Theory and New Media Research. In *International Journal of Communication* (Vol. 8). <http://ijoc.org>.
- Yulianti, C. (2023, Maret 7). *10 Kota-Kabupaten yang Penduduknya Paling Gemar Membaca di 2022, Daerahmu Termasuk?*. Detik Edu. <https://www.detik.com/edu/detikpedia/d-6604957/10-kota-kabupaten-yang-penduduknya-paling-gemar-membaca-di-2022-daerahmu-termasuk>
- Yoanita, D., Vivian Graciela Chertian, V., G., & Ayudia, P., D. (2022). Understanding gen z's online self-presentation on multiple Instagram accounts. *Jurnal Studi Komunikasi*. 6(2), 603 -616. <https://doi.org/10.25139/jsk.v6i2.4922>
- Young, K. (2018, April 5). *3 Ways Gen Z and Millennials Use Social Media Differently*. Global Web Index. <https://blog.gwi.com/trends/3-ways-gen-z-millennials-use-social-media-differently/>
- Young, K. S., & Abreu, C. N. D. (2019). *Internet addiction: a handbook and guide to evaluation and treatment*. John Wiley & Sons, Inc.
- Zhang, S., Zhao, L., Lu, Y., & Yang, J. (2016). Do you get tired of socializing? An empirical explanation of discontinuous usage behaviour in social network services. *Information and Management*, 53(7), 904–914. <https://doi.org/10.1016/j.im.2016.03.006>

Zhou, Z., Yang, M., & Jin, X. L. (2018). Differences in the reasons of intermittent versus permanent discontinuance in social media: An exploratory study in Weibo. *Proceedings of the Annual Hawaii International Conference on System Sciences, 2018-January*, 493–502. <https://doi.org/10.24251/hicss.2018.064>