

Daftar Pustaka

- Afiatin, T. (1997). Kontroversi Pendekatan Kuantitatif Vs Pendekatan Kualitatif Dalam Penelitian Psikologi. *Buletin Psikologi*, 5(1), 36-49.
- Al Baqi, S. (2015). Ekspresi emosi marah. *Buletin psikologi*, 23(1), 22-30.
- Armenta, C. N., Ruberton, P. M., & Lyubomirsky, S. (2015). Subjective Wellbeing, Psychology of. *International Encyclopedia of the Social & Behavioral Sciences*, 648–653. doi:10.1016/b978-0-08-097086-8.25039-3
- Azwar, S. (2012) *Penyusunan Skala Psikologi* (2nd ed.). Yogyakarta: Pustaka Belajar.
- Armenta, C. N., Ruberton, P. M., & Lyubomirsky, S. (2015). Subjective Wellbeing, Psychology of. *International Encyclopedia of the Social & Behavioral Sciences*, 648–653. doi:10.1016/b978-0-08-097086-8.25039-3
- APJII. (Nov 2020). Survei Pengguna Internet APJII 2019-Q2 2020: Ada Kenaikan 25,5 Juta Pengguna Internet Baru di RI. *Buletin APJII edisi 74*. <https://apjii.or.id/download/file/BULETINAPJIIEDISI74November2020.pdf>
- Backes, E. P., Bonnie, R. J., & National Academies of Sciences, Engineering, and Medicine. (2019). Adolescent Development. In *The Promise of Adolescence: Realizing Opportunity for All Youth*. National Academies Press (US).
- Batz, C., & Tay, L. (2018). Gender differences in subjective well-being. *Handbook of well-being*. Salt Lake City, UT: DEF Publishers.
- Bell, C., Fausset, C., Farmer, S., Nguyen, J., Harley, L., & Fain, W. B. (2013, May). Examining social media use among older adults. In *Proceedings of the 24th ACM conference on hypertext and social media* (pp. 158-163).
- Burrow, A. L., & Rainone, N. (2017). How many likes did I get?: Purpose moderates links between positive social media feedback and self-esteem. *Journal of Experimental Social Psychology*, 69, 232-236.
- Cappa, C., & Patton, G. C. (2017). Subjective well-being among young people in five Eastern European countries. *Global Mental Health*, 4, e12.
- Chen, H. T., & Li, X. (2017). The contribution of mobile social media to social capital and psychological well-being: Examining the role of communicative use, friending and self-disclosure. *Computers in Human Behavior*, 75, 958-965.
- Chen, L., Hu, N., Shu, C., & Chen, X. (2019). Adult attachment and self-disclosure on social networking site: A content analysis of Sina Weibo. *Personality and Individual Differences*, 138, 96-105.
- Choi, M., & Toma, C. L. (2014). Social sharing through interpersonal media: Patterns and effects on emotional well-being. *Computers in Human Behavior*, 36, 530-541.
- Choi, T. R., & Sung, Y. (2018). Instagram versus Snapchat: Self-expression and privacy concern on social media. *Telematics and informatics*, 35(8), 2289-2298.

- Chu, T. H., Sun, M., & Crystal Jiang, L. (2023). Self-disclosure in social media and psychological well-being: A meta-analysis. *Journal of Social and Personal Relationships*, 40(2), 576-599.
- Clark, J. L., Algoe, S. B., & Green, M. C. (2018). Social network sites and well-being: the role of social connection. *Current Directions in Psychological Science*, 27(1), 32-37.
- Coates, D., & Winston, T. (1987). The dilemma of distress disclosure. In *Self-disclosure* (pp. 229-255). Springer, Boston, MA.
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological bulletin*, 98(2), 310.
- De Choudhury, M., & De, S. (2014, May). Mental health discourse on reddit: Self-disclosure, social support, and anonymity. In *Proceedings of the international AAAI conference on web and social media* (Vol. 8, No. 1, pp. 71-80).
- Deters, F. G., & Mehl, M. R. (2012). Does posting Facebook status updates increase or decrease loneliness. An online social networking experiment. *Social Psychological and Personality Science*, 4(5).
- Diener, E., Lucas, R. E., & Oishi, S. (2002). Subjective well-being: The science of happiness and life satisfaction. *Handbook of positive psychology*, 2, 63-73.
- Diener, E., & Ryan, K. (2009). Subjective Well-Being: A General Overview. *South African Journal of Psychology*, 39(4), 391-406. doi:10.1177/008124630903900402
- Farber, B. A. (2003). Patient self-disclosure: A review of the research. *Journal of clinical psychology*, 59(5), 589-600.
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: the broaden-and-build theory of positive emotions. *American psychologist*, 56(3), 218
- Gable, S. L., & Gosnell, C. L. (2011). The positive side of close relationships. *Designing positive psychology: Taking stock and moving forward*, 265-279.
- Gable, S. L., & Reis, H. T. (2010). Good news! Capitalizing on positive events in an interpersonal context. In *Advances in experimental social psychology*, 42, 195-257). Academic Press.
- Gil de Zúñiga, H., & Valenzuela, S. (2011). The mediating path to a stronger citizenship: Online and offline networks, weak ties, and civic engagement. *Communication Research*, 38(3), 397-421.
- Grieve, R., & Watkinson, J. (2016). The psychological benefits of being authentic on Facebook. *Cyberpsychology, Behavior, and Social Networking*, 19(7), 420-425.
- Griffin, P. W., & Ward, P. M. (2016). Happiness and Subjective Well-Being. *Encyclopedia of Mental Health*, 285-293. doi:10.1016/b978-0-12-397045-9.00041-0
- Hayes, A. F. (2013). Mediation, moderation, and conditional process analysis. *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach*, 1, 20.

- Hayes, R. A., Carr, C. T., & Wohn, D. Y. (2016). One click, many meanings: Interpreting paralinguistic digital affordances in social media. *Journal of Broadcasting & Electronic Media*, 60(1), 171-187.
- Headey, B. (2008). Life goals matter to happiness: A revision of set-point theory. *Social indicators research*, 86(2), 213-231.
- Hsu, M. H., Chang, C. M., & Wu, S. L. (2020). Re-examining the effect of online social support on subjective well-being: The moderating role of experience. *Future Internet*, 12(5), 88.
- Huang, H.-Y. (2016). Examining the beneficial effects of individual's self-disclosure on the social network site. *Computers in Human Behavior*, 57, 122-132. doi:10.1016/j.chb.2015.12.030
- Hyde, J. S. (2005). The gender similarities hypothesis. *American psychologist*, 60(6), 581.
- Johnson, W., McGue, M., & Krueger, R. F. (2005). Personality stability in late adulthood: A behavioral genetic analysis. *Journal of personality*, 73(2), 523-552.
- Kaplan, A. M., & Haenlein, M. (2010). Users of the world, unite! The challenges and opportunities of Social Media. *Business horizons*, 53(1), 59-68.
- Kim, J. Y., Chung, N., & Ahn, K. M. (2014). Why people use social networking services in Korea: The mediating role of self-disclosure on subjective well-being. *Information Development*, 30(3), 276-287.
- Kim, J., & Dindia, K. (2011). Online self-disclosure: A review of research. In K. B. Wright & L. M. Webb (Eds.), *Computer mediated communication in personal relationships*, 156-180. New York: Peter Lang Publishing.
- Krämer, N. C., & Schäwel, J. (2020). Mastering the challenge of balancing self-disclosure and privacy in social media. *Current opinion in psychology*, 31, 67-71.
- Lee, K. T., Noh, M. J., & Koo, D. M. (2013). Lonely people are no longer lonely on social networking sites: The mediating role of self-disclosure and social support. *Cyberpsychology, Behavior, and Social Networking*, 16(6), 413-418.
- Liang, T. P., Ho, Y. T., Li, Y. W., & Turban, E. (2011). What drives social commerce: The role of social support and relationship quality. *International journal of electronic commerce*, 16(2), 69-90.
- Lin, H., Tov, W., & Qiu, L. (2014). Emotional disclosure on social networking sites: The role of network structure and psychological needs. *Computers in Human Behavior*, 41, 342-350.
- Lin, R., & Utz, S. (2017). Self-disclosure on SNS: Do disclosure intimacy and narrativity influence interpersonal closeness and social attraction?. *Computers in Human Behavior*, 70, 426-436.
- Luo, M., & Hancock, J. T. (2020). Self-disclosure and social media: motivations, mechanisms and psychological well-being. *Current Opinion in Psychology*, 31, 110-115.

- Lyvers, M., Cutinho, D., & Thorberg, F. A. (2020). Alexithymia, impulsivity, disordered social media use, mood and alcohol use in relation to facebook self-disclosure. *Computers in Human Behavior*, 103, 174-180.
- Metzler, A., & Scheithauer, H. (2017). The long-term benefits of positive self-presentation via profile pictures, number of friends and the initiation of relationships on Facebook for adolescents' self-esteem and the initiation of offline relationships. *Frontiers in psychology*, 8, 1981.
- Morrison, M., Tay, L., & Diener, E. (2011). Subjective well-being and national satisfaction: Findings from a worldwide survey. *Psychological science*, 22(2), 166-171.
- Murthy, V. (2023). Social Media and Youth Mental Health: The US Surgeon General's Advisory; 2023.
- Nabity-Grover, T., Cheung, C. M., & Thatcher, J. B. (2020). Inside out and outside in: How the COVID-19 pandemic affects self-disclosure on social media. *International Journal of Information Management*, 55, 102188.
- O'Sullivan, P. B., & Carr, C. T. (2018). Masspersonal communication: A model bridging the mass-interpersonal divide. *New media & society*, 20(3), 1161-1180.
- Oghazi, P., Schultheiss, R., Chirumalla, K., Kalmer, N. P., & Rad, F. F. (2020). User self-disclosure on social network sites: A cross-cultural study on Facebook's privacy concepts. *Journal of Business Research*, 112, 531-540.
- Oishi, S., & Schimmack, U. (2010). Culture and well-being: A new inquiry into the psychological wealth of nations. *Perspectives on Psychological Science*, 5(4), 463-471.
- Pusat Penelitian dan Pengembangan Aplikasi Informatika dan Informasi dan Komunikasi Publik Badan Penelitian dan Pengembangan Sumber Daya Manusia Kementerian Komunikasi dan Informatika Republik Indonesia. (Des 2017). Survei Penggunaan TIK :Serta Implikasinya terhadap Aspek Sosial Budaya Masyarakat. https://balitbangsdm.kominfo.go.id/publikasi_660_3_233
- Posey, C., Lowry, P. B., Roberts, T. L., & Ellis, T. S. (2010). Proposing the online community self-disclosure model: the case of working professionals in France and the UK who use online communities. *European journal of information systems*, 19(2), 181-195.
- Putri, W. S. R., Nurwati, N., & Budiarti, M. (2016). Pengaruh media sosial terhadap perilaku remaja. *Prosiding Penelitian dan Pengabdian kepada Masyarakat*, 3(1).
- Proctor, C. L., Linley, P. A., & Maltby, J. (2009). Youth life satisfaction: A review of the literature. *Journal of happiness studies*, 10, 583-630.
- Qonitatin, N., Faturochman, F., Helmi, A. F., & Kartowagiran, B. (2020). Relasi Remaja–Orang Tua dan Ketika Teknologi Masuk di Dalamnya. *Buletin Psikologi*, 28(1), 28-44.

- Reinecke, L., & Trepte, S. (2014). Authenticity and well-being on social network sites: A two-wave longitudinal study on the effects of online authenticity and the positivity bias in SNS communication. *Computers in Human Behavior*, 30, 95-102.
- Rimé, B. (2016). Self-Disclosure. *Encyclopedia of Mental Health*, 66–74. doi:10.1016/b978-0-12-397045-9.00075-6
- Saputra, A. (2019). Survei penggunaan media sosial di kalangan mahasiswa kota padang menggunakan teori uses and gratifications. *Baca: Jurnal Dokumentasi Dan Informasi*, 40(2), 207-216.
- Scorsolini-Comin, F., Fontaine, A. M. G. V., Koller, S. H., & Santos, M. A. D. (2013). From authentic happiness to well-being: The flourishing of positive psychology. *Psicologia: Reflexão e Crítica*, 26(4), 663-670.
- Seo, M., Kim, J., & Yang, H. (2016). Frequent interaction and fast feedback predict perceived social support: Using crawled and self-reported data of Facebook users. *Journal of Computer-Mediated Communication*, 21(4), 282-297.
- Sharma, M. K., Anand, N., Ahuja, S., Thakur, P. C., Mondal, I., Singh, P., ... & Vishwakarma, A. (2020). Status psychopathology: Social media use mediated expression of unpleasant emotions. *Asian journal of psychiatry*, 53, 102184.
- Sheldon, P., Rauschnabel, P. A., Antony, M. G., & Car, S. (2017). A cross-cultural comparison of Croatian and American social network sites: Exploring cultural differences in motives for Instagram use. *Computers in Human Behavior*, 75, 643-651. <https://doi.org/10.1016/j.chb.2017.06.009>.
- Song, H., Zmyslinski-Seelig, A., Kim, J., Drent, A., Victor, A., Omori, K., & Allen, M. (2014). Does Facebook make you lonely?: A meta analysis. *Computers in Human Behavior*, 36, 446-452.
- Tandoc Jr, 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.
- Tobin, S. J., Vanman, E. J., Verreynne, M., & Sari, A. (2015). Satisfying your belonging needs on Facebook: The importance of sharing information and receiving a response from others. *Social Influence*, 10, 31-42.
- Tomo, S. W., & Pierewan, A. C. (2018). Kesejahteraan Subjektif Dan Usia di Indonesia. *E-Societas*, 7(4).
- Trepte, S., Dienlin, T., & Reinecke, L. (2015). Influence of social support received in online and offline contexts on satisfaction with social support and satisfaction with life: A longitudinal study. *Media Psychology*, 18(1), 74-105.
- Tromholt, M. (2016). The Facebook experiment: Quitting Facebook leads to higher levels of well-being. *Cyberpsychology, behavior, and social networking*, 19(11), 661-666.
- Utami, M. S. (2007). Subjective well being pada mahasiswa. Laporan penelitian tidak dipublikasikan, Fakultas Psikologi, Universitas Gadjah Mada, Yogyakarta.

- Utz, S. (2015). The function of self-disclosure on social network sites: Not only intimate, but also positive and entertaining self-disclosures increase the feeling of connection. *Computers in Human Behavior*, 45, 1–10. doi:10.1016/j.chb.2014.11.076
- Valkenburg, P. M., Sumter, S. R., & Peter, J. (2011). Gender differences in online and offline self-disclosure in pre-adolescence and adolescence. *British Journal of Developmental Psychology*, 29(2), 253–269.
- Van Golde, C. (2017). Self-Disclosure. *Encyclopedia of Personality and Individual Differences*, 1–3. doi:10.1007/978-3-319-28099-8_1502-1
- Vietze, D. L. (2011). Social Support. *Encyclopedia of Adolescence*, 341–351. doi:10.1016/b978-0-12-373951-3.00091-0
- Vijayakumar, N., & Pfeifer, J. H. (2020). Self-disclosure during adolescence: Exploring the means, targets, and types of personal exchanges. *Current opinion in psychology*, 31, 135–140.
- Walsh, R. M., Forest, A. L., & Orehek, E. (2020). Self-disclosure on social media: the role of perceived network responsiveness. *Computers in Human Behavior*, 104, 106162.
- Whiting, A., & Williams, D. (2013). Why people use social media: a uses and gratifications approach. *Qualitative market research: an international journal*
- Xing, Z., & Huang, L. (2014). The relationship between age and subjective well-being: Evidence from five capital cities in mainland China. *Social indicators research*, 117, 743–756.
- Zhang, R. (2017). The stress-buffering effect of self-disclosure on Facebook: An examination of stressful life events, social support, and mental health among college students. *Computers in Human Behavior*, 75, 527–537.
- Zhao, P., Lapierre, M. A., Rains, S. A., & Segrin, C. (2021). When and why we disclose distress on SNSs: Perceived affordances, disclosure goals, and anticipated negative evaluations. *Computers in Human Behavior*, 125, 106964.