



DAFTAR PUSTAKA

- Ajiningtyas, N. (2022). *Pengaruh Intensitas Penggunaan Media Sosial Instagram terhadap Perilaku Konsumtif Produk Fashion dengan Kontrol Diri sebagai Mediator pada Mahasiswa Fakultas Psikologi UIN Malang*.
- Ajzen, I. (1991). The Theory of Planned Behavior. *Organizational Behavior and Human Decision Processes*, 50(2), 179–211. [https://doi.org/10.1016/0749-5978\(91\)90020-T](https://doi.org/10.1016/0749-5978(91)90020-T)
- Al Aziz, A. A. (2020). Hubungan antara Intensitas Penggunaan Media Sosial dan Tingkat Depresi pada Mahasiswa. *Acta Psychologia*, 2(2), 92–107. <https://doi.org/10.21831/ap.v2i2.35100>
- American Psychological Association. (2015). *APA Dictionary of Psychology* (2nd ed.).
- Arnett, J. J. (2000). Emerging Adulthood: A Theory of Development from the Late Teens through the Twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Azwar, S. (2014). *Reliabilitas dan Validitas* (4 ed.). Pustaka Pelajar.
- Azwar, S. (2015). *Metode Penelitian*. Pustaka Pelajar.
- Brunskill, D. (2013). Social Media, Social Avatars and the Psyche: Is Facebook Good for Us? *Australasian Psychiatry*, 21(6), 527–532. <https://doi.org/10.1177/1039856213509289>
- Bumsoo, K. (2016). *Individual, Technological, Socio-Cultural Factors Affecting Facebook And Instagram Use*. University of Alabama .
- Burnell, K., George, M. J., & Underwood, M. K. (2020). Browsing Different Instagram Profiles and Associations With Psychological Well-Being. *Frontiers in Human Dynamics*, 2. <https://doi.org/10.3389/fhmd.2020.585518>
- Casdari. (2006). *Peranan Motivasi Berprestasi terhadap Prestasi Kerja pada Agen yang Bekerja di Kantor Operasional Pondok Gede dan Kalimalang Ajib Bumiputera 1912 Cabang Jakarta*. Universitas Indonesia.
- Dobrean, A., & Pasarelou, C.-R. (2016). Impact of Social Media on Social Anxiety: A Systematic Review. Dalam *New Developments in Anxiety Disorders*. InTech. <https://doi.org/10.5772/65188>



- Ekajaya, D., & Jufriadi. (2019). Hubungan antara Kepercayaan Diri Dengan Kecemasan Sosial pada Narapidana Menjelang Bebas di Lembaga Pemasyarakatan Klas IIA Muaro Padang. *Jurnal PSYCHE 165 Fakultas Psikologi*, 12(1), 94–102.
- Faelens, L., Hoorelbeke, K., Cambier, R., van Put, J., Van de Putte, E., De Raedt, R., & Koster, E. H. W. (2021). The Relationship between Instagram Use and Indicators of Mental Health: A Systematic Review. *Computers in Human Behavior Reports*, 4, 100121. <https://doi.org/10.1016/j.chbr.2021.100121>
- Fernanda, D. (2023). *Pengaruh Influencer dan Media Sosial Instagram terhadap Gaya Hidup Climber Remaja Usia 15-18 Tahun* [Disertasi]. UNIVERSITAS ISLAM NEGERI SYARIF HIDAYATULLAH.
- Field, A. (2013). *Discovering Statistics Using IBM SPSS Statistics* (4 ed.). SAGE Publications.
- Field, A. (2018). *Discovering Statistics Using IBM SPSS Statistics* 2 (5 ed.). SAGE Publications India Ltd.
- Gilbert, P. (2001). Evolution And Social Anxiety. *Psychiatric Clinics of North America*, 24(4), 723–751. [https://doi.org/10.1016/S0193-953X\(05\)70260-4](https://doi.org/10.1016/S0193-953X(05)70260-4)
- Hadi, S. (2016). *Metodologi Riset* (2 ed.). Pustaka Pelajar.
- Harris, E., & Bardey, A. C. (2019). Do Instagram Profiles Accurately Portray Personality? An Investigation Into Idealized Online Self-Presentation. *Frontiers in Psychology*, 10. <https://doi.org/10.3389/fpsyg.2019.00871>
- Hedman, E., Ström, P., Stünkel, A., & Mörtberg, E. (2013). Shame and Guilt in Social Anxiety Disorder: Effects of Cognitive Behavior Therapy and Association with Social Anxiety and Depressive Symptoms. *PLoS ONE*, 8(4), e61713. <https://doi.org/10.1371/journal.pone.0061713>
- Holak, B., & McLaughlin, E. (2017, Mei 26). *What is Instagram?: Definition from TechTarget*.
- 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>



- Hu, C., Cao, R., Huang, J., & Wei, Y. (2022). The Effect of Self-Discrepancy on Online Behavior: A Literature Review. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.883736>
- Hurlock, B. E. (2012). *Psikologi Perkembangan*. Erlangga.
- Jefferies, P., & Ungar, M. (2020). Social Anxiety in Young People: A Prevalence Study in Seven Countries. *PLOS ONE*, 15(9), e0239133. <https://doi.org/10.1371/journal.pone.0239133>
- Jefferson, J. W. (2001). Social Anxiety Disorder. *The Primary Care Companion For CNS Disorders*, 3(1). <https://doi.org/10.4088/PCC.v03n0102>
- Jenkins-Guarnieri, M. A., Wright, S. L., & Johnson, B. (2013). Development and Validation of a Social Media Use Integration Scale. *Psychology of Popular Media Culture*, 2(1), 38–50. <https://doi.org/10.1037/a0030277>
- Jensen Schau, H., & Gilly, M. C. (2003). We Are What We Post? Self-Presentation in Personal Web Space. *Journal of Consumer Research*, 30(3), 385–404. <https://doi.org/10.1086/378616>
- Jiang, S., & Ngien, A. (2020). The Effects of Instagram Use, Social Comparison, and Self-Esteem on Social Anxiety: A Survey Study in Singapore. *Social Media + Society*, 6(2), 205630512091248. <https://doi.org/10.1177/2056305120912488>
- Johnson, K. (2017). *The Importance of Personal Branding in Social Media: Educating Students to Create and Manage their Personal Brand*. 4, 21–27.
- Juditha, C. (2011). Hubungan Penggunaan Situs Jejaring Sosial Facebook Terhadap Perilaku Remaja di Kota Makassar. *Jurnal Penelitian Iptek-Kom*, 13(1).
- Kapoor, K., Tamilmani, K., Rana, N., & Patil, P. (2018). *Advances in Social Media Research: Past, Present and Future*.
- Kartono, K., & Gulo, D. (2000). *Kamus Psikologi*. CV Pionir Jaya.
- Keles, B., McCrae, N., & Grealish, A. (2020). A Systematic Review: the Influence of Social Media on Depression, Anxiety and Psychological Distress in Adolescents. *International Journal of Adolescence and Youth*, 25(1), 79–93. <https://doi.org/10.1080/02673843.2019.1590851>



- Lee, J. K. (2022). The Effects of Social Comparison Orientation on Psychological Well-being in Social Networking Sites: Serial Mediation of Perceived Social Support and Self-esteem. *Current Psychology*, 41(9), 6247–6259. <https://doi.org/10.1007/s12144-020-01114-3>
- Lin, Y. (2023, Juni). *Instagram Age Demographics*.
- Mashayekhi, S., Ninggal, Mohd. T. B. Hj., & Mashayekhi, N. (2011). Bridging the Gap Between Self-Concept (Have) and Ideal Self-Concept (want). *Procedia - Social and Behavioral Sciences*, 30, 889–893. <https://doi.org/10.1016/j.sbspro.2011.10.172>
- Nurlina, M. (2022). Hubungan Intensitas Penggunaan Media Sosial Pada Tingkat Kecemasan Generasi Z Mahasiswa Keperawatan Di Stikes Mediistra Indonesia Tahun 2022. *Jurnal Ilmu Kesehatan Mandira Cendikia*, 1(1), 97–104.
- Olivares, J., Ruiz, J., Hidalgo, M. D., Joaquin, L., García-López, L. J., Rosa, A. I., & Piqueras, J. A. (2005). Social Anxiety Scale for Adolescents (SAS-A): Psychometric Properties in a Spanish-speaking Population. *International Journal of Clinical and Health Psychology*, 5(1), 85–97.
- Pedalino, F., & Camerini, A.-L. (2022). Instagram Use and Body Dissatisfaction: The Mediating Role of Upward Social Comparison with Peers and Influencers among Young Females. *International Journal of Environmental Research and Public Health*, 19(3), 1543. <https://doi.org/10.3390/ijerph19031543>
- Permadi, D. A. (2022). Kecemasan Sosial dan Intensitas Penggunaan Media Sosial pada Remaja. *PSYCOMEDIA : Jurnal Psikologi*, 2(1), 7–13. <https://doi.org/10.35316/psycomedia.2022.v2i1.7-13>
- Purnomo, C. W., Oktaviyantini, T., & Hastami, Y. (2023). Hubungan Tingkat Kecemasan Sosial dengan Durasi Penggunaan Media Sosial pada Mahasiswa Kedokteran. *Plexus Medical Journal*, 2(2), 65–69. <https://doi.org/10.20961/plexus.v2i2.467>
- Putri, A. F. (2018). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, 3(2), 35. <https://doi.org/10.23916/08430011>
- Santrock John. (2009). *Educational Psychology*. Salemba Humanika.



- Schneier, F. R. (2003). Social Anxiety Disorder. *BMJ*, 327(7414), 515–516.
<https://doi.org/10.1136/bmj.327.7414.515>
- Stapleton, P. (2011). A Survey of Attitudes towards Critical Thinking among Hong Kong Secondary School Teachers: Implications for Policy Change. *Thinking Skills and Creativity*, 6(1), 14–23. <https://doi.org/10.1016/j.tsc.2010.11.002>
- Suryaningrum, C. (2020). *Skala Kecemasan Sosial (Alat Ukur dan Manual)*.
www.tcpdf.org
- Tendhuha, A. (2018). *Hubungan antara Intensitas Penggunaan Media Sosial dan Komunikasi Interpersonal pada Remaja*. University of Muhammadiyah Malang.
- Tiggemann, M., Anderberg, I., & Brown, Z. (2020). #Loveyourbody: The Effect of Body Positive Instagram Captions on Women's Body Image. *Body Image*, 33, 129–136. <https://doi.org/10.1016/j.bodyim.2020.02.015>
- Toma, C. L., & Hancock, J. T. (2013). Self-Affirmation Underlies Facebook Use. *Personality and Social Psychology Bulletin*, 39(3), 321–331.
<https://doi.org/10.1177/0146167212474694>
- Tsuchiya, M., Kawakami, N., Ono, Y., Nakane, Y., Nakamura, Y., Tachimori, H., Iwata, N., Uda, H., Nakane, H., Watanabe, M., Naganuma, Y., Furukawa, T. A., Hata, Y., Kobayashi, M., Miyake, Y., Takeshima, T., Kikkawa, T., & Kessler, R. C. (2009). Lifetime Comorbidities between Phobic Disorders and Major Depression in Japan: Results from the World Mental Health Japan 2002–2004 Survey. *Depression and Anxiety*, 26(10), 949–955.
<https://doi.org/10.1002/da.20508>
- Valkenburg, P. M., & Peter, J. (2009). Social Consequences of the Internet for Adolescents. *Current Directions in Psychological Science*, 18(1), 1–5.
<https://doi.org/10.1111/j.1467-8721.2009.01595.x>
- Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social Media Use and Anxiety in Emerging Adults. *Journal of Affective Disorders*, 207, 163–166. <https://doi.org/10.1016/j.jad.2016.08.040>
- Vriend, N., Pfaltz, M. C., Novianti, P., & Hadiyono, J. (2013). Taijin Kyofusho and Social Anxiety and Their Clinical Relevance in Indonesia and



Switzerland. *Frontiers in Psychology*, 4.

<https://doi.org/10.3389/fpsyg.2013.00003>

Walther, J., Slovacek, C. L., & Tidwell, L. C. (2001). Is a Picture Worth a Thousand Words? Photographic Images in Long-term and Short-term Computer-mediated Communication. *Communication Research*, 28, 105–134.

Widiyawati, E. (2023). *Kecemasan Sosial Pengguna Instagram Pada Mahasiswa Prodi Psikologi Islam IAIN Kediri Di Masa Pandemi Covid-19*. IAIN Kediri.

Woodruff, S., Santarossa, S., & Lacasse, J. (2018). Posting #selfie on Instagram: What are People Talking About? *The Journal of Social Media in Society Spring*, 7(1), 4–14.

Yang, C. (2021). Research in the Instagram Context: Approaches and Methods. *The Journal of Social Sciences Research*, 71, 15–21.

<https://doi.org/10.32861/jssr.71.15.21>

Yogantari, V., & Ariesta, G. B. B. B. (2021). Prosiding Seminar Nasional Desain dan Arsitektur (SENADA). *Senada*, 4.

Yuzi, A. V. R. (2016). *Hubungan Intensitas Mengakses Sosial Media terhadap Perilaku Belajar Mata Pelajaran Produktif pada Siswa Kelas XI Jasa Boga di SMK N 3 Klaten*.