

References

- Alonzo, R., Hussain, J., Stranges, S., & Anderson, K. K. (2021). Interplay between social media use, sleep quality, and mental health in youth: A systematic review. *Sleep Medicine Reviews*, 56, 101414. <https://doi.org/10.1016/j.smrv.2020.101414>
- Aristantya, E. K., & Helmi, A. F. (2019). Citra Tubuh pada Remaja Pengguna Instagram. *Gadjah Mada Journal of Psychology (GamaJoP)*, 5(2), 114. <https://doi.org/10.22146/gamajop.50624>
- Bailey, K. A., Gammage, K. L., & Van Ingen, C. (2017). How do you define body image? Exploring conceptual gaps in understandings of body image at an exercise facility. *Body Image*, 23, 69–79. <https://doi.org/10.1016/j.bodyim.2017.08.003>
- Boyd, D. (2015). Social Media: A Phenomenon to be Analyzed. *Social Media + Society*, 1(1), 205630511558014. <https://doi.org/10.1177/2056305115580148>
- Brasil, K. M., Mims, C. E., Pritchard, M. E., & McDermott, R. C. (2024). Social media and body image: Relationships between social media appearance preoccupation, self-objectification, and body image. *Body Image*, 51, 101767. <https://doi.org/10.1016/j.bodyim.2024.101767>
- Brislin, R. W. (1970). Back-Translation for Cross-Cultural research. *Journal of Cross-Cultural Psychology*, 1(3), 185–216. <https://doi.org/10.1177/135910457000100301>
- Cash, T., Fleming, E., Alindogan, J., Steadman, L., & Whitehead, A. (2002). Beyond body image as a trait: the development and validation of the body image states scale. *Eating Disorders*, 10(2), 103–113. <https://doi.org/10.1080/10640260290081678>
- Chen, X., Luo, Y., & Chen, H. (2020). Body Image Victimization Experiences and Disordered Eating Behaviors among Chinese Female Adolescents: The Role of Body Dissatisfaction and Depression. *Sex Roles*, 83(7–8), 442–452. <https://doi.org/10.1007/s11199-020-01122-4>
- Choi, E., & Choi, I. (2016). The associations between body dissatisfaction, body figure, self-esteem, and depressed mood in adolescents in the United States and Korea: A moderated mediation analysis. *Journal of Adolescence*, 53(1), 249–259. <https://doi.org/10.1016/j.adolescence.2016.10.007>
- Choukas-Bradley, S., Nesi, J., Widman, L., & Galla, B. M. (2020). The Appearance-Related Social Media Consciousness Scale: Development and validation with adolescents. *Body Image*, 33, 164–174. <https://doi.org/10.1016/j.bodyim.2020.02.017>
- Coyne, S. M., Rogers, A. A., Zurcher, J. D., Stockdale, L., & Booth, M. (2023). Adolescent social media use and mental health in the Environmental Influences on Child Health Outcomes study. *Journal of Adolescent Health*, 72(5), 729–736. <https://www.jahonline.org/article/S1054-139X%2824%2900825-5/fulltext>
- Fardouly, J., & Vartanian, L. R. (2016). Social media and body image Concerns: current research and future directions. *Current Opinion in Psychology*, 9, 1–5. <https://doi.org/10.1016/j.copsyc.2015.09.005>
- Flinders University. (2020, December 1). *Men tuning into Insta-spiration*. News. <https://news.flinders.edu.au/blog/2020/12/01/men-tuning-into-insta-spiration/>

- Fredrickson, B. L., & Roberts, T. (1997). Objectification Theory: toward understanding women's lived experiences and mental health risks. *Psychology of Women Quarterly*, 21(2), 173–206. <https://doi.org/10.1111/j.1471-6402.1997.tb00108.x>
- Grabe, S., Ward, L. M., & Hyde, J. S. (2008). The role of the media in body image concerns among women: A meta-analysis of experimental and correlational studies. *Psychological Bulletin*, 134(3), 460–476. <https://doi.org/10.1037/0033-2909.134.3.460>
- Hartman-Munick, S. M., Gordon, A. R., & Guss, C. E. (2020). Adolescent body image: influencing factors and the clinician's role. *Current Opinion in Pediatrics, With Evaluated MEDLINE/Current Opinion in Pediatrics*, 32(4), 455–460. <https://doi.org/10.1097/mop.0000000000000910>
- Hasanah, U., & Hidayati, B. M. R. (2021). Intensitas penggunaan media sosial Instagram terhadap body image. *IDEA Jurnal Psikologi*, 5(2), 115–131. <https://doi.org/10.32492/idea.v5i2.5205>
- Kapoor, K. K., Tamilmani, K., Rana, N. P., Patil, P. P., Dwivedi, Y. K., & Nerur, S. (2017). Advances in Social Media Research: past, present and future. *Information Systems Frontiers*, 20(3), 531–558. <https://doi.org/10.1007/s10796-017-9810-y>
- Keskin, B. (2018). Van Dijk, Poell, and de Wall, The Platform Society: Public Values in a Connective World (2018). *Markets, Globalization & Development Review*, 03(03). <https://doi.org/10.23860/mgdr-2018-03-03-08>
- Khasanah, L. a. R., Cahyaningrum, E. D., & Wirakhmi, I. N. (2024). INTENSITAS PENGGUNAAN MEDIA SOSIAL DAN PERSEPSI REMAJA TENTANG CITRA TUBUH IDEAL. *Jurnal Keperawatan Dan Kesehatan*, 15(2), 178–186. <https://doi.org/10.54630/jk2.v15i2.389>
- Levine, M. P., & Murnen, S. K. (2009). “Everybody Knows That Mass Media are/are not [pick one] a Cause of Eating Disorders”: A Critical Review of Evidence for a Causal Link Between Media, Negative Body Image, and Disordered Eating in Females. *Journal of Social and Clinical Psychology*, 28(1), 9–42. <https://doi.org/10.1521/jscp.2009.28.1.9>
- Lua, V. Y. Q., Chua, T. J., & Chia, M. (2023). A Narrative Review of Screen Time and Wellbeing among Adolescents before and during the COVID-19 Pandemic: Implications for the Future. *Sports*, 11(2), 38. <https://doi.org/10.3390/sports11020038>
- Maheux, A. J., Laurenceau, J.-P., Roberts, S. R., Nesi, J., Widman, L., & Choukas-Bradley, S. (2024). Longitudinal change in appearance-related social media consciousness and depressive symptoms: A within-person analysis during early-to-middle adolescence. *Journal of Youth and Adolescence*, 53(10), 2287–2299. <https://doi.org/10.1007/s10964-024-01998-5>
- Papageorgiou, A., Fisher, C., & Cross, D. (2022). “Why don't I look like her?” How adolescent girls view social media and its connection to body image. *BMC Women S Health*, 22(1), 261. <https://doi.org/10.1186/s12905-022-01845-4>
- Perloff, R. M. (2014). Social media Effects on Young Women's Body Image Concerns: Theoretical Perspectives and an Agenda for research. *Sex Roles*, 71(11–12), 363–377. <https://doi.org/10.1007/s11199-014-0384-6>



- Reel, J., Voelker, D., & Greenleaf, C. (2015). Weight status and body image perceptions in adolescents: current perspectives. *Adolescent Health Medicine and Therapeutics*, 6, 149. <https://doi.org/10.2147/ahmt.s68344>
- Ricciardelli, L. A., & Yager, Z. (2016). Adolescence and body image. In *Routledge eBooks*. <https://doi.org/10.4324/9781315849379>
- Rodgers, R. F., Slater, A., Gordon, C. S., McLean, S. A., Jarman, H. K., & Paxton, S. J. (2020). A Biopsychosocial Model of Social Media Use and Body Image Concerns, Disordered Eating, and Muscle-Building Behaviors among Adolescent Girls and Boys. *Journal of Youth and Adolescence*, 49(2), 399–409. <https://doi.org/10.1007/s10964-019-01190-0>
- Tiggemann, M., & Slater, A. (2013). NetGirls: The Internet, Facebook, and body image concern in adolescent girls. *International Journal of Eating Disorders*, 46(6), 630–633. <https://doi.org/10.1002/eat.22141>