UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

DAFTAR PUSTAKA

Abdallah, S., & Mahony, S. (2012). *Stocktaking report on subjective wellbeing*.

Abeele, V. (2021). Digital Wellbeing as a Dynamic Construct. *Communication Theory*, *31*(4), 932–955. https://doi.org/10.1093/ct/qtaa024

Abeele, V., De Wolf, R., & Ling, R. (2018). Mobile media and social space: How anytime, anyplace connectivity structures everyday life. *Media and Communication*, *6*(2), 5–14. https://doi.org/10.17645/mac.v6i2.1399

Abeele, V., Halfmann, A., & Lee, E. W. J. (2022). Drug, demon, or donut? Theorizing the relationship between social media use, digital well-being and digital disconnection. *Current Opinion in Psychology*, *45*, 101295. https://doi.org/10.1016/j.copsyc.2021.12.007

Abeele, V., & Nguyen, M. H. (2022). Digital well-being in an age of mobile connectivity: An introduction to the Special Issue. *Mobile Media & Communication*, *10*(2), 174–189. https://doi.org/10.1177/20501579221080899

Abeele, V., & Nguyen, M. H. (2023). Digital media as ambiguous goods: Examining the digital well-being experiences and disconnection practices of Belgian adults. *European Journal of Communication*. https://doi.org/10.1177/02673231231201487

Abeele, M. M. P. vanden. (2021). Digital Wellbeing as a Dynamic Construct. *Communication Theory*, *31*(4), 932–955. https://doi.org/10.1093/ct/qtaa024

Achterhof, R., Kirtley, O. J., Schneider, M., Hagemann, N., Hermans, K. S. F. M., Hiekkaranta, A. P., Lecei, A., Lafit, G., & Myin-Germeys, I. (2022). Adolescents' real-time social and affective experiences of online and face-to-face interactions. *Computers in Human Behavior*, *129*, 107159. https://doi.org/10.1016/j.chb.2021.107159

Ahmed, O., Sultana, T., Alam, N., Griffiths, M. D., & Hiramoni, F. A. (2022). Problematic Social Media Use, Personality Traits, and Mental Health Among Bangladeshi University Students. *Journal of Technology in Behavioral Science*. https://doi.org/10.1007/s41347-021-00235-1

Akbar, A. (2022). Controlled and Autonomous Motivation Relation with Social Media Network Content Contribution: Post-COVID-19 Scenario. *Journal of Digitovation and Information System*, *2*(2). https://doi.org/10.54433/JDIIS.2022100013

Allcott, H., Gentzkow, M., & Song, L. (2022). Digital Addiction. *American Economic Review*, *112*(7), 2424–2463. https://doi.org/10.1257/aer.20210867

Allen, K., & Gluckman, P. (2018). *Gluckman, P. and K. Allen (2018), "Understanding wellbeing in the context of rapid digital and associated transformations: Implications for research, policy and measurement", The International Network for Government Science Advice. www.ingsa.org/wp-content/uploads/2018/10/INGSA-Digital-Wellbeing-Sept18.pdf.*

Al-Mansoori, R. S., Al-Thani, D., Ali, R., & Yan, Z. (2023). Designing for Digital Wellbeing: From Theory to Practice a Scoping Review. In *Human Behavior and Emerging Technologies* (Vol. 2023). Wiley-Hindawi. https://doi.org/10.1155/2023/9924029

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Almourad, M. B., Alrobai, A., Skinner, T., Hussain, M., & Ali, R. (2021). Digital wellbeing tools through users lens. *Technology in Society*, *67*. https://doi.org/10.1016/j.techsoc.2021.101778

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

Amerijckx, G., & Humblet, P. C. (2014). Child Well-Being: What Does It Mean? *Children and Society*, *28*(5), 404–415. https://doi.org/10.1111/chso.12003

Ames, M. G. (2013). Managing mobile multitasking. *Proceedings of the 2013 Conference on Computer Supported Cooperative Work*, 1487–1498. https://doi.org/10.1145/2441776.2441945

Amichai-Hamburger, Y. (2002). Internet and personality. *Computers in Human Behavior*, *18*(1), 1–10. https://doi.org/10.1016/S0747-5632(01)00034-6

Amichai-Hamburger, Y. (2013). *The Social Net* (Y. Amichai-Hamburger, Ed.). Oxford University Press. https://doi.org/10.1093/acprof:oso/9780199639540.001.0001

Amichai-Hamburger, Y., & Ben-Artzi, E. (2003). Loneliness and Internet use. *Computers in Human Behavior*, *19*(1), 71–80. https://doi.org/10.1016/S0747-5632(02)00014-6

Amosun, T. S., Jianxun, C., Rufai, O. H., Muhideen, S., Shahani, R., Shah, Z., & Koroma, J. (2022). WeChat usage during COVID-19 pandemic lockdown: the mediating role of online self-disclosure on quality of friendship and well-being. *Global Knowledge, Memory and Communication*, *71*(3), 121–139. https://doi.org/10.1108/GKMC-09-2020-0136

Archacki, M. (2020). *Self Validation Through Social Media*. https://digitalcommons.sacredheart.edu/acadfest/2021/all/37

Aromataris, E., & Riitano, D. (2014). Constructing a Search Strategy and Searching for Evidence. *AJN, American Journal of Nursing*, *114*(5), 49–56. https://doi.org/10.1097/01.NAJ.0000446779.99522.f6

Arslankara, V. B., Demir, A., Öztaş, Ö., Usta, E., & Altıparmak, A. A. (2022). Digital Well-Being Scale Validity and Reliability Study. *Journal of Teacher Education and Lifelong Learning (TELL)*, *4*(2), 263–274.

Arslankara, V. B., & Usta, E. (2018). Development of Virtual World Risk Perception Scale (VWRPS). *Bartın Üniversitesi Eğitim Fakültesi Dergisi*, 111–131. https://doi.org/10.14686/buefad.356898

Asosiasi Penyelenggara Jasa Internet Indonesia. (2024). *Survei Penetrasi Internet Indonesia*.

Atchley, P., & Warden, A. C. (2012). The need of young adults to text now: Using delay discounting to assess informational choice. *Journal of Applied Research in Memory and Cognition*, *1*(4), 229–234. https://doi.org/10.1016/j.jarmac.2012.09.001

Atkinson, R. D., & Castro, D. (2008a). Digital Quality of Life: Understanding the Personal and Social Benefits of the Information Technology Revolution. *SSRN Electronic Journal*. https://doi.org/10.2139/ssrn.1278185

Atkinson, R. D., & Castro, D. (2008b). Digital Quality of Life: Understanding the Personal and Social Benefits of the Information Technology Revolution. *SSRN Electronic Journal*. https://doi.org/10.2139/ssrn.1278185

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Attrill, A. (2015). *Cyberpsychology*.

Audrin, C., & Audrin, B. (2024). Emotional intelligence in digital interactions – A call for renewed assessments. *Personality and Individual Differences*, *223*, 112613. https://doi.org/10.1016/j.paid.2024.112613

Ayon, H. S. (2017). The Relationship With Space In The Digital Era: A Reinvention of The Identity and The Environment. *Jurnal InterAct*, *6*(1), 1–13.

Azwar, S. (2009). *Metode Penelitian*. Pustaka Pelajar.

Azwar, S. (2012). *Penyusunan Skala Psikologi*. Pustaka Pelajar.

Baako, I., Alhassan, H., & Gidisu, P. (2022). Understanding and spotting research gaps through a systematic literature review. In *International Journal of Research and Innovation in Social Science*. www.rsisinternational.org

Badan Pusat Statistik. (2022). *Statistik Telekomunikasi Indonesia 2022*. https://www.bps.go.id/publication/2023/08/31/131385d0253c6aae7c7a59fa/statistik-telekomunikasi-indonesia-2022.html

Ball, A. (2015). Digital Wellbeing. In *https://radar.brookes.ac.uk/radar*. https://radar.brookes.ac.uk/radar.

Bányai, F., Zsila, Á., Király, O., Maraz, A., Elekes, Z., Griffiths, M. D., Andreassen, C. S., & Demetrovics, Z. (2017). Problematic Social Media Use: Results from a Large-Scale Nationally Representative Adolescent Sample. *PloS One*, *12*(1), e0169839–e0169839. https://doi.org/10.1371/journal.pone.0169839

Barak, A., & King, S. A. (2000). The Two Faces of the Internet: Introduction to the Special Issue on the Internet and Sexuality. *CyberPsychology & Behavior*, *3*(4), 517–520. https://doi.org/10.1089/109493100420133

Bargh, J. A., & McKenna, K. Y. A. (2004). The Internet and social life. *Annual Review of Psychology*, *55*, 573–590. https://doi.org/10.1146/annurev.psych.55.090902.141922

Bargh, J. A., Mckenna, K. Y. A., & Fitzsimons, G. M. (2002). Can You See the Real Me? Activation and Expression of the "True Self" on the Internet. In *Journal of Social Issues* (Vol. 58, Issue 1).

Barr, N., Pennycook, G., Stolz, J. A., & Fugelsang, J. A. (2015). The brain in your pocket: Evidence that Smartphones are used to supplant thinking. *Computers in Human Behavior*, *48*, 473–480. https://doi.org/10.1016/j.chb.2015.02.029

Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, *117*(3), 497–529. https://doi.org/10.1037/0033-2909.117.3.497

Baumgartner, S. E., Weeda, W. D., van der Heijden, L. L., & Huizinga, M. (2014). The Relationship Between Media Multitasking and Executive Function in Early Adolescents. *The Journal of Early Adolescence*, *34*(8), 1120–1144. https://doi.org/10.1177/0272431614523133

Beattie, A., & Daubs, M. S. (2020). Framing "digital well-being" as a social good. *First Monday*. https://doi.org/10.5210/fm.v25i12.10430

Bekele, W. B., & Ago, F. Y. (2022). Sample Size for Interview in Qualitative Research in Social Sciences: A Guide to Novice Researchers. *Research in Educational Policy and Management*, *4*(1), 42–50. https://doi.org/10.46303/repam.2022.3

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Bernard, H. R. (2013). *Social Research Methods: Qualitative and Quantitative Approaches*. SAGE Publications, Inc.

Beyens, I., Frison, E., & Eggermont, S. (2016). "I don't want to miss a thing": Adolescents' fear of missing out and its relationship to adolescents' social needs, Facebook use, and Facebook related stress. *Computers in Human Behavior*, *64*, 1–8. https://doi.org/https://doi.org/10.1016/j.chb.2016.05.083

Blascovich, J., & Bailenson, J. (2011). *Infinite Reality, Avatars, Eternal Life, New Worlds, and the Dawn of the Virtual Revolution* (1st Ed.). William Morrow.

Bohnert, M., & Gracia, P. (2021). Emerging Digital Generations? Impacts of Child Digital Use on Mental and Socioemotional Well-Being across Two Cohorts in Ireland, 2007–2018. *Child Indicators Research*, *14*(2), 629–659. https://doi.org/10.1007/s12187-020-09767-z

Bond, T. (2015). *Applying the Rasch Model*. Routledge. https://doi.org/10.4324/9781315814698

Bond, T. G., & Fox, C. M. (2015). *Applying the Rasch model: Fundamental measurement in the human sciences* (3rd ed.). Routledge.

Booker, C. L., Skew, A. J., Kelly, Y. J., & Sacker, A. (2015). Media Use, Sports Participation, and Well-Being in Adolescence: Cross-Sectional Findings From the UK Household Longitudinal Study. *American Journal of Public Health*, *105*(1), 173–179. https://doi.org/10.2105/AJPH.2013.301783

Bordia, P. (1997). Face-to-Face Versus Computer-Mediated Communication: A Synthesis of the Experimental Literature. *Journal of Business Communication*, *34*(1), 99–118. https://doi.org/10.1177/002194369703400106

Bosamia, M. (2013). *Positive and Negative Impacts of Information and Communication Technology in our Everyday Life*. https://www.researchgate.net/publication/325570282

Bradburn, N. (1969). *The structure of psychological well-being*. Aldine.

Brandtzæg, P. B., & Heim, J. (2009). *Why People Use Social Networking Sites* (pp. 143–152). https://doi.org/10.1007/978-3-642-02774-1_16

Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, *3*(2), 77–101. https://doi.org/10.1191/1478088706qp063oa

Braun, V., & Clarke, V. (2012). Thematic analysis. In *APA handbook of research methods in psychology, Vol 2: Research designs: Quantitative, qualitative, neuropsychological, and biological.* (pp. 57–71). American Psychological Association. https://doi.org/10.1037/13620-004

Brey, P. (2015). *Handbook of Ethics, Values, and Technological Design. Sources, Theory, Values and Application Domains*. Springer.

Brouwer, W. B. F., Meerding, W.-J., Lamers, L. M., & Severens, J. L. (2005). The Relationship between Productivity and Health-Related QOL. *PharmacoEconomics*, *23*(3), 209–218. https://doi.org/10.2165/00019053-200523030-00002

Brown, F. C., Buboltz, W. C., & Soper, B. (2002). Relationship of Sleep Hygiene Awareness, Sleep Hygiene Practices, and Sleep Quality in University Students. *Behavioral Medicine*, *28*(1), 33–38. https://doi.org/10.1080/08964280209596396

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being. In *Journal of Personality and Social Psychology* (Vol. 84, Issue 4, pp. 822–848). American Psychological Association Inc. https://doi.org/10.1037/0022-3514.84.4.822

Bruni, O., Sette, S., Fontanesi, L., Baiocco, R., Laghi, F., & Baumgartner, E. (2015). Technology Use and Sleep Quality in Preadolescence and Adolescence. *Journal of Clinical Sleep Medicine*, *11*(12), 1433–1441. https://doi.org/10.5664/jcsm.5282

Büchi, M. (2021). Digital well-being theory and research. *New Media & Society*, 14614448211056852. https://doi.org/10.1177/14614448211056851

Büchi, M., Festic, N., & Latzer, M. (2019a). Digital Overuse and Subjective Well-Being in a Digitized Society. *Social Media and Society*, *5*(4). https://doi.org/10.1177/2056305119886031

Büchi, M., Festic, N., & Latzer, M. (2019b). Digital Overuse and Subjective Well-Being in a Digitized Society. *Social Media and Society*, *5*(4). https://doi.org/10.1177/2056305119886031

Burkhardt, M. E. (1994). Social Interaction Effects Following a Technological Change: A Longitudinal Investigation. *Academy of Management Journal*, *37*(4), 869–898. https://doi.org/10.5465/256603

Burr, C., Cristianini, N., & Ladyman, J. (2018). An Analysis of the Interaction Between Intelligent Software Agents and Human Users. *Minds and Machines*, *28*(4), 735–774. https://doi.org/10.1007/s11023-018-9479-0

Burr, C., Taddeo, M., & Floridi, L. (2020). The Ethics of Digital Well-Being: A Thematic Review. In *Science and Engineering Ethics* (Vol. 26, Issue 4, pp. 2313–2343). Springer. https://doi.org/10.1007/s11948-020-00175-8

Busch, P. A., & McCarthy, S. (2021). Antecedents and consequences of problematic smartphone use: A systematic literature review of an emerging research area. *Computers in Human Behavior*, *114*, 106414. https://doi.org/10.1016/j.chb.2020.106414

Byrne, B. M. (2016). Using multitrait-multimethod analyses in testing for evidence of construct validity. In *Principles and methods of test construction: Standards and recent advances.* (pp. 288–307). Hogrefe. https://doi.org/10.1027/00449-000

Calvo, R. A., & Peters, D. (2014). *Positive Computing*. The MIT Press. https://doi.org/10.7551/mitpress/9764.001.0001

Camfield, L., & Skevington, S. M. (2008). On Subjective Well-being and Quality of Life. *Journal of Health Psychology*, *13*(6), 764–775. https://doi.org/10.1177/1359105308093860

Cao, S., & Li, H. (2023). A Scoping Review of Digital Well-Being in Early Childhood: Definitions, Measurements, Contributors, and Interventions. *International Journal of Environmental Research and Public Health*, *20*(4), 3510. https://doi.org/10.3390/ijerph20043510

Carson, V., Soeken, K. L., & Grimm, P. M. (1988). Hope and its Relationship to Spiritual Well-Being. *Journal of Psychology and Theology*, *16*(2), 159–167. https://doi.org/10.1177/009164718801600205

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Carvalho Relva, I., Simões, M., & Monteiro, A. P. (2022). *Cyberbullying* (pp. 156–174). https://doi.org/10.4018/978-1-6684-5426-8.ch010

Carver, C. S., & Scheier, M. F. (2001). Optimism, pessimism, and self-regulation. In *Optimism & pessimism: Implications for theory, research, and practice.* (pp. 31–51). American Psychological Association. https://doi.org/10.1037/10385-002

Cascio, W. F., & Montealegre, R. (2016). How Technology Is Changing Work and Organizations. *Annual Review of Organizational Psychology and Organizational Behavior*, *3*(1), 349–375. https://doi.org/10.1146/annurev-orgpsych-041015-062352

Cecchinato, M. E., Rooksby, J., Hiniker, A., Munson, S., Lukoff, K., Ciolfi, L., Thieme, A., & Harrison, D. (2019). Designing for Digital Wellbeing. *Extended Abstracts of the 2019 CHI Conference on Human Factors in Computing Systems*, 1–8. https://doi.org/10.1145/3290607.3298998

Center for Humane Technology. (2020, April 1). *Digital Well-Being Guidelines During the COVID-19 Pandemic*. Www.Humanetech.Com/Digital-Wellbeing-Covid.

Chan, M. (2015). Multimodal connectedness and quality of life: Examining the influences of technology adoption and interpersonal communication on well-being across the Life Span. *Journal of Computer-Mediated Communication*, *20*(1), 3–18. https://doi.org/10.1111/jcc4.12089

Chang, J.-H., Huang, C.-L., & Lin, Y.-C. (2015). Mindfulness, Basic Psychological Needs Fulfillment, and Well-Being. *Journal of Happiness Studies*, *16*(5), 1149–1162. https://doi.org/10.1007/s10902-014-9551-2

Christopherson, K. M. (2007). The positive and negative implications of anonymity in Internet social interactions: "On the Internet, Nobody Knows You're a Dog." *Computers in Human Behavior*, *23*(6), 3038–3056. https://doi.org/10.1016/j.chb.2006.09.001

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. https://doi.org/10.1177/0963721417730833

Clayton, R. B., Leshner, G., & Almond, A. (2015). The Extended iSelf: The Impact of iPhone Separation on Cognition, Emotion, and Physiology. *Journal of Computer-Mediated Communication*, *20*(2), 119–135. https://doi.org/10.1111/jcc4.12109

Cole, H., & Griffiths, M. D. (2007). Social interactions in massively multiplayer online role-playing gamers. *Cyberpsychology and Behavior*, *10*(4), 575–583. https://doi.org/10.1089/cpb.2007.9988

Connolly, I., Palmer, M., Barton, H., & Kirwan, G. (2016). *An Introduction to Cyberpsychology*. www.routledge.com/cw/connolly

Corbin, J. M., & Strauss, A. (1990). Grounded theory research: Procedures, canons, and evaluative criteria. *Qualitative Sociology*, *13*(1), 3–21. https://doi.org/10.1007/BF00988593

Cotten, S. R. (2008). Students' technology use and the impacts on well-being. *New Directions for Student Services*, *2008*(124), 55–70. https://doi.org/10.1002/ss.295

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Cress, U., & Kimmerle, J. (2008). A systemic and cognitive view on collaborative knowledge building with wikis. *International Journal of Computer-Supported Collaborative Learning*, *3*(2), 105. https://doi.org/10.1007/s11412-007-9035-z

Cresswell, J. W. (2009). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Sage.

Cresswell, J. W. (2018). *Penelitian kualitatif dan desain riset: Memilih di antara lima pendekatan (3rd ed.)* (3rd ed.). Pustaka Pelajar.

Creswell, J. W., & Miller, D. L. (2000). Determining Validity in Qualitative Inquiry. *Theory Into Practice*, *39*(3), 124–130. https://doi.org/10.1207/s15430421tip3903_2

Dadischeck, M. (2021). Conceptualizing digital well-being and technology addiction in I-O psychology. *Industrial and Organizational Psychology*, *14*(3), 401–403. https://doi.org/10.1017/iop.2021.87

Data Reportal. (2023). *Digital 2023 October Global Statshot Report*. https://datareportal.com/reports/digital-2023-october-global-statshot

Data Reportal. (2025). *Digital 2025: Global Overview Report*. Https://Datareportal.Com/Reports/Digital-2025-Global-Overview-Report.

Deci, E. L., & Ryan, R. M. (2008). Hedonia, eudaimonia, and well-being: An introduction. *Journal of Happiness Studies*, *9*(1), 1–11. https://doi.org/10.1007/s10902-006-9018-1

Dennis, M. J. (2021a). Digital well-being under pandemic conditions: catalysing a theory of online flourishing. *Ethics and Information Technology*, *23*(3), 435–445. https://doi.org/10.1007/s10676-021-09584-0

Dennis, M. J. (2021b). Towards a Theory of Digital Well-Being: Reimagining Online Life After Lockdown. *Science and Engineering Ethics*, *27*(3). https://doi.org/10.1007/s11948-021-00307-8

DeSantis, L., & Ugarriza, D. N. (2000). The Concept of Theme as Used in Qualitative Nursing Research. *Western Journal of Nursing Research*, *22*(3), 351–372. https://doi.org/10.1177/019394590002200308

Deters, F. große, & Mehl, M. R. (2013). Does Posting Facebook Status Updates Increase or Decrease Loneliness? An Online Social Networking Experiment. *Social Psychological and Personality Science*, *4*(5), 579–586. https://doi.org/10.1177/1948550612469233

DeVellis, R. F., & Thorpe, C. T. (2022). *Scale Development: Theory and Applications*.

Dhingra, R., & Parashar, B. (2022). Validation on Social Media and Adolescents: A matter of self esteem. *Journal for Educators, Teachers and Trainers*, *13*(4). https://doi.org/10.47750/jett.2022.13.04.017

Dhir, A., Yossatorn, Y., Kaur, P., & Chen, S. (2018). Online social media fatigue and psychological wellbeing—A study of compulsive use, fear of missing out, fatigue, anxiety and depression. *International Journal of Information Management*, *40*, 141–152. https://doi.org/https://doi.org/10.1016/j.ijinfomgt.2018.01.012

DiCicco-Bloom, B., & Crabtree, B. F. (2006). The qualitative research interview. *Medical Education*, *40*(4), 314–321. https://doi.org/10.1111/j.1365-2929.2006.02418.x

Diener, E. (1984). Subjective Well-Being. *Psychological Bulletin, Vol. 95, No. 3, 1984*, *95*(3), 542–563. https://ssrn.com/abstract=2162125

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Diener, E. (1994). Assessing subjective well-being: Progress and opportunities. *Social Indicators Research*, *31*(2), 103–157. https://doi.org/10.1007/BF01207052

Diener, E. (2009). *The science of well-being*. Springer.

Diener, E. (2012). New findings and future directions for subjective well-being research. *American Psychologist*, *67*(8), 590–597. https://doi.org/10.1037/a0029541

Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, Culture, and Subjective Well-Being: Emotional and Cognitive Evaluations of Life. *Annual Review of Psychology*, *54*(1), 403–425. https://doi.org/10.1146/annurev.psych.54.101601.145056

Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour*, *2*(4), 253–260. https://doi.org/10.1038/s41562-018-0307-6

Diener, E., Pressman, S. D., Hunter, J., & Delgadillo-Chase, D. (2017). If, Why, and When Subjective Well-Being Influences Health, and Future Needed Research. *Applied Psychology: Health and Well-Being*, *9*(2), 133–167. https://doi.org/10.1111/aphw.12090

Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, *125*(2), 276–302. https://doi.org/10.1037/0033-2909.125.2.276

Dienlin, T., & Johannes, N. (2020a). The impact of digital technology use on adolescent well-being[P SEP]. *Dialogues in Clinical Neuroscience*, *22*(2), 135–142. https://doi.org/10.31887/DCNS.2020.22.2/tdienlin

Dienlin, T., & Johannes, N. (2020b). The impact of digital technology use on adolescent well-being. *Dialogues in Clinical Neuroscience*, *22*(2), 135–142. https://doi.org/10.31887/DCNS.2020.22.2/tdienlin

Domahidi, E. (2018). The Associations Between Online Media Use and Users' Perceived Social Resources: A Meta-Analysis. *Journal of Computer-Mediated Communication*, *23*(4), 181–200. https://doi.org/10.1093/jcmc/zmy007

Dubrovsky, V., Kiesler, S., & Sethna, B. (1991). The Equalization Phenomenon: Status Effects in Computer-Mediated and Face-to-Face Decision-Making Groups. *Human-Computer Interaction*, *6*(2), 119–146. https://doi.org/10.1207/s15327051hci0602_2

Duckworth, A. L., Taxer, J. L., Eskreis-Winkler, L., Galla, B. M., & Gross, J. J. (2019). Self-Control and Academic Achievement. *Annual Review of Psychology*, *70*(1), 373–399. https://doi.org/10.1146/annurev-psych-010418-103230

Duivestein, S., Lee, J. O. O. S., & Pepping, T. (2020). *In Pursuit of Digital Happiness*.

Dumont, G., & Candler, G. (2005). Virtual Jungles. *The American Review of Public Administration*, *35*(3), 287–299. https://doi.org/10.1177/0275074005276350

Eichner, A. A. (2020). Planting Trees and Tracking Screen Time: A Taxonomy of Digital Wellbeing Features. *PACIS 2020 Proceedings*.

Ellison, N., Heino, R., & Gibbs, J. (2006). Managing Impressions Online: Self-Presentation Processes in the Online Dating Environment. *Journal of Computer-Mediated Communication*, *11*(2), 415–441. https://doi.org/10.1111/j.1083-6101.2006.00020.x

Emond, B., & West, R. L. (2003). Cyberpsychology: A Human-Interaction Perspective Based on Cognitive Modeling. In *CYBERPSYCHOLOGY & BEHAVIOR* (Vol. 6, Issue 5).

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Esti, D. R. (2013). *Subjective Well-Being Measurement For Public Policy in Indonesia*. University of Groningen .

Farooqui, Q., & Raquib, A. (2022). Technology, Boredom and Intellectual-Spiritual Lethargy: Exploring the Impact of Technology on the Mental Well-being of Over-Stimulated Millennials. *Malaysian Journal of Medicine and Health Sciences*, *18*(s19), 117–128. https://doi.org/10.47836/mjmhs.18.s19.19

Fasoli, M. (2021). The Overuse of Digital Technologies: Human Weaknesses, Design Strategies and Ethical Concerns. *Philosophy & Technology*, *34*. https://doi.org/10.1007/s13347-021-00463-6

Feldman, G., Greeson, J., Renna, M., & Robbins-Monteith, K. (2011). Mindfulness predicts less texting while driving among young adults: Examining attention- and emotion-regulation motives as potential mediators. *Personality and Individual Differences*, *51*(7), 856–861. https://doi.org/10.1016/j.paid.2011.07.020

Field, A. P. . (2009). *Discovering statistics using SPSS*. SAGE.

Flanagan, J. L. (2008). *Technology: The Positive And Negative Effects on Student Achievement*.

Floridi, L. (2014). *The fourth revolution: how the infosphere is reshaping human reality*. Oxford University Press UK.

Floridi, L. (2015). The onlife manifesto: Being human in a hyperconnected era. In *The Onlife Manifesto: Being Human in a Hyperconnected Era*. Springer International Publishing. https://doi.org/10.1007/978-3-319-04093-6

Foffano, F., Scantamburlo, T., & Cortés, A. (2023). Investing in AI for social good: an analysis of European national strategies. *AI and Society*, *38*(2), 479–500. https://doi.org/10.1007/s00146-022-01445-8

Fornell, C., & Larcker, D. F. (1981). Evaluating Structural Equation Models with Unobservable Variables and Measurement Error. *Journal of Marketing Research*, *18*(1), 39–50. https://doi.org/10.1177/002224378101800104

Fox, J., & McEwan, B. (2017). Distinguishing technologies for social interaction: The perceived social affordances of communication channels scale. *Communication Monographs*, *84*(3), 298–318. https://doi.org/10.1080/03637751.2017.1332418

Freeman, M. (2014). The Hermeneutical Aesthetics of Thick Description. *Qualitative Inquiry*, *20*(6), 827–833. https://doi.org/10.1177/1077800414530267

García-Hermoso, A., Hormazábal-Aguayo, I., Fernández-Vergara, O., Olivares, P. R., & Oriol-Granado, X. (2020). Physical activity, screen time and subjective well-being among children. *International Journal of Clinical and Health Psychology*, *20*(2), 126–134. https://doi.org/10.1016/j.ijchp.2020.03.001

Gennari, R., Matera, M., Morra, D., Melonio, A., & Rizvi, M. (2023). Design for social digital well-being with young generations: Engage them and make them reflect. *International Journal of Human Computer Studies*, *173*. https://doi.org/10.1016/j.ijhcs.2023.103006

George, A. S., & Shaji, T. (2024). Overcoming the Collective Action Problem: Enacting Norms to Address Adolescent Technology Addiction. *Partners Universal International Research Journal*, *3*(2), 57–75.

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Gerhart, N. (2017a). *Technology addiction: How social network sites impact our lives* (Vol. 20). http://www.informingscience.org/Publications/3851

Gerhart, N. (2017b). Technology Addiction: How Social Network Sites Impact our Lives. *Informing Science: The International Journal of an Emerging Transdiscipline*, *20*, 179–194. https://doi.org/10.28945/3851

Ghai, S., Bhasin, J., & Mushtaq, Dr. S. (2023). Exploring the concept of digital well-being: A bibliometric analysis. *Asian Journal of Management and Commerce*, *4*(1), 334–339. https://doi.org/10.22271/27084515.2023.v4.i1d.179

Ghnimi, S., Ben Romdhan Hajri, J., Harrathi, F., & Gharsallah, A. (2016). Statistical study on the effect of the use of mobile phone technology on human body health. *2016 17th International Conference on Sciences and Techniques of Automatic Control and Computer Engineering (STA)*, 675–678. https://doi.org/10.1109/STA.2016.7951998

Ghozali, I. (2014). *Model Persamaan Struktural Konsep dan Aplikasi dengan Program AMOS 22.0*. Badan Penerbit Universitas Diponegoro .

Gomes, R., Mathew, J., Nair, S., Mulasi, A., & Yadav, P. (2023). Design and validation of the digital well-being scale. *Ricerche Di Pedagogia e Didattica*, *18*(1), 239–251. https://doi.org/10.6092/issn.1970-2221/16365

Gomez, R., & Fisher, J. W. (2003). Domains of spiritual well-being and development and validation of the Spiritual Well-Being Questionnaire. *Personality and Individual Differences*, *35*(8), 1975–1991. https://doi.org/10.1016/S0191-8869(03)00045-X

Gordo-López, Á. J., & Parker, I. (1999). Cyberpsychology: Postdisciplinary Contexts and Projects. In *Cyberpsychology* (pp. 1–21). Macmillan Education UK. https://doi.org/10.1007/978-1-349-27667-7_1

Goulding, C. (2002). *Grounded Theory: A Practical Guide for Management, Business and Market Researchers*. SAGE Publications Ltd.

Greenfield, D. N. (1999). *Virtual Addiction: Sometimes New Technology Can Create New Problems*.

Griffioen, N., Scholten, H., Lichtwarck-Aschoff, A., van Rooij, M., & Granic, I. (2021). Everyone does it—differently: A window into emerging adults' smartphone use. *Humanities and Social Sciences Communications*, *8*(1). https://doi.org/10.1057/s41599-021-00863-1

Griffiths, M. D., Kuss, D. J., Billieux, J., & Pontes, H. M. (2016). The evolution of Internet addiction: A global perspective. *Addictive Behaviors*, *53*, 193–195. https://doi.org/10.1016/j.addbeh.2015.11.001

Guest, D. E. (2017). Human resource management and employee well-being: towards a new analytic framework. In *Human Resource Management Journal* (Vol. 27, Issue 1, pp. 22–38). Blackwell Publishing Ltd. https://doi.org/10.1111/1748-8583.12139

Guest, G., Bunce, A., & Johnson, L. (2006). How Many Interviews Are Enough?: An Experiment with Data Saturation and Variability. *Field Methods*, *18*(1), 59–82. https://doi.org/10.1177/1525822X05279903

Gui, M., Fasoli, M., & Carradore, R. (2017). Digital well-being. Developing a new theoretical tool for media literacy research. *Italian Journal of Sociology of Education*, *9*(1), 155–173. https://doi.org/10.14658/pupj-ijse-2017-1-8

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Haddaway, N. R., Collins, A. M., Coughlin, D., & Kirk, S. (2015). The role of google scholar in evidence reviews and its applicability to grey literature searching. *PLoS ONE*, *10*(9). https://doi.org/10.1371/journal.pone.0138237

Hair, J., Black, W., Babin, B., Anderson, R., & Tatham, R. (2006). *Multivariate Data Analysis* (6th Edition). Pearson Prentice Hall.

Hair, J. F. ., Black, W. C. ., Babin, B. J. ., & Anderson, R. E. . (2014). *Multivariate data analysis*. Pearson Education Limited.

Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate Data Analysis* (8th Edition). Cengage Learning,. www.cengage.com/highered

Hair, J. F., L.D.S. Gabriel, M., da Silva, D., & Braga Junior, S. (2019). Development and validation of attitudes measurement scales: fundamental and practical aspects. *RAUSP Management Journal*, *54*(4), 490–507. https://doi.org/10.1108/RAUSP-05-2019-0098

Hale, L., & Guan, S. (2015). Screen time and sleep among school-aged children and adolescents: A systematic literature review. *Sleep Medicine Reviews*, *21*, 50–58. https://doi.org/10.1016/j.smrv.2014.07.007

Hamburger, Y. A., & Barak., A. (2009). Internet and Well-Being. In Y. A. Hamburger (Ed.), *Technology and Psychological Well-being* (Vol. 1, pp. 34–76). Cambridge University Press.

Hamburger, Y. A., & Ben-Artzi, E. (2000). The relationship between extraversion and neuroticism and the different uses of the Internet. *Computers in Human Behavior*, *16*(4), 441–449. https://doi.org/10.1016/S0747-5632(00)00017-0

Hänninen, R., & Tiihonen, S. (2025). Navigating mobile technologies: Older adults' mobile, digital, and non-digital strategies for enhancing subjective well-being. *Mobile Media & Communication*. https://doi.org/10.1177/20501579251348098

Harley, D., Morgan, J., & Frith, H. (2018). Cyberpsychology as everyday digital experience across the lifespan. In *Cyberpsychology as Everyday Digital Experience across the Lifespan*. Palgrave Macmillan. https://doi.org/10.1057/978-1-137-59200-2

Harmon, J., & Duffy, L. (2023a). Turn off to tune in: Digital disconnection, digital consciousness, and meaningful leisure. *Journal of Leisure Research*, *54*(5), 539–559. https://doi.org/10.1080/00222216.2023.2220699

Harmon, J., & Duffy, L. (2023b). Turn off to tune in: Digital disconnection, digital consciousness, and meaningful leisure. *Journal of Leisure Research*, *54*(5), 539–559. https://doi.org/10.1080/00222216.2023.2220699

Have, P. (2004). *Understanding Qualitative Research and Ethnomethodology*. SAGE Publications Ltd. https://doi.org/10.4135/9780857020192

Haynes-Brown, T. K., & Fetters, M. D. (2021). Using Joint Display as an Analytic Process: An Illustration Using Bar Graphs Joint Displays From a Mixed Methods Study of How Beliefs Shape Secondary School Teachers' Use of Technology. *International Journal of Qualitative Methods*, *20*. https://doi.org/10.1177/1609406921993286

Hayton, J. C., Allen, D. G., & Scarpello, V. (2004). Factor Retention Decisions in Exploratory Factor Analysis: A Tutorial on Parallel Analysis. In *Organizational Research Methods* (Vol. 7, Issue 2, pp. 191–205). https://doi.org/10.1177/1094428104263675

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Headey, B., Holmström, E., & Wearing, A. (1984). Well-being and ill-being: Different dimensions? *Social Indicators Research*, *14*(2), 115–139. https://doi.org/10.1007/BF00293406

Heersmink, R. (2017). Extended mind and cognitive enhancement: moral aspects of cognitive artifacts. *Phenomenology and the Cognitive Sciences*, *16*(1), 17–32. https://doi.org/10.1007/s11097-015-9448-5

Hefner, D., & Vorderer, P. (2016). *Digital Stress: Permanent Connectedness and Multitasking*. https://www.researchgate.net/publication/297688054

Helliwell, J. F., & Aknin, L. B. (2018). Expanding the social science of happiness. In *Nature Human Behaviour* (Vol. 2, Issue 4, pp. 248–252). Nature Publishing Group. https://doi.org/10.1038/s41562-018-0308-5

Helmi, A. F. (2020). Is the Online Friendship Scale Fit for High School Students? *Gadjah Mada Journal of Psychology (GamaJoP)*, *6*(2). https://doi.org/10.22146/gamajop.57605

Helmi, A. F. (2021). *Aspek-aspek Psikologis Interaksi Sosial di Ruang Siber*.

Helmi, A. F., Widhiarso, W., & Husna, A. N. (2017). The Development of Online Friendship Scale. *International Journal of Cyber Behavior, Psychology and Learning*, *7*(4), 12–25. https://doi.org/10.4018/IJCBPL.2017100102

Henderson, L. W., Knight, T., & Richardson, B. (2013). An exploration of the well-being benefits of hedonic and eudaimonic behaviour. *The Journal of Positive Psychology*, *8*(4), 322–336. https://doi.org/10.1080/17439760.2013.803596

Hennink, M. M., Kaiser, B. N., & Marconi, V. C. (2017). Code Saturation Versus Meaning Saturation: How Many Interviews Are Enough? In *Qualitative Health Research* (Vol. 27, Issue 4, pp. 591–608). SAGE Publications Inc. https://doi.org/10.1177/1049732316665344

Hesse-Biber, S. N., Rodriguez, D., & Frost, N. A. (2015). *A Qualitatively Driven Approach to Multimethod and Mixed Methods Research* (S. N. Hesse-Biber & R. B. Johnson, Eds.). Oxford University Press. https://doi.org/10.1093/oxfordhb/9780199933624.013.3

High, A. C., Ruppel, E. K., McEwan, B., & Caughlin, J. P. (2023). Computer-Mediated Communication and Well-Being in the Age of Social Media: A Systematic Review. *Journal of Social and Personal Relationships*, *40*(2), 420–458. https://doi.org/10.1177/02654075221106449

Hoehe, M. R., & Thibaut, F. (2020). Going digital: How technology use may influence human brains and behavior. In *Dialogues in Clinical Neuroscience* (Vol. 22, Issue 2, pp. 93–97). Les Laboratoires Seriver. https://doi.org/10.31887/DCNS.2020.22.2/mhoehe

Hong, F.-Y., Lin, C.-C., Lin, T.-J., & Huang, D.-H. (2021). The relationship among the social norms of college students, and their interpersonal relationships, smartphone use, and smartphone addiction. *Behaviour & Information Technology*, *40*(4), 415–426. https://doi.org/10.1080/0144929X.2019.1699959

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Hu, L., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling: A Multidisciplinary Journal*, *6*(1), 1–55. https://doi.org/10.1080/10705519909540118

Huang, C.-L., & Haried, P. (2020). An Evaluation of Uncertainty and Anticipatory Anxiety Impacts on Technology Use. *International Journal of Human–Computer Interaction*, *36*(7), 641–649. https://doi.org/10.1080/10447318.2019.1672410

Huang, L., & Ren, J. (2010). The Negative Impact of Emerging Technology: A Literature Review. *2010 International Conference on E-Business and E-Government*, 2576–2579. https://doi.org/10.1109/ICEE.2010.651

Hughes, M., & Louw, J. (2013). Playing games: The salience of social cues and group norms in eliciting aggressive behaviour. *South African Journal of Psychology*, *43*(2), 252–262. https://doi.org/10.1177/0081246313482629

Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). No More FOMO: Limiting Social Media Decreases Loneliness and Depression. *Journal of Social and Clinical Psychology*, *37*(10), 751–768. https://doi.org/10.1521/jscp.2018.37.10.751

Huppert, F. A. (2009). Psychological Well-being: Evidence Regarding its Causes and Consequences. *Applied Psychology: Health and Well-Being*, *1*(2), 137–164. https://doi.org/10.1111/j.1758-0854.2009.01008.x

Hutmacher, F., & Appel, M. (2022). The Psychology of Personalization in Digital Environments: From Motivation to Well-Being – A Theoretical Integration. *Review of General Psychology*, *27*(1), 26–40. https://doi.org/10.1177/10892680221105663

Iliescu, D. (2018). *Evidence-based Psychological Assessment*. https://doi.org/10.5220/0009999800002917

Inceoglu, I., Thomas, G., Chu, C., Plans, D., & Gerbasi, A. (2018). Leadership behavior and employee well-being: An integrated review and a future research agenda. *Leadership Quarterly*, *29*(1), 179–202. https://doi.org/10.1016/j.leaqua.2017.12.006

Ishnazarova, Z. M., Barlybaev, A. A., Sitnova, I. A., Ishnazarov, D. U., & Rakhmatullin, I. M. (2022). *Digitalization and Quality of Life: A Subjective Assessment of the Population* (pp. 553–557). https://doi.org/10.1007/978-3-031-04289-8_94

Islambouli, R., Ingram, S., & Gillet, D. (2024). Understanding Digital Wellbeing Through Smartphone Usage Intentions and Regrettable Patterns. *Proceedings - 2024 IEEE 12th International Conference on Healthcare Informatics, ICHI 2024*, 426–435. https://doi.org/10.1109/ICHI61247.2024.00061

Jandoo, T. (2020). WHO guidance for digital health: What it means for researchers. *Digital Health*, *6*. https://doi.org/10.1177/2055207619898984

Jeong, S.-H., Kim, H., Yum, J.-Y., & Hwang, Y. (2016). What type of content are smartphone users addicted to?: SNS vs. games. *Computers in Human Behavior*, *54*, 10–17. https://doi.org/10.1016/j.chb.2015.07.035

Jorge, A., Amaral, I., De, A., & Alves, M. (2022). "Time Well Spent": The Ideology of Temporal Disconnection as a Means for Digital Well-Being. In *International Journal of Communication* (Vol. 16). http://ijoc.org.

Kabay, M. E. (n.d.). *Anonymity and Pseudonymity in Cyberspace: Deindividuation, Incivility and Lawlessness Versus Freedom and Privacy*.

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Kafetsios, K., Chatzakou, D., Tsigilis, N., & Vakali, A. (2017). Experience of emotion in face to face and computer-mediated social interactions: An event sampling study. *Computers in Human Behavior*, *76*, 287–293. https://doi.org/10.1016/j.chb.2017.07.033

Kahneman, D., Diener, E., & Schwarz, N. (1999). *Well-being: Foundations of hedonic psychology*. Russell Sage Foundation Press.

Kahneman, D., Krueger, A. B., Schkade, D. A., Schwarz, N., & Stone, A. A. (2004). A Survey Method for Characterizing Daily Life Experience: The Day Reconstruction Method. *Science*, *306*(5702), 1776–1780. https://doi.org/10.1126/science.1103572

Kaiser, H. F. (1974). *An Index Of Factorial Simplicity*.

Kaplan, R. M., Ganiats, T. G., Sieber, W. J., & Anderson, J. P. (1998). The Quality of Well-Being Scale: critical similarities and differences with SF-36. In *International Journal for Quality in Health Care* (Vol. 10, Issue 6).

Katz, E., Blumler, J. G., & Gurevitch, M. (1973). Uses and Gratification Research. *Public Opinion Quarterly*, *37*(4), 509–523. https://doi.org/10.1086/268109

Keyes, C. L. M. (1998). Social Well-Being. *Social Psychology Quarterly*, *61*(2), 121. https://doi.org/10.2307/2787065

Keyes, C. L. M. (2014). Happiness, Flourishing, and Life Satisfaction. In *The Wiley Blackwell Encyclopedia of Health, Illness, Behavior, and Society* (pp. 747–751). John Wiley & Sons, Ltd. https://doi.org/10.1002/9781118410868.wbehibs454

Khoo, S. (2011). Review: The Idea of Justice, Amartya Sen. *Critical Social Policy*, *31*(2), 329–331. https://doi.org/10.1177/0261018311031002090 3

Kim, H. Y. (2014). Learning opportunities in synchronous computer-mediated communication and face-to-face interaction. *Computer Assisted Language Learning*, *27*(1), 26–43. https://doi.org/10.1080/09588221.2012.692386

Kim, H.-J., Min, J.-Y., Min, K.-B., Lee, T.-J., & Yoo, S. (2018). Relationship among family environment, self-control, friendship quality, and adolescents' smartphone addiction in South Korea: Findings from nationwide data. *PLOS ONE*, *13*(2), e0190896. https://doi.org/10.1371/journal.pone.0190896

Kim, Y., Dhammasaccakarn, W., Laeheem, K., & Rinthaisong, I. (2024). The Impact of Family Functioning Factors on Smartphone Addiction and Phubbing among Muslim Adolescents in Thailand. *Children*, *11*(5), 522. https://doi.org/10.3390/children11050522

Kimmerle, J., Moskaliuk, J., & Cress, U. (2011). Using Wikis for Learning and Knowledge Building: Results of an Experimental Study. In *Educational Technology & Society* (Vol. 14, Issue 4).

Kinderman, P., Schwannauer, M., Pontin, E., & Tai, S. (2011). The development and validation of a general measure of well-being: The BBC well-being scale. *Quality of Life Research*, *20*(7), 1035–1042. https://doi.org/10.1007/s11136-010-9841-z

Kirby, B., Birch, J.-L., Cain, J., & Newland, V. (2017). *Digital Well-Being Across the Ages-Generational Perceptions of Well-Being in Reference to the Use of the Internet and Digital Technology*.

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Kokoç, M., Ilgaz, H., & Akçay, A. (2022). How Deeply Does Media and Technology Usage Affect the Sustained Attention? *International Journal of Human–Computer Interaction*, *38*(15), 1410–1421. https://doi.org/10.1080/10447318.2021.2002049

Konu, A., Alanen, E., Lintonen, T., & Rimpelä, M. (2002). Factor structure of the School Well-being Model. In *HEALTH EDUCATION RESEARCH* (Vol. 17, Issue 6). https://academic.oup.com/her/article/17/6/732/697260

Konu, A., & Lintonen, T. (2006). School well-being in Grades 4-12. *Health Education Research*, *21*(5), 633–642. https://doi.org/10.1093/her/cyl032

Kovacs, G., Wu, Z., & Bernstein, M. S. (2018). Rotating Online Behavior Change Interventions Increases Effectiveness But Also Increases Attrition. *Proceedings of the ACM on Human-Computer Interaction*, *2*(CSCW), 1–25. https://doi.org/10.1145/3274364

Kraut, R., Patterson, M., Lundmark, V., Kiesler, S., Mukophadhyay, T., & Scherlis, W. (1998). Internet paradox: A social technology that reduces social involvement and psychological well-being? *American Psychologist*, *53*(9), 1017–1031. https://doi.org/10.1037/0003-066X.53.9.1017

Kroencke, L., Harari, G. M., Back, M. D., & Wagner, J. (2023). Well-being in social interactions: Examining personality-situation dynamics in face-to-face and computer-mediated communication. *Journal of Personality and Social Psychology*, *124*(2), 437–460. https://doi.org/10.1037/pspp0000422

Kross, E., Verduyn, P., Demiralp, E., Park, J., Lee, D. S., Lin, N., Shablack, H., Jonides, J., & Ybarra, O. (2013). Facebook Use Predicts Declines in Subjective Well-Being in Young Adults. *PLoS ONE*, *8*(8), e69841. https://doi.org/10.1371/journal.pone.0069841

Kryzhanovskij, O. A., Baburina, N. A., & Ljovkina, A. O. (2021). How to make digitalization better serve an increasing quality of life? *Sustainability (Switzerland)*, *13*(2), 1–11. https://doi.org/10.3390/su13020611

Kumar, S., & Pareek, K. (2018a). Role of ability to delay gratification and regulate emotions in adolescents psychological well-being. *Indian Journal of Positive Psychology*, *9*(2), 215–218.

Kumar, S., & Pareek, K. (2018b). Role of ability to delay gratification and regulate emotions in adolescents' psychological well-being. *Indian Journal of Positive Psychology*, *9*(2), 215–218. https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=133608404&site=ehost-live

Kurbalija, J. (2022, August 7). *Different prefixes, same meaning: cyber, digital, net, online, virtual, e-*. Https://Www.Diplomacy.Edu/Blog/Different-Prefixes-Same-Meaning-Cyber-Digital-Net-Online-Virtual-e/.

Kurniawan, A., Jumini, S., Purnama, I., & Ritonga, M. (2021). Education and modern technologies, their positive and negative impact. *Turkish Journal of Physiotherapy and Rehabilitation*, *32*(2).

Lanaj, K., Johnson, R. E., & Barnes, C. M. (2014). Beginning the workday yet already depleted? Consequences of late-night smartphone use and sleep. *Organizational*

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Behavior and Human Decision Processes, *124*(1), 11–23. https://doi.org/10.1016/j.obhdp.2014.01.001

Lanier, J. (2018). *Ten Arguments For Deleting Your Social Media Accounts Right Now*. Henry Holt & Company.

Larsen, R. J., Diener, E., & Emmons, R. A. (1985). An evaluation of subjective well-being measures. *Social Indicators Research*, *17*(1), 1–17. https://doi.org/10.1007/BF00354108

Laughlin, P. R., Chandler, J. S., Shupe, E. I., Magley, V. J., & Hulbert, L. G. (1995). Generality of a Theory of Collective Induction: Face-to-Face and Computer-Mediated Interaction, Amount of Potential Information, and Group versus Member Choice of Evidence. *Organizational Behavior and Human Decision Processes*, *63*(1), 98–111. https://doi.org/10.1006/obhd.1995.1065

Lawshe, C. H. (1975). *A Qualitative Approach to Content Validity* (Vol. 28).

Lebie, L., Rhoades, J. A., & Mcgrath, J. E. (1996). Interaction Process in Computer-Mediated and Face-to-Face Groups. In *Computer Supported Cooperative Work (CSCW)* (Vol. 4). Kluwer Academic Publishers.

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

Lee, H., & Whitley, E. A. (2002). Time and Information Technology: Temporal Impacts on Individuals, Organizations, and Society. *The Information Society*, *18*(4), 235–240. https://doi.org/10.1080/01972240290075084

Lee, P., Leung, L., Lo, V., Xiong, C., & Wu, T. (2011). Internet Communication Versus Face-to-face Interaction in Quality of Life. *Social Indicators Research*, *100*(3), 375–389. https://doi.org/10.1007/s11205-010-9618-3

Lee, U., Lee, J., Ko, M., Lee, C., Kim, Y., Yang, S., Yatani, K., Gweon, G., Chung, K.-M., & Song, J. (2014). Hooked on smartphones. *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems*, 2327–2336. https://doi.org/10.1145/2556288.2557366

Li, H., & Cao, S. (2022). *A Scoping Review of Digital Wellbeing in Early Childhood: Definitions, Measurements, Contributors, and Interventions*. https://doi.org/10.20944/preprints202212.0569.v1

Liang, N., Grayson, S. J., Mildner, J. N., & Tamir, D. (2023). In-person and virtual social interactions improve well-being during the COVID-19 pandemic. *PsyArXiv*.

Lieberman, A., & Schroeder, J. (2020). Two social lives: How differences between online and offline interaction influence social outcomes. *Current Opinion in Psychology*, *31*, 16–21. https://doi.org/10.1016/j.copsyc.2019.06.022

Lillywhite, B., & Wolbring, G. (2024). Auditing the impact of artificial intelligence on the ability to have a good life: using well-being measures as a tool to investigate the views of undergraduate STEM students. *AI and Society*, *39*(3), 1427–1442. https://doi.org/10.1007/s00146-022-01618-5

Lin, L. yi, Sidani, J. E., Shensa, A., Radovic, A., Miller, E., Colditz, J. B., Hoffman, B. L., Giles, L. M., & Primack, B. A. (2016). ASSOCIATION BETWEEN SOCIAL MEDIA

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

USE AND DEPRESSION AMONG U.S. YOUNG ADULTS. *Depression and Anxiety*, *33*(4), 323–331. https://doi.org/10.1002/da.22466

Linacre, J. M. (2005). *A user's guide and Program Manual to Winstep: Rasch Model Computer Program.* MESA Press.

Loos, A. T. (2017). The Role of Librarians in Promoting Digital Wellness: A Case Study. *Public Services Quarterly*, *13*(1), 32–40. https://doi.org/10.1080/15228959.2016.1268943

Lucas, R. E., Le, K., & Dyrenforth, P. S. (2008). Explaining the Extraversion/Positive Affect Relation: Sociability Cannot Account for Extraverts' Greater Happiness. *Journal of Personality*, *76*(3), 385–414. https://doi.org/10.1111/j.1467-6494.2008.00490.x

Lyngs, U. (2019). *Putting Self-Control at the Centre of Digital Wellbeing*.

Lyngs, U., Lukoff, K., Csuka, L., Slovák, P., Van Kleek, M., & Shadbolt, N. (2022). The Goldilocks level of support: Using user reviews, ratings, and installation numbers to investigate digital self-control tools. *International Journal of Human-Computer Studies*, *166*, 102869. https://doi.org/10.1016/j.ijhcs.2022.102869

Lyubomirsky, S., & Lepper, H. S. (1999). *A Measure of Subjective Happiness: Preliminary Reliability and Construct Validation*.

Ma, W., Vatsa, P., Zheng, H., Donkor, E., & Owusu, V. (2023). Does Adoption of Information and Communication Technology Reduce Objective and Subjective Well-Being Inequality? Evidence from China. *Social Indicators Research*, *169*(1–2), 55–77. https://doi.org/10.1007/s11205-023-03154-1

Madell, D. E., & Muncer, S. J. (2007). Control over Social Interactions: An Important Reason for Young People's Use of the Internet and Mobile Phones for Communication? *CyberPsychology & Behavior*, *10*(1), 137–140. https://doi.org/10.1089/cpb.2006.9980

Mahdia, A. (2018). Pengaruh Konten Influencer di Media Sosial terhadap Kesejahteraan Psikologis Remaja Akhir. *Jurnal Psikologi*, *11*(2), 172–179. https://doi.org/10.35760/psi.2018.v11i2.2262

Mäkikangas, A., Kinnunen, U., Feldt, T., & Schaufeli, W. (2016). The longitudinal development of employee well-being: a systematic review. *Work and Stress*, *30*(1), 46–70. https://doi.org/10.1080/02678373.2015.1126870

Malita, L. (2011). Social media time management tools and tips. *Procedia Computer Science*, *3*, 747–753. https://doi.org/10.1016/j.procs.2010.12.123

Marino, C., Gini, G., Angelini, F., Vieno, A., & Spada, M. M. (2020). Social norms and e-motions in problematic social media use among adolescents. *Addictive Behaviors Reports*, *11*(November 2019), 100250. https://doi.org/10.1016/j.abrep.2020.100250

Marino, C., Gini, G., Vieno, A., & Spada, M. M. (2018a). A comprehensive meta-analysis on Problematic Facebook Use. *Computers in Human Behavior*, *83*, 262–277. https://doi.org/10.1016/j.chb.2018.02.009

Marino, C., Gini, G., Vieno, A., & Spada, M. M. (2018b). A comprehensive meta-analysis on Problematic Facebook Use. *Computers in Human Behavior*, *83*, 262–277. https://doi.org/10.1016/j.chb.2018.02.009

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Massimi, M., Dimond, J. P., & Le Dantec, C. A. (2012). Finding a new normal. *Proceedings of the ACM 2012 Conference on Computer Supported Cooperative Work*, 719–728. https://doi.org/10.1145/2145204.2145314

May, A., Chaintreau, A., Korula, N., & Lattanzi, S. (2014). Filter & follow: how social media foster content curation. *The 2014 ACM International Conference on Measurement and Modeling of Computer Systems*, 43–55. https://doi.org/10.1145/2591971.2592010

Mayiwar, L., Asutay, E., Tinghög, G., Västfjäll, D., & Barrafrem, K. (2025). Determinants of digital well-being. *AI and Society*, *40*(4), 3063–3073. https://doi.org/10.1007/s00146-024-02071-2

McBride, S., Alexander, G. L., Baernholdt, M., Vugrin, M., & Epstein, B. (2023). Scoping review: Positive and negative impact of technology on clinicians. *Nursing Outlook*, *71*(2), 101918. https://doi.org/10.1016/j.outlook.2023.101918

McFedries, P. (2004, September 1). *The (Pre) Fix Is In*. IEEE Spectrum.

McGregor, I., & Little, B. R. (1998). Personal projects, happiness, and meaning: On doing well and being yourself. *Journal of Personality and Social Psychology*, *74*(2), 494–512. https://doi.org/10.1037/0022-3514.74.2.494

McKenna, K. Y. A., & Bargh, J. A. (2000). Plan 9 from cyberspace: The implications of the internet for personality and social psychology. *Personality and Social Psychology Review*, *4*(1), 57–75. https://doi.org/10.1207/S15327957PSPR0401_6

McKenna, K. Y. A., Green, A. S., & Gleason, M. E. J. (2002). Relationship Formation on the Internet: What's the Big Attraction? *Journal of Social Issues*, *58*(1), 9–31. https://doi.org/10.1111/1540-4560.00246

McNaughton, S., Rosedale, N., Jesson, R. N., Hoda, R., & Teng, L. S. (2018). How digital environments in schools might be used to boost social skills: Developing a conditional augmentation hypothesis. *Computers & Education*, *126*, 311–323. https://doi.org/10.1016/j.compedu.2018.07.018

Meier, A. (2022). Studying problems, not problematic usage: Do mobile checking habits increase procrastination and decrease well-being? *Mobile Media and Communication*, *10*(2), 272–293. https://doi.org/10.1177/20501579211029326

Meier, A., & Reinecke, L. (2021a). Computer-Mediated Communication, Social Media, and Mental Health: A Conceptual and Empirical Meta-Review. *Communication Research*, *48*(8), 1182–1209. https://doi.org/10.1177/0093650220958224

Meier, A., & Reinecke, L. (2021b). Computer-Mediated Communication, Social Media, and Mental Health: A Conceptual and Empirical Meta-Review. *Communication Research*, *48*(8), 1182–1209. https://doi.org/10.1177/0093650220958224

Meier, A., & Reinecke, L. (2021c). *Social media and mental health: Reviewing effects on eudaimonic well-being*. https://doi.org/10.31234/osf.io/xvts8

Meinhardt, L.-M., Belz, J.-H., Rietzler, M., & Rukzio, E. (2023). *Balancing the Digital and the Physical: Discussing Push and Pull Factors for Digital Well-being*. http://arxiv.org/abs/2305.12513

Meng, S.-Q., Cheng, J.-L., Li, Y.-Y., Yang, X.-Q., Zheng, J.-W., Chang, X.-W., Shi, Y., Chen, Y., Lu, L., Sun, Y., Bao, Y.-P., & Shi, J. (2022). Global prevalence of digital

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

addiction in general population: A systematic review and meta-analysis. *Clinical Psychology Review*, *92*, 102128. https://doi.org/10.1016/j.cpr.2022.102128

Metcalfe, J., & Mischel, W. (1999). A hot/cool-system analysis of delay of gratification: Dynamics of willpower. *Psychological Review*, *106*(1), 3–19. https://doi.org/10.1037/0033-295X.106.1.3

Metcalfe, R., Powdthavee, N., & Dolan, P. (2011). Destruction and Distress: Using a Quasi-Experiment to Show the Effects of the September 11 Attacks on Mental Well-Being in the United Kingdom. *The Economic Journal*, *121*(550), F81–F103. https://doi.org/10.1111/j.1468-0297.2010.02416.x

Mican, D., Sitar-Tăut, D. A., & Mihuţ, I. S. (2020). User behavior on online social networks: Relationships among social activities and satisfaction. *Symmetry*, *12*(10), 1–16. https://doi.org/10.3390/sym12101656

Michaelson, J., Abdallah, S., Steuer, N., Thompson, S., & Marks, N. (2009). *National accounts of well-being : bringing real wealth onto the balance sheet.* New Economics Foundation.

Michaelson, L., de la Vega, A., Chatham, C. H., & Munakata, Y. (2013). Delaying gratification depends on social trust. *Frontiers in Psychology*, *4*. https://doi.org/10.3389/fpsyg.2013.00355

Mick, C. S., & Middlebrook, G. (2015). Chapter 3. Asynchronous and Synchronous Modalities. In *Foundational Practices of Online Writing Instruction* (pp. 129–148). The WAC Clearinghouse and Parlor Press. https://doi.org/10.37514/PER-B.2015.0650.2.03

Miles, D. A. (2017). *A Taxonomy of Research Gaps: Identifying and Defining the Seven Research Gaps*.

Minear, M., Brasher, F., McCurdy, M., Lewis, J., & Younggren, A. (2013). Working memory, fluid intelligence, and impulsiveness in heavy media multitaskers. *Psychonomic Bulletin & Review*, *20*(6), 1274–1281. https://doi.org/10.3758/s13423-013-0456-6

Mischel, W., & Ayduk, O. (2010). Wkillpower in a cognitive affective processing system. *Handbook of Self-Regulation: Research, Theory, and Applications*, 83–105.

Miseviciene, R., Rimavicius, V., & Makackas, D. (2020). Impact of Digital Technology on People Health and Means To Avoid Information Fatigue. *Proceedings of the International Scientific Conference*, *4*, 550. https://doi.org/10.17770/sie2020vol4.4845

Mishra, S. S. (2019). The Advent of Technology and its Impact on the Society. *SSRN Electronic Journal*. https://doi.org/10.2139/ssrn.3598962

Mochón, F. (2018a). Happiness and Technology: Special Consideration of Digital Technology and Internet. *International Journal of Interactive Multimedia and Artificial Intelligence*, *5*(3), 162. https://doi.org/10.9781/ijimai.2018.12.004

Mochón, F. (2018b). Happiness and Technology: Special Consideration of Digital Technology and Internet. *International Journal of Interactive Multimedia and Artificial Intelligence*, *5*(3), 162. https://doi.org/10.9781/ijimai.2018.12.004

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Montag, C., Nakov, P., & Ali, R. (2025). On the need to develop nuanced measures assessing attitudes towards AI and AI literacy in representative large-scale samples. *AI and Society*, *40*(2), 1129–1130. https://doi.org/10.1007/s00146-024-01888-1

Müller-Bloch, C., & Kranz, J. (2015). *A Framework for Rigorously Identifying Research Gaps in Qualitative Literature Reviews Completed Research Paper*.

Munn, Z., Aromataris, E., Tufanaru, C., Stern, C., Porritt, K., Farrow, J., Lockwood, C., Stephenson, M., Moola, S., Lizarondo, L., McArthur, A., Peters, M., Pearson, A., & Jordan, Z. (2019). The development of software to support multiple systematic review types. *International Journal of Evidence-Based Healthcare*, *17*(1), 36–43. https://doi.org/10.1097/XEB.0000000000000152

Mutsvairo, B., Ragnedda, M., & Mabvundwi, K. (2023). 'Our old pastor thinks the mobile phone is a source of evil.' Capturing contested and conflicting insights on digital wellbeing and digital detoxing in an age of rapid mobile connectivity. *Media International Australia*, *189*(1), 89–103. https://doi.org/10.1177/1329878X221090992

Naikoo, A. A., Thakur, S. S., Guroo, T. A., & Lone, A. A. (2018). Development of Society under the Modern Technology- A Review. *Scholedge International Journal of Business Policy & Governance ISSN 2394-3351*, *5*(1), 1. https://doi.org/10.19085/journal.sijbpg050101

Nassen, L.-M., Vandebosch, H., Poels, K., & Karsay, K. (2023). Opt-out, abstain, unplug. A systematic review of the voluntary digital disconnection literature. *Telematics and Informatics*, *81*, 101980. https://doi.org/10.1016/j.tele.2023.101980

Neuman, W. Lawrence. (2014). *Social research methods : qualitative and quantitative approaches*. Pearson.

Nevado-Peña, D., López-Ruiz, V.-R., & Alfaro-Navarro, J.-L. (2019). Improving quality of life perception with ICT use and technological capacity in Europe. *Technological Forecasting and Social Change*, *148*, 119734. https://doi.org/10.1016/j.techfore.2019.119734

Newman, L., Stoner, C., & Spector, A. (2021). Social networking sites and the experience of older adult users: A systematic review. In *Ageing and Society* (Vol. 41, Issue 2, pp. 377–402). Cambridge University Press. https://doi.org/10.1017/S0144686X19001144

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

Nguyen, M. H., Büchi, M., & Geber, S. (2022). *Everyday disconnection experiences : Exploring people ' s understanding of digital well-being and management of digital media use*. https://doi.org/10.1177/14614448221105428

Nguyen, M. H., Gruber, J., Marler, W., Hunsaker, A., Fuchs, J., & Hargittai, E. (2022). Staying connected while physically apart: Digital communication when face-to-face interactions are limited. *New Media & Society*, *24*(9), 2046–2067. https://doi.org/10.1177/1461444820985442

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Nielsen, J. (2012). *Usability 101: Introduction to Usability*. Https://Www.Nngroup.Com/Articles/Usability-101-Introduction-to-Usability/. https://www.nngroup.com/articles/usability-101-introduction-to-usability/

Norman, E., & Furnes, B. (2016). The relationship between metacognitive experiences and learning: Is there a difference between digital and non-digital study media? *Computers in Human Behavior*, *54*, 301–309. https://doi.org/10.1016/j.chb.2015.07.043

Norman, K. L. (2017). *Cyberpsychology: An Introduction to Human-Computer Interaction* (2nd ed.). Cambridge University Press. https://doi.org/DOI: 10.1017/9781316212554

Nugraini, I., & Ramdhani, N. (2016). Keterampilan Sosial Menjaga Kesejahteraan Psikologis Pengguna Internet 1. In *Jurnal Psikologi* (Vol. 43, Issue 3).

Nugraini, I., & Ramdhani, N. (2017). Keterampilan Sosial Menjaga Kesejahteraan Psikologis Pengguna Internet. *Jurnal Psikologi*, *43*(3), 183. https://doi.org/10.22146/jpsi.22139

Nunnally, J., & Bernstein, I. (1994). *Psychometric Theory*. McGraw-Hill.

Oishi, S., Diener, E., & Lucas, R. E. (2007). The Optimum Level of Well-Being: Can People Be Too Happy? *Perspectives on Psychological Science*, *2*(4), 346–360. https://doi.org/10.1111/j.1745-6916.2007.00048.x

Olimat, S. N. (2013). Positive and negative impact of technology and information revolution on compiling the dictionary. In *Academic & Scholarly Research Journal* (Vol. 5, Issue 3). www.aasrc.org/aasrj

Olson, G. M., & Olson, J. S. (2003). Human-Computer Interaction: Psychological Aspects of the Human Use of Computing. *Annual Review of Psychology*, *54*(1), 491–516. https://doi.org/10.1146/annurev.psych.54.101601.145044

Ong, Z. X., Dowthwaite, L., Perez Vallejos, E., Rawsthorne, M., & Long, Y. (2021). Measuring Online Wellbeing: A Scoping Review of Subjective Wellbeing Measures. In *Frontiers in Psychology* (Vol. 12). Frontiers Media S.A. https://doi.org/10.3389/fpsyg.2021.616637

Onifade, T. (2022). *Effects of Social Media Validation The Effects of Social Media Validation*. https://www.researchgate.net/publication/357606313

Orben, A., & Przybylski, A. K. (2019). The association between adolescent well-being and digital technology use. *Nature Human Behaviour*, *3*(2), 173–182. https://doi.org/10.1038/s41562-018-0506-1

Öste, H. F. (2020). Digital Well-Being to Promote Agility for the Future of Work. *American Journal of Health Promotion*, *34*(7), 818–820. https://doi.org/10.1177/0890117120943748d

Page, K. M., & Vella-Brodrick, D. A. (2009). The "what", "why" and "how" of employee well-being: A new model. *Social Indicators Research*, *90*(3), 441–458. https://doi.org/10.1007/s11205-008-9270-3

Pally, R. (1998). Emotional processing: The mind-body connection. *The International Journal of Psycho-Analysis*, *79 (Pt 2)*, 349–362.

Panek, E. T. (2012). *Immediate Media: How Instant Gratification, Self-Control, and the Expansion of Media Choice Affect our Everyday Lives*. The University of Michigan.

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Park, C. S., & Kaye, B. K. (2019). Smartphone and self-extension: Functionally, anthropomorphically, and ontologically extending self via the smartphone. *Mobile Media & Communication*, *7*(2), 215–231. https://doi.org/10.1177/2050157918808327

Patel, R. H., Modi, H., & Patel, V. S. (2015). Mobile effect on human body. *Int. J. Comput. Commun. Syst. Eng*, *2*(5), 686–690.

Peper, E., & Harvey, R. (2018). Digital Addiction: Increased Loneliness, Anxiety, and Depression. *NeuroRegulation*, *5*(1), 3–8. https://doi.org/10.15540/nr.5.1.3

Peters, M. D., Godfrey, C., McInerney, P., Munn, Z., Tricco, A. C., & Khalil, H. (2020). Chapter 11: Scoping reviews. In *JBI Manual for Evidence Synthesis*. JBI. https://doi.org/10.46658/JBIMES-20-12

Peters, M. D. J., Marnie, C., Tricco, A. C., Pollock, D., Munn, Z., Alexander, L., McInerney, P., Godfrey, C. M., & Khalil, H. (2020). Updated methodological guidance for the conduct of scoping reviews. *JBI Evidence Synthesis*, *18*(10), 2119–2126. https://doi.org/10.11124/JBIES-20-00167

Petrova, K., & Schulz, M. S. (2022). Emotional experiences in technology-mediated and in-person interactions: an experience-sampling study. *Cognition and Emotion*, *36*(4), 750–757. https://doi.org/10.1080/02699931.2022.2043244

Picard, R. W. (1997). Affective Computing. *Perceptual Computing*. http://www.media.mit.edu/~picard/

Pierce, T. (2009). Social anxiety and technology: Face-to-face communication versus technological communication among teens. *Computers in Human Behavior*, *25*(6), 1367–1372. https://doi.org/10.1016/j.chb.2009.06.003

Podara, A., Matsiola, M., Kotsakis, R., Maniou, T. A., & Kalliris, G. (2021). Generation Z's screen culture: Understanding younger users' behaviour in the television streaming age – The case of post-crisis Greece. *Critical Studies in Television*, *16*(2), 91–109. https://doi.org/10.1177/17496020211005395

Pogue, D. (2013). Out with the Real. *Scientific American*, *308*(2), 29–29. https://doi.org/10.1038/scientificamerican0213-29

Polit, D. F., & Beck, C. T. (2006). The content validity index: Are you sure you know what's being reported? Critique and recommendations. *Research in Nursing and Health*, *29*(5), 489–497. https://doi.org/10.1002/nur.20147

Pollard, E. L., & Lee, P. D. (2003). *Child Well-Being: A Systematic Review of The Literature*.

Pollock, D., Peters, M. D. J., Khalil, H., McInerney, P., Alexander, L., Tricco, A. C., Evans, C., de Moraes, É. B., Godfrey, C. M., Pieper, D., Saran, A., Stern, C., & Munn, Z. (2023). Recommendations for the extraction, analysis, and presentation of results in scoping reviews. *JBI Evidence Synthesis*, *21*(3), 520–532. https://doi.org/10.11124/JBIES-22-00123

Posner, M. I., & Rothbart, M. K. (2000). Developing mechanisms of self-regulation. *Development and Psychopathology*, *12*(3), 427–441. https://doi.org/10.1017/S0954579400003096

Prensky, M. (2001). *Digital Natives, Digital Immigrants* (Vol. 9, Issue 5). MCB University Press.

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Prensky, M. (2009). *H. Sapiens Digital: From Digital Immigrants and Digital Natives to Digital Wisdom*. https://nsuworks.nova.edu/innovate

Prieto, L. P., Dlab, M. H., Gutié, I., rrez, N. A., Abdulwahed, M., & Balid, W. (2011). Orchestrating technology enhanced learning: a literature review and a conceptual framework. *International Journal of Technology Enhanced Learning*, *3*(6), 583. https://doi.org/10.1504/IJTEL.2011.045449

Primack, B. A., Shensa, A., Sidani, J. E., Whaite, E. O., Lin, L. yi, Rosen, D., Colditz, J. B., Radovic, A., & Miller, E. (2017). Social Media Use and Perceived Social Isolation Among Young Adults in the U.S. *American Journal of Preventive Medicine*, *53*(1), 1–8. https://doi.org/10.1016/j.amepre.2017.01.010

Priyanka, C. (2023). *Digital wellbeing: Scale development and integrative model testing*. Auckland University of Technology.

Przybylski, A. K., & Weinstein, N. (2017). A Large-Scale Test of the Goldilocks Hypothesis: Quantifying the Relations Between Digital-Screen Use and the Mental Well-Being of Adolescents. *Psychological Science*, *28*(2), 204–215. https://doi.org/10.1177/0956797616678438

Przybylski, A. K., & Weinstein, N. (2019). Digital Screen Time Limits and Young Children's Psychological Well-Being: Evidence From a Population-Based Study. *Child Development*, *90*(1), e56–e65. https://doi.org/https://doi.org/10.1111/cdev.13007

Quan-Haase, A. (2015). *Technology & Society: Social Networks, Power, and Inequality* (2nd edition). Oxford University Press.

Rae Brandon, N. (2016). *The Effect of Face-to-Face versus Computer-Mediated Communication on Interpersonal Outcomes in Getting-Acquainted Situations* [University of Arkansas]. https://scholarworks.uark.edu/etd

Ralph, B. C. W., Thomson, D. R., Seli, P., Carriere, J. S. A., & Smilek, D. (2015). Media multitasking and behavioral measures of sustained attention. *Attention, Perception, & Psychophysics*, *77*(2), 390–401. https://doi.org/10.3758/s13414-014-0771-7

Ratri, A. P. P., & Helmi, A. F. (2023). Properti Psikometri Skala Online Friendship pada Siswa Sekolah Menengah Pertama. *Gadjah Mada Journal of Psychology (GamaJoP)*, *9*(1), 38. https://doi.org/10.22146/gamajop.68887

Reinecke, L. (2009). Games and Recovery: The Use of Video and Computer Games to Recuperate from Stress and Strain. *Journal of Media Psychology*, *21*(3), 126–142. https://doi.org/10.1027/1864-1105.21.3.126

Rhoads, M. (2010). Face-to-face and computer-mediated communication: What does theory tell us and what have we learned so far? *Journal of Planning Literature*, *25*(2), 111–122. https://doi.org/10.1177/0885412210382984

Riyono, B. (2024). *Tazkiya Therapy in Islamic Psychotherapy*. Routledge. https://doi.org/10.4324/9781032717340-1

Roffarello, A. M., & De Russis, L. (2019). The Race Towards Digital Wellbeing. *Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems*, 1–14. https://doi.org/10.1145/3290605.3300616

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Roffarello, A. M., & De Russis, L. (2021). Coping with Digital Wellbeing in a Multi-Device World. *Proceedings of the 2021 CHI Conference on Human Factors in Computing Systems*, 1–14. https://doi.org/10.1145/3411764.3445076

Roffarello, A. M., & De Russis, L. (2023a). Achieving Digital Wellbeing Through Digital Self-control Tools: A Systematic Review and Meta-analysis. *ACM Transactions on Computer-Human Interaction*, *30*(4), 1–66. https://doi.org/10.1145/3571810

Roffarello, A. M., & De Russis, L. (2023b). Teaching and learning "Digital Wellbeing." *Future Generation Computer Systems*, *149*, 494–508. https://doi.org/10.1016/j.future.2023.08.003

Rooksby, J., Asadzadeh, P., Rost, M., Morrison, A., & Chalmers, M. (2016). Personal Tracking of Screen Time on Digital Devices. *Proceedings of the 2016 CHI Conference on Human Factors in Computing Systems*, 284–296. https://doi.org/10.1145/2858036.2858055

Rosen, L. D., Lim, A. F., Felt, J., Carrier, L. M., Cheever, N. A., Lara-Ruiz, J. M., Mendoza, J. S., & Rokkum, J. (2014). Media and technology use predicts ill-being among children, preteens and teenagers independent of the negative health impacts of exercise and eating habits. *Computers in Human Behavior*, *35*, 364–375. https://doi.org/10.1016/j.chb.2014.01.036

Rosen, L. D., Mark Carrier, L., & Cheever, N. A. (2013). Facebook and texting made me do it: Media-induced task-switching while studying. *Computers in Human Behavior*, *29*(3), 948–958. https://doi.org/10.1016/j.chb.2012.12.001

Rosič, J., Carbone, L., Vanden Abeele, M. M. P., Lobe, B., & Vandenbosch, L. (2024). Measuring digital well-being in everyday life among Slovenian adolescents: The Perceived Digital Well-Being in Adolescence Scale. *Journal of Children and Media*, *18*(1), 99–119. https://doi.org/10.1080/17482798.2023.2272651

Royal, C., Wasik, S., Horne, R., Dames, L. S., & Newsome, G. (2016). *Digital Wellness* (pp. 103–117). https://doi.org/10.4018/978-1-5225-2000-9.ch006

Rughiniş, C., Rughiniş, R., & Matei, Ş. (2015). A touching app voice thinking about ethics of persuasive technology through an analysis of mobile smoking-cessation apps. *Ethics and Information Technology*, *17*(4), 295–309. https://doi.org/10.1007/s10676-016-9385-1

Ryan, R. M., & Deci, E. L. (1985). *Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being Self-Determination Theory*. Ryan.

Ryan, R. M., & Deci, E. L. (2001). On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being. *Annual Review of Psychology*, *52*(1), 141–166. https://doi.org/10.1146/annurev.psych.52.1.141

Ryff, C. D. (1989a). Beyond Ponce de Leon and Life Satisfaction: New Directions in Quest of Successful Ageing. *International Journal of Behavioral Development*, *12*(1), 35–55. https://doi.org/10.1177/016502548901200102

Ryff, C. D. (1989b). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, *57*(6), 1069–1081. https://doi.org/10.1037/0022-3514.57.6.1069

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, *69*(4), 719–727. https://doi.org/10.1037/0022-3514.69.4.719

Saindon, J. (2021). *The Use of Distraction: Doomscrolling, Losing Time, And Digital Well-Being in Pandemic Space-Times* [University of Kentucky]. https://doi.org/10.13023/etd.2021.149

Sandelowski, M., & Barroso, J. (2003). Classifying the Findings in Qualitative Studies. *Qualitative Health Research*, *13*(7), 905–923. https://doi.org/10.1177/1049732303253488

Sarantakos, S. (2005). *Social Research*. Macmillan Education UK. https://doi.org/10.1007/978-0-230-20901-5

Schiffrin, H., Edelman, A., Falkenstern, M., & Stewart, C. (2010). The Associations among Computer-Mediated Communication, Relationships, and Well-being. *Cyberpsychology, Behaviour and Social Networking*, *13*(3), 299–306.

Schivinski, B., Brzozowska-Woś, M., Stansbury, E., Satel, J., Montag, C., & Pontes, H. M. (2020). Exploring the Role of Social Media Use Motives, Psychological Well-Being, Self-Esteem, and Affect in Problematic Social Media Use. *Frontiers in Psychology*, *11*(December), 1–10. https://doi.org/10.3389/fpsyg.2020.617140

Schneider, F. M., Lutz, S., Halfmann, A., Meier, A., & Reinecke, L. (2022). How and when do mobile media demands impact well-being? Explicating the Integrative Model of Mobile Media Use and Need Experiences (IM3UNE). *Mobile Media and Communication*, *10*(2), 251–271. https://doi.org/10.1177/20501579211054928

Schueller, S. M., Muñoz, R. F., & Mohr, D. C. (2013). Realizing the Potential of Behavioral Intervention Technologies. *Current Directions in Psychological Science*, *22*(6), 478–483. https://doi.org/10.1177/0963721413495872

Septania, S., Helmi, A. F., & Thontowi, H. B. (2025, September). Digital well-being in the hyperconnected era: Mapping and bibliometric analysis. *4th International Conference of Applied Psychology on Humanity (ICAP-H)* .

Sette, C. P., Lima, N. R. S., Queluz, F. N. F. R., Ferrari, B. L., & Hauck, N. (2020). The Online Fear of Missing Out Inventory (ON-FoMO): Development and Validation of a New Tool. *Journal of Technology in Behavioral Science*, *5*(1), 20–29. https://doi.org/10.1007/s41347-019-00110-0

Sewall, C. J. R., Bear, T. M., Merranko, J., & Rosen, D. (2020). How psychosocial well-being and usage amount predict inaccuracies in retrospective estimates of digital technology use. *Mobile Media and Communication*, *8*(3), 379–399. https://doi.org/10.1177/2050157920902830

Shakya, H. B., & Christakis, N. A. (2017). Association of Facebook Use With Compromised Well-Being: A Longitudinal Study. *American Journal of Epidemiology*. https://doi.org/10.1093/aje/kww189

Sharma, M. K., Rao, G. N., Benegal, V., Thennarasu, K., & Thomas, D. (2017a). Technology addiction survey: An emerging concern for raising awareness and promotion of healthy use of technology. *Indian Journal of Psychological Medicine*, *39*(4), 495–499. https://doi.org/10.4103/IJPSYM.IJPSYM_171_17

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Sharma, M. K., Rao, G. N., Benegal, V., Thennarasu, K., & Thomas, D. (2017b). Technology addiction survey: An emerging concern for raising awareness and promotion of healthy use of technology. *Indian Journal of Psychological Medicine*, *39*(4), 495–499. https://doi.org/10.4103/IJPSYM.IJPSYM_171_17

Sherer, J., & Levounis, P. (2022). Technological Addictions. In *Current Psychiatry Reports* (Vol. 24, Issue 9, pp. 399–406). Springer. https://doi.org/10.1007/s11920-022-01351-2

Sherman, L. E., Michikyan, M., & Greenfield, P. M. (2013). The effects of text, audio, video, and in-person communication on bonding between friends. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, *7*(2). https://doi.org/10.5817/CP2013-2-3

Short, J., William, E., & Christie, B. (1976). *The social psychology of telecommunications*. Wiley.

Simpson, J. E. (2017). Staying in Touch in the Digital Era: New Social Work Practice. *Journal of Technology in Human Services*, *35*(1), 86–98. https://doi.org/10.1080/15228835.2017.1277908

Slater, D. (2002). Social Relationships and Identity Online and Offline. In *Handbook of New Media: Social Shaping and Consequences of ICTs* (p. 533).

Sleeper, M., Acquisti, A., Cranor, L. F., Kelley, P. G., Munson, S. A., & Sadeh, N. (2015). I Would Like To..., I Shouldn't..., I Wish I... *Proceedings of the 18th ACM Conference on Computer Supported Cooperative Work & Social Computing*, 1058–1069. https://doi.org/10.1145/2675133.2675193

Small, G. W., Lee, J., Kaufman, A., Jalil, J., Siddarth, P., Gaddipati, H., Moody, T. D., & Bookheimer, S. Y. (2020). Brain health consequences of digital technology use[SEP]. *Dialogues in Clinical Neuroscience*, *22*(2), 179–187. https://doi.org/10.31887/DCNS.2020.22.2/gsmall

Smits, M., Kim, C. M., van Goor, H., & Ludden, G. D. S. (2022). From Digital Health to Digital Well-being: Systematic Scoping Review. In *Journal of Medical Internet Research* (Vol. 24, Issue 4). JMIR Publications Inc. https://doi.org/10.2196/33787

Spahn, A. (2015). *Can Technology Make Us Happy?* (pp. 93–113). https://doi.org/10.1007/978-3-319-06459-8_6

Spanakis, E. G., Santana, S., Ben-David, B., Marias, K., & Tziraki, C. (2015). Persuasive technology for healthy aging and wellbeing. *Proceedings of the 2014 4th International Conference on Wireless Mobile Communication and Healthcare - "Transforming Healthcare Through Innovations in Mobile and Wireless Technologies", MOBIHEALTH 2014*, 23. https://doi.org/10.1109/MOBIHEALTH.2014.7015899

Springer, K. W., & Hauser, R. M. (2006). An assessment of the construct validity of Ryff's Scales of Psychological Well-Being: Method, mode, and measurement effects. *Social Science Research*, *35*(4), 1080–1102. https://doi.org/10.1016/j.ssresearch.2005.07.004

Stankov, U., & Filimonau, V. (2019). Co-creating "Mindful" Holiday Resort Experience for Guests' Digital Well-Being. In *Information and Communication Technologies in Tourism 2019* (pp. 200–211). Springer International Publishing. https://doi.org/10.1007/978-3-030-05940-8_16

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Stankov, U., & Gretzel, U. (2021). Digital well-being in the tourism domain: mapping new roles and responsibilities. *Information Technology and Tourism*, *23*(1), 5–17. https://doi.org/10.1007/s40558-021-00197-3

Statista. (2025). *Number of Internet Users in Selected Countries*. Https://Www.Statista.Com/Statistics/262966/Number-of-Internet-Users-in-Selected-Countries/.

Stead, H., & Bibby, P. A. (2017). Personality, fear of missing out and problematic internet use and their relationship to subjective well-being. *Computers in Human Behavior*, *76*, 534–540. https://doi.org/https://doi.org/10.1016/j.chb.2017.08.016

Steinert, S., & Dennis, M. J. (2022). Emotions and Digital Well-Being: on Social Media's Emotional Affordances. *Philosophy and Technology*, *35*(2). https://doi.org/10.1007/s13347-022-00530-6

Stone, S. (2023). *The Yin & Yang of Digital Technologies- a case study exploring the impact of a digital wellbeing intervention on higher education staff* [Thesis]. Dublin City University.

Suler, J. (2004). The Online Disinhibition Effect. *CyberPsychology & Behavior*, *7*(3), 321–326. https://doi.org/10.1089/1094931041291295

Suler, J. (2016). *The Eight Dimensions of Cyberpsychology Architecture: Overview of A Transdisciplinary Model of Digital Environments and Experiences*. https://www.researchgate.net/publication/298615100

Suler, J. R., & Phillips, W. L. (1998). The Bad Boys of Cyberspace: Deviant Behavior in a Multimedia Chat Community. *CyberPsychology & Behavior*, *1*(3), 275–294. https://doi.org/10.1089/cpb.1998.1.275

Sumintono, B., & Widhiarso, W. (2013). *Aplikasi Model RASCH: Untuk Penelitian Ilmu-Ilmu Sosial*. Trim Komunikata Publishing House.

Supratiknya, A. (2014). *Pengukuran Psikologis*. Universitas Sanata Dharma.

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

Tam, K. Y. Y., & Inzlicht, M. (2024a). Fast-forward to boredom: How switching behavior on digital media makes people more bored. *Journal of Experimental Psychology: General*, *153*(10), 2409–2426. https://doi.org/10.1037/xge0001639

Tam, K. Y. Y., & Inzlicht, M. (2024b). People are increasingly bored in our digital age. *Communications Psychology*, *2*(1), 106. https://doi.org/10.1038/s44271-024-00155-9

Tanis, M., & Postmes, T. (2007). Two faces of anonymity: Paradoxical effects of cues to identity in CMC. *Computers in Human Behavior*, *23*(2), 955–970. https://doi.org/10.1016/j.chb.2005.08.004

Tavakol, M., & Dennick, R. (2011). Making sense of Cronbach's alpha. In *International journal of medical education* (Vol. 2, pp. 53–55). https://doi.org/10.5116/ijme.4dfb.8dfd

Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007). The Warwick-Dinburgh mental well-being scale

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

(WEMWBS): Development and UK validation. *Health and Quality of Life Outcomes*, *5*. https://doi.org/10.1186/1477-7525-5-63

Teske, J. A. (2002). Cyberpsychology, Human Relationships, and Our Virtual Interiors. *Zygon®*, *37*(3), 677–700. https://doi.org/10.1111/1467-9744.00445

Thianthai, C., & Tamdee, P. (2024). Understanding Digital Well-being and Insights From Technological Impacts on University Students' Everyday Lives in Bangkok. *Journal of Health Research*, *38*, 137–145. https://doi.org/10.56808/2586-940X.1069

Thomas, J. (2009). *A guide to measuring children's well-being Backing the Future: Practical guide 2*.

Thomas, J., & Harden, A. (2008). Methods for the thematic synthesis of qualitative research in systematic reviews. *BMC Medical Research Methodology*, *8*. https://doi.org/10.1186/1471-2288-8-45

Thomas, N. M., Choudhari, S. G., Gaidhane, A. M., & Quazi Syed, Z. (2022). 'Digital Wellbeing': The Need of the Hour in Today's Digitalized and Technology Driven World! *Cureus*. https://doi.org/10.7759/cureus.27743

Thrift, N. (2004). Remembering the technological unconscious by foregrounding knowledges of position. *Environment and Planning D: Society and Space*, *22*(1), 175–190. https://doi.org/10.1068/d321t

Topp, C. W., Østergaard, S. D., Søndergaard, S., & Bech, P. (2015). The WHO-5 well-being index: A systematic review of the literature. *Psychotherapy and Psychosomatics*, *84*(3), 167–176. https://doi.org/10.1159/000376585

Towner, E., Grint, J., Levy, T., Blakemore, S.-J., & Tomova, L. (2022). Revealing the self in a digital world: A systematic review of adolescent online and offline self-disclosure. *Current Opinion in Psychology*, *45*, 101309. https://doi.org/10.1016/j.copsyc.2022.101309

Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K. K., Colquhoun, H., Levac, D., Moher, D., Peters, M. D. J., Horsley, T., Weeks, L., Hempel, S., Akl, E. A., Chang, C., McGowan, J., Stewart, L., Hartling, L., Aldcroft, A., Wilson, M. G., Garritty, C., … Straus, S. E. (2018). PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and Explanation. *Annals of Internal Medicine*, *169*(7), 467–473. https://doi.org/10.7326/M18-0850

Tseng, V. W.-S., Lee, M. L., Denoue, L., & Avrahami, D. (2019). Overcoming Distractions during Transitions from Break to Work using a Conversational Website-Blocking System. *Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems*, 1–13. https://doi.org/10.1145/3290605.3300697

Turkle, Sherry. (2012). *Alone together : why we expect more from technology and less from each other*. Basic Books.

Twenge, J. M. (2017). *IGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—And Completely Unprepared for Adulthood—And What That Means for the Rest of Us*. Atria Books.

Twenge, J. M. (2019). More Time on Technology, Less Happiness? Associations Between Digital-Media Use and Psychological Well-Being. *Current Directions in Psychological Science*, *28*(4), 372–379. https://doi.org/10.1177/0963721419838244

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive Medicine Reports*, *12*, 271–283. https://doi.org/10.1016/j.pmedr.2018.10.003

Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2018). Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time. *Clinical Psychological Science*, *6*(1), 3–17. https://doi.org/10.1177/2167702617723376

Twenge, J. M., Martin, G. N., & Campbell, W. K. (2018). Decreases in psychological well-being among American adolescents after 2012 and links to screen time during the rise of smartphone technology. *Emotion*, *18*(6), 765–780. https://doi.org/10.1037/emo0000403

Upton, D., & Upton, P. (2015). Quality of Life and Well-Being. In D. Upton & P. Upton (Eds.), *Psychology of Wounds and Wound Care in Clinical Practice* (pp. 85–111). Springer International Publishing. https://doi.org/10.1007/978-3-319-09653-7_4

Utz, S., & Breuer, J. (2017). The Relationship Between Use of Social Network Sites, Online Social Support, and Well-Being. *Journal of Media Psychology*, *29*(3), 115–125. https://doi.org/10.1027/1864-1105/a000222

Vaismoradi, M., Turunen, H., & Bondas, T. (2013). Content analysis and thematic analysis: Implications for conducting a qualitative descriptive study. *Nursing & Health Sciences*, *15*(3), 398–405. https://doi.org/10.1111/nhs.12048

Valkenburg, P. M., & Peter, J. (2007). Online Communication and Adolescent Well-Being: Testing the Stimulation Versus the Displacement Hypothesis. *Journal of Computer-Mediated Communication*, *12*(4), 1169–1182. https://doi.org/10.1111/j.1083-6101.2007.00368.x

Valkenburg, P. M., & Peter, J. (2011). Online Communication Among Adolescents: An Integrated Model of Its Attraction, Opportunities, and Risks. *Journal of Adolescent Health*, *48*(2), 121–127. https://doi.org/10.1016/j.jadohealth.2010.08.020

Vallee, T., Sedki, K., Despres, S., Jaulant, M.-C., Tabia, K., & Ugon, A. (2016). On Personalization in IoT. *2016 International Conference on Computational Science and Computational Intelligence (CSCI)*, 186–191. https://doi.org/10.1109/CSCI.2016.0042

van Deursen, A. J. A. M., & van Dijk, J. A. G. M. (2015). Toward a Multifaceted Model of Internet Access for Understanding Digital Divides: An Empirical Investigation. *Information Society*, *31*(5), 379–391. https://doi.org/10.1080/01972243.2015.1069770

Vázquez-Cano, E., Parra-González, M. ª E., Segura-Robles, A., & López-Meneses, E. (2022). The Negative Effects of Technology on Education: A Bibliometric and Topic Modeling Mapping Analysis (2008-2019). *International Journal of Instruction*, *15*(2), 37–60. https://doi.org/10.29333/iji.2022.1523a

Vedechkina, M., & Borgonovi, F. (2021). A Review of Evidence on the Role of Digital Technology in Shaping Attention and Cognitive Control in Children. *Frontiers in Psychology*, *12*. https://doi.org/10.3389/fpsyg.2021.611155

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Venkatesh, Thong, & Xu. (2012). Consumer Acceptance and Use of Information Technology: Extending the Unified Theory of Acceptance and Use of Technology. *MIS Quarterly*, *36*(1), 157. https://doi.org/10.2307/41410412

Venter, E. (2019). Challenges for meaningful interpersonal communication in a digital era. *HTS Teologiese Studies / Theological Studies*, *75*(1). https://doi.org/10.4102/hts.v75i1.5339

Verduyn, P., Lee, D. S., Park, J., Shablack, H., Orvell, A., Bayer, J., Ybarra, O., Jonides, J., & Kross, E. (2015). Passive Facebook usage undermines affective well-being: Experimental and longitudinal evidence. *Journal of Experimental Psychology: General*, *144*(2), 480–488. https://doi.org/10.1037/xge0000057

Viswanathan, M. (2005). *Measurement Error and Research Design*. SAGE Publications, Inc. https://doi.org/10.4135/9781412984935

Vorderer, P., Klimmt, C., & Ritterfeld, U. (2004). *Communication Theory Enjoyment: At the Heart of Media Entertainment*.

Wallace, P. (2016). *The Psychology of the Internet*. Cambridge University Press. https://doi.org/10.1017/CBO9780511581670

Walther, J. B. (1992). Interpersonal Effects in Computer-Mediated Interaction. *Communication Research*, *19*(1), 52–90. https://doi.org/10.1177/009365092019001003

Walther, J. B. (1993). Impression development in computer-mediated interaction. *Western Journal of Communication*, *57*(4), 381–398. https://doi.org/10.1080/10570319309374463

Walther, J. B. (1996). Computer-Mediated Communication. *Communication Research*, *23*(1), 3–43. https://doi.org/10.1177/009365096023001001

Walther, J. B. (2002). *Cues Filtered Out, Cues Filtered In: Computer-Mediated Communication and Relationships*. https://www.researchgate.net/publication/239489124

Walther, J. B. (2008). Social Information Processing Theory: Impressions and Relationship Development Online. In *In L. A. Baxter & D. O. Braithwaite (Eds.) Engaging Theories in Interpersonal Communication: Multiple Perspectives* (pp. 391–404). SAGE Publications, Inc.

Walther, J. B., & Burgoon, J. K. (1992). Relational Communication in Computer-Mediated Interaction. *Human Communication Research*, *19*(1), 50–88. https://doi.org/10.1111/j.1468-2958.1992.tb00295.x

Wang, Z., & Tchernev, J. M. (2012). The "Myth" of Media Multitasking: Reciprocal Dynamics of Media Multitasking, Personal Needs, and Gratifications. *Journal of Communication*, *62*(3), 493–513. https://doi.org/10.1111/j.1460-2466.2012.01641.x

Waterman, A. S. (1993). Two conceptions of happiness: Contrasts of personal expressiveness (eudaimonia) and hedonic enjoyment. *Journal of Personality and Social Psychology*, *64*(4), 678–691. https://doi.org/10.1037/0022-3514.64.4.678

Whiting, A., & Williams, D. (2013). Why people use social media: a uses and gratifications approach. *Qualitative Market Research: An International Journal*, *16*(4), 362–369. https://doi.org/10.1108/QMR-06-2013-0041

UNIVERSITAS
GADJAH MADA
Dari Kesejahteraan Psikologis Konvensional Menuju Kesejahteran Digital: Kualitatif Eksploratif dan Validasi Psikometrik
Sovi Septania, Prof. Dr. Avin Fadilla Helmi, M.Si
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Whitlock, J., & Masur, P. K. (2019). Disentangling the Association of Screen Time With Developmental Outcomes and Well-being: Problems, Challenges, and Opportunities. *JAMA Pediatrics*, *173*(11), 1021–1022. https://doi.org/10.1001/jamapediatrics.2019.3191

Widhiarso, W. (2009). *Koefisien Reliabilitas Pada Pengukuran Kepribadian yang Bersifat Multidimensi*.

Willis, G. B. (2015). *Analysis of the Cognitive Interview in Questionnaire Design*. Oxford University Press.

Wilmer, H. H., & Chein, J. M. (2016). Mobile technology habits: patterns of association among device usage, intertemporal preference, impulse control, and reward sensitivity. *Psychonomic Bulletin and Review*, *23*(5), 1607–1614. https://doi.org/10.3758/s13423-016-1011-z

Yan, H., Zhang, R., Oniffrey, T. M., Chen, G., Wang, Y., Wu, Y., Zhang, X., Wang, Q., Ma, L., Li, R., & Moore, J. B. (2017). Associations among screen time and unhealthy behaviors, academic performance, and well-being in Chinese adolescents. *International Journal of Environmental Research and Public Health*, *14*(6). https://doi.org/10.3390/ijerph14060596

Younas, A., Fàbregues, S., Durante, A., Escalante, E. L., Inayat, S., & Ali, P. (2023). Proposing the "MIRACLE" Narrative Framework for Providing Thick Description in Qualitative Research. *International Journal of Qualitative Methods*, *22*. https://doi.org/10.1177/16094069221147162

Young, K. S. (1998). Internet Addiction: The Emergence of a New Clinical Disorder. *CyberPsychology & Behavior*, *1*(3), 237–244. https://doi.org/10.1089/cpb.1998.1.237

Yue, A., Pang, N., Torres, F., & Mambra, S. (2021). *Developing an Indicator Framework for Digital Wellbeing: Perspectives from Digital Citizenship Acknowledgements*. https://ctic.nus.edu.sg/resources/CTIC-WP-

Zhang, T., & Yu, S. (2023). Effects of Asynchronous Interaction on Positive Emotional Experiences of Learners during Online Learning. *International Journal of Emerging Technologies in Learning*, *18*(8), 48–60. https://doi.org/10.3991/ijet.v18i08.38703

Zhao, J., Zhang, Y., Jiang, F., Ip, P., Ho, F. K. W., Zhang, Y., & Huang, H. (2018). Excessive Screen Time and Psychosocial Well-Being: The Mediating Role of Body Mass Index, Sleep Duration, and Parent-Child Interaction. *Journal of Pediatrics*, *202*, 157-162.e1. https://doi.org/10.1016/j.jpeds.2018.06.029