

Daftar Pustaka

- Ajiningtyas, N. S. (2022). Pengaruh intensitas penggunaan media sosial instagram terhadap perilaku konsumtif produk fashion dengan kontrol diri sebagai mediator pada mahasiswa Fakultas Psikologi UIN Malang. Universitas Islam Negeri Maulana Malik Ibrahim.
- Andrade, C. (2021). The inconvenient truth about convenience and purposive samples. *Indian Journal of Psychological Medicine*, 43(1), 86–88.
- Andrade, F. C., Erwin, S., Burnell, K., Jackson, J., Storch, M., Nicholas, J., & Zucker, N. (2023). Intervening on social comparisons on social media: Electronic daily diary pilot study. *JMIR Mental Health*, 10.
- Antony, M. M., & Swinson, R. P. (2017). *The shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear*. New Harbinger Publications.
- Appel, H., Gerlach, A. L., & Crusius, J. (2016). The interplay between Facebook use, social comparison, envy, and depression. *Current Opinion in Psychology*, 9, 44–49.
- Ardiany, M. F., & Ardi, R. (2022). Hubungan intensitas penggunaan instagram terhadap self-esteem emerging adult yang dimediasi dengan perbandingan sosial. *Buletin Riset Psikologi dan Kesehatan Mental*, 2(1), 153–162.
- Arnett, J. J., Žukauskienė, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18–29 years: Implications for mental health. *The Lancet Psychiatry*, 1(7), 569–576.
- Azwar, S. (2019). *Metode penelitian psikologi*. Pustaka Pelajar.
- Azwar, S. (2021). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Baron, R. A., Byrne, D., & Branscombe, N. R. (2006). *Social psychology* (11th ed.). Pearson Education.
- Barus, G. (2022, Oktober 24). Hasil survei I-NAMHS: Satu dari tiga remaja Indonesia memiliki masalah kesehatan mental. Universitas Gadjah Mada. <https://ugm.ac.id/id/berita/23086-hasil-survei-i-namhs-satu-dari-tiga-remaja-indonesia-memiliki-masalah-kesehatan-mental>

- Beck, A. T., & Clark, D. A. (1997). An information processing model of anxiety: Automatic and strategic processes. *Behaviour research and therapy*, 35(1), 49-58.
- Beesdo, K., Bittner, A., Pine, D. S., Stein, M. B., Höfler, M., Lieb, R., & Wittchen, H. U. (2007). Incidence of social anxiety disorder and the consistent risk for secondary depression in the first three decades of life. *Archives of General Psychiatry*, 64(8), 903–912.
- Bhandari, A., & Bimo, S. (2022). Why's everyone on TikTok now? The algorithmized self and the future of self-making on social media. *Social media+ society*, 8(1).
- Bollen, K. A., & Stine, R. (1990). Direct and indirect effects: Classical and bootstrap estimates of variability. *Sociological Methodology*, 20, 115–140.
- Byrne, B. M. (2010). *Structural equation modeling with AMOS: Basic concepts, applications, and programming* (2nd ed.). Routledge.
- Chitadze, N. (2023). A policy of mental health protection in the example of Europe. *In Perspectives and Considerations on Navigating the Mental Healthcare System* (pp. 110–141). IGI Global.
- Chou, H. T. G., & Edge, N. (2012). "They are happier and having better lives than I am": The impact of using Facebook on perceptions of others' lives. *Cyberpsychology, Behavior, and Social Networking*, 15(2), 117–121.
- Chua, T. H. H., & Chang, L. (2016). Follow me and like my beautiful selfies: Singapore teenage girls' engagement in self-presentation and peer comparison on social media. *Computers in Human Behavior*, 55, 190–197.
- Clark, D. M., & Wells, A. (1995). A cognitive model of social phobia. In R. G. Heimberg, M. R. Liebowitz, D. A. Hope, & F. R. Schneier (Eds.), *Social phobia: Diagnosis, assessment, and treatment* (pp. 69–93). Guilford Press.
- Cramer, E. M., Song, H., & Drent, A. M. (2016). Social comparison on Facebook: Motivation, affective consequences, self-esteem, and Facebook fatigue. *Computers in Human Behavior*, 64, 739-746.
- Crocker, J., & Wolfe, C. T. (2001). Contingencies of self-worth. *Psychological review*, 108(3), 593.

- Damayanti, A. P. (2018). Hubungan antara media multitasking dan kecemasan sosial dengan kemampuan kontrol atensi sebagai moderator pada siswa SMA. Universitas Gadjah Mada.
- de Lijster, J. M., Dieleman, G. C., Utens, E. M. W. J., Dierckx, B., Wierenga, M., Verhulst, F. C., & Legerstee, J. S. (2018). Social and academic functioning in adolescents with anxiety disorders: A systematic review. *Journal of Affective Disorders*, 230, 108–117.
- Dewi, R. P. A. K., & Heng, P. H. (2024). The Influence of Instagram Use on Social Anxiety In Early Adulthood. *International Journal of Application on Social Science and Humanities*, 2(1), 53-58.
- Erma, A. (2012). Hubungan antara intensitas menonton sinetron televisi terhadap perilaku imitasi gaya hidup artis para remaja. Universitas Islam Indonesia Yogyakarta.
- Fakhri, N. (2017). Konsep dasar dan implikasi teori perbandingan sosial. *Jurnal Psikologi Talenta*, 3(1), 10.
- Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2015). Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood. *Body Image*, 13, 38-45.
- Fatima, M., Niazi, S., & Ghayas, S. (2017). Relationship between self-esteem and social anxiety: Role of social connectedness as a mediator. *Pakistan Journal of Social and Clinical Psychology*, 15(2), 12–17.
- Festinger, L. (1954). A theory of social comparison processes. *Human Relations*, 7(2), 117–140.
- Fox, N. A., Buzzell, G. A., Morales, S., Valadez, E. A., Wilson, M., & Henderson, H. A. (2021). Understanding the emergence of social anxiety in children with behavioral inhibition. *Biological Psychiatry*, 89(7), 681–689.
- Garcia, K. M., Carlton, C. N., & Richey, J. A. (2021). Parenting characteristics among adults with social anxiety and their influence on social anxiety development in children: A brief integrative review. *Frontiers in Psychiatry*, 12.

- George, D., & Mallery, M. (2010). *SPSS for Windows step by step: A simple guide and reference, 17.0 update* (10th ed.). Pearson.
- Gibbons, F. X., & Buunk, B. P. (1999). Individual differences in social comparison: Development of a scale of social comparison orientation. *Journal of Personality and Social Psychology*, 76(1), 129–142.
- Gilmore, K. J., & Meersand, P. (2023). *Emerging adulthood: A psychodynamic approach to the new developmental phase of the 21st century*. American Psychiatric Pub.
- GoodStats. (2025, Mei 13). Indonesia digital report 2025: Social media use. <https://goodstats.id/publication/indonesia-digital-report-2025-social-media-use-9yFMD>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson.
- Hasanati, U., & Aviani, Y. I. (2020). Hubungan social comparison dengan self-esteem pada pengguna Instagram. *Jurnal Pendidikan Tambusai*, 4(3), 2391–2399.
- Hayes, A. F. (2009). Beyond Baron and Kenny: Statistical mediation analysis in the new millennium. *Communication Monographs*, 76(4), 408–420.
- Hayes, A. F. (2018). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (2nd ed.). The Guilford Press.
- Heller, I., Bolliger, C., Holmer, P., Dimech, A. S., Raguindin, P. F., & Michel, G. (2025). Social anxiety among young adults in Switzerland: A cross-sectional study on associations with sports and social support. *BMC Psychology*, 13(1), 149.
- Hofstede, G., Hofstede, G. J., & Minkov, M. (2010). *Cultures and organizations: Software of the mind* (3rd ed.). McGraw-Hill.
- Hur, J., DeYoung, K. A., Islam, S., Anderson, A. S., Barstead, M. G., & Shackman, A. J. (2020). Social context and the real-world consequences of social anxiety. *Psychological Medicine*, 50(12), 1989–2000.
- Jefferies, P., & Ungar, M. (2020). Social anxiety in young people: A prevalence study in seven countries. *PLoS ONE*, 15(9), 1–18.

- Jiang, S., & Ngien, A. (2020). The effects of Instagram use, social comparison, and self-esteem on social anxiety: A survey study in Singapore. *Social Media + Society*, 6(2), 1–10.
- Kircaburun, K., & Griffiths, M. D. (2018). Instagram addiction and the Big Five of personality: The mediating role of self-liking. *Journal of Behavioral Addictions*, 7(1), 158–170.
- Kumar, A., Natarajan, S., & Acharjya, B. (2017). Computer mediated communication: A pathway to analyze social media communication trajectories. *Man In India*, 94(4), 195–205.
- La Greca, A. M., & Lopez, N. (1998). Social anxiety among adolescents: Linkages with peer relations and friendships. *Journal of Abnormal Child Psychology*, 26(2), 83–94.
- Lai, F., Wang, L., Zhang, J., Shan, S., Chen, J., & Tian, L. (2023). Relationship between social media use and social anxiety in college students: Mediation effect of communication capacity. *International Journal of Environmental Research and Public Health*, 20(4), 3657.
- Leary, M. R., & Kowalski, R. M. (1993). The interaction anxiousness scale: Construct and criterion-related validity. *Journal of Personality Assessment*, 61(1), 136–146.
- Liao, J., Xia, T., Xu, X., & Pan, L. (2023). The effect of appearance anxiety on social anxiety among college students: Sequential mediating effects of self-efficacy and self-esteem. *Behavioral Sciences*, 13(8), 1–13.
- Lockwood, P., & Kunda, Z. (1997). Superstars and me: Predicting the impact of role models on the self. *Journal of Personality and Social Psychology*, 73(1), 91–103.
- Lup, K., Trub, L., & Rosenthal, L. (2015). Instagram #instasad?: Exploring associations among Instagram use, depressive symptoms, negative social comparison, and strangers followed. *Cyberpsychology, Behavior, and Social Networking*, 18(5), 247–252.

- Mackson, S. B., Brochu, P. M., & Schneider, B. A. (2019). Instagram: Friend or foe? The application's association with psychological well-being. *New Media & Society*, 21(10), 2160–2182.
- Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological review*, 98(2), 224.
- Mulianingrum, R. C., & Kita, K. A. P. (2025). Harga diri dan kecenderungan kecemasan sosial pada mahasiswa dewasa awal yang merantau. *Jurnal Integrasi Riset Psikologi*, 3(1), 44-50.
- Mussweiler, T. (2003). Comparison processes in social judgment: Mechanisms and consequences. *Psychological Review*, 110(3), 472–489.
- Mussweiler, T., Rüter, K., & Epstude, K. (2004). The ups and downs of social comparison: Mechanisms of assimilation and contrast. *Journal of Personality and Social Psychology*, 87(6), 832.
- Nathania, & Soetikno, N. (2023). Hubungan antara Perbandingan Sosial dan Harga Diri pada Wanita Dewasa Awal Pengguna Sosial Media Instagram. *Arkhe: Jurnal Psikologi Klinis dan Psikologi Sosial*, 14(2).
- Nayenggita, S. K., & Adishesa, M. S. (2021). Social comparison as mediator: Does Instagram intensity predict self-esteem. *Journal of Educational, Health and Community Psychology*, 10(1), 104–117.
- O'Day, E. B., & Heimberg, R. G. (2021). Social media use, social anxiety, and loneliness: A systematic review. *Computers in Human Behavior Reports*, 3, 1-13.
- Okazaki, S. (1997). Sources of ethnic differences between Asian American and white American college students on measures of depression and social anxiety. *Journal of abnormal psychology*, 106(1), 52.
- Opotamutale, D. O., & Albanus, F. S. (2024). Risk factors of mental health of students in higher education institutions. In *Mental Health Crisis in Higher Education* (pp. 66–84). IGI Global Scientific Publishing.
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2007). *Human development*. McGraw-Hill.

- Pérez-Torres, V. (2024). Social media: a digital social mirror for identity development during adolescence. *Current Psychology*, 43(26), 22170–22180.
- Pratiwi, D., Mirza, R., & El Akmal, M. (2019). Kecemasan sosial ditinjau dari harga diri pada remaja status sosial ekonomi rendah. *Al-Irsyad: Jurnal Pendidikan Dan Konseling*, 9(1).
- Preacher, K. J., & Hayes, A. F. (2004). SPSS and SAS procedures for estimating indirect effects in simple mediation models. *Behavior Research Methods, Instruments, & Computers*, 36(4), 717–731.
- Preacher, K. J., & Hayes, A. F. (2008). Asymptotic and resampling strategies for assessing and comparing indirect effects in multiple mediator models. *Behavior Research Methods*, 40(3), 879–891.
- Prianti, D. D., & Athique, A. (2025). Navigating digital identities: Instagram, postcolonial esthetics, and Indonesian youth culture. *Howard Journal of Communications*, 1–21.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841–1848.
- Ramadhani, J., & Helmi, A. F. (2024). Peran intensitas penggunaan Instagram, presentasi diri daring dan perbandingan sosial terhadap harga diri. Universitas Gadjah Mada.
- Rapee, R. M., & Heimberg, R. G. (1997). A cognitive-behavioral model of anxiety in social phobia. *Behaviour Research and Therapy*, 35(8), 741–756.
- Rosenberg, M. (1965). *Society and the adolescent self-image* (Vol. 11). Princeton University Press.
- Shahnawaz, M. G., & Rehman, U. (2020). Social networking addiction scale. *Cogent Psychology*, 7(1), 1–16.
- Sharma, A., Sanghvi, K., & Churi, P. (2022). The impact of Instagram on young adult's social comparison, colourism and mental health: Indian perspective. *International Journal of Information Management Data Insights*, 2(1).

- Sim, M., Kim, S.-Y., & Suh, Y. (2022). Sample size requirements for simple and complex mediation models. *Educational and Psychological Measurement*, 82(1), 76–106.
- Sowislo, J. F., & Orth, U. (2013). Does low self-esteem predict depression and anxiety? A meta-analysis of longitudinal studies. *Psychological bulletin*, 139(1), 213.
- Stein, D. J., Lim, C. C., Roest, A. M., De Jonge, P., Aguilar-Gaxiola, S., Al-Hamzawi, A., ... & WHO World Mental Health Survey Collaborators. (2017). The cross-national epidemiology of social anxiety disorder: Data from the World Mental Health Survey Initiative. *BMC Medicine*, 15(1), 1–21.
- Stein, M. B., & Stein, D. J. (2008). Social anxiety disorder. *The Lancet*, 371(9618), 1115–1125.
- Swasti, I. K., & Martani, W. (2013). Menurunkan kecemasan sosial melalui pemaknaan kisah hidup. *Jurnal Psikologi UGM*, 40(1), 39–58.
- Tiggemann, M., Hayden, S., Brown, Z., & Veldhuis, J. (2018). The effect of Instagram "likes" on women's social comparison and body dissatisfaction. *Body Image*, 26, 90–97.
- Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. *Journal of Affective Disorders*, 207, 163–166.
- Vijayakumar, M., Baisel, A., Subha, S., Senthilkumar, S., Sankarakumar, S., Paulmony, R., ... & Yogeshwaran, M. (2023, November). Understanding the factors affecting mental health during the COVID-19 pandemic: An empirical study. In *AIP Conference Proceedings* (Vol. 2822, No. 1, p. 020234). AIP Publishing.
- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*, 3(4), 206.
- Wang, J.-L., Wang, H.-Z., Gaskin, J., & Hawk, S. (2017). The mediating roles of upward social comparison and self-esteem and the moderating role of social comparison orientation in the association between social networking site usage and subjective well-being. *Frontiers in Psychology*, 8.

- World Health Organization. (2025, Oktober 8). Mental health: Strengthening our response—Fact sheet. WHO. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- Wu, Y., Xue, Y., Zhao, X., Han, S., & Wu, W. (2024). Unravelling the veil of appearance anxiety: Exploring social media use among Chinese young people. *BMC Psychology*, 12(1), 9.
- Yang, F., Li, M., & Han, Y. (2023). Whether and how will using social media induce social anxiety? The correlational and causal evidence from Chinese society. *Frontiers in Psychology*, 14.