



Daftar Pustaka

- Arnett, J.J. (2000). Emerging Adulthood: A Theory Development From the Late Teens Throuhg the Twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Azka, F., Firdaus, D.F. & Kurniadewi, E. (2018). Kecemasan Sosial dan Ketergantungan Media Sosial pada Mahasiswa. PSYMPATHIC: *Jurnal Ilmiah Psikologi*, 5(2). 201–210. <https://doi.org/10.15575/psy.v5i2.3315>
- Braun, V., Clarke, V. & Weate, P. (2016). Using thematic analysis in sport and exercise research. In B. Smith & A. C. Sparkes (Eds.), *Routledge handbook of qualitative research in sport and exercise* (pp. 191-205). Routledge.
- Burnell, K., George, M. J., Vollet, J. W., Ehrenreich, S. E., & Underwood, M. K. (2019). Passive social networking site use and well-being: The mediating roles of social comparison and the fear of missing out. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 13(3), Article 5. <https://doi.org/10.5817/CP2019-3-5>
- Chai, H.Y, Niu, G-F., Lian, S-L, & Chu, X-W & Liu, S. (2019). Why social network site use fails to promote well-being?The sorels of social overload and fear of missing out. *Computers in Human Behavior*, 100, 85–92. <https://doi.org/10.1016/j.chb.2019.05.005>.
- Chasanah, U., Mulawarman & Murtadho, A. (2021). Life Satisfaction, Problematic Social Media Use and Self-Esteem as the Mediator. *Jurnal Bimbingan Konseling*, 10(1), 18–23. <https://doi.org/10.15294/jubk.v10i1.34962>
- Chen, W., Fan, C-Y., Liu, Q-X, & Zhou, Z-K (2016). Passive social network site use and subjective well-being: A moderated mediation model. *Computers in Human Behavior*, 64, 507–514. <https://doi.org/10.1016/j.chb.2016.04.038>.
- 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.
- Cresswell, J.W. (2014). *Research Design* (4th ed.). Sage Publications.
- Cross, M. P., Hofsneider, L., Grimm, M., & Pressman, S. D. (2018). Subjective well-being and physical health. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of well-being*. DEF Publishers.
- 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>
- Ding, Q., Zhang, Y-X, Wei, H., Huang, F., & Zhou, Z-K. (2017). Passive social network site use and subjective well-being among Chinese university students: A moderated mediation model of envy and gender. *Personality and Individual Differences*, 113, 142–146. <https://doi.org/10.1016/j.paid.2017.03.027>
- Glass, R., Li, S. & Pan, R. (2014). Personality, Problematic Social Network Use and Academic Performance in China. *Journal of Computer Information System*, 54(4), 88-96. <https://doi.org/10.1080/08874417.2014.11645726>



Hanley, S. M., Watt, S.E & Coventry, W. (2019). Taking a break: the effect of taking a vacation from Facebook and Instagram on Subjective well-being. *PLoS ONE* 14(6): e0217743. <https://doi.org/10.1371/journal.pone.0217743>

Hefferon, K. & Boniwell, I. (2011). *Positive Psychology: Theory, Research and Applications*. McGraw-Hill.

Kemp, S. (2020a, Februari 2018). Digital 2020: Indonesia. Diambil dari Hootsuite: <https://datareportal.com/reports/digital-2020-indonesia>

Kemp, S. (2020b, Juli 21). Digital 2020: July Global Statshot. Data Reportal. Diambil dari Hootsuite: <https://datareportal.com/reports/digital-2020-july-global-statshot>

Kross, E., Verduyn, P., Demiralp, E., Park, J., Lee, D. S., Lin, N., et al. (2013). Facebook use predicts declines in subjective well-being in young adults. *PLoS One*, 8(8), e69841.

Leaver, T., Highfield, T. & Abidin, C. (2020). *Instagram*. Polity.

Lopez, S.J., Pedrotti, J.T., Snyder, C.R. (2015). *Positive psychology: The scientific and practical explorations of human strengths* (3rd ed.). Sage Publications, Inc.

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. <https://doi.org/10.1177/1461444819840021>

Manago, A.M. (2015). Media and the Development of Identity. In: Scott, R. & Kosslyn, S. (Eds.), *Emerging Trends in the Social and Behavioral Sciences*. John Wiley & Sons. <https://doi.org/10.1002/9781118900772>

Naeemi S., Tamam, E., Hassan, S.H. & Bolong, J. (2014). Facebook Usage and its Association with Psychological Well-being among Malaysian Adolescents, *The International Conference on Communication and Media 2014 (i-COME'14)*, Langkawi: Elsevier.

NapoleonCat (2019). Instagram users in Indonesia. Diambil dari NapoleonCat: <https://napoleoncat.com/stats/instagram-users-in-indonesia/2019/02>

Palmer, S., Panchal, S. & O'Riordan, S. (2020). Could the experience of the COVID-19 pandemic have any positive impact on wellbeing? *European Journal of Applied Positive Psychology*, 4, Article 10. <https://www.nationalwellbeingservice.org/wp-content/uploads/2020/07/EJAPP-4-10.pdf>

Parola, A., Rossi, A., Tessitore, F., Troisi, G. & Mannarini, S. (2020). Mental Health Through the COVID-19 Quarantine: A Growth Curve Analysis on Italian Young Adults. *Frontiers in Psychology*, 11(567484). <https://doi.org/10.3389/fpsyg.2020.567484>

Pittman, M. & Reich, B. (2016). Social media and loneliness Why an Instagram picture may be worth more than a thousand Twitter words. *Computers in Human Behavior*, 62, 155–167. <https://doi.org/10.1016/j.chb.2016.03.084>

Reer, F., Tang, W.Y. & Quandt, T. (2019). Psychosocial well-being and social media engagement: the mediating roles of social comparison orientation and fear of missing out. *New Media & Society*, 21(7), 1486–1505. <https://doi.org/10.1177/1461444818823719>



Ryan, R. & Deci, E. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development and wellbeing. *American Psychologist*, 55, 68-78.
https://selfdeterminationtheory.org/SDT/documents/2000_RyanDeci_SDT.pdf

Ryff, C. D., Almeida, D. M., Ayanian, J. S., Carr, D. S., Cleary, P. D., Coe, C., ... Williams, D. (2010). *National Survey of Midlife Development in the United States (MIDUS II), 2004-2006: Documentation of psychosocial constructs and composite variables in MIDUS II Project I*. Inter-university Consortium for Political and Social Research.

Ryff, C.D. & Keyes, C.L. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727.

Saniatuzzulfa, R. & Wijiyanti, A.N. (2019). Smartphone Addiction ditinjau dari Subjective Well Being, Kecemasan Sosial, dan Materialisme pada Mahasiswa. *Psycho Idea*, 17(2), 145–153.

Schippers, M.C. & Ziegler, N. (2019). Life Crafting as a Way to Find Purpose and Meaning in Life. *Frontiers in Psychology*, 10(2778). 10.3389/fpsyg.2019.02778

Singh, S. Dixit, A. & Joshi, G. (2020). "Is compulsive social media use amid COVID-19 pandemic addictive behavior or coping mechanism?". *Asian Journal of Psychiatry*, 54, 1–2. <https://doi.org/10.1016/j.ajp.2020.102290>

Snyder, V. (2020, Agustus 11). What Marketers Need to Know About People's Social Media Patterns During the Pandemic. Diambil dari Business.com:
<https://www.business.com/articles/social-media-patterns-during-the-pandemic/>

Soliha, F.S. (2015). Tingkat Ketergantungan Pengguna Media Sosial dan Kecemasan Sosial. *Jurnal Interaksi*, 4(1). 1–10.

Son, C., Hegde, S., Smith, A., Wang, X., Sasangohar, F. (2020). Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. *Journal of Medical Internet Research*, 22(9), e21279.
<https://www.jmir.org/2020/9/e21279>

Sumarti (2019). Hubungan antara Penggunaan Media Sosial dan Subjective Well-Being Generasi Z. *Jurnal Mahasiswa Psikologi*, 1(1), 16–26.

Taylor, D. (2020, Maret 31). COVID-19: Social media use goes up as country stays indoors. Diambil dari Victoria News: <https://www.vicnews.com/news/covid-19-social-media-use-goes-up-as-country-stays-indoors/>

Taylor, M., Barr, M. Stevens, G., Bryson-Taylor, D., Agho, K., Jacobs, J. & Raphael, B. (2010). Psychosocial stress and strategies for managing adversity: measuring population resilience in New South Wales, Australia. *Population Health Metrics*, 8(28). <http://www.pophealthmetrics.com/content/8/1/28>

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>

Verduyn, P., Lee, D. S., Park, J., Shabrack, H., Orvell, A., Bayer, J., et al. (2015). Passive Facebook use undermines affective well-being: experimental and longitudinal evidence. *Journal of Experimental Psychology: General*, 2, 480e488.
<https://doi.org/10.1037/xge0000057>



UNIVERSITAS
GADJAH MADA

Penggunaan Media Sosial Pasif dan Psychological Wellbeing Pengguna Instagram Dewasa Awal pada Masa

Pandemi COVID-19: Mixed Methods

ATIKAH PRASTOWO, Dr. Avin Fadilla Helmi, M.Si.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Verduyn, P., Ybarra, O., Résibois, M., Jonides, J., & Kross, E. (2017). Do social network sites enhance or undermine subjective well-being? A critical review. *Social Issues and Policy Review*, 11, 274-302. <https://doi.org/10.1111/sipr.12033>

Vinkers, H.C., van Amelsvoort, T., Bisson, J.I., Branchi, I., Cryan, J.G., Domschke, K., Howes, O.D., Manchia, M., Pinto, L., de Quervain, D., Schmidt, M.V., van der Wee, N.J.A. (2020). Stress resilience during the coronavirus pandemic. *European Neuropsychopharmacology* 35, 12-16.
<https://doi.org/10.1016/j.euroneuro.2020.05.003>

Vitterso, J. (2004). Subjective wellbeing versus self-actualization: using the flow-simplex to promote a conceptual clarification of subjective quality of life. *Social Indicators Research*, 65(3), 299-331. <http://www.jstor.org/stable/27522049>

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*, 11.
<https://doi.org/10.3389/fpsyg.2017.00771>

Well-Being (2015). Dalam *APA Dictionary of Psychology*. Washington: American Psychological Association.

Widhiarso, W. (2010). Membuat Kategori Skor Hasil Pengukuran dari Skala. Fakultas Psikologi. Universitas Gadjah Mada. Yogyakarta.

Wushe, T. & Shenje, J. (2019). The relationship between social media usage in the workplace and employee productivity in the public sector: Case study of government departments in Harare. *SA Journal of Human Resource Management*, 17(0), a1116. 6. <https://doi.org/10.4102/sajhrm.v17i0.1116>

Xiaojun, F., Nianqi, D., Xuebing, D., Yangxi, L. & Junbin, W. (2019). Do others' self-presentation on social media influence individual's subjective well-being? A moderated mediation model. *Telematics and Informatics*, 41, 86–102.
<https://doi.org/10.1016/j.tele.2019.04.001> Kemp, S. (2020a, Juli 21). Digital 2020: July Global Statshot. Data Reportal. Diambil dari Hootsuite:
<https://datareportal.com/reports/digital-2020-july-global-statshot>