

## DAFTAR PUSTAKA

- Akın, A. (2012). The Relationships Between Internet Addiction, Subjective Vitality, and Subjective Happiness. *Cyberpsychology, Behavior, and Social Networking*, 15(8), 404–410. doi:10.1089/cyber.2011.0609
- Al-Menayes, J. (2015). Psychometric Properties and Validation of the Arabic Social Media Addiction Scale. *Hindawi Publishing Corporation Journal of Addiction*, 6, 1-6. <https://doi.org/10.1155/2015/291743>.
- Andreassen, C. S., & Pallesen, S. (2014). Social network site addiction: An overview. *Current Pharmaceutical Design*, 20, 4053–4061.
- Aprilia, R., Sriati, A., & Hendrawati, S. (2020). Tingkat kecanduan media sosial pada remaja. *Journal of Nursing Care*, 3(1), 41-53. DOI: <https://doi.org/10.24198/jnc.v3i1.26928>.
- Arbi, F., & Dewi, S. I. (2019). Pengaruh Media Sosial Instagram Terhadap Minat Fotografi Pada Komunitas Fotografi Kamera Indonesia Malang. *JISIP: Jurnal Ilmu Sosial Dan Ilmu Politik*, 6(2), 69-74. DOI: <https://doi.org/10.33366/jisip.v6i2.1474>.
- Aricak, O. T., & Ozbay, A. (2016). Investigation of the relationship between cyberbullying, cybervictimization, alexithymia and anger expression styles among adolescents. *Computers in Human Behavior*, 55, 278–285. doi:10.1016/j.chb.2015.09.015.
- Artvianti, E. I. D. (2016). Identitas diri Mahasiswa Heavy User Media Sosial. *Journal Fakultas Ilmu Komunikasi Universitas Padjadjaran*.
- Azwar, S. (2012). *Penyusunan Skala Psikologi* (Edisi Kedua). Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2013). *Metode Penelitian*. Pustaka Belajar.
- Azwar, S. (2018). *Reliabilitas dan validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2019). *Penyusunan skala psikologi* ((2nd ed.) (ed.)). Yogyakarta: Pustaka Pelajar.
- Bagby, R. M., Parker, J. D., & Taylor, G. J. (1994). The twenty-item Toronto Alexithymia Scale—I. Item selection and cross-validation of the factor structure. *Journal of Psychosomatic Research*, 38(1), 23-32. DOI: 10.1016/0022-3999(94)90005-1.

- Bagby, R. M., Taylor, G. J., Parker, J. D. A. (1994). The Twenty-Item Toronto Alexithymia Scale—II. Convergent, discriminant, and concurrent validity. *Journal of Psychosomatic Research*, 38, 33-40. [https://doi.org/10.1016/0022-3999\(94\)90006-X](https://doi.org/10.1016/0022-3999(94)90006-X).
- Baysan-Arslan, S., Cebeci, S., Kaya, M., & Canbal, M. (2016). Relationship between internet addiction and alexithymia among university students. *Clinical and Investigative Medicine. Medecine Clinique et Experimentale*, 39(6), 111-115. <https://doi.org/10.25011/cim.v39i6.27513>.
- Cahyono, A. S. (2016). Pengaruh media sosial terhadap perubahan sosial masyarakat di Indonesia. *Publiciana*, 9(1), 140-157. <https://doi.org/10.36563/publiciana.v9i1.79>.
- Caturtami, C. Y. (2021). Pengaruh Intensitas Penggunaan Media Sosial Instagram Terhadap Kecemasan Sosial Pada Mahasiswa di Kota Bandung. *Prosiding Psikologi*, 7(2), 300-304. DOI: <http://dx.doi.org/10.29313/v0i0.28321>.
- Cindy, V., & Ambarini, T. K. (2021). Hubungan antara Kecenderungan Alexithymia dengan Agresivitas pada Usia Remaja. *Buletin Penelitian Psikologi dan Kesehatan Mental (BRPKM)*, 1(1), 678-694. <https://doi.org/10.20473/brpkm.v1i1.26854>
- Dalbudak, E., Evren, C., Aldemir, S., Coskun, K. S., Ugurlu, H., & Yildirim, F. G. (2013). Relationship of Internet Addiction Severity with Depression, Anxiety, and Alexithymia, Temperament and Character in University Students. *Cyberpsychology, Behavior, and Social Networking*, 16(4), 272–278. doi:10.1089/cyber.2012.0390.
- Ershad, Z. S., Aghajani, T. (2017). Prediction of Instagram Social Network Addiction Based on the Personality, Alexithymia and Attachment Styles, *Sociological Studies of Youth*, 8(26), 21–34.
- Estugra, T. N. (2019). *Pengaruh alexithymia, hope, meaning, dan social support terhadap child neglect pada orang tua dengan Anak Berkebutuhan Khusus (ABK)*. Fakultas Psikologi UIN Syarif Hidayatullah Jakarta.
- Falianda, S. F. (2022). *Hubungan antara Alexithymia dengan kecanduan media sosial pada Remaja di Kota Surabaya*. Fakultas Psikologi UIN Sunan Ampel Surabaya.

- Fitri, A. N. (2022). *Pengaruh Kecanduan Media Sosial Terhadap Body Dissatisfaction Pada Perempuan Di Kota Malang*. Fakultas Psikologi Universitas Muhammadiyah Malang.
- Frangos, C. C., Fragkos, K. C., & Kiohos, A. (2010). Internet addiction among Greek university students: Demographic associations with the phenomenon, using the Greek version of Young's Internet Addiction Test. *International Journal of Economic Sciences and Applied Research*, 3(1), 49-74.
- Gao, T., Li, J., Zhang, H., Gao, J., Kong, Y., Hu, Y., & Mei, S. (2018). The influence of alexithymia on mobile phone addiction: The role of depression, anxiety and stress. *Journal of Affective Disorders*, 225, 761-766. <https://doi.org/10.1016/j.jad.2017.08.020>.
- Grau, S., Kleiser, S., & Bright, L. (2019). Exploring social media addiction among student millennials. *Qualitative Market Research: An International Journal*, 1-28. DOI: 10.1108/QMR-02-2017-0058.
- Griffiths, M. D. (2013) Social Networking Addiction: Emerging Themes and Issues. *J Addict Res Ther*, 4(5), 1-2. doi:10.4172/2155-6105.1000e118.
- Gunawan, R., Aulia, S., Supeno, H., Wijanarko, A., Uwiringiyimana, J. P., & Mahayana, D. (2021). Adiksi Media Sosial dan Gadget bagi Pengguna Internet di Indonesia. *Techno-Socio Ekonomika*, 14(1), 1-14.
- Harjanah, T. (2018). *Hubungan antara Level Alexithymia dengan Perilaku Prosocial Dewasa Muda*. Skripsi Program Studi Psikologi. Universitas Sanata Dharma.
- Hao, Z., Jin, L., Li, Y., Akram, H. R., Saeed, M. F., Ma, J., Ma, H., & Huang, J. (2019). Alexithymia and mobile phone addiction in Chinese undergraduate students: The roles of mobile phone use patterns. *Computers in Human Behavior*, 97, 51-59. <https://doi.org/10.1016/j.chb.2019.03.001>.
- Hesadiwana, B., & Syafrini, D. (2022). Motif Penggunaan Akun Alter Ego di Media Sosial Instagram Pada Remaja Kota Padang. *Jurnal Perspektif: Jurnal Kajian Sosiologi dan Pendidikan, Universitas Negeri Padang*, 5(1), 27-36. <https://doi.org/10.24036/perspektif.v5i1.586>.
- İlter, S. M., & Ovayolu, Ö. (2022). The relations between the alexithymia levels and social media addictions of nursing students. *Perspectives in Psychiatric Care*, 58(4), 2330-2336. <https://doi.org/10.1111/ppc.13064>.

- Krisnadi, B., & Adhandayani, A. (2022). Kecanduan Media Sosial Pada Dewasa Awal : Apakah Dampak Dari Kesepian. *JCA of Psychology*, 3(01), 47-55.
- KS Young, C. de A. (2011). Internet addiction: A handbook and guide to evaluation and treatment. *In Internet addiction: A handbook and guide to evaluation and treatment*.
- Kuss, D. J., & Pontes, H. M. (2018). *Internet addiction* (Vol. 41). Hogrefe Publishing.
- Kuss, D., & Griffiths, M. (2012). Internet gaming addiction: a systematic review of empirical research. *International Journal of Mental Health Addiction*, 10, 278-296. <https://doi.org/10.1007/s11469-011-9318-5>.
- Kuss, D., & Griffiths, M. (2014). *Internet addiction in psychotherapy*. Springer.
- Lestari, L. W. (2016). *Pengaruh Kecenderungan Alexithymia terhadap Kecemburuan dalam Hubungan Berpacaran*. Fakultas Psikologi Universita Muhammadiyah Malang.
- Lestari, YM, Dewi, SY, & Chairani, A. (2020). Alexithymia dengan kecanduan media sosial remaja di Jakarta Selatan. *Scripta skor Jurnal Kedokteran Ilmiah*, 1 (2), 9-9. <https://doi.org/10.32734/scripta.v1i2.1229>.
- Luminet, O., Bagby, R. M., & Taylor, G. J. (Eds.). (2018). *Alexithymia: Advances in research, theory, and clinical practice*. United Kingdom: Cambridge University Press.
- Mahapatra, A., & Sharma, P. (2018). Association of internet addiction and alexithymia: A scoping review. *Addictive Behaviors*, 81, 175-182. <https://doi.org/10.1016/j.addbeh.2018.02.004>.
- Marchellia, R. I. A. C., & Siahaan, C. (2022). Penggunaan Media Sosial Dalam Hubungan Pertemanan. *JISIP: Jurnal Ilmu Sosial dan Ilmu Politik*, 11(1), 1-7.
- Montag, C., & Reuter, M. (2015). Internet Addiction, Neuroscientific Approaches and theurapeutical Implications Including Smartphone Addiction. *Springer International*. Diakses dari <file:///E:/Montag-Reuter-2015-Internet-Addiction-Springer.pdf>.

- Muller, B. R. J., & July, P. D. (2000). When a Patient Has No Story To Tell: Alexithymia. *Psychiatric Times*, 17(7).
- Muna, R. F., & Astuti, T. P. (2014). Hubungan antara Kontrol Diri dengan Kecenderungan Kecanduan Media Sosial pada Remaja Akhir. *Empati: Jurnal Karya Ilmiah S1 Undip*, 3(4), 481-491. <https://ejournal3.undip.ac.id/index.php/empati/article/view/7610/7370>.
- Nursalam, N., & Arifin, J. (2016). Konstruksi Sosial Media Komunikasi Instagram Terhadap Pola Pikir Perilaku Mahasiswa Pendidikan Sosiologi. *Equilibrium: Jurnal Pendidikan*, 4(2), 233-242. DOI: <https://doi.org/10.26618/equilibrium.v4i2.505>.
- Parker, J., Eastabrook, J. M., Keefer, K., & Wood, L.M. (2010). Can Alexithymia Be Assessed In Adolescents? Psychometric Properties Of The 20-Item Toronto Alexithymia Scale In Younger, Middle and Older Adolescents. *Psychol Assess*, 4, 789-808. <https://doi.org/10.1037/a0020256>.
- Perdew, L. (2015). *Internet Addiction. United States of America, North Mankato*. Minnesota: Abdo Publishing.
- Pertiwi, S. A. B., & Hidayati, E. (2018). Kecanduan Media Sosial terhadap Motivasi Belajar pada Remaja di SMA Muhammadiyah 1 Semarang Kecamatan Candisari Kota Semarang. *Jurnal Keperawatan Dan Kesehatan Masyarakat Cendekia Utama*, 7(2), 183-191. <https://doi.org/10.31596/jcu.v7i2.263>.
- Prihatiningsih, W. (2017). Motif penggunaan media sosial instagram di kalangan remaja. *Communication*, 8(1), 51-65. <https://journal.budiluhur.ac.id/index.php/comm/article/viewFile/651/543>.
- Putri, A. I. D., & Halimah, L. (2019). Hubungan FoMO dengan Adiksi Media Sosial pada Mahasiswa Pengguna Instagram di Universitas Islam Bandung. *Prosiding Psikologi*, 5(2), 525-532. DOI: <http://dx.doi.org/10.29313/v0i0.17131>
- Putri, M. A. (2020). *Kesepian Dan Kecanduan Media Sosial Pada Remaja*. Skripsi Program Studi Psikologi Universitas Islam Indonesia.
- Radovic, A., Gmelin, T., Stein, B. D., & Miller, E. (2017). *Depressed adolescents' positive and negative use of social media*. *Journal of Adolescence*, 55, 5–15. doi:10.1016/j.adolescence.2016.12.002.

- Rafiq, A. (2020). Dampak Media Sosial Terhadap Perubahan Sosial Suatu Masyarakat. *Global Komunika*, 1(1), 18-29.
- Rahimaniar, I., & Nuryono, W. (2021). Studi Kepustakaan Tentang Faktor Penyebab Dan Penanganan Kecanduan Media Sosial. *Jurnal BK UNESA*, 12 (2), 185-196.
- Rismala, R., Novamizanti, L., Ramadhani, K. N., Rohmah, Y. S., Parjuangan, S., & Mahayana, D. (2021). Kajian Ilmiah dan Deteksi Adiksi Internet dan Media Sosial di Indonesia Menggunakan XGBoost. *JEPIN (Jurnal Edukasi dan Penelitian Informatika)*, 7(1), 1-11.
- Rizaty, M.A, (2022, 17 Juni). *Bertambah Lagi, Ini Jumlah Pengguna Instagram per Kuartal I 2022*. *Databoks*. Diakses dari <https://databoks.katadata.co.id/datapublish/2022/06/17/bertambah-lagi-ini-jumlah-pengguna-instagram-per-kuartal-i-2022>.
- Sadock, J. B. & Virginia, A. S. (2010). *Kaplan & Sadock Buku Ajar Psikiatri Klinis Edisi 2*. Jakarta: EGC.
- Sahin, C. (2018). Social media addiction scale-student form : The reliability and validity study. *The Turkish Online Journal of Educational Technology*, 17(1), 169–182.
- Sakinah, H., & Sumaryanti, I. U. (2020). Hubungan Body Dissatisfaction dan Adiksi Media Sosial Instagram pada Wanita Dewasa Awal. *Prosiding Psikologi*, 6(2), 827-833.
- Santrock, J. W. (2018). *Life-span development, edisi ketujuhbelas*. New York, NY : McGraw-Hill Education.
- Scimeca, G., Bruno, A, Cava, L., Pandolfo, G., Muscatello, M. R. A., Zoccali, R. (2014) The Relationship between Alexithymia, Anxiety, Depression, and Internet Addiction Severity in a Sample of Italian High School Students. *The Scientific World Journal*, 14, 8. DOI: <https://doi.org/10.1155/2014/504376>.
- Sifneos, P. E. (1973). The Prevalence Of Alexithymia Characteristics In Psychosomatic Patiens. *Psychoter. Psychosom*, 22, 255-262.
- Singer, T. A. (2014). *Neuroeconomics*. New York: Elsevier.
- Siswoyo, Dwi dkk. 2007. *Ilmu Pendidikan*. Yogyakarta: UNY Press.
- Sitoresmi, A.R. (2021). 14 Macam Media Sosial yang Sering Digunakan, Beserta Penjelannya. *Liputan6.com*. Diakses dari

<https://hot.liputan6.com/read/4645781/14-macam-media-sosial-yang-sering-digunakan-beserta-penjelasan-nya>.

- Soranidou, P., & Papastylianou, A. (Dona). (2018). Relationship of Internet Addiction with Alexithymia and Childhood's Perceived Parenting in University Students. *Psychology: The Journal of the Hellenic Psychological Society*, 23(2), 7. [https://doi.org/10.12681/psy\\_hps.22573](https://doi.org/10.12681/psy_hps.22573).
- Sugiyono. (2017). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Sulthan, M., & Istiyanto, S. B. (2019). Model literasi media sosial bagi mahasiswa. *Jurnal Aspikom*, 3(6), 1076-1092.
- Taprial, V., & Kanwar, P. (2012). *Understanding social media*. Bookboon.
- Taylor ,G.J., Bagby, R.M., & Parker, J.D. (1997). *Disorders Of Affect Regulation: Alexithymia In Medical And Psychiatric Illness*. Cambridge : Cambridge University Press.
- Taylor, G. J., Michael Bagby, R., & Parker, J. D. A. (1991). The Alexithymia Construct: A Potential Paradigm for Psychosomatic Medicine. *In Psychosomatics*, 32(2), 153-164. [https://doi.org/10.1016/S0033-3182\(91\)72086-0](https://doi.org/10.1016/S0033-3182(91)72086-0).
- Taylor,G.J., & Bagby, R.M. (2014). Psychoanalysis and Epirical Research : The Example Of Alexithymia. *Journal Of American Psychoanalyst Association*, 99-133.
- Timoney, L. R., & Holder, M. D. (2013). *Emotional processing deficits and happiness: Assessing the measurement, correlates, and well-being of people with alexithymia*. Canada : Springer Dordrecht Heidelberg New York London.
- Van Den Eijnden, R. J. J. M., Lemmens, J. S., & Valkenburg, P. M. (2016). The Social Media Disorder Scale. *Computers in Human Behavior*, 61, 478-487. <https://doi.org/10.1016/j.chb.2016.03.038>.
- Wachs, S., Vazsonyi, A. T., Wright, M. F., & Ksinan Jiskrova, G. (2020). Cross-national associations among cyberbullying victimization, self-esteem, and Internet addiction: Direct and indirect effects of alexithymia. *Frontiers in Psychology*, 11, 1368.

- Wulandari, R., & Netrawati, N. (2020). Analisis tingkat kecanduan media sosial pada remaja. *JRTI (Jurnal Riset Tindakan Indonesia)*, 5(2), 41-46.
- Young, K. (2015). *The evolution of internet addiction*. In C. Montag, & M. Reuter, *Internet Addiction: Neuroscientific Approaches and Therapeutical Interventions* (3-20). Heidelberg: Springer.
- Yusainy, C. (2017). Feeling full of empty inside? Peran perbedaan individual dalam struktur pengalaman afektif. *Jurnal Psikologi Fakultas Psikologi Universitas Gadjah Mada*, 44, 1-17. DOI: [10.22146/jpsi.18377](https://doi.org/10.22146/jpsi.18377).
- Yusuf, S. (2012). *Psikologi Perkembangan Anak dan Remaja*. Bandung: Remaja Rosdakarya.