

## DAFTAR PUSTAKA

- Abel, J. P., & Buff, C. L. (2016). *Social Media and the Fear of Missing Out: Scale Development and Assessment*. In *Journal of Business & Economics Research-First Quarter* (Vol. 14, Issue 1).
- Al-Menayes, J. (2015). *Psychometric Properties and Validation of the Arabic*
- Alutaybi A, Al-Thani D, McAlaney J, Ali R. Combating Fear of Missing Out (FoMO) on Social Media: The FoMO-R Method. *Int J Environ Res Public Health*. 2020 Aug 23;17(17):6128. doi: 10.3390/ijerph17176128. PMID: 32842553; PMCID: PMC7504117
- Andreassen CS, Pallesen S. (2014). *Social network site addiction - an overview*. *CurrPharmDes*.2014;20(25):405361.doi:10.2174/13816128113199990616. PMID: 24001298.
- Aprillia, A. D. (2019). *Hubungan antara Kontrol Diri dengan Kecanduan Media Sosial (Instagram) pada Remaja di SMA Harapan I Medan*. Skripsi. Universitas Medan Area
- Aprilia, R., Sriati, A., & Hendrawati, S. (2020). *Tingkat Kecanduan Media Sosial pada Remaja*. *Jurnal Keperawatan Universitas Padjajaran*. Vol.3 No.1
- Azwar, S. (2017). *Reliabilitas dan Validitas* Edisi 4. Penerbit: (Anggota IKAPI) Pustaka Pelajar.
- Azwar, S. (2018). *Penyusunan Skala Psikologi*. Yogyakarta, Indonesia: Pustaka Pelajar.
- Bestari, I. U., & Widayat, I. W. *Hubungan Antara Fear of Missing Out Dengan Intensitas Penggunaan Jejaring Sosial Pada Mahasiswa Universitas Airlangga*. *Jurnal Psikologi Pendidikan Dan Perkembangan*. Vol 7. Pp. 19-29.
- Blackwell, D., Leaman, C., Tramposch, R., Osborne, C., & Liss, M. (2017). *Extraversion, neuroticism, attachment style and Fear of Missing Out as predictors of social media use and addiction*. *Personality and Individual Differences*, 116, 69–72. <https://doi.org/10.1016/j.paid.2017.04.039>
- Can G, Satici SA. *Adaptation of fear of missing out scale (FoMOs): Turkish version validity and reliability study*. *Psicol Reflex Crit*. 2019 Jan 22;32(1):3. doi: 10.1186/s41155-019-0117-4. PMID: 32026206; PMCID: PMC6967379

- Chandra, P. S., Sischa, S., Putri, E., Ilosa, A., Abduh, A., & Chanra Putra, I. (2021). *Sosialisasi Online Dampak Negatif Media Sosial Bagi Remaja*. 15(1), 1–10. <http://ejournal.uin-suska.ac.id/index.php/Menara/index>
- Casale, S., Rugai, L., & Fioravanti, G. (2018). Exploring the role of positive metacognitions in explaining the association between the Fear of Missing Out and social media addiction. *Addictive Behaviors*, 85, 83–87. <https://doi.org/10.1016/j.addbeh.2018.05.018>. Chee, J. D., &
- Chee, J. (2015). *Pearson's Product-Moment Correlation: Sample Analysis Principal Investigator: Point-of-Care Technology Adoption Project View project 2016 Queen's Health System Educational Priorities Survey View project*. <https://doi.org/10.13140/RG.2.1.1856.2726>
- Chotpitayasunondh, V., & Douglas, K. M. (2016). How “phubbing” becomes the norm: The antecedents and consequences of snubbing via smartphone. *Computers in Human Behavior*, 63, 9–18. doi:10.1016/j.chb.2016.05.018.
- Coralia, F., Qodariah, S., Yanuvianti, M., Psikologi, F., & Islam Bandung, U. (2017). *Tipe Kepribadian dan Self Esteem pada Pecandu Media Sosial*. In *SCHEMA (Journal of Psychological Research)* 140-149.
- 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, 141152. doi:10.1016/j.ijinfomgt.2018.01.012 10.1016/j.ijinfomgt.2018.01.012
- Fathadhika, S., & Afriani, D. (2018). *Social media engagement sebagai mediator antara Fear of Missing Out dengan kecanduan media sosial pada remaja*. *JPSP*, 2(3), 208–215.
- Fauziawati, W. (2015). *Upaya mereduksi kebiasaan bermain game online melalui teknik diskusi kelompok*. *Psikopedagogia*, 4(2), 115–123. <https://doi.org/10.12928/psikopedagogia.v4i2.4483>.
- Fuster, H., Chamarro, A., & Oberst, U. (2017). *Fear of Missing Out, online social networking and mobile phone addiction: A latent profile approach*. *Aloma: Revista de Psicologia, Ciències de l'Educació i de l'Esport*, 35(1), 22–30. <https://doi.org/10.51698/aloma.2017.35.1.22-30>
- Grau, S., Kleiser, S., & Bright, L. (2019). *Exploring social media addiction among student Millennials*. *Qualitative Market Research*, 22(2), 200–216. <https://doi.org/10.1108/QMR-02-2017-0058>
- Hair, J. F. (2019). *Multivariate Data Analysis*. Cengage.

- Hariadi, A. F. (2018). *Hubungan Antara Fear of Missing Out Dengan Kecanduan Media Sosial Pada Remaja*. Skripsi. Universitas Islam Negeri Sunan Ampel Surabaya
- Hawi, N. S., & Samaha, M. (2017). *The Relations Among Social Media Addiction, Self-Esteem, and Life Satisfaction in University Students*. *Social Science Computer Review*, 35(5), 576–586. <https://doi.org/10.1177/0894439316660340>
- Hurlock, Elizabeth B. (2003). *Psikologi Perkembangan*. Jakarta. Erlangga
- Irwandilla, Eka Putri.T. (2021). *Hubungan antara Sindrom FOMO (Fear of Missing Out) dengan Kecenderungan Nomophobia di Masa Pandemi Covid-19 pada Remaja SMA Kecamatan Kuta Alam Banda Aceh*. Skripsi. Universitas Islam Negeri AR-Raniry. Aceh
- Kırcaburun, K. (2016). *Self-esteem, daily internet use and social media addiction as predictors of depression among Turkish adolescents*. *Journal of Education and Practice*, 7(24), 64-72.
- Kirik, A. M. (2015). *Türkiyedeki Gençlerin Sosyal Medya Bağımlılık Düzeylerine Yönelik Nicel Bir Araştırma*. *International Journal of Science Culture and Sport*, 3(13), 108–108. <https://doi.org/10.14486/intjscs444>
- Kuss DJ, Griffiths MD. *Social Networking Sites and Addiction: Ten Lessons Learned*. *Int J Environ Res Public Health*. 2017 Mar 17;14(3):311. doi: 10.3390/ijerph14030311. PMID: 28304359; PMCID: PMC5369147.
- Lay, T. A., Meiyuntariningsih, T., Ramadhani, H. S., & Psikologi, F. (2023). *Kecenderungan kecanduan media sosial pada remaja: Adakah peran Fear of Missing Out? INNER: Journal of Psychological Research*, 2(4), 605–615.
- Longstreet, P., & Brooks, S. (2017). *Life satisfaction: A key to managing internet & social media addiction*. *Technology in Society*, 50, 73–77. <https://doi.org/10.1016/j.techsoc.2017.05.003>
- Lumbantobing, Grace Natasya. (2022). *Pengaruh Fear of Missing Out (FOMO) terhadap kecanduan media sosial pada emerging adulthood di kota Medan*. Skripsi. Universitas HKBP Nomensen. Medan
- Mahendra, I. T. (2017). *Peran Media Sosial Instagram Dalam Pembentukan Kepribadian Remaja Usia 12-17 Tahun di Kelurahan Kebalen Kecamatan Babelan Kabupaten Bekasi*. Skripsi. Universitas Islam Negeri Syarif Hidayatullah. Jakarta
- Markett, S., Reuter, M., Montag, C., Voigt, G., Lachmann, B., Rudolf, S., Elger, C. E., & Weber, B. (2014). *Assessing the function of the fronto-parietal attention network: Insights from resting-state fMRI and the attentional*

*network test*. *Human Brain Mapping*, 35(4), 1700–1709.  
<https://doi.org/10.1002/hbm.22285>

Mim, F. N., Islam, M. A., & Paul, G. K. (2018). *Impact of the use of social media on students' academic performance and behavior change*. *International Journal of Statistics and Applied Mathematics*, 3(1), 299–302.  
[www.mathsjournal.com](http://www.mathsjournal.com)

Montag, C., & Reuter, M. (Eds.). (2015). *Internet addiction: Neuroscientific approaches and therapeutical interventions*. Springer Science + Business Media. <https://doi.org/10.1007/978-3-319-07242-5>

Nafisa, S. (2021). *Hubungan antara Fear of Missing Out (FoMO) dengan Kecanduan Media Sosial Pada Mahasiswa Universitas Islam Riau*. Skripsi. Universitas Islam Riau

Napoleoncat.com. (2023). *Instagram Users In Indonesia January, 2023*. [https://napoleoncat.com/stats/instagram-users-in-indonesia/2023/01/#:~:text=There%20were%2094%20541%20900,group%20\(35%20900%20000\)](https://napoleoncat.com/stats/instagram-users-in-indonesia/2023/01/#:~:text=There%20were%2094%20541%20900,group%20(35%20900%20000)). Diakses pada 23 Agustus 2023. Jam 15:01

Parent, N. (2023). *Basic Need Satisfaction through Social Media Engagement: A Developmental Framework for Understanding Adolescent Social Media Use*. *Human Development*, 67(1), 1–17. <https://doi.org/10.1159/000529449>

Poley, M.E.M.; Luo, S. (2012). *Social compensation or rich-get-richer? The role of social competence in college students' use of the internet to find a partner*. *Comput. Hum. Behav.* **2012**, 28, 414–419.

Pratiwi, A., Fazriani, A. (2020). *Hubungan antara Fear of Missing Out (FOMO) dengan kecanduan media sosial pada remaja pengguna media sosial*. Artikel penelitian. *Jurnal Kesehatan*, 9(1).  
<https://doi.org/10.37048/kesehatan.v9i1.123>

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, 1841-1848.

Putri, A. I. D., & Halimah, L. (2019). *Prosiding Psikologi Hubungan FoMO (Fear of Missing Out) dengan Adiksi Media Sosial pada Mahasiswa Pengguna Instagram di Universitas Islam Badung*. *Jurnal Prosiding Psikologi*, 5, No 2, 2019.

Rachmawati, D., & Fithrah Ali, D. S. (2018). *Analisis kriteria personal branding selebgram non selebriti (studi deskriptif kualitatif akun Instagram @lippielust)*. *Jurnal Komunikasi*, 12(1), 23–30.  
<https://doi.org/10.21107/ilkom.v12i1.3712>

- Rashid, I., & Kenner, S. (2019). *Offline free your mind from smartphone and social media stress*. In John Wiley (First). <https://doi.org/10.1049/oap-cired.2017.1227>
- Reagle, J. (2015). *Following the Joneses: FOMO and conspicuous sociality*. First Monday, 20(10). <https://doi.org/10.5210/fm.v20i10.6064>
- Royal Society for Public Health.(2017). *Instagram Ranked Worst for Young People's Mental Health*. <https://www.rsph.org.uk/about-us/news/instagram-ranked-worst-for-young-people-s-mental-health.html> . Diakses pada tanggal 23 Agustus 2023 . Jam : 17.05
- Şahin, C. (2018). *Social Media Addiction Scale-Student Form: The Reliability and Validity Study*. In *TOJET: The Turkish Online Journal of Educational Technology* (Vol. 17, Issue 1).
- Santrock, Jhon W. (2011). *Life – Span Development : Perkembangan Masa Hidup*, Edisi 13, Jilid II. Jakarta : Erlangga.
- Satriani D.T., Pratiwi Ari dan Permatasari D.P. (2014). *Hubungan Relatedness dengan intensitas penggunaan jejaring sosial twitter pada mahasiswa. Malang*. Universitas Brawijaya.
- Sugiyono. 2015. *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: ALFABETA.
- Shabahang, R., Aruguete, M. S., & Shim, H. (2021). *Online news addiction: Future anxiety, Fear of Missing Out on news, and interpersonal trust contribute to excessive online news consumption*. *Online Journal of Communication and Media Technologies*, 11(2). <https://doi.org/10.30935/ojcm/10822>
- Susilawati, N., Fashan, F., & Rahmani, S. (2023). Pengaruh Kecanduan Media Sosial pada Remaja di Kota Banda Aceh. *MEDIA PEMIKIRAN & APLIKASI*, 17(1), 161–171. <https://doi.org/10.24815.jsu.v17i1.32798>
- Turel, O., Cavagnaro, D. R., & Meshi, D. (2018). *Short abstinence from online social networking sites reduces perceived stress, especially in excessive users*. *Psychiatry Research*, 270, 947–953. <https://doi.org/10.1016/j.psychres.2018.11.017>
- True List. (2023). *Social Media Addiction Statistic-2023*. <https://truelist.co/blog/social-media-addiction-statistics/#:~:text=Social%20media%20addiction%20research%20reveals,situation%20will%20only%20get%20worse>. Diakses pada 12 Agustus 2023. Pukul 09.05 WIB

- Ulfa, N. F. (2019). *Dampak Penggunaan Instagram pada Gaya Hidup Remaja (Studi Pada Siswa-siswi MTsN MODEL Banda Aceh*. Skripsi. Universitas Islam Negeri Ar-Raniry
- We are social. (2023). *We are Social Indonesia: Digital 2023*. <https://wearesocial.com/id/blog/2023/01/digital-2023/> . Diakses pada tanggal 01 Agustus 2023. Jam 09.40 W.I.B
- Wegmann, E., Oberst, U., Stodt, B., & Brand, M. (2017). *Online-specific Fear of Missing Out and Internet-use expectancies contribute to symptoms of Internet-communication disorder*. *Addictive Behaviors Reports*, 5, 33–42. <https://doi.org/10.1016/j.abrep.2017.04.001>
- Wolf, M., Sims, J., & Yang, H. (2018). *Association for Information Systems AIS Electronic Library (AISeL) Social Media? What Social Media?* (Vol. 3). <https://aisel.aisnet.org/ukais2018/3>
- Wulandari, R., & Netrawati. (2020). Analisis Tingkat Kecanduan Media Sosial pada Remaja. *Jurnal Riset Tindakan Indonseia*, 5, No,pp.41-46.
- Yusra A.M. (2021). *Hubungan Regulasi diri dengan Fear of Missing Out pada Mahasiswa tahun Terakhir di Universitas Islam Riau*. Skripsi. Universitas Islam Riau
- Young, K. S., & de Abreu, C. N. (Eds.). (2011). *Internet addiction: A handbook and guide to evaluation and treatment*. John Wiley & Sons, Inc.