

DAFTAR PUSTAKA

- Adhi Mulya, H., Sri Indrawati, E., & Soedarto Tembalang Semarang, J. S. (2016). Hubungan antara motivasi berprestasi dengan stres akademik pada mahasiswa tingkat pertama fakultas psikologi Universitas Diponegoro Semarang, 2(5), 196-302
- Andiarna, F., & Kusumawati, E. (2020). Pengaruh pembelajaran daring terhadap stres akademik mahasiswa selama pandemi Covid-19. *Jurnal Psikoloogi* 16(2), 139-150. doi.org/10.24014/jp.v14i2.9221
- Al-Menayes, j. (2016). The fear of missing out scale : Valiation of the arabic version and correlation with social media addiction. *International Journal of Applied Psychology*, 6(2), 41-46
- Al Aziz, A. A. (2020). Hubungan antara intensitas penggunaan media sosial dan tingkat depresi pada mahasiswa. *Acta Psychologia*, 2(2), 92–107. doi.org/10.21831/ap.v2i2.35100
- Argaheni, N. B. (2020). Sistematik Review: Dampak Perkuliahan Daring Saat Pandemi COVID-19 Terhadap Mahasiswa Indonesia. *Jurnal Ilmiah Kesehatan Dan Aplikasinya*, 8(2), 99. doi.org/10.20961/placentum.v8i2.43008
- Aydogan, D., & Buyukyilmaz, O. (2017). The effect of social media usage on students stress and anxiety : A research in Karabuk University. *International Journal of Multidisciplinary Thought*, 6(1), 253–260.
- Azmy, A. N., Nurihsan, A. J., & Yudha, E. S. (2017). Deskripsi gejala stres akademik dan kecenderungan pilihan strategi coping siswa berbakat. *Indonesian Journal of Educational Counseling*, 1(2), 197–208. doi.org/10.30653/001.201712.14
- Azwar, S. (2018). *Penyusunan skala psikologi*. Yogyakarta: Pustaka Pelajar.
- Baltà-Salvador, R., Olmedo-Torre, N., Peña, M., & Renta-Davids, A. I. (2021). Academic and emotional effects of online learning during the COVID-19 pandemic on engineering students. *Education and Information Technologies*, 26(6), 7407–7434. doi.org/10.1007/s10639-021-10593-1
- Barseli, M., Ifdil, & Nikmarijal. (2017). Konsep stres akademik konseling dan pendidikan. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148.
- Bian, M., & Leung, L. (2015). Linking loneliness, shyness, smartphone addiction symptoms, and patterns of smartphone use to social capital. *Social Science Computer Review*, 33(1), 61–79. doi.org/10.1177/0894439314528779
- Budury, S., Fitriasari, A., & -, K. (2019). Penggunaan media sosial terhadap kejadian depresi, kecemasan dan stres pada mahasiswa. *Bali Medika Jurnal*, 6(2), 205–208. doi.org/10.36376/bmj.v6i2.87

- Budury, S., Fitriasari, A., & Sari, D. J. E. (2020). Media sosial dan kesehatan Jiwa mahasiswa selama pandemi Covid-19. *Jurnal Keperawatan Jiwa*, 8(4), 551–556.
- Candra, I., & Rani, M. Pengaruh self-regulated learning, grit terhadap stres akademik dalam pembelajaran online dimasa pandemi Covid-19 pada mahasiswa di kota Padang berbasis teknologi informasi. *Jurnal Psikohumanika*, 14(1), 26-40.
- Choi, S. W., Kim, D. J., Choi, J. S., Ahn, H., Choi, E. J., Song, W. Y., Kim, S., & Youn, H. (2015). Comparison of risk and protective factors associated with smartphone addiction and Internet addiction. *Journal of Behavioral Addictions*, 4(4), 308–314. doi.org/10.1556/2006.4.2015.043
- Damanik, R. N. (2019). Daya tarik pembelajaran berbasis blended learning di era revolusi industri 4.0. *Prosiding Seminar Nasional Fakultas Ilmu Sosial Universitas Negeri Medan*, 3, 803–809.
- Dessart, L. (2017). Social media engagement: A model of antecedents and relational outcomes. *Journal of Marketing Management*, 33(5–6), 375–399. doi.org/10.1080/0267257X.2017.1302975
- Diaz, A. B., & Budiman, A. (2019). Hubungan self-efficacy dengan stres akademik pada mahasiswa psikologi Unisba yang mengambil metodologi penelitian III. *Prosiding Psikologi*, 5(2), 638-644
- Syafwan, A. L., & Daulay, N. (2023). Pengaruh stres akademik terhadap kecanduan media sosial dan implikasinya terhadap bimbingan dan konseling. *Jurnal Bimbingan dan Konseling*, 27(2), 58–66.
- Gadzella, B. M., & Masten, W. G. (2005). an Analysis of the categories in the student-life stress inventory. *American Journal of Psychological Research*, 1(1), 1–10.
- Govaerts, S., & Grégoire, J. (2004). Stressful academic situations: Study on appraisal variables in adolescence. *Revue Européenne de Psychologie Appliquée*, 54(4), 261–271. doi.org/10.1016/j.erap.2004.05.001
- Groth, A., Buchauer, R., & Schl, S. (2018). Information and communication technologies in tourism. doi.org/10.1007/978-3-319-72923-7
- Gunawan, H., Anggraeni, I., & Nurrachmawati, A. (2021). Hubungan intensitas penggunaan media sosial dengan kesehatan mental mahasiswa pada masa pandemi Covid-19. *Preventif: Jurnal Kesehatan Masyarakat*, 12(2), 282. doi.org/10.22487/preventif.v12i2.283
- Hameed, I., Haq, M. A., Khan, N., & Zainab, B. (2022). Social media usage and academic performance from a cognitive loading perspective. *On the Horizon*, 30(1), 12–27. doi.org/10.1108/OTH-04-2021-0054
- Hargiana, G., & Sintiawati, T. (2020). Hubungan ketergantungan gawai dengan stres akademik pada mahasiswa keperawatan. *Jurnal Kesehatan*, 9(1), 20. doi.org/10.46815/jkanwvol8.v9i1.90
- Hicks, T., & Heastie, S. (2008). High school to college transition: a profile of the stressors, physical and psychological health issues that affect the first-year on-campus college student. *Journal of Cultural Diversity*, 15(3), 143–147.

- Hidayat, E., & Darmawanti, I. (2022). Hubungan antara dukungan sosial dengan stres akademik pada mahasiswa di masa pandemi Covid-19. *Character: Jurnal Penelitian Psikologi*, 8(9), 166–178.
- Julika, S., & Setiyawati, D. (2019). Hubungan antara kecerdasan emosional, stres akademik, dan kesejahteraan subjektif pada mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, 5(1), 50. doi.org/10.22146/gamajop.47966
- Lin, S. H., & Huang, Y. C. (2012). Investigating the relationships between loneliness and learning burnout. *Active Learning in Higher Education*, 13(3), 231–243. doi.org/10.1177/1469787412452983
- Lubis, H., Ramadhani, A., & Rasyid, M. (2021). Stres akademik mahasiswa dalam melaksanakan kuliah daring selama masa pandemi Covid 19. *Psikostudia : Jurnal Psikologi*, 10(1), 31. doi.org/10.30872/psikostudia.v10i1.5454
- Makhin, M. (2021). Hybrid learning: Model pembelajaran pada masa pandemi di SD Negeri Bungurasih Waru Sidoarjo. *Mudir : Jurnal Manajemen Pendidikan*, 3(2), 95–103. doi.org/10.55352/mudir.v3i2.312
- Merry, H. C. M. (2020). Stres akademik mahasiswa aktif angkatan 2018 dan 2019 Universitas Swasta di DKI Jakarta. *Jurnal Konseling Indonesia*, 6(1), 6–13.
- Musabiq, S. A., & Karimah, I. (2018). Gambaran stress dan dampaknya pada mahasiswa. *InSight*, 20(2), 74–80.
- Ni, M. Y., Yang, L., Leung, C. M. C., Li, N., Yao, X. I., Wang, Y., Leung, G. M., Cowling, B. J., & Liao, Q. (2020). Mental health, risk factors, and social media use during the COVID-19 epidemic and cordon sanitaire among the community and health professionals in wuhan, China: Cross-sectional survey. In *JMIR Mental Health*, 7(5). doi.org/10.2196/19009
- O'Brien, H., & Cairns, P. (2016). Why engagement matters: Cross-disciplinary perspectives of user engagement in digital media. *Why Engagement Matters: Cross-Disciplinary Perspectives of User Engagement in Digital Media*, 1–222. <https://doi.org/10.1007/978-3-319-27446-1>
- 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. doi.org/10.1016/j.chb.2013.02.014
- Putri, F. R., & Aviani, Y. I. (2022). Pengaruh penggunaan sosial media terhadap tingkat stress pada remaja dimasa pandemi. *Journal of Multidisciplinary Research and Development*, 5(1), 493–497.
- Resubun, C. C. (2021). Respon terhadap pembelajaran blended learning di era pandemi Covid 19 dengan tingkat stres pada mahasiswa. *Media Husada Journal Of Nursing Science*, 2(3), 154–166. doi.org/10.33475/mhjns.v2i3.67
- Adhi Mulya, H., Sri Indrawati, E., & Soedarto Tembalang Semarang, J. S. (2016). Hubungan antara motivasi berprestasi dengan stres akademik pada mahasiswa tingkat pertama dfakultas psikologi Universitas Diponegoro. *Jurnal Empati*, 5(2), 196-302
- Al-Menayes, J. (2016). The fear of missing out scale: Validation of the arabic version

- and correlation with social media addiction. *International Journal of Applied Psychology*, 6(2), 41–46. doi.org/10.5923/j.ijap.20160602.04
- Al Aziz, A. A. (2020). Hubungan antara intensitas penggunaan media sosial dan tingkat depresi pada mahasiswa. *Acta Psychologia*, 2(2), 92–107. doi.org/10.21831/ap.v2i2.35100
- Argaheni, N. B. (2020). Sistematik Review: Dampak Perkuliahan Daring Saat Pandemi COVID-19 Terhadap Mahasiswa Indonesia. *Jurnal Ilmiah Kesehatan Dan Aplikasinya*, 8(2), 99. doi.org/10.20961/placentum.v8i2.43008
- Aydogan, D., & Buyukyilmaz, O. (2017). The effect of social media usage on students stress and anxiety : A research in Karabuk University. *International Journal of Multidisciplinary Thought*, 6(1), 253–260.
- Azmy, A. N., Nurihsan, A. J., & Yudha, E. S. (2017). Deskripsi gejala stres akademik dan kecenderungan pilihan strategi coping siswa berbakat. *Indonesian Journal of Educational Counseling*, 1(2), 197–208. doi.org/10.30653/001.201712.14
- Baltà-Salvador, R., Olmedo-Torre, N., Peña, M., & Renta-Davids, A. I. (2021). Academic and emotional effects of online learning during the COVID-19 pandemic on engineering students. *Education and Information Technologies*, 26(6), 7407–7434. doi.org/10.1007/s10639-021-10593-1
- Barseli, M., Ifdil, & Nikmarjal. (2017). Konsep stres akademik konseling dan pendidikan. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148.
- Bian, M., & Leung, L. (2015). Linking loneliness, shyness, smartphone addiction symptoms, and patterns of smartphone use to social capital. *Social Science Computer Review*, 33(1), 61–79. doi.org/10.1177/0894439314528779
- Budury, S., Fitriasari, A., & -, K. (2019). Penggunaan media sosial terhadap kejadian depresi, kecemasan dan stres pada mahasiswa. *Bali Medika Jurnal*, 6(2), 205–208. doi.org/10.36376/bmj.v6i2.87
- Budury, S., Fitriasari, A., & Sari, D. J. E. (2020). Media sosial dan kesehatan Jiwa mahasiswa selama pandemi Covid-19. *Jurnal Keperawatan Jiwa*, 8(4), 551–556.
- Candra, I., & Rani, M. Pengaruh self-regulated learning, grit terhadap stres akademik dalam pembelajaran online dimasa pandemi Covid-19 pada mahasiswa di kota Padang berbasis teknologi informasi. *Jurnal Psikohumanika*, 14(1), 26-40.
- Choi, S. W., Kim, D. J., Choi, J. S., Ahn, H., Choi, E. J., Song, W. Y., Kim, S., & Youn, H. (2015). Comparison of risk and protective factors associated with smartphone addiction and Internet addiction. *Journal of Behavioral Addictions*, 4(4), 308–314. doi.org/10.1556/2006.4.2015.043
- Damanik, R. N. (2019). Daya tarik pembelajaran berbasis blended learning di era revolusi industri 4.0. *Prosiding Seminar Nasional Fakultas Ilmu Sosial Universitas Negeri Medan*, 3, 803–809.
- Dessart, L. (2017). Social media engagement: A model of antecedents and relational outcomes. *Journal of Marketing Management*, 33(5–6), 375–399. doi.org/10.1080/0267257X.2017.1302975
- Diaz, A. B., & Budiman, A. (2019). Hubungan self-efficacy dengan stres akademik

- pada mahasiswa psikologi Unisba yang mengambil metodologi penelitian III. *Prosiding Psikologi*, 5(2), 638-644
- Syafwan, A. L., & Daulay, N. ((2023). Pengaruh stres akademik terhadap kecanduan media sosial dan implikasinya terhadap bimbingan dan konseling. *Jurnal Bimbingan dan Konseling*, 27(2), 58–66.
- Gadzella, B. M., & Masten, W. G. (2005). an Analysis of the categories in the student-life stress inventory. *American Journal of Psychological Research*, 1(1), 1–10.
- Govaerts, S., & Grégoire, J. (2004). Stressful academic situations: Study on appraisal variables in adolescence. *Revue Europeenne de Psychologie Appliquee*, 54(4), 261–271. doi.org/10.1016/j.erap.2004.05.001
- Groth, A., Buchauer, R., & Schl, S. (2018). Information and communication technologies in tourism. doi.org/10.1007/978-3-319-72923-7
- Gunawan, H., Anggraeni, I., & Nurrachmawati, A. (2021). Hubungan intensitas penggunaan media sosial dengan kesehatan mental mahasiswa pada masa pandemi Covid-19. *Preventif: Jurnal Kesehatan Masyarakat*, 12(2), 282. doi.org/10.22487/preventif.v12i2.283
- Hameed, I., Haq, M. A., Khan, N., & Zainab, B. (2022). Social media usage and academic performance from a cognitive loading perspective. *On the Horizon*, 30(1), 12–27. doi.org/10.1108/OTH-04-2021-0054
- Hargiana, G., & Sintiawati, T. (2020). Hubungan ketergantungan gawai dengan stres akademik pada mahasiswa keperawatan. *Jurnal Kesehatan*, 9(1), 20. doi.org/10.46815/jkanwvol8.v9i1.90
- Hicks, T., & Heastie, S. (2008). High school to college transition: a profile of the stressors, physical and psychological health issues that affect the first-year on-campus college student. *Journal of Cultural Diversity*, 15(3), 143–147.
- Hidayat, E., & Darmawanti, I. (2022). Hubungan antara dukungan sosial dengan stres akademik pada mahasiswa di masa pandemi Covid-19. *Character:Jurnal Penelitian Psikologi*, 8(9), 166–178.
- Julika, S., & Setiyawati, D. (2019). Hubungan antara kecerdasan emosional, stres akademik, dan kesejahteraan subjektif pada mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, 5(1), 50. doi.org/10.22146/gamajop.47966
- Lin, S. H., & Huang, Y. C. (2012). Investigating the relationships between loneliness and learning burnout. *Active Learning in Higher Education*, 13(3), 231–243. doi.org/10.1177/1469787412452983
- Lubis, H., Ramadhani, A., & Rasyid, M. (2021). Stres akademik mahasiswa dalam melaksanakan kuliah daring selama masa pandemi Covid 19. *Psikostudia : Jurnal Psikologi*, 10(1), 31. doi.org/10.30872/psikostudia.v10i1.5454
- Makhin, M. (2021). Hybrid learning: Model pembelajaran pada masa pandemi di SD Negeri Bungurasih Waru Sidoarjo. *Mudir : Jurnal Manajemen Pendidikan*, 3(2), 95–103. doi.org/10.55352/mudir.v3i2.312
- Merry, H. C. M. (2020). Stres akademik mahasiswa aktif angkatan 2018 dan 2019

- Universitas Swasta di DKI Jakarta. *Jurnal Konseling Indonesia*, 6(1), 6–13.
- Musabiq, S. A., & Karimah, I. (2018). Gambaran stress dan dampaknya pada mahasiswa. *InSight*, 20(2), 74–80.
- Ni, M. Y., Yang, L., Leung, C. M. C., Li, N., Yao, X. I., Wang, Y., Leung, G. M., Cowling, B. J., & Liao, Q. (2020). Mental health, risk factors, and social media use during the COVID-19 epidemic and cordon sanitaire among the community and health professionals in Wuhan, China: Cross-sectional survey. In *JMIR Mental Health*, 7(5). doi.org/10.2196/19009
- 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. doi.org/10.1016/j.chb.2013.02.014
- andiarna, F., & Kusumawati, E. (2020). Pengaruh pembelajaran daring terhadap stres akademik mahasiswa selama pandemi Covid-19. *Jurnal Psikoloogi* 16(2), 139–150. doi.org/10.24014/jp.v14i2.9221
- Putri, F. R., & Aviani, Y. I. (2022). Pengaruh penggunaan sosial media terhadap tingkat stress pada remaja dimasa pandemi. *Journal of Multidisciplinary Research and Development*, 5(1), 493–497.
- Resubun, C. C. (2021). Respon terhadap pembelajaran blended learning di era pandemi Covid 19 dengan tingkat stres pada mahasiswa. *Media Husada Journal Of Nursing Science*, 2(3), 154–166. doi.org/10.33475/mhjns.v2i3.67
- Robotham, D. (2008). Stress among higher education students: Towards a research agenda. *Higher Education*, 56(6), 735–746. doi.org/10.1007/s10734-008-9137-1
- Sagita, D. D., Daharnis, D., & Syahniar, S. (2017). Hubungan self efficacy, motivasi berprestasi, prokrastinasi akademik dan stres akademik mahasiswa. *Bikotetik (Bimbingan Dan Konseling Teori Dan Praktik)*, 1(2), 43. doi.org/10.26740/bikotetik.v1n2.p43-52
- Shakya, H. B., & Christakis, N. A. (2017). Association of facebook use with compromised well-being: A longitudinal study. *American Journal of Epidemiology*, 185(3), 203–211. doi.org/10.1093/aje/kww189
- Siregar, I. K., & Putri, S. R. (2020). Hubungan self-efficacy dan stres akademik mahasiswa. *Consilium : Berkala Kajian Konseling Dan Ilmu Keagamaan*, 6(2), 91. doi.org/10.37064/consilium.v6i2.6386
- Tika, & Cahyati, W. H. (2019). *Jurnal Kesehatan Masyarakat Higeia*. 3(4), 625–634.
- Tom, S. (2022). Effect of Perceived Academic Stress on College Students. *YMER Digital*, 21(06), 343–352. doi.org/10.37896/ymer21.06/33
- Tsai, W. H. S., & Men, L. R. (2017). Consumer engagement with brands on social network sites: A cross-cultural comparison of China and the USA. *Journal of Marketing Communications*, 23(1), 2–21. doi.org/10.1080/13527266.2014.942678
- Wang, C., & Zhao, H. (2020). The Impact of COVID-19 on anxiety in Chinese University Students. *Frontiers in Psychology*, 11(January), 1–8.

doi.org/10.3389/fpsyg.2020.01168

Womble, L. P. (2000). Impact of stress factors on college student's academic performance Charlotte

Yumba, W. (2010). *Academic Stress: A Case of the Undergraduate students Wycliffe Yumba.* Diakses di <http://urn.kb.se/resolve?urn=urn:nbn:se:liu:diva-81902>