

DAFTAR PUSTAKA

- Amir, Andi Subhan; Hermawati, Yanti; Aziz, Syamsuddin; Setiawati, Retno; Khamidah, Lutfiatul; Nugroho, Agus Digdo; Zubair, Ibnu; Soepratikno, S. S. (2024). *Peran Media Sosial Dalam Pembentukan Opini Publik*. PT. Nas Media Indonesia.
- Annisa Elya Zein, R. A. (2025). Fear of missing out (FoMO) dan phubbing behavior pada remaja pengguna tiktok di Jakarta Timur. *Socius: Jurnal Penelitian Ilmu-Ilmu Sosial*, 3(1), 306–313. <https://doi.org/https://doi.org/10.5281/zenodo.15837992> Fear
- Atiyah, K., Mughni, A., & Ainiyah, N. (2020). Hubungan Antara Regulasi Diri Dengan Penyesuaian Diri Remaja. *Maddah : Jurnal Komunikasi Dan Konseling Islam*, 2(2), 42–51. <https://doi.org/10.35316/maddah.v2i2.844>
- Baker, Z. G., Krieger, H., & LeRoy, A. S. (2016). *Fear of missing out: Relationships with depression, mindfulness, and physical symptoms*. 2(3), 275–282. <https://doi.org/https://doi.org/10.1037/tps0000075>
- Bandura A. (1991). Social Cognitive Theory of Self-Regulation. *Organizational Behavior and Human Decision Processes*, 50, 248–287. [https://doi.org/10.1016/0749-5978\(91\)90022-L](https://doi.org/10.1016/0749-5978(91)90022-L).
- Baumeister, R. F., & Vohs, K. D. (2007). Self-Regulation, Ego Depletion, and Motivation. *Social and Personality Psychology Compass*, 1(1), 115–128. <https://doi.org/10.1111/j.1751-9004.2007.00001.x>
- Daniel Kahneman. (2011). *THINKING FAST AND SLOW* (A. Kagan, Ed.). Farrar, Straus and Giroux.
- Ekasari, P., & Hadi Dharmawan, A. (2012). Socio-Economic Impacts by the Internet Usage of Teenagers in Villages. *Sodality: Jurnal Sosiologi Pedesaan*, 6(1). <https://doi.org/10.22500/sodality.v6i1.5809>

- Elfariani, I., & Anastasya, Y. A. (2022). Regulasi Diri dan Kecemasan Sosial pada Remaja. *Jurnal Psikologi Terapan (JPT)*, 5(1), 56–57. <https://doi.org/10.29103/jpt.v5i1.10421>
- Febrina Rani Tresnawati. (2016). HUBUNGAN ANTARA THE BIG FIVE PERSONALITY TRAITS DENGAN FEAR OF MISSING OUT ABOUT SOCIAL MEDIA PADA MAHASISWA. *Jurnal Ilmiah Psikologi*, 8(3).
- Gavora, P., Jakešová, J., & Kalenda, J. (2015). The Czech Validation of the Self-regulation Questionnaire. *Procedia - Social and Behavioral Sciences*, 171, 222–230. <https://doi.org/10.1016/j.sbspro.2015.01.113>
- Hidayat, M. M. & A. (2024). HUBUNGAN ANTARA KONTROL DIRI DENGAN FEAR OF MISSING OUT PADA SISWA PENGGUNA MEDIA SOSIAL SMA N 1 RANGSANG BARAT (RIAU). *Pendidikan Dan Psikologi Pintar Harati*. <https://doi.org/https://doi.org/10.36873/jph.v20i2.13167>
- Hurlock, E. B. (1980). *Developmental psychology: A life-span approach* (5th ed.). McGraw-Hill. https://books.google.co.id/books/about/Developmental_Psychology.html?id=_whmMQEACAAJ&redir_esc=y
- Indonesia, A. P. J. I. (2025). SURVEI PENETRASI INTERNET DAN PERILAKU PENGGUNAAN INTERNET Sebagai perwakilan Pengurus APJII , kami dengan bangga mempersembahkan Profil Internet Indonesia 2025. *Asosiasi Penyelenggara Jasa Internet Indonesia*. <https://survei.apjii.or.id/>
- Jessicha Fredericha Permatasari, Nabila Rania Alkatiri, A. Z. I. (2024). Terjebak di Dunia FOMO: Tantangan Mental Generasi Z di Era Media Sosial. *Seminar Nasional Universitas Negeri Surabaya*, 3, 929. <https://proceeding.unesa.ac.id/index.php/sniis/article/download/3878/1161/17157>

- JWT Intelligence. (2011). *Fear Of Missing Out* (Number May).
- Kurniawan, R., & Utami, R. H. (2022). Validation of Online Fear of Missing Out (ON-FoMO) Scale in Indonesian Version. *Jurnal Neo Konseling*, 4(3), 1. <https://doi.org/10.24036/00651kons2022>
- Kusnadi, M. L., & Suhartanto, P. E. (2022). Hubungan antara Regulasi Diri dengan Fear of Missing Out (FoMO) pada Mahasiswa Pengguna Media Sosial. In *Suksma: Jurnal Psikologi Universitas Sanata Dharma* (Vol. 3, Number 2, pp. 19–29). <https://doi.org/10.24071/suksma.v3i2.4933>
- Ma'rifatullillah Destiana Cahyati, Suhadianto, K. R. (2025). *Regulasi Diri dan Fear of Missing Out (FoMO) pada Mahasiswa Pengguna TikTok*. 3(01), 36–46. <https://doi.org/https://doi.org/10.30996/jiwa.v3i01.12630>
- Mandas, A. L., & Silfiyah, K. (2022). Social Self-Esteem dan Fear of Missing Out Pada Generasi Z Pengguna Media Sosial. *Jurnal Sinestesia*, 12(1), 19–27. <https://sinestesia.pustaka.my.id/journal/article/view/78>
- Marina Milyavskaya, Mark Saffran, Nora Hope, R. K. (2018). *Fear of missing out: prevalence, dynamics, and consequences of experiencing FOMO*. 42, 725–737. <https://doi.org/https://doi.org/10.1007/s11031-018-9683-5>
- McGinnis, P. J. (2020). *The FOMO Sapiens Handbook*. Patrick McGinnis. <https://www.patrickmcginnis.com>
- Nadia Putri Ayu, Desy Safitri, S. (2025). *Hubungan Sindrom Fear of Missing Out (FoMO) terhadap Perilaku Konsumtif pada Mahasiswa*. 3(2), 1–18.
- Nurhasanah, A. (2024). *Fenomena FOMO (Fear of Missing Out) pada Masyarakat Perkotaan di Indonesia*. 2(2), 306–312.
- Ozimek, P., Reimann, L. E., Brailovskaia, J., Bierhoff, H. W., & Rohmann, E. (2024). More social media friends, more life satisfaction?– why fear of missing out leads to contrary effects. *Current Psychology*, 43(41), 32388–32398.

<https://doi.org/10.1007/s12144-024-06778-9>

Palfrey, J., & Gasser, U. (2008). *Born digital: Understanding the first generation of digital natives*. Basic Books. <https://doi.org/10.1097/NMD.0b013e3181cc549e>

Prof. Dr. Sugiyono. (2023). *METODE PENELITIAN KUANTITATIF KUALITATIF DAN R&D* (M. Dr. Ir. Sutopo, S.Pd, Ed.; 2nd ed.). ALFABETA. www.cvalfabeta.com

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. <https://doi.org/10.1016/j.chb.2013.02.014>

Purboningsih, E. R., Massar, K., Hinduan, Z. R., Agustiani, H., Ruiter, R. A. C., & Verduyn, P. (2023). Perception and use of social media by Indonesian adolescents and parents: A qualitative study. *Frontiers in Psychology*, 13(January), 1–18. <https://doi.org/10.3389/fpsyg.2022.985112>

Puspa Nirmala, H. V., & Patria, B. (2016). Peran Regulasi Diri dan Konformitas terhadap Perilaku Berkendara Berisiko pada Remaja. *Gadjah Mada Journal of Psychology (GamaJoP)*, 2(2), 113–125. <https://doi.org/10.22146/gamajop.33095>

Ramadhani, C., Suhadianto, S., & Rista, K. (2025). Fear of Missing Out dengan Subjective Well-Being pada Remaja. *Jurnal Pendidikan Tambusai*, 9(1), 4778–4783. <https://jptam.org/index.php/jptam/article/view/25145>

Richard M. Ryan & Edward L. Deci. (2000). SELF-DETERMINATION THEORY AND THE FACILITATION OF INTRINSIC MOTIVATION, SOCIAL DEVELOPMENT, AND WELL-BEING. *American Psychologist*, 55(1), 68–78. <https://doi.org/10.1037/110003-066X.55.1.68>

- SAHRANÇ, Ü., & DUÇ URHUN, E. (2021). A Study on the Relationship between Social Media Addiction and Self-Regulation Processes among University Students. *International Journal of Psychology and Educational Studies*, 8(4), 96–109. <https://doi.org/10.52380/ijpes.2021.8.4.546>
- Saifudin Azwar. (2021). *PENYUSUNAN SKALA PSIKOLOGI* (2nd ed.). Pustaka Pelajar.
- Servidio, R., Soraci, P., Griffiths, M. D., Boca, S., & Demetrovics, Z. (2024). Fear of missing out and problematic social media use: A serial mediation model of social comparison and self-esteem. *Addictive Behaviors Reports*, 19(January), 100536. <https://doi.org/10.1016/j.abrep.2024.100536>
- Sette, C. P., Lima, N. R. S., Queluz, F. N. F. R., Ferrari, B. L., & Hauck, N. (2019). The Online Fear of Missing Out Inventory (ON-FoMO): Development and Validation of a New Tool. *Journal of Technology in Behavioral Science*, 5(1), 20–29. <https://doi.org/10.1007/s41347-019-00110-0>
- Sianipar, N. A., & Kaloeti, D. V. S. (2019). Adams, E. (2016). The influence of selected demographic variables on the experience of stress among first year students at a selected university in the Western Cape. Thesis. Department of Industrial Psychology. University of the Western Cape. *Jurnal EMPATI*, 8(1), 136–143. <https://doi.org/https://doi.org/10.14710/empati.2019.23587>
- Siti Aulin Niswa, Widya Novi Angga Dewi, Y. I. (2025). KORELASI ANTARA SELF – REGULATION DENGAN SINDROM FEAR OF MISSING OUT (FOMO) PADA MAHASISWI PROGRAM STUDI BIMBINGAN DAN KONSELING UNIVERSITAS IVET SEMARANG. *Jurnal Mahasiswa BK An-Nur : Berbeda, Bermakna, Mulia*, 2(2), 306–312. <https://doi.org/http://dx.doi.org/10.31602/jmbkan.v1i2.18317>
- Stead, H., & Bibby, P. A. (2017). Personality, fear of missing out and problematic internet use and their relationship to subjective well-being. *Computers in*

Human Behavior, 76, 534–540. <https://doi.org/10.1016/j.chb.2017.08.016>

Sutinah, S., & Hanifah, R. (2025). Hubungan Antara Kontrol Diri dengan Fear of Missing Out (FoMO) pada Siswa Pengguna Media Sosial di SMK X Pringsewu. *JIPSI Jurnal Ilmiah Psikologi*, 7(1), 33–45. <https://doi.org/10.37278/jipsi.v7i1.982>

Tanrikulu, G., & Mouratidis, A. (2023). Life aspirations, school engagement, social anxiety, social media use and fear of missing out among adolescents. *Current Psychology*, 42(32), 28689–28699. <https://doi.org/10.1007/s12144-022-03917-y>

United Nations Children’s Fund (UNICEF). (2021). *The state of the world’s children 2021: On my mind—Promoting, protecting and caring for children’s mental health*. <https://www.unicef.org/reports/state-worlds-children-2021>

Vikcyati, M. A., & Rozali, Y. A. (2022). Analisis Pengaruh Regulasi Diri Terhadap Fear of missing out pada Remaja Pengguna Tiktok. ... *Seminar Nasional Psikologi* ..., 121–129. <https://prosiding.esaunggul.ac.id/index.php/SEMNASPSIKOLOGI/article/view/307%0Ahttps://prosiding.esaunggul.ac.id/index.php/SEMNASPSIKOLOGI/article/download/307/300>

Wahyuningtyas, I., IM Hambali, & Muslihati. (2025). Profil Kecenderungan Fear of Missing Out (FoMO) Pada Siswa Sekolah Menengah Atas. *G-Couns: Jurnal Bimbingan Dan Konseling*, 9(2), 984–991. <https://doi.org/10.31316/g-couns.v9i2.6764>

Wati, V. A., Pratikto, H., & Aristawati, A. R. (2022). Wati, V. A., Pratikto, H., & Aristawati, A. R. (2022). Fear of missing out pada remaja di Surabaya: Bagaimana peranan regulasi diri? *INNER: Journal of Psychological Research*, 2(3), 297–303. Fear of missing out pada remaja di Surabaya: Bagaimana peranan reg. *INNER: Journal of Psychological Research*, 2(3), 297–303.

Widowati Inneke Rizky, & Syafiq Muhammad. (2022). Analisis Dampak Psikologis Pada Pengguna Media Sosial. *Character: Jurnal Penelitian Psikologi*, 9(2), 272–283.
<https://doi.org/https://doi.org/10.26740/cjpp.v9i2.47949>

World Health Organization. (n.d.). *Adolescent health*. Retrieved December 20, 2025, from <https://www.who.int/health-topics/adolescent-health>

Zimmerman, B. J. (2000). Attaining self-regulation: A social cognitive perspective. In M. Boekaerts, Monique; Pintrich, Paul R.; Zeidner (Ed.), *Handbook of self-regulation* (pp. 13–39). Academic Press.
<https://doi.org/https://doi.org/10.1016/B978-012109890-2/50031-7>