

DAFTAR PUSTAKA

- Aji, W. N., & Setiyadi, D. B. P. (2020). Aplikasi TikTok sebagai media pembelajaran keterampilan bersastra. *Metafora: jurnal pembelajaran bahasa dan sastra*, 6(1), 147–157.
- Akbar, P.S., & Usman. (2017). Pengantar Statistika. Jakarta: Bumi Aksara
- Al-Menayes, J. (2015). Psychometric properties and validation of the arabic social media addiction scale. *Journal of Addiction*, 2015, 1–6. <https://doi.org/10.1155/2015/291743>
- Alzougool, B. (2018). The impact of motives for Facebook use on Facebook addiction among ordinary users in Jordan. *International Journal of Social Psychiatry*, 64(6), 528–535. <https://doi.org/10.1177/0020764018784616>
- Ananta, A. 2016. Penurunan body dissatisfaction pada perempuan dalam masa emerging adulthood dengan gratitude intervention. *Jurnal Psikologi Indonesia*. 5(2).
- Ananta, A., & Suhadianto, S. (2022). Body dissatisfaction pada wanita masa emerging adulthood: bagaimana peranan social comparison dan perfekionisme. *Psikostudia: Jurnal Psikologi*, 11(4), 532-541.
- Andreassen, C. S., Billieux, J., Griffiths, M. D., Kuss, D. J., Demetrovics, Z., Mazzoni, E., & Pallesen, S. (2016). The relationship between addictive use of social media and video games and symptoms of psychiatric disorders: A large-scale cross-sectional study. *Psychology of Addictive Behaviors*, 30(2), 252.
- Annur, C. M. (2023). Pengguna TikTok di Indonesia Terbanyak Kedua di Dunia per April 2023, Nyaris Salip AS?. Diakses melalui link <https://databoks.katadata.co.id/datapublish/2023/05/24/pengguna-tiktok-di-indonesia-terbanyak-kedua-di-dunia-per-april-2023-nyaris-salip-as>. (2024, 8 Januari).
- Aparicio-Martinez, P., Perea-Moreno, A. J., Martinez-Jimenez, M. P., Redel-Macías, M. D., Pagliari, C., & Vaquero-Abellan, M. (2019). Social media, thin-ideal, body dissatisfaction and disordered eating attitudes: An exploratory analysis. *International Journal of Environmental Research and Public Health*, 16(21), 1–16. <https://doi.org/10.3390/ijerph16214177>
- Aparicio-Martínez, P., Ruiz-Rubio, M., Perea-Moreno, A. J., Martínez-Jiménez, M. P., Pagliari, C., Redel-Macías, M. D., & Vaquero-Abellán, M. (2020). Gender differences in the addiction to social networks in the Southern Spanish university students. *Telematics and Informatics*, 46, 101304. <https://doi.org/10.1016/j.tele.2019.101304>
- Apriliani, N. M. R. R., Soetjningsih, C. H. (2023). Physical appearance comparison dan body dissatisfaction pada wanita dewasa pengguna tiktok dan instagram. *Psikoborneo Jurnal Imiah Psikologi*, 11(4), 470-476. <http://dx.doi.org/10.30872/psikoborneo.v11i4>
- Asharyadi, A. A. P., & Qodariah, S. (2022). Hubungan adiksi media sosial dengan

body dissatisfaction pada wanita dewasa awal di Bandung. In *Bandung Conference Series: Psychology Science* (Vol. 2, No. 1, pp. 476-484). <https://doi.org/10.29313/bcps.v2i1.1344>

- Asmarantika, R. A., Prestianta, A. M., & Evita, N. (2022). Pola konsumsi media digital dan berita online Gen Z Indonesia. *Jurnal Kajian Media*, 6(1), 34-44.
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Pustaka Pelajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi (2th ed)*. Pustaka Belajar Offset.
- Badan Pusat Statistik (BPS). "Padang Dalam Angka 2023". Katalog BPS 1102001.137. Diakses melalui link <https://padangkota.bps.go.id/publication/2023/02/28/0f82539519b5c2e1eff579ef/kota-padang-dalam-angka-2023.html>. (2024, 24 Januari).
- Bencsik, A., & Machova, R. (2016, April). Knowledge Sharing Problems from the Viewpoint of Intergeneration Management. In ICMLG2016 - 4th International Conference on Management, Leadership and Governance: ICMLG2016 (p.42). Academic Conferences and publishing limited.
- Blote, A. W., Miers, A. C., & Westenberg, P. M. (2015). The role of social performance and physical attractiveness in peer rejection of socially anxious adolescents. *Journal of Research on Adolescence*, 25(1), 189–200. <https://doi.org/10.1111/jora.12107>
- Butkowski, C. P., Dixon, T. L., & Weeks, K. (2019). Body surveillance on Instagram: Examining the role of selfie feedback investment in young adult women's body image concerns. *Sex Roles*, 81, 385-397.
- Candra, P. S., Rifansha, M. G., Dahnita, N. K. S. D., Kuta, P. C. R., & Elizar, L. J. A. (2023). The association between body dissatisfaction and social media addiction among teenagers in indonesia. *Jurnal Biologi Tropis*, 23(1), 333-338.
- Cooper Ph.D. D.Phil., D. P. L. in P. P., J. Taylor B.Sc. Research Student, M., Cooper Ph.D. D.Phil., D. P. C. P. Z., & G. Fairbum M.D. M.A., M. P. M. R. C. P. W. T. S. L. C. (1987). The development and validation of the Body Shape Questionnaire. *International Journal of Eating Disorders*, 6(4), 485–494.
- Dancey, C., & Reidy, J. (2017). *Statistics Without Maths for Psychology*. Harlow: Pearson
- Delgado-Rodríguez, R., Linares, R., & Moreno-Padilla, M. (2022). Social network addiction symptoms and body dissatisfaction in young women: exploring the mediating role of awareness of appearance pressure and internalization of the thin ideal. *Journal of Eating Disorders*, 10(1), 1–11. <https://doi.org/10.1186/s40337-022-00643-5>
- Dewa, C. B., & Safitri, L. A. (2021). Pemanfaatan media sosial tiktok sebagai media promosi industri kuliner di yogyakarta pada masa pandemi covid-19 (Studi Kasus Akun TikTok Javafoodie). *Khasanah Ilmu - Jurnal Pariwisata Dan Budaya*, 12(1), 65–71. <https://doi.org/10.31294/khi.v12i1.10132>

- Gravetter, F.J. and Wallnau, L.B. (2006) *Statistics for the Behavioral Sciences*. Thomson/Wadsworth, Belmont.
- Gravetter, F. J., & Forzano, L. B. (2018). *Research methods for the behavioral science (6th ed)*. Cengage Learning Inc
- Griffiths, M. (2000). Internet addiction-time to be taken seriously?. *Addiction research*, 8(5), 413-418.
- Griffiths, M.D., Kuss, D.J. & Demetrovics, Z., (2014). Social Networking Addiction: An Overview of Preliminary Findings. *Behavioral Addictions: Criteria, Evidence, and Treatment*, pp. 119-141.
- Grogan, S. (1999). *Body Image: Understanding Body Dissatisfaction in Men, Women, and Children*. New York: Routledge.
- Grogan, S. (2017). *Body image: Understanding body dissatisfaction in men, women and children (3rd ed.)*. London and New York: Routledge
- Hati, C. I. P. (2022). Hubungan self compassion dengan body dissatisfaction pada dewasa awal pengguna Instagram. *Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang)*, 13(2), 99-114.
- Hurlock, E. B. (1996). *Psikologi Perkembangan*. Jakarta: Erlangga.
- Hurlock, E.B. 1999. *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan*. Alih bahasa: Istiwidayati & Soedjarwo. Edisi Kelima. Jakarta: Erlangga.
- Hurlock, E. B. (2002). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan (Edisi 5)*. Penerbit Erlangga.
- Hurlock, Elizabeth B. (2011). *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta : Erlangga.
- Jiotsa, B., Naccache, B., Duval, M., Rocher, B., & Grall-Bronnec, M. (2021). Social media use and body image disorders: Association between frequency of comparing one's own physical appearance to that of people being followed on social media and body dissatisfaction and drive for thinness. *International journal of environmental research and public health*, 18(6), 1–14. DOI: 10.3390/ijerph18062880.
- Kaplan, A. M., & Haenlein, M. (2010). Users of the world, unite The challenges and opportunities of Social Media. *Business Horizons*, 53(1), 59–68. <https://doi.org/10.1016/j.bushor.2009.09.003>
- Kapoor, K. K., Tamilmani, K., Rana, N. P., Patil, P., Dwivedi, Y. K., & Nerur, S. (2018). Advances in Social Media Research: Past, Present and Future. *Information Systems Frontiers*, 20(3), 531–558. <https://doi.org/10.1007/s10796-017-9810-y>
- Khoiriyah, L. A., & Rosdiana, M. A. (2019). Hubungan ketidakpuasan tubuh dengan penerimaan diri pada perempuan usia dewasa awal (18 – 25 tahun) di kota Malang. *Jurnal Kesetaraan dan Keadilan Gender*, 12(2), 42-53
- Kitson, M. (2019). Instagram use and body dissatisfaction: a research portfolio. Diakses melalui link

- <https://era.ed.ac.uk/handle/1842/35957%0Ahttps://era.ed.ac.uk/bitstream/handle/1842/35957/Kitson2019.pdf?sequence=1>. (2024, 8 Januari)
- Korbani, A., & LaBrie, J. (2021). Toxic TikTok Trends. *Journal of Student Research*, 10(2), 1–17. <https://doi.org/10.47611/jsrhs.v10i2.1687>
- Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction—a review of the psychological literature. *International Journal of Environmental Research and Public Health*, 8(9), 3528–3552.
- Lee, H., Kim, J. W., & Choi, T. Y. (2017). Risk factors for smartphone addiction in Korean adolescents: Smartphone use patterns. *Journal of Korean Medical Science*, 32(10), 1674–1679. <https://doi.org/10.3346/jkms.2017.32.10.1674>
- Liu, J. (2021). The Influence of the Body Image Presented Through TikTok Trend-Videos and Its Possible Reasons. *Proceedings of the 2nd International Conference on Language, Art and Cultural Exchange (ICLACE 2021)*, 559(Iclace), 359–363. <https://doi.org/10.2991/assehr.k.210609.072>
- 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>
- Lorenzo, G. L., Biesanz, J. C., & Human, L. J. (2010). What is beautiful is good and more accurately understood: Physical attractiveness and accuracy in first impressions of personality. *Psychological Science*, 21(12), 1777–1782. <https://doi.org/10.1177/0956797610388048>
- Lubkin, I. M., & Larsen, P. (2009). *Chronic illness: Impact and intervention* (7th ed). Sudbury, MA: Malloy, Inc
- MacNeill, L. P., Best, L. A., & Davis, L. L. (2017). The role of personality in body image dissatisfaction and disordered eating: *Discrepancies men and women*. *Journal of Eating Disorders*, 5(1), 1–9.
- McLean, S. A., Paxton, S. J., & Wertheim, E. H. (2016). The role of media literacy in body dissatisfaction and disordered eating: *A systematic review*. *Body Image*, 19, 9–23. doi:10.1016/j.bodyim.2016.08.002
- Megawati, S. B., & Nurhayati, S. R. (2022). Pengaruh Perbandingan Sosial Terhadap Body Image Pada Mahasiswi. *Acta Psychologia*, 4(1), 65-71.
- Meiliana, M., Valentina, V., & Retnaningsih, C. (2018). Hubungan body dissatisfaction dan perilaku diet pada mahasiswa universitas katolik soegijapranata semarang. *Praxis*, 1(1), 49.
- Miller, D. T., Turnbull, W., & McFarland, C. (1988). Particularistic and universalistic evaluation in the social comparison process. *Journal of Personality and Social Psychology*, 55(6), 908–917. <https://doi.org/10.1037/0022-3514.55.6.908>
- Mink, D. B., & Szymanski, D. M. (2022). TikTok use and body dissatisfaction: examining direct, indirect, and moderated relations. *Body Image*, 43, 205–216. <https://doi.org/10.1016/j.bodyim.2022.09.006>
- Maimunah, S. and Yohana, S. (2021) Hubungan media sosial dengan body

- dissatisfaction pada mahasiswa perempuan di kota surabaya. *Jurnal Penelitian Psikologi*, 8(2), 224–233.
- Murairwa, S. (2015). Voluntary sampling. *International Journal of Advanced Research in Management and Social Sciences*, 4(2), 185–195.
- Myers, T. A., & Crowther, J. H. (2009). Social comparison as a predictor of body dissatisfaction: A Meta-Analytic Review. *Journal of Abnormal Psychology*, 118(4), 683–698. <https://doi.org/10.1037/a0016763>
- Nawiroh, S., & Dita, R. (2020). Konstruksi kecantikan perempuan pada feature how to do di kanal beauty fimela.com construction of women's beauty on the feature how to do in the beauty fimela.com. *Jurnal ISIP: Jurnal Ilmu Sosial Dan Politik*, 17(1), 38–49.
- Nachar, N. (2008). *The Mann-Whitney U: A Test for Assessing Whether Two Independent Samples Come from the Same Distribution*. *Tutorials in Quantitative Methods for Psychology*, 4(1), 13-20. DOI: 10.20982/tqmp.04.1.p013
- Nunnally, J. C. (1967). *Psychometric Theory*. New York: McGraw-Hill.
- Nurlina, M., Anggraini, A., & Meriyandah, H. (2022). Hubungan Intensitas Penggunaan Media Sosial Pada Tingkat Kecemasan Generasi Z Mahasiswa Keperawatan Di Stikes Medistra Indonesia Tahun 2022. *Jurnal Ilmu Kesehatan*, 1(1), 1–8. <https://journal-mandiracendikia.com/jbmc>
- Ogden, J. 2010. *The Psychology of Eating: From Healthy To Disordered Behavior*. USA: The Blackwell Publishing.
- Oktaviani, A. (2023). Dampak media sosial terhadap rasa percaya diri terkait citra tubuh generasi z di kota cimahi. *Janaloka: Jurnal Ilmu Komunikasi*, 1(2), 81–96.
- Palmer, C. L., & Peterson, R. D. (2021). Physical attractiveness, halo effects, and social joining. *Social Science Quarterly*, 102(1), 552– 566. <https://doi.org/10.1111/ssqu.12892>
- Pedalino, F. and Camerini, A. L. (2022). Instagram use and body dissatisfaction: the mediating role of upward social comparison with peers and influencers among young females. *International Journal of Environmental Research and Public Health*, 19(3). doi: 10.3390/ijerph19031543.
- Prensky, M. (2001). Digital natives, digital immigrants part 2: Do they really think differently?. *On the horizon*, 9(6), 1-6.
- Priyatno, Duwi. 2010. *Paham Analisa Statistik Data dengan SPSS*. Yogyakarta: Mediakom
- Priyatno, Dwi. 2014. *Mandiri Belajar Analisis Data dengan SPSS*. Yogyakarta: Mediakom
- Rozen, D., Askalani, M., & Senn, T. (2012). *Identifying, understanding, and influencing social media users*. Zurich University; Aimia, Inc.
- Sakinah, H., & Sumaryanti, I. U. (2020). Hubungan body dissatisfaction dan adiksi

- media sosial instagram pada wanita dewasa awal. *Prosiding Psikologi*, 6(2), 827–833. <http://dx.doi.org/10.29313/v6i2.24452>
- Santrock, J. W., (2003). *Adolescents (perkembangan remaja)* Alih Bahasa: Benedictine Widiasinta. Jakarta: Erlangga
- Sarafino, E. P. (1998). *Health psychology: biopsychological interaction* third edition. New York: John Wiley & Sons, Inc.
- Sari, G. G., Wirman, W., & Dekrin, A. (2021). Pengaruh body image terhadap konsep diri mahasiswi public relation di kota pekanbaru. *CoverAge: Journal of Strategic Communication*, 12(1), 52–60. <https://doi.org/10.35814/coverage.v12i1.2610>
- Seekis, V., Bradley, G. L., & Duffy, A. L. (2020). Appearance-related social networking sites and body image in young women: Testing an objectification-social comparison model. *Psychology of Women Quarterly*, 44(3), 377-392.
- Sejčová, Ľ. (2008). Body dissatisfaction. *Jedlička 2002*, 171–182. <https://doi.org/10.2478/v10023-008-0017-1>
- Strandbu, Å., & Kvalem, I. L. (2014). Body talk and body ideals among adolescent boys and girls: A Mixedgender focus group study. *Youth & Society*, 46(5), 623–641. <https://doi.org/10.1177/0044118X12445177>
- Stice, E., & Shaw, H. E. (2002). Role of body dissatisfaction in the onset and maintenance of eating pathology. *Journal of Psychosomatic Research*, 53, 985-993.
- Sumanty, D., Sudirman, D., & Puspasari, D. (2018). Hubungan religiusitas dengan citra tubuh pada wanita dewasa awal. *Jurnal Psikologi Islam dan Budaya*, 1(1), 9- 28. <https://doi.org/10.15575>
- Supratiknya, Augustinus (2014) *Pengukuran psikologis*. Penerbit Universitas Sanata Dharma, Yogyakarta. ISBN 978-602-9187-75-5
- Syamsoedin, W. K. P., Bidjuni, H., & Wowiling, F. (2015). Hubungan durasi penggunaan media sosial dengan kejadian insomnia pada remaja di sma negeri 9 manado. *Jurnal Keperawatan*, 3(1).
- Tariq, M., & Ijaz, T. (2015). Development of Body Dissatisfaction Scale for University Students. *Pakistan Journal of Psychological Research*, 30(2), 305–322.
- Tiggemann, M., & Miller, J. (2010). The internet and adolescent girls' weight satisfaction and drive for thinness. *Sex Roles*, 63(1), 79–90. <https://doi.org/10.1007/s11199-010-9789-z>
- Tiggemann, M., & Slater, A. (2013). NetGirls: The internet, facebook, and body image concern in adolescent girls. *International Journal of Eating Disorders*, 46(6), 630–633. <https://doi.org/10.1002/eat.22141>
- Triastuti, E., Andrianto, D., & Nurul, A. (2017). Kajian Dampak Penggunaan Media Sosial Bagi Anak Dan Remaja. In Puskakom
- Tylka, T. L., & Wood-Barcalow, N. L. (2015). What is and what is not positive body image? Conceptual foundations and construct definition. *Body Image*,

14, 118- 129. DOI: 10.1016/j.bodyim.2015.04.001

We Are Social. (2023). Special Report Digital 2023. Diakses melalui link <https://wearesocial.com/id/blog/2023/01/digital-2023/>. (2024, 9 Februari).

We Are Social (2024). Special Report Digital 2024. Diakses melalui link <https://wearesocial.com/id/blog/2024/01/digital-2024/>. (2024, 3 Juni).

Wulandari, R., & Netrawati, N. (2020). Analisis tingkat kecanduan media sosial pada remaja. *Jurnal Riset Tindakan Indonesia*, 5(2), 41-46.

Woods, H.C., & Scott, H. (2016). Sleepyteens: Social media use in adolescence is associated with poor sleep quality, anxiety, depression, and low self-esteem. *Journal of Adolescence*, 61, 41-49. doi:10.1016/j.adolescence.2016.05.00

Yonatan A. Z. (2023). Pengguna Instagram Berdasarkan Rentang Usia 2023. Diakses melalui link <https://data.goodstats.id/statistic/pengguna-instagram-berdasarkan-rentang-usia-2023-MEdzz> (2024, 9 Februari)

Yulianti, Y., & Caniyago, A. (2022). Manipulasi wajah menggunakan filter pada sosial media dalam perspektif islam. *At-Tajdid: Jurnal Pendidikan dan Pemikiran Islam*, 7(1), 230-235.

ZAP Clinic Index. (2020). ZAP Beauty Index 2020. 1-36

