

DAFTAR PUSTAKA

- Akbar, R.S., Aulya, A., Apsari, A., & Sofia, L. (2018). Ketakutan Akan Kehilangan Momen (FOMO) Pada Remaja Kota Samarinda. *Jurnal Psikologi*, 7(2), 38-47. <http://dx.doi.org/10.30872/psikostudia.v7i2.2404>
- Alabri, A. (2022). *Fear of Missing Out (FoMO)*: The Effects of the Need to Belong, Perceived Centrality, and Fear of Social Exclusion. In *Human Behavior and Emerging Technologies*, 2. <https://doi.org/10.1155/2022/4824256>
- Altuwairiqi, M., Jiang, N., & Ali, R. (2019). Problematic Attachment to Social Media: Five Behavioural Archetypes. *International Journal of Environmental and Public Health*, 16(12). <https://doi.org/10.3390/ijerph16122136>
- Amelia, D., & Akbar, A. (2023). *Fear of Missing Out (FoMO)* pada Masa Dewasa Awal. *Causalita: Journal of Psychology*. <https://doi.org/10.62260/causalita.v1i1.5>
- Andrada, A., & Doromal, A. (2024). Social Connectedness among Emerging Adults in a State University in Western Visayas. *Technium Social Science Journal*, 58, 142-158. <https://doi.org/10.47577/tssj.v58i1.11135>
- Abdulloh, M. (2021). Gambaran *Fear of Missing Out (FoMO)* pada Mahasiswa Pekanbaru. [Skripsi, Universitas Islam Riau]. Repositori Perpustakaan Universitas Islam Riau. <https://repository.uir.ac.id/12264/>
- Apriyanti, S., & Wijayani, Q. (2024). The Phenomenon of *Fear of Missing Out (FoMO)* on tiktok application users with an analysis of Islamic educational psychology perspectives among Trunojoyo Madura University Student. *Edusoshum Jurnal Pendidikan Islam dan Sosial*, 4(1), <https://doi.org/10.52366/edusoshum.v4i1.78>
- Alt, D., & Boniel-Nissim, M. (2018). Parent-adolescent communication and problematic Internet use: The mediating role of Fear of Missing Out (FoMO). *Journal of Family Issues*, 39(13), 3391–3409. <https://doi.org/10.1177/0192513X18783493>
- Ana, I., & Maryam, E. (2024). *The Relationship Between Using Tiktok Social Media and FoMO (Fear of missing out) in Students*. <https://doi.org/10.21070/ups.4201>
- Ariani, L., & Febriani, R. (2022). *Shared Reality Ditinjau dari Perbedaan Gender (Survei pada Masyarakat)*, Disertasi. Universitas Ahmad Dahlan. <https://doi.org/10.26555/jptp.v4i1.24064>
- Arini, D. (2021). Emerging Adulthood: Pengembangan Teori Erikson Mengenai Teori Psikososial pada Abad 21. *Jurnal Ilmiah PSYCHE*, 15(1), 11–20. <https://doi.org/10.33557/jpsyche.v15i01.1377>
- Arnett, J. (2004). *The Winding Road from the Late Teens through the Twenties*. Oxford University Press.
- Arnett, J. J. (2016). College Students as Emerging Adults: The Developmental Implications of the College Context. *Emerging Adulthood*, 4(3), 219–222. <https://doi.org/10.1177/2167696815587422>
- A'yun, Q., & Sokip. (2024). Pendekatan Psychological Well-Being dalam Mengatasi Masalah Fearing of Missing Out (FoMO) Pada Fase Dewasa Awal. *Journal of Social Science and Multidisciplinary Analysis*, 3, 57–69. <https://jossama.com>
- Azwar, S. (2017). Metode penelitian psikologi (edisi kedua). Pustaka Pelajar.

- Azka, F., Firdaus, D.F., & Kurniadewi, E. (2018). Kecemasan Sosial dan Ketergantungan Media Sosial pada Mahasiswa. *PSYMPATHIC: Jurnal Ilmiah Psikologi*, 5(2), 201-210. <https://doi.org/10.15575/psy.v5i2.3315>
- Backlinko. (2024). *Social Media Usage and Growth Statistics*. Diakses pada 31 Oktober 2024.
- Bagaskara, R., & Widyastuti, T. (2023). Adaptasi social connectedness Scale-Revised edisi Bahasa Indonesia. *Jurnal Psikologi*, 19(2), 106–116. <https://doi.org/10.24014/jp.v14i2.19955>
- Batin, M., Riski, O., Asmy, S., & Nur Hidayat, F. (2023). Pengaruh Motif Penggunaan Media Tiktok Terhadap Citra Diri Pada Mahasiswa Fakultas Ekonomi dan Bisnis Islam. *Journal of Business and Economics Research (JBE)*, 4(3), 215–224. <https://doi.org/10.47065/jbe.v4i3.3513>
- Bella, S., Raudhoh, S., & Annisa, V. (2023). *The Correlation Between Instagram Usage Intensity and fear of missing out (FoMO) in Emerging Adulthood in Jambi City During the Covid-19 Pandemic* (pp. 179–187). https://doi.org/10.2991/978-2-38476-110-4_19
- Beyens, I., Frison, E., & Eggermont, S. (2016). “I Don’t Want to Miss A Thing”: Adolescents’ *Fear of Missing Out* and Its Relationship to Adolescents’ Social Needs, Facebook Use, and Facebook Related Stress. *Computers in human behavior*, 64, 1-8. <https://doi.org/10.1016/j.chb.2016.05.083>
- Bintang, J.(2023). Pengaruh Sosial Media pada Masa Dewasa Awal. *PENSA: Jurnal Pendidikan dan Ilmu Sosial*, 5(3). <https://doi.org/10.36088/pensa.v5i3.4345>
- Brown, L. (2013). *Social Connectedness Deficits in College Students with Social Connectedness Deficits in College Students with Schizotypy*. [Disertasi, Louisiana State University and Agricultural and Mechanical College]. https://repository.lsu.edu/gradschool_dissertations/2798
- Browne, B. L., Aruguete, M. S., McCutcheon, L. E., & Medina, A. M. (2018). Social and Emotional Correlates of the Fear of Missing Out. *In North American Journal of Psychology*, 20(2). <https://psycnet.apa.org/record/2018-23506-008>
- Brown, L., & Kuss, D. J. (2020). *Fear of Missing Out*, Mental Wellbeing, and Social Connectedness: A seven-Day Social Media Abstinence Trial. *International Journal of Environmental Research and Public Health*, 17(12), 1–18. <https://doi.org/10.3390/ijerph17124566>
- Brombach, R., & Dietch, J. (2024). *Fear of missing out* and Sleep Health: A Systematic Review and Meta-analysis. *Sleep and Psychiatric Disorder*, 47(1). doi.org/10.1093/sleep/zsae067.0991
- Bur, R., Ayuningtyas, F., & Muqsith, M. (2023). Pemanfaatan TikTok sebagai Media Informasi Baru Generasi Z. *Jurnal Komunikasi Nusantara*, 5(2), 189–198. <https://doi.org/10.33366/jkn.v5i2.260>
- Burke, M., Marlow, C., & Lento, T. (2014). Social Network Activity and Social Well-Being. *Association for Computing Machinery*, <https://doi.org/10.1145/1753326.1753613>
- Christian, L., & Smith, J. (2018). *Understanding Adolescent Development*. Pearson, Boston.

- Chyquitita, T. (2024). Mengurai Fenomena FoMO di Kalangan Remaja. *Edukatif: Jurnal Ilmu Pendidikan*, 6(4), 3763-3771. DOI: <https://doi.org/10.31004/edukatif.v6i4.7406>.
- Collier, J. (2020). *Applied Structural Equation Modeling Using AMOS: Basic to Advanced Techniques*. New York: Routledge.
- Connolly, I., Palmer, M., Barton, H., Kirwan, G. (2016). *An Introduction to Cyberpsychology*. New York: Routledge.
- Crisp, Beth R. (2010), Belonging, Connectedness and Social Exclusion. *Journal of Social Inclusion*, 1(2), 123-132. <https://doi.org/10.36251/josi14>
- Damri, R. (2024). Penerimaan Diri sebagai Prediktor *Fear of Negative Evaluation* pada *Emerging Adulthood* di Indonesia. *Jurnal Kajian Ilmiah*, 24(1). <https://dx.doi.org/10.31599/jki.v24i1.3516>
- Dancey, C., & Reidy, J. (2017). *Statistics without maths for psychology* (7th ed.). Pearson.
- Darmayanti, D. P., Arifin, I., & Inayah, M. (2023). FoMO: Kecemasan Digital di Kalangan Pengguna TikTok. *EMIK: Jurnal Ilmiah Ilmu-Ilmu Sosial*, 6(2).
- Databoks. (2023). *Tiktok, Aplikasi yang Paling Banyak Diunduh di Indonesia pada 2023*. <https://databoks.katadata.co.id/teknologitelekomunikasi/statistik/5b44b118b594168/tiktok-aplikasi-yang-paling-banyak-diunduh-di-indonesia-pada-2023>. Diakses pada 20 Oktober 2024.
- Evianah., Mustikorini, D., & Mapurdianto, K. (2024). Fenomena Racun TikTok pada Perilaku Konsumtif dalam Perspektif Islam. *Jurnal Ilmiah Ekonomi Islam*, 10(1), 835-842.
- Elhai, J. D., Yang, H., & Montag, C. (2020). *Fear of Missing Out (FoMO): Overview, Theoretical Underpinnings, and Literature Review on Relations with Severity of Negative Affectivity and Problematic Technology Use*. *Journal of Psychiatry*, 43(2), 203. <https://doi.org/10.1590/1516-4446-2020-0870>
- Fathadhika, S. (2018). Social media engagement sebagai mediator antara *fear of missing out* dengan kecanduan media sosial pada remaja. *Journal of Psychological Science and Profession*, 2(3), 208-215.
- Fauzyah, P. (2023) *Upaya Guru Bimbingan Konseling Dalam Mengatasi Perilaku fear of missing out (FoMO) Pada Siswa Kecanduan Media Sosial Di Man Pematangsiantar*. [Skripsi, Universitas Islam Negeri Sumatera Utara].
- Fazria, N., Rosita, D., Bahri, S., & Nurhasanah. (2024). The influence of self-control on *fear of missing out (FoMO)* in Tiktok users aged 16-18 years. *Sekumpul: Journal of Multidisciplinary Education Science*, 2(1). <https://doi.org/10.62568/jomes.v2i1.149>
- Firmansyah, D., Mufidah, W., & Wigati, D. (2024). Kematangan Emosi dalam Menghadapi Quarter Life Crisis pada Mahasiswa di Jombang.. *Idea: Jurnal Psikologi*, 8(1), 33-39.
- Fitri, H., Hariyono, D. S., & Arpandy, G. A. (2024). Pengaruh Self-Esteem Terhadap *fear of missing out (FoMO)* pada Generasi Z Pengguna Media Sosial. *Jurnal Psikologi*, 1(4), 21. <https://doi.org/10.47134/pjp.v1i4.2823>
- Franchina, V., Abeele, M. V., Rooij, A. J. van, Coco, G. L., & Marez, L. D. (2018). *Fear of missing out* as a Predictor of Problematic Social Media Use and Phubbing

- Behavior among Flemish Adolescents. In *International Journal of Environmental Research and Public Health*, 15(10), 2319. <https://doi.org/10.3390/ijerph15102319>
- Frieling, M., Peach, E., & Cording, J. (2018). *The Measurement of social connectedness and Its Relationship to Wellbeing*. Wellington: Ministry of Social Development.
- Fuster, H., Chamarro, A., & Oberst, U. (2017). *Fear of missing out*, online social networking and mobile phone addiction: a latent profile approach. *Aloma*, 35(1), 23-30.
- Gank. (2024). *TikTok Adalah: Pengertian, Fitur, dan Kelebihannya*. <https://ganknow.com/blog/tiktok/>. Diakses pada 24 September 2024.
- Gezgin, D., Gemikonakli, O., Hamotoglu, N., & Raman, I. (2017). Social Networks Users: *Fear of missing out* in Preservice Teacher. *Journal of Education and Practice*, 8(17).
- Gopal, D., Putteeraj, M., Somanah, J., & Newton, V. (2024). TikTok and The *fear of missing out (FoMO)*: Analyzing Social Media Consumption and Mental Well-Being. *Applied Psychology Research*, 3(2). <https://doi.org/10.59400/apr1483>
- Gravetter, F., & Wallnau, L. (2013). *Statistics for Behavioral Science Ninth Edition*. New York: Wadsworth, Cengage Learning.
- Gunawan, M. (2015). *Statistik Penelitian Bidang Pendidikan, Psikologi, dan Sosial*. Yogyakarta: Parama Publishing
- Gupta, M., & Sharma, A. (2021). *Fear of missing out: A brief overview of origin, theoretical underpinnings and relationship with mental health*. *World Journal of Clinical Cases*, 9(19), 4881–4889. <https://doi.org/10.12998/wjcc.v9.i19.4881>
- Hagar, N., & Diakopoulos, N. (2023). Algorithmic indifference: The dearth of news recommendations on TikTok. *New Media and Society*, 1–21. <https://doi.org/10.1177/14614448231192964>
- Hasny, F., Renadia, S., & Irwansyah. (2021). Eksplorasi Konsep Diri para Pengguna TikTok dalam Memenuhi Social Needs pada Uses and Gratification Theory. *Jurnal Lensa Mutiara Komunikasi*, 5(2). <https://doi.org/10.51544/jlmk.v5i2.1671>
- Hoffman, A., Mehrpour, A., & Staerkle, C. (2023). The Many Faces of social connectedness and Their Impact on Well-being. *Withstanding Vulnerability throughout Adult Life*, 169-186. https://doi.org/10.1007/978-981-19-4567-0_11
- Hochberg, Z., & Konner, M. (2020). Emerging Adulthood, a Pre-adult Life-History Stage. In *Frontiers in Endocrinology* (Vol. 10). Frontiers Media S.A. <https://doi.org/10.3389/fendo.2019.00918>
- Holte, A. J., Fisher, W. N., & Ferraro, F. R. (2022). Afraid of social exclusion: *fear of missing out* predicts cyberball-induced ostracism. *Journal of technology in behavioral science*, 7(3), 315-324.
- Ibrahim, A., Alang, A., Madi., Baharuddin., Ahmad, M., & Darmawati. (2018). *Metodologi Penelitian*. Makassar: Gunadarma Ilmu.
- Ilmi, N. (2023). *Perilaku Konsumtif Pengguna Aplikasi TikTok (Studi Kasus Mahasiswa Universitas Muhammadiyah Makassar)*. [Skripsi.Universitas Muhammadiyah Makassar]. Repositori Univeritas Muhammadiyah Makassar.
- Imam, A., Umayyah, A., Siswoyo, M., & Lestari, A. (2023). Analysis Coldplay Jakarta Concert: *fear of missing out (FoMO)* Phenomenon on TikTok Platform. *Edunity*, 3(8). <https://doi.org/10.57096/edunity.v3i8.297>

- Ismi, A., Nurbayani, S., & Sartika, R. (2022). Detox Sosial Media Sebagai Upaya Mengatasi Social Media Addiction dan Fomo (*Fear of missing out*). *Jurnal Hasil Pemikiran, Penelitian, dan Pengembangan Keilmuan Sosiologi Pendidikan*, 9(3), 92-101. <https://doi.org/10.26858/sosialisasi.v1i3.38009>
- Isnéniah, D., Nuryani, R., & Lindasari, S. (2024). Correlational Study: Self-esteem and *fear of missing out (FoMO)* in emerging adulthood. *Holistik Jurnal Kesehatan*, 18(2), 209-217. <https://doi.org/10.33024/hjk.v18i2.264>
- Karabatak, S. & Alanoglu, M. (2022). The relationship between teacher candidates' technology addictions and their social connectedness: A data-mining approach. Malaysian Online. *Journal of Educational Technology*, 10(4), 265-275. <http://dx.doi.org/10.52380/mojet.2022.10.4.361>
- Kumar, R. (2011). *Research Methodology: A Step-by-Step Guide for Beginners* (3rd Ed.) Sage Publications.
- Khoros. (2024). *The 2024 Social Media Demographic Guide*. <https://khoros/social-media-demographics>. Diakses pada 24 Agustus 2024.
- Kurniawan, R., & Utami, R. (2022). Validation of Online *fear of missing out (FoMO)* Scale in Indonesian Version. *Jurnal Neo Konseling*, 4(3).
- Kusaini, U., Wulandari, L., Guk, R., Cahya, B., Fitriana, D., Regilsa, M., Anggraini, D., Oktaviana, V., Lubis, M., & Ferdiansyah, M. (2024). Perilaku *fear of missing out (FoMO)* Pada Mahasiswa Pengguna Tiktok. *Innovative: Journal of Social Science Research*, 4(3), 5104–5114.
- Lamblin, M., Murawski, C., Whittle, S., & Fornito, A. (2017). Social connectedness, mental health and the adolescent brain. In *Neuroscience and Biobehavioral Reviews*, 80, 57–68. <https://doi.org/10.1016/j.neubiorev.2017.05.010>
- Lee, R. M., Draper, M., & Lee, S. (2001). Social Connectedness, Dysfunctional Interpersonal Behaviors, and Psychological Distress: Testing a Mediator Model. *Journal of Counseling Psychology*, 48(3).
- Lee, R. M., & Robbins, S. B. (1998). The Relationship Between Social Connectedness and Anxiety, Self-Esteem, and Social Identity. *Journal of Counseling Psychology*, 45, 338-345.
- Lee, R. M., & Robbins, S. B. (1995). Measuring Belongingness: The social connectedness and the Social Assurance Scales. *Journal of Counseling Psychology*, 42(2), 232–241. <https://doi.org/10.1037/0022-0167.42.2.232>
- Legault, L. (2017). Self Determination Theory. *Springer International Publishing*. https://doi.org/10.1007/978-3-319-28099-8_1162-1
- Lesnussa, T., & Alfredo, R. (2024). Pengaruh Kecanduan Penggunaan Tiktok Terhadap *Fear of missing out* Pada Mahasiswa Ilmu Komunikasi Angkatan 2021-2023 Universitas Pattimura Ambon. In *Jurnal Ilmu Komunikasi Pattimura*, 3(1)
- Lemeshow, S., Hosmer, D., Klar, J., & Lwanga, S. (1990). *Adequacy of Sample Size in Health Studies*. John Willey and Sans.
- Marlina. (2016). Daya Tarik Facebook sebagai Media Komunikasi Alternatif. *Al-Balagh*, 1(1), 105-125.
- Martono, N. (2010). Metode Penelitian Kuantitatif: Analisis Isi dan Analisis Data Sekunder: Raja Garindo Persada.
- Miranda, A. (2022). Analisis *Fanship* terhadap *Positive Psychological Outcomes: Happiness, Self-Esteem, dan Social Connectedness* pada Penggemar K-Pop di

- Indonesia. [Skripsi, Universitas Bosowa]. Repositori Universitas Bosowa. <https://repository.unibos.ac.id/xmlui/handle/123456789/2223>
- Muharam, G., Sulistya, D., Sari, N., Fahmy, Z., & Zikrinawati, K. (2023). The Effect of *fear of missing out (FoMO)* and Peer Conformity on Impulsive Buying in Semarang City Students (Study on TikTok Shop Consumers). *Experimental Studies Experiences*, 1(8). <https://doi.org/10.58330/ese.v1i8.277>.
- Montag, C., Yang, H., & Elhai, J. (2021). On the Psychology of TikTok Use: A First Glimpse From Empirical Findings. *Front Public Health*, 9. <https://doi.org/10.3389/fpubh.2021.641673>
- Mufarida, D., & Santosa, R. (2024). Hubungan antara *Self Control* dan *fear of missing out (FoMO)* pada Generasi Z Pengguna Media Sosial TikTok. *Jurnal Ilmu Pendidikan dan Psikologi*, 4(2). <https://doi.org/10.51878/paedagogy.v4i2.3077>
- Mulyono, B. (2021). Pengaruh FoMO terhadap social connectedness yang Dimediasi oleh Penggunaan Media Sosial. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 1(2), 1190–1198.
- Nankani, A., & Vijayan, D. (2024). social connectedness and Dimensions of Emerging Adulthood among Young Adults in India. *World Journal of Advanced Research and Reviews*, 22(1), 422–431. <https://doi.org/10.30574/wjarr.2024.22.1.1091>
- Narti, S., & Yanto. (2022). Kajian Dampak Perilaku FoMO (*Fear of missing out*) bagi Masyarakat di Masa Pandemi Covid-19. *Jurnal Sosial dan Sains*, 2(1).
- Neumann, D. (2020). *fear of missing out (FoMO)*. *The International Encyclopedia of Media Psychology*, 1-9. <https://doi.org/10.1002/9781119011071.iemp0185>.
- Nurul, M., Afrizal, S., & Wibowo, T. (2022). Dampak Penggunaan Aplikasi TikTok terhadap Perilaku Sosial Mahasiswa. *Hermeneutika: Jurnal Hermeneutika*, 8(1).
- O'Rourke, H. M., & Sidani, S. (2017). Definition, determinants, and outcomes of social connectedness for older adults: A scoping review. *Journal of Gerontological Nursing*, 43(7), 43-52.
- Oktarini, N., Dewi, N., Putra, M., Ataupah, J., & Oktarini, N. (2022). Analysis of the Positive and Negative Impacts of Using Tiktok For Generation Z During Pandemic. *Journal of Digital Law and Policy*, 1(2).
- Ovadia, H., & Netze, P. (2024). Exploring the Lived Experience and Coping Strategies of *fear of missing out (FoMO)* Among Emerging Adults. *Current Psychology*. <https://doi.org/10.1007/s12144-024-06793-w>
- Panggabean, N., & Brahmana, K. (2021). Literature Review: Pengaruh Kecenderungan *fear of missing out (FoMO)* pada Generasi Millennial (Gen Z) di Indonesia. *Southeast Asian Journal of Technology*, 2(2), 104-108.
- Papalia, D., Olds, S., & Feldman, R. (2009). *Human Development Elevent Edition*. New York: McGraw-Hill.
- Patani, N. S., & Babu C, K. N. (2023). Smartphone Use, *fear of missing out (FoMO)* and social connectedness among College Students. *InternatioanJournalofIndianPsychology*, 11(3). <https://doi.org/10.25215/1103.427>
- Pratama, S., & Muchlis. (2020). Pengaruh Aplikasi Tik Tok terhadap Ekpresi Komunikasi Mahasiswa Universitas Islam Negeri (UIN) Sunan Ampel Surabaya Tahun 2020. *INCARE International Journal of Educational Resources*, 1(2), 102–115.

- 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>
- Putri, L., Purnama, D., & Idi, A. (2019). Gaya Hidup Mahasiswa Pengidap *Fear of missing out* di Kota Palembang. *Jurnal Masyarakat & Budaya*, 21(2), 129–148.
- Putri, T., & Hapsari, M. (2024). Hubungan Self Acceptance dan *fear of missing out* (FoMO) Mahasiswa Generasi Z Pengguna Aplikasi TikTok. *Jurnal Consulenza: Jurnal Bimbingan Konseling Dan Psikologi*, 7(1), 59–73.
- Radjaki, N., & Kristinawati, W. (2024). Hubungan Intensitas Penggunaan Media Sosial TikTok dengan Body Image pada Generasi Z. *Cetak) Journal of Innovation Research and Knowledge*, 4(2).
- Rahmayanthi, R., Kurniawati, E., Nurseto, F., & Dahlan, S. (2022). Analisis Kebutuhan Dasar Psikologis Ditinjau dari Aspek Kompetensi, Keterkaitan, dan kemandirian. *Jurnal Konseling Gusjigang*, 8(1), 1–11. <https://doi.org/10.24176/jkg.v8i1.8019>
- Rahmatullah, A., & Solfema. (2024). Perbedaan Interaksi Sosial antara Mahasiswa yang Mengikut dengan yang Tidak Mengikuti Organisasi Kemahasiswaan di Departemen Pendidikan Non-Formal. *Family Education*, 4(2), 308-315.
- Ramdani, R., Ghifari, M., & Ash, A. (2024). Fenomena *Fear of Missing Out* (FoMO) di Media Sosial Perspektif Hadis. *El Afkar*, 13(1).
- Rifkin, J., Cindy, C., & Kahn, B. (2015). FOMO: How the *Fear of Missing Out* Leads to Missing Out. *Advances in Consumer Research*, 3, 244–248.
- Rozgonjuk, D., Elhai, J. D., Täht, K., Vassil, K., Levine, J. C., & Asmundson, G. J. G. (2019). Non-Social Smartphone Use Mediates the Relationship Between Intolerance of Uncertainty and Problematic Smartphone Use: Evidence From A Repeated Measures Study. *Computers in Human Behavior*, 96, 56–62. <https://doi.org/10.1016/j.chb.2019.02.013>
- Rozgonjuk, D., Sindermann, C., Elhai, J., & Montag, C. (2020). *fear of missing out* (FoMO) and social media's impact on daily-life and productivity at work: Do WhatsApp, Facebook, Instagram, and Snapchat Use Disorders Mediate that Association?. *Addictive Behavior*, 110. <https://doi.org/10.1016/j.addbeh.2020.106487>
- Sa'diah, H., Khairussalam, & Hakim, A. R. 2022. Dampak Penggunaan Media Sosial Whatsapp terhadap Interaksi Sosial Masyarakat Desa Lok Batu Kabupaten Balangan. *Jurnal Entitas Sosiologi*, 11(1), 60–70.
- Salsabilah, N., & Lubis, H. (2023). The *fear of missing out* (FoMO) Phenomenon of Cosmetic Product Trends on the TikTok Application among Female Students. *Ijbem: Indonesian Journal of Business Economics and Management*, 3(1), 17-26.
- Savitri, J. (2019). Impact of *Fear of missing out* on Psychological Well-Being Among Emerging Adulthood Aged Social Media Users. *Psychological Research and Intervention*, 2(2). <https://doi.org/10.21831/pri.v2i2.30363>
- Schnyders, C. M., & Lane, J. A. (2018). Gender, parent and peer relationships, and identification with emerging adulthood among college students. *Journal of College Counseling*. <https://doi.org/10.1002/jocc.12106>.
- Schoenebeck, S.Y. (2014) Giving Up Twitter for Lent: How and Why We Take Breaks from Social Media. *Proceedings of the SIGCHI Conference on Human Factors in*

- Computing Systems (CHI'14)*, Toronto, 773-782. <https://doi.org/10.1145/2556288.2556983>.
- Setiadi, F., & Agus, D. (2020). Hubungan antara Durasi Penggunaan Jejaring Sosial dan Tingkat *Fear of Missing Out* di Kalangan Mahasiswa Kedokteran di Jakarta. *Damianus Journal of Medicine*, 19(1), 62-69. <https://doi.org/10.25170/djm.v19i1.1199>
- 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>
- Simone, M., Loth, K., Peterson, C. B., Berge, J. M., Eisenberg, M. E., & Neumark-Sztainer, D. (2022). Social Isolation in A Population-Based Sample of Emerging Adults: Who is on Their Own?. *Emerging Adulthood*, 10(5), 1247-1255.
- Sirait, P., & Brahmana, K. (2023). Pengaruh Intensitas Penggunaan Media Sosial terhadap Perilaku *fear of missing out* (FoMO) pada Remaja. *Innovative: Journal of Social Science Research*, 4, 6535–6548.
- Siradjuddin, M. S., Novitasari, E., & Pratiwi, A. A. (2023). Fear Of Missing Out (Sebuah Tinjauan Fenomenologi di Universitas Mandala Waluya. *Jurnal Janaloka*, 1(1), 27-35.
- Siregar, E., Gismin, S., & Nurhimah. (2023). Gambaran *fear of missing out* (FoMO) pada Remaja di Kota Makassar. *Jurnal Psikologi Karakter*, 3(1), 236-241.
- Soliha, S. (2015). Tingat Ketergantungan Penggunaan Media Sosial dan Kecemasan Sosial. *Jurnal Interaksi*, 4(1), 1-10.
- Suler, J. (2004). The Online Disinhibition Effect. *Cyber Psychology and Behavior*, 7(3), 321-326.
- Sutanto, M., & Muttaqin, D. (2021). Dimensi Pembentukan Identitas dan Intimasi pada *Emerging Adult* yang Menjalani Relasi Romantis. *Intuisi Jurnal Psikologi Ilmiah*, 13(2).
- Stieler, M., & Germelmann, C. C. (2016). The Ties That Bind Us: Feelings of social connectedness in Socio-Emotional Experiences. *Journal of Consumer Marketing*, 33(6), 397–407. <https://doi.org/10.1108/JCM-03-2016-1749>
- Suhara, R., Sapari, Y., & Sofyan, M. (2024). *Trash Talking* sebagai *Personal Digital Branding* di Media Sosial TikTok. *Jurnal Network Media*, 7(1).
- Sulastri, S., & Sylvia, I. (2022). Hambatan Interaksi Sosial Mahasiswa Terindikasi *Fear of Missing Out* (FoMO) (Studi Kasus: Mahasiswa FIS UNP). *Jurnal Perspektif*, 5(3), 324-332.
- Supratiknya, A. (2014). Pengukuran Psikologis. Yogyakarta: Universitas Sanata Dharma.
- Syah, F., & Rosyidi, H. (2024). Pengaruh FoMO dan *Emotional Intelligence* terhadap *Internet Addiction* pada Mahasiswa. *Jurnal Psikologi Islam Al-Qalb*, 15(1), 80-94.
- Syamsudin & Sukmawati, L. (2021). Pengaruh Aplikasi TikTok terhadap Hubungan Sosial Masyarakat Indonesia Disaat Pandemi Covid-19 (*Literarture Review*). *Noumena: Jurnal Ilmu Sosial Keagamaan*, 2(21).
- Szwedo, D., Hessel, E., Loeb, E., & Hafen, C. (2017). Adolescent Support Seeking as a Path to Adult Functional Independence. *Developmental Psychology*, 53(5), 949-961. <https://doi.org/10.1037/dev0000277>

- Tangkudung, J. P. (2014). Proses Adaptasi Menurut Jenis Kelamin dalam Menunjang Studi Mahasiswa Fisip Universitas Sam Ratulangi. *Acta Diurna Komunikasi*, 3(4).
- Taswiyah. (2022). Mengantisipasi Gejala *Fear of missing out (FoMO)* terhadap Dampak *Social Global* 4.0 dan 5.0 melalui *Subjective Well-Being* dan *Joy of Missing Out (JoMO)*. *Jawara-Jurnal Pendidikan Karakter*, 8(1).
- Taylor, D. (2018). Social Media Usage, FOMO, and Conspicuous Consumption: An Exploratory Study: An Abstract. *Developments in Marketing Science: Proceedings of the Academy of Marketing Science ((DMSPAMS)*. https://doi.org/10.1007/978-3-030-02568-7_234
- TikTok. (2024). Cara Mengembalikan Streak TikTok yang Hilang. <https://www.sebuahutas.com/cara-aktifkan-streak-di-tiktok-dan-streak-rainbow/>. Diakses pada 3 Oktober 2024.
- Umberson D, & Montez JK (2010). Social relationships and health: A flashpoint for health policy. *Journal of Health and Social Behavior*, 51(S), S54–S66.
- Vaidya, N., Jaiganesh, S., & Krishnan, J. (2016). Prevalence of Internet Addiction and Its Impact on the Physiological Balance of Mental health. *National Journal of Physiology, Pharmacy and Pharmacology*, 6(1), 97–100. <https://doi.org/10.5455/njppp.2015.5.0511201588>
- Verduyn, P., Ybarra, O., Resibois, M., Jonides, J., and Kross, E. (2017). Do Social Network Sites Enhance or Undermine Subtractive Well-Being? A Critical Review. *Soc.11*, 274–302.
- Wang, C., Havewala, M., Fan, Q., Wang, Q., & Bali, D. (2023). The Relations Between COVID-19 Stress, Social Connectedness, and Mental Health: A Longitudinal Investigation Comparing Chinese and American College Students. *Current Psychology*, 1-14. <https://doi.org/10.1007/s12144-023-04290-0>
- Wang, Y. H., Gu, T. J., & Wang, S. Y. (2019). Causes and Characteristics of Short Video Platform Internet Community Taking the TikTok Short Video Application as an Example. In: *Proceedings of the 2019 IEEE International Conference on Consumer Electronics Taiwan (ICCETW)*.
- Widodo, M. (2024). Exploring Consumers' Impulse Buying Behavior on Social Commerce Platforms: The Role of *Fear of missing out* (A Study on Tiktok Livestream-Selling). *Proceedings of the 20th International Symposium on Management (INSYMA 2023)*.
- Wijaya, J., Wulandari, P., Arfandi, A., Aprilyani, N., & Septiana, T. (2023). Konstruksi Skala K13 FoMO. *Indonesian Journal of Behavioral Studies*, 3(2), 75–83.
- Wijaya, P. M. N., Suandita, I. K. E., Della Maharani, N. M., & Parwita, G. B. S. (2022). Perilaku generasi z terhadap penggunaan media sosial tiktok: tiktok Sebagai Media Edukasi dan Aktivitas. *Prosiding Pekan Ilmiah Pelajar (PILAR)*, 2, 415-424.
- Wegmann, E., Oberst, U., Stodt, B., & Brand, M. (2017). Online-Specific Fear ff 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>
- Wiesner, L. (2017). *Fighting FoMO: A study on implications for solving the phenomenon of the fear of missing out* (Tesis, University of Twente).
- Wirman, W., Yozani, R., Angela, S., & Surbakti, R. (2023). Study of Communication Phenomenology of Tiktok Users Who Have Experienced *Fear of Missing Out* on

- Behavior. *Bricolage: Jurnal Magister Ilmu Komunikasi*, 9(1), <http://dx.doi.org/10.30813/bricolage.v9i1.3918>
- Wolf, E. (2014). Emerging Adults's Friendship and Group Identification: Differential Association with Well Being. *Honors These*, 858.
- Xiao, A. (2018). Konsep Interaksi Sosial dalam Komunikasi, Teknologi, Masyarakat. *Jurnal Komunika: Jurnal Komunikasi, Media Dan Informatika*, 7(2), 94-99.
- Yuniarti, B., Afifah, S., Rasyada, A., Nurdiana., Hikmah, N., Yansu, S., & Utama, M. (2024). Relationship of FoMO (*Fear of missing out*) on Quality of Life in Youth Using TikTok. *Proceedings of the 7th International Conference of Genuine Psychology "Enhancing Well-Being and Empowerment Toward Resilient Society"*, 72-80.
- Yoo, D., & Córdova, J. (2023). "Is Intimacy Contagious?" Intimate Safety with Parents As A Key to Emerging Adults' Social Connectedness. *Family Relations*, 72(4), 2234-2250.
- Zahra, M., Wulandari, W., & Widya, Y. (2023). TikTok sebagai Media Sosial Populer untuk Komunikasi Bisnis. *Journal Syntax Idea*, 5(10).
- Zhang, N., Hazarika, B., Chen, K., & Shi, Y. (2023). A cross-national study on the excessive use of short-video applications among college students. *Computers in Human Behavior*, 145, 107752. <https://doi.org/https://doi.org/10.1016/j.chb.2023.107752>
- Zulfa, S., & Rozaq, M. (2024). Teknologi Sebagai Sumber Kepuasan: Bukti Kepuasan Baru Media Sosial Tiktok di Kalangan Dewasa Muda. *JIIP (Jurnal Ilmiah Ilmu Pendidikan)*, 7(6).

