

DAFTAR PUSTAKA

- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., & Munthe, S. A. (2021). *Metodologi Penelitian Kesehatan*. Yayasan Kita Menulis: Medan.
- Ahmad, R. J. (2017). *Prevalence of Social Anxiety in Students of College of Education – University of Garmian*. *Researchers World: Journal of Arts, Science and Commerce*, VIII(3(1)), 78–82.
[https://doi.org/10.18843/rwjasc/v8i3\(1\)/12](https://doi.org/10.18843/rwjasc/v8i3(1)/12)
- Al-Hazmi, B. H., Sabur, S. S., & Al-Hazmi, R. H. (2017). *Social Anxiety Disorder in Medical Student at Taibah University, Saudi Arabia*. *Journal of Family Medicine and Primary Care*, 6(2), 169–170.
<https://doi.org/10.4103/jfmjpc.jfmjpc>
- Alimuddin, N., & Latepo, I. (2021). *A Study of University Students Communication Behavior in Social Media from Theory of Uses and Gratification*. *Journal of Humanities and Social Sciences Studies*, 122–132.
<https://doi.org/10.32996/jhsss>
- Alkis, Y., Kadirhan, Z., & Sat, M. (2017). *Computers in Human Behavior Development and Validation of Social Anxiety Scale for Social Media Users*. *Journal Computers in Human Behavior*, 72, 296–303.
- Aloka, P. J. O. (2024). *Social Comparison and Overall Adjustment Among Freshmen in One Public University*. *EUREKA: Social and Humanities*, 1, 46–56. <https://doi.org/10.21303/2504-5571.2024.003359>
- Alomari, N. A., Bedaiwi, S. K., Ghasib, A. M., Kabbarah, A. J., Alnefaie, S. A.,

- Hariri, N., Altammar, M. A., Fadhel, A. M., & Altowairqi, F. M. (2022). *Social Anxiety Disorder: Associated Conditions and Therapeutic Approaches. Cureus, 14*(2014). <https://doi.org/10.7759/cureus.32687>
- Amelia, G. A. (2019). Pengaruh *Social Comparison* Terhadap *Life Satisfaction* pada Remaja Akhir yang Menggunakan Instagram. UNJ: Jakarta.
- American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders. Diagnostic and Statistical Manual of Mental Disorders.* <https://doi.org/10.1176/APPI.BOOKS.9780890425787>
- Anita Lestari, M., & Aminatus Solekhah, T. (2022). *The Relationship Between Social Comparison with Social Anxiety in Youth Users Instagram in Jakarta. Jurnal Impresi Indonesia, 1*(10), 1044–1051. <https://doi.org/10.36418/jii.v1i10.483>
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2025). Survei Penetrasi Internet dan Perilaku Penggunaan Internet 2025.
- Apriliana, I. P. A. (2019). *A Confirmatory Factor Analysis of Social Anxiety Scale for Adolescence in Indonesian Form. Konselor, 8*(3), 98–103. <https://doi.org/10.24036/0201983105819-0-00>
- Arfandi, M. A., Rahman, R. A., Gah, R. L., Asma, N., Mahendra, A. Z., & Rosandini, A. N. (2025). Gambaran Kondisi Kesehatan Mental Mahasiswa. *Journal of Mental Health Concerns, 4*(2), 102–111. <https://doi.org/10.56922/mhc.v4i2.1194>
- Arini, D. P. (2021). *Emerging Adulthood: Pengembangan Teori Erikson Mengenai Teori Psikososial Pada Abad 21. Jurnal Ilmiah Psyche, 15*(1), 11–

20.

Azka, F., Firdaus, D. F., & Kurniadewi, E. (2018). Kecemasan Sosial dan Ketergantungan Media Sosial pada Mahasiswa. *Jurnal Ilmiah Psikologi*, 5 (2), 201–210. <https://doi.org/10.15575/psy.v5i2.3315>

Azura, H., & Fikry, Z. (2025). Hubungan *Social Comparison* di Instagram dengan *Life Satisfaction* pada Mahasiswa Universitas Negeri Padang. *Innovative: Journal of Social Science Research*, 5(3), 7383–7393.

Badan Pusat Statistik Sumatera Barat. (2024). Statistik Kesejahteraan Rakyat. *Badan Pusat Statistik*. <https://sumbar.bps.go.id/id/publication/2024/12/13/897216c08a7641ec02b15602/statistik-kesejahteraan-rakyat-provinsi-sumatera-barat-2024.html>

Ball, R., Alexander, K., & Cleland, J. (2020). “*The Biggest Barrier Was My Own Self*”: *The Role of Social Comparison in Non-Traditional Students Journey To Medicine*. *Perspectives on Medical Education*, 9(3), 147–156. <https://doi.org/10.1007/s40037-020-00580-6>

Caner, N., Efe, Y. S., & Başdaş, Ö. (2022). *The Contribution of Social Media Addiction to Adolescent LIFE: Social Appearance Anxiety*. *Current Psychology*, 8424–8433. <https://doi.org/10.1007/s12144-022-03280-y>

Chaabane, S., Chaabna, K., Bhagat, S., Abraham, A., Doraiswamy, S., Mamtani, R., & Cheema, S. (2021). *Perceived Stress, Stressors, and Coping Strategies Among Nursing Students in The Middle East And North Africa: An Overview of Systematic Reviews*. *Systematic Reviews*, 10(1), 1–17. <https://doi.org/10.1186/s13643-021-01691-9>

- Chen, S., Smith, H., Bartlam, B., Low-Beer, N., Chow, A., Rosby, L. V., Shelat, V. G., & Cleland, J. (2022). *Role of Social Comparison in Preparedness for Practice as A Junior Doctor in Singapore: A Longitudinal Qualitative Study. BMJ Open, 12(9)*. <https://doi.org/10.1136/bmjopen-2022-061569>
- Çınaroglu, M., & Yilmazer, E. (2025). *Problematic Social Media Use, Self-Objectification, and Body Image Disturbance : The Moderating Roles of Physical Activity and Diet Intensity. April, 931–952.*
- Crusius, J., Corcoran, K., & Mussweiler, T. (2022). *Social Comparison: Theory, Research, and Applications. Theories in Social Psychology, Second Edition, February, 165–187*. <https://doi.org/10.1002/9781394266616.ch7>
- Erliksson, O. J., Lindner, P., & Mörtberg, E. (2020). *Measuring Associations Between Social Anxiety and Use of Different Types of Social Media Using The Swedish Social Anxiety Scale for Social Media Users: A Psychometric Evaluation and Cross-Sectional Study. Scandinavian Journal of Psychology, 61(6), 819–826*. <https://doi.org/10.1111/sjop.12673>
- Faiza, N. N., & Maryam, E. W. (2024). *Self-Disclosure, Social Comparison, and Social Anxiety Among Gen Z Social Media Users* [Pengungkapan Diri, Perbandingan Sosial, dan Kecemasan Sosial Pada Gen Z Pengguna Media Sosial]. *Jurnal Fakultas Psikologi, 7(1), 1–8.*
- Febriana, M. V. (2022). *Pengaruh Penggunaan Media Sosial Terhadap Kecemasan Sosial di Kalangan Mahasiswa Ilmu Komunikasi UMS. UMS: Surakarta.*
- Festinger, L. (1954). *A Theory of Social Comparison Processes. Human Relations,*

7(2), 117–140. <https://doi.org/10.1177/001872675400700202>

Firlizza, N., & Qodariah, S. (2025). Pengaruh *Online Disinhibition Effect* terhadap *Online Self-Disclosure* pada Pengguna Media Sosial X. *Jurnal Riset Psikologi*, 5(2), 161–170.

Gibbons, F. X., & Buunk, B. P. (1999). *Individual Differences in Social Comparison: Development of A Scale of Social Comparison Orientation*. *Journal of Personality and Social Psychology*, 76(1), 129–142. <https://doi.org/10.1037/0022-3514.76.1.129>

Harnata, A. A., & Prasetya, B. E. A. (2023). Gambaran Perasaan *Insecure* di Kalangan Mahasiswa yang Mengalami Kecanduan Media Sosial Tiktok. *Bulletin of Counseling and Psychotherapy*, 4(3), 823–830. <https://doi.org/10.51214/bocp.v4i3.437>

Hasugian, P. B., & Brahmana, K. M. (2025). *The Influence Of Social Comparison In Social Media On Self-Esteem In Early Adulthood*. *Jurnal PSSA*, 9(2), 244–257.

He, X. (2022). *Relationship Beetwen Self-Esteem, Interpersonal Trust, and Social Anxiety of Collage Student*. *Occupational Therapy International*, 2022, Article 8088754. <https://doi.org/10.1155/2022/8088754>

Hidayah, N., & Hardew, A. K. (2025). Hubungan Penerimaan Diri terhadap Perbandingan Sosial dengan Dimoderatori oleh Kebersyukuran pada Mahasiswa Pengguna TikTok. *Edukasiana: Jurnal Inovasi Pendidikan*, 4(2), 253–264. <https://doi.org/10.56916/ejip.v4i2.1212>

Jaleel, J. A., & Hussein, H. A. (2023). *Social Anxiety : Prevalence, Gender and*

Age Differences. Journal of Educational & Psychological Sciences, 153,
339–348.

Jenudin, R., Chotimah, U., Wargadalem, F. R., Kantoul, A. M. A., & Musa, A. M.
(2020). *Sikap Mahasiswa. Bening Media Publishing: Palembang.*

Jia, Y., & Yue, Y. (2025). *Influencing Factors of Social Anxiety of Undergraduate
Nursing Students Based on Random Forest Model: A Cross-Sectional Study.*
Nursing Open, 12(1), 1–10. <https://doi.org/10.1002/nop2.70137>

Khalaf, A. M., Alubied, A. A., Khalaf, A. M., Rifaey, A. A., Khalaf, A. M.,
Alubied, A., Khalaf, A. M., & Rifaey, A. (2023). *The Impact of Social Media
on the Mental Health of Adolescents and Young Adults: A Systematic Review.*
Cureus, 15(8). <https://doi.org/10.7759/CUREUS.42990>

Kotera, Y., Jackson, J. E., Kirkman, A., Edwards, A. M., Colman, R., Underhill,
A., Jackson, J. G., Baker, D., & Ozaki, A. (2024). *Comparing the Mental
Health of Healthcare Students: Mental Health Shame and Self-compassion in
Counselling, Occupational Therapy, Nursing and Social Work Students.*
International Journal of Mental Health and Addiction, 22(5), 2787–2804.
<https://doi.org/10.1007/s11469-023-01018-w>

Kunhao, Z., Ma'rof, A. A., & Dahamat Azam, M. N. (2024). *The Impact of Social
Comparison, Fomo, Cyberbullying, and Social Media Addiction on Social
Anxiety among Malaysian Youth. International Journal of Academic
Research in Business and Social Sciences, 14*(12), 1067–1082.
<https://doi.org/10.6007/ijarbss/v14-i12/24045>

La Greca, A. M., & Lopez, N. (1998). *Social Anxiety Among Adolescents:*

Linkages With Peer Relations and Friendships. Journal of Abnormal Child Psychology, 26(2), 83–94. <https://doi.org/10.1023/A:1022684520514>

Lai, F., Wang, L., Zhang, J., Shan, S., Chen, J., & Tian, L. (2023). *Relationship between Social Media Use and Social Anxiety in College Students: Mediation Effect of Communication Capacity. International Journal of Environmental Research and Public Health, 20, 1-14.*

Lee, J. K. (2022). *The Effects of Social Comparison Orientation on Psychological Well-Being in Social Networking Sites: Serial Mediation of Perceived Social Support And Self-Esteem. Current Psychology, 41(9), 6247–6259. <https://doi.org/10.1007/s12144-020-01114-3>*

Madani, B. F., & Ambarini, T. K. (2021). Hubungan antara Perfeksionisme dengan Kecenderungan Kecemasan Sosial pada Remaja Akhir Pengguna Instagram. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM), 1(1), 242–251. <https://doi.org/10.20473/brpkm.v1i1.24626>*

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.*

Marendić, M., Aranza, D., Aranza, I., Vladislavić, S., & Kolčić, I. (2024). *Differences between Health and Non-Health Science Students in Lifestyle Habits, Perceived Stress and Psychological Well-Being: A Cross-Sectional Study. Nutrients, 16(5). <https://doi.org/10.3390/nu16050620>*

Mulianingrum, R. C., & Putrikita, K. A. (2025). Harga Diri dan Kecenderungan Kecemasan Sosial pada Mahasiswa Dewasa Awal yang Merantau. *Jurnal Integrasi Riset Psikologi, 3(1), 44-5-.*

<https://doi.org/10.26486/intensi.v3il.4011>

Nabila, D. A., Masitoh, U., & Aprillianti, V. (2023). Dampak Media Sosial akan Gaya Hidup Mahasiswa Universitas Tulungagung. *Jurnal Kebijakan dan Manajemen Publik*, 13(1), 9–16.

Nathania, P., & Hartanti, L. E. P. (2025). Pengaruh Konten Media Sosial Terhadap *Social Comparison* pada Orang Muda di Jakarta (Studi pada Konten *Flexing Influencer* TikTok @siscakohl). *Jurnal Audience*, 08(02), 246–265. <https://doi.org/10.33633/ja.v8i2.13496>

Nayla, M. R. (2024). Memahami Dampak Media Sosial Terhadap Kesehatan Mental Mahasiswa. *Jurnal Ilmiah Mutiara Pendidikan*, 2(1), 44–56.

Notoatmodjo, S. (2018). *Metode Penelitian Kesehatan (Kedua)*. PT. Rineka Cipta.

Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis Edisi 5*. Salemba Medika: Jakarta Selatan.

Padillah, D. F., & Setiasih, S. (2024). *The Relationship Between Social Anxiety, Social Comparison and Social Media Addiction among Adolescent Kpop Fans*. *Jurnal Psikologi Teori dan Terapan*, 15(2), 164–175.

Panjaitan, M. E., & Rahmasari, D. (2021). Hubungan Antara *Social Comparison* dengan *Subjective Well-Being* pada Mahasiswi Psikologi Unesa Pengguna Instagram. *Jurnal Penelitian Psikologi*, 8(5), 1–14.

Pigart, C. J., MacKinnon, D. P., & Cooper, K. M. (2024). *Academic Social Comparison: A Promising New Target to Reduce Fear of Negative Evaluation in Large-Enrollment College Science Courses*. *International Journal of STEM Education*, 11(1). <https://doi.org/10.1186/s40594-024->

00501-7

Pratiwi, D., Mirza, R., & Akmal, M. El. (2019). Kecemasan Sosial Ditinjau Dari Harga Diri Pada Remaja Status Sosial Ekonomi Rendah. *Psikologia : Jurnal Psikologi*, 4(1), 1–10. <https://doi.org/10.21070/psikologia.v4i1.696>

Pulford, B. D., Woodward, B., & Taylor, E. (2018). *Do Social Comparisons in Academic Settings Relate to Gender and Academic Self-Confidence? Social Psychology of Education*, 21(3), 677–690. <https://doi.org/10.1007/s11218-018-9434-1>

Rachmat, A. P., Riza, W. L., & Aisha, D. (2024). *Body Dissatisfaction Ditinjau dari Social Comparison pada Perempuan Dewasa Awal di Kabupaten Karawang. Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 14(3), 613. <https://doi.org/10.24127/gdn.v14i3.10266>

Rahimi, S., Hall, N. C., Wang, H., & Maymon, R. (2017). *Upward, Downward, and Horizontal Social Comparisons : Effects on Adjustmen , Emotions, and Persistence in Teachers. Interdisciplinary Education and Psychology*, 1(10), 1–20.

Reta, Y., Ayalew, M., Yeneabat, T., & Bedaso, A. (2020). *Social Anxiety Disorder Among Undergraduate Students of Hawassa University, College of Medicine and Health Sciences, Ethiopia. Neuropsychiatric Disease and Treatment*, 16, 571–577. <https://doi.org/10.2147/NDT.S235416>

Sahputra, D., Habibah, P., & Fitria, D. (2023). Munculnya Kecemasan Sosial sebagai Masalah Kesehatan Mental pada Pengguna Media Sosial. *Indonesia Journal of Communication*, 4(1), 17–25.

- Saputra, A. (2019). Survei Penggunaan Media Sosial di Kalangan *Uses and Gratifications*. 9008(21). *Jurnal Dokumentasi dan Informasi*, 40(2), 207-216. <https://doi.org/10.14203/j.baca.v40i2.476>
- Simanjuntak, M. J. T., & Putri, L. W. (2023). Identifikasi *Online Deception Behavior* dan Kecemasan Sosial Pada Pengguna Instagram di Jabodetabek. *Sebatik*, 27(1), 127–137. <https://doi.org/10.46984/sebatik.v27i1.1922>
- Sudjarwo, A. B., Handayani, P. K., & Linsiya, R. W. (2023). Gambaran *Social Comparison* Pengguna Fitur *Instastory* pada Aplikasi Instagram di Kalangan Mahasiswa. *Jurnal Psikologi*, 1(2), 9. <https://doi.org/10.47134/pjp.v1i2.2001>
- Suler, J. (2004). *The Online Disinhibition Effect*. *Cyberpsychology and Behavior*, 7(3), 321–326. <https://doi.org/10.1089/1094931041291295>
- Suryaningrum, C. (2020). Skala Kecemasan Sosial (Alat Ukur dan Manual). *Buku Panduan/Petunjuk*, 1–21. <http://repository.uin-suska.ac.id/26740/1/Haki>
Buku Genealogi Intelektual Melayu Tradisi Pemikiran Islam Abad ke 19 di Kerajaan Riau Lingga.pdf
- Tian, J., Li, B., & Zhang, R. (2025). *The Impact of Upward Social Comparison on Social Media on Appearance Anxiety: A Moderated Mediation Model*. *Behavioral Sciences*, 15(1). <https://doi.org/10.3390/bs15010008>
- Trinidad, G. A., Bulilan, J. L., Sardovia, C. B., Avila, C. J. C., Campus, T., Campus, T., & Campus, T. (2022). *Social Media usage of the Students in a State University*. *April*, 251–256.
- Ulya, F. R., Lestari, D. R., & Agianto, A. (2025). Hubungan *Social Comparison* dengan Kecemasan Sosial Pada Remaja Akhir Pengguna Instagram Di

- Program Sarjana. *Jurnal Ilmu Kesehatan Insan Sehat*, 13(1), 7–17.
<https://doi.org/10.54004/jikis.v13i1.268>
- Verduyn, P., Gugushvili, N., Massar, K., Ta, K., & Kross, E. (2020). *Social Comparison on Social Networking Sites*. *Science Direct*, 32–37.
<https://doi.org/10.1016/j.copsyc.2020.04.002>
- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). *Social Comparison, Social Media, and Self-Esteem*. *Psychology of Popular Media Culture*, 3(4), 206–222. <https://doi.org/10.1037/ppm0000047>
- Wang, Y., Zhang, H., & Bao, S. (2024). *Testing, Revision and Application of The Social Anxiety Scale for Chinese Social Media Users*. *Frontiers in Psychology*, 15, 1–13. <https://doi.org/10.3389/fpsyg.2024.1378093>
- Yang, F., Li, M., & Han, Y. (2023). *Whether and How Will Using Social Media Induce Social Anxiety? The Correlational and Causal Evidence from Chinese Society*. *Frontiers in Psychology*.
<https://doi.org/10.3389/fpsyg.2023.1217415>
- Zaidhan, E., Aisi, F. M., & R, M. T. R. (2023). *Social Anxiety pada Mahasiswa yang Mengalami Adiksi Media Sosial*. *Journal of Psychological Research*, 1(2022), 305–316.
- Zhu, Y. (2023). *The Development of Self-Identity During Emerging Adulthood and Relevant Factors*. 22, 574–580.
- Zuo, F., & Zan, Q. (2025). *Cyber Upward Social Comparison and Well-Being Among College Students: The Chain Mediating Roles Of Self-Esteem And Emotional Regulation*. *BMC Psychology* 13 (1202): 1-17.

