

DAFTAR PUSTAKA

1. Social Media Fact Sheet [Internet]. Demographics of Social Media Users and Adoption in the United States | Pew Research Center. Pew Research Center; [cited 2020 Nov 30]. Available from: <https://www.pewresearch.org/internet/fact-sheet/social-media/>
2. Clement J. Global Social Media users by region 2020 [Internet]. Global social media use by region 2020 | Statista. Statista; [cited 2020 Nov 30]. Available from: <https://www.statista.com/statistics/454772/number-social-media-user-worldwide-region/>
3. Kemp S. Digital 2020: Indonesia [Internet]. Digital 2020: Indonesia - DataReportal – global digital insights. DataReportal; 2020 [cited 2020 Nov 30]. Available from: <https://datareportal.com/reports/digital-2020-indonesia/>
4. Clement J. Distribution of Instagram users worldwide as of October 2020, by age group [Internet]. Distribution of Instagram users worldwide as of October 2020, by age group | Statista. Statista; [cited 2020 November 30]. Available from: <https://www.statista.com/statistics/325587/instagram-global-age-group/>
5. Instagram users in Indonesia - January 2020 [Internet]. Instagram users in Indonesia - January 2020 | NapoleonCat. NapoleonCat; [cited 2020 Dec 6]. Available from: <https://napoleoncat.com/stats/instagram-users-in-indonesia/2020/01>
6. Vogel EA, Rose JP, Roberts LR, Eckles K. Social comparison, social media, and self-esteem. *Psychol Pop Media Cult.* 2014;3(4):206–22. DOI: 10.1037/ppm0000047
7. Jiang S, Ngien A. The Effects of Instagram Use, Social Comparison, and Self-Esteem on Social Anxiety: A Survey Study in Singapore. *Soc Media Soc.* 2020;6(2). DOI: 10.1177/2056305120912488

8. Lopez RB, Polletta I. Regulating Self-Image on Instagram: Links Between Social Anxiety, Instagram Contingent Self-Worth, and Content Control Behaviors. *Front Psychol.* 2021;12(2). DOI: 10.3389/fpsyg.2021.711447
9. Rahma LMJ, Setiasih S. The impact of social media usage intensity on self-esteem: survey on emerging adulthood of instagram user. *KONSELI J Bimbingan dan Konseling.* 2021;8(1):39–46. DOI: 10.24042/kons.v8i1.8313
10. Trifiro B. Instagram Use and Its Effect on Well-Being and Self-Esteem [thesis]. Bryant University; 2018.
11. Henriksen IO, Ranøyen I, Indredavik MS, Stenseng F. The role of self-esteem in the development of psychiatric problems: A three-year prospective study in a clinical sample of adolescents. *Child Adolesc Psychiatry Ment Health.* 2017;11(1):68. DOI: 10.1186/s13034-017-0207-y
12. Aichner T, Jacob F. Measuring the degree of corporate social media use. *Int J Mark Res.* 2015;57(2):257–75. DOI: 10.2501/IJMR-2015-018
13. social media [Internet]. Merriam-Webster. [cited 1 December 2020]. Available from: [https://www.merriam-webster.com/dictionary/social media](https://www.merriam-webster.com/dictionary/social%20media)
14. Sengupta S, Perloth N, Wortham J. Behind Instagram’s success, networking the old way [Internet]. *Instagram Founders Were Helped by Bay Area Connections - The New York Times.* The New York Times; 2012 [cited 2020 Dec 5]. Available from: <https://www.nytimes.com/2012/04/14/technology/instagram-founders-were-helped-by-bay-area-connections.html>
15. Rusli EM. Facebook buys Instagram for \$1 billion [Internet]. *Facebook buys Instagram for \$1 billion - The New York Times.* The New York Times; 2012 [cited 2020 Dec 4]. Available from: <https://dealbook.nytimes.com/2012/04/09/facebook-buys-instagram-for-1-billion/>

16. Newberry C. 37 Instagram Statistics That Matter to Marketers in 2020. HootSuite; 2019 [cited 2020 Nov 30]. Available from: <https://blog.hootsuite.com/instagram-statistics/>
17. Sheldon P, Bryant K. Instagram: Motives for its use and relationship to narcissism and contextual age. *Comput Human Behav.* 2016;58(2):89–97. DOI: 10.1016/j.chb.2015.12.059
18. Alhabash S, Ma M. A Tale of Four Platforms: Motivations and Uses of Facebook, Twitter, Instagram, and Snapchat Among College Students? *Soc Media Soc.* 2017 Jan 1;3(1). DOI: 10.1177/2056305117691544
19. Rollero C, Daniele A, Tartaglia S. Do men post and women view? The role of gender, personality and emotions in online social activity. *Cyberpsychology.* 2019 Feb 21;13(1). DOI: 10.5817/CP2019-1-1
20. Kircaburun K, Griffiths MD. Instagram addiction and the Big Five of personality: The mediating role of self-liking. *J Behav Addict.* 2018;7(1):158–70. DOI: 10.1556/2006.7.2018.15
21. Kircaburun K, Griffiths MD. Problematic Instagram Use: The Role of Perceived Feeling of Presence and Escapism. *Int J Ment Health Addict.* 2019;17(4):909–21. DOI: 10.1007/s11469-018-9895-7
22. Abdel-Khalek AM. Introduction to the psychology of self-esteem. In: Holloway F, editor. *Self-Esteem: Perspectives, Influences and Improvement Strategies.* New York: Nova Science Publishers, Inc; 2016. p. 1–23.
23. Park K, Yang TC. The Long-term Effects of Self-Esteem on Depression: The Roles of Alcohol and Substance Use During Young Adulthood. *Sociol Q.* 2017;58(3):429–46. DOI: 10.1080/00380253.2017.1331718
24. Bojanić Ž, Nedeljković J, Šakan D, Mitić PM, Milovanović I, Drid P. Personality Traits and Self-Esteem in Combat and Team Sports. *Front Psychol.* 2019;10. DOI: 10.3389/fpsyg.2019.02280
25. Emler N. *Self esteem: the costs and causes of low self worth* [Internet]. York: York Publishing Services Ltd; 2001. 1–61 p. Available from: <http://eprints.lse.ac.uk/13039/>

26. Festinger L. A Theory of Social Comparison Processes. *Hum Relations*. 1954;7(2):117–40. DOI: 10.1177/001872675400700202
27. Nesi J, Prinstein MJ. Using Social Media for Social Comparison and Feedback-Seeking: Gender and Popularity Moderate Associations with Depressive Symptoms. *J Abnorm Child Psychol*. 2015;43(8):1427–38. DOI: 10.1007/s10802-015-0020-0
28. Rosenberg J, Egbert N. Online impression management: Personality traits and concerns for secondary goals as predictors of self-presentation tactics on facebook. *J Comput Commun*. 2011;17(1):1–18. DOI: 10.1111/j.1083-6101.2011.01560.x
29. Yang CC. Instagram Use, Loneliness, and Social Comparison Orientation: Interact and Browse on Social Media, but Don't Compare. *Cyberpsychology, Behav Soc Netw*. 2016;19(12):703–8. DOI: 10.1089/cyber.2016.0201
30. de Vries DA, Möller AM, Wieringa MS, Eigenraam AW, Hamelink K. Social Comparison as the Thief of Joy: Emotional Consequences of Viewing Strangers' Instagram Posts. *Media Psychol*. 2018;21(2):222–45. DOI: 10.1080/15213269.2016.1267647
31. Schmitt DP, Allik J. Simultaneous administration of the Rosenberg self-esteem scale in 53 nations: Exploring the universal and culture-specific features of global self-esteem. Vol. 89, *Journal of Personality and Social Psychology*. 2005. p. 623–42. DOI: 10.1037/0022-3514.89.4.623
32. Isomaa R, Väänänen JM, Fröjd S, Kaltiala-Heino R, Marttunen M. How Low Is Low? Low Self-Esteem as an Indicator of Internalizing Psychopathology in Adolescence. *Heal Educ Behav*. 2013;40(4):392–9. DOI: 10.1177/1090198112445481
33. Azwar S. *Penyusunan Skala Psikologi*. 2nd ed. Yogyakarta: Pustaka Belajar Offset; 2009. p. 146-151.
34. Ratri HD. *Hubungan Penggunaan Media Sosial dengan Tingkat Harga Diri Remaja di SMA Negeri 2 Jember*. Fakultas Keperawatan Universitas Jember; 2018.

35. Rahma AN. Pengaruh intensitas mengakses Instagram Terhadap Perilaku Konsumtif Siswa-Siswi SMA Muhammadiyah 1 Kota Magelang [thesis]. Fakultas Dakwah dan Komunikasi UIN Sunan Kalijaga; 2018
36. Dalila F, Putri AM, Harkina P. HUBUNGAN ANTARA INTENSITAS PENGGUNAAN MEDIA SOSIAL INSTAGRAM DENGAN HARGA DIRI. *J Psikol Malahayati*. 2021;3(1). DOI: 10.33024/jpm.v3i1.3769
37. Sukmaraga I. Hubungan Antara Intensitas Penggunaan media Sosial Instagram Dan Materialisme Pada remaja [thesis]. Fakultas Psikologi Universitas Sanata Dharma Yogyakarta; 2018.
38. Evelin, & Adishesa, M. S. (2020). Hubungan Intensitas Penggunaan Instagram dan Self -Esteem pada Remaja . *Jurnal Ilmiah Psikologi MIND SET*, 11(01), 26 - 36. DOI: 10.35814/mindset.v11i01.1297
39. self-esteem [Internet]. *APA Dictionary of Psychology*. American Psychological Association; [cited 2020 Nov 30]. Available from: <https://dictionary.apa.org/self-esteem>
40. World Health Organization (WHO). *Gender and human rights*. Geneva: World Health Organization; 2014.
41. Leonard J. What is trauma? What to know [Internet]. What is trauma? types, symptoms, and treatments. *MediLexicon International*; 2020 [cited 2021 Jan 28]. Available from: <https://www.medicalnewstoday.com/articles/trauma>
42. Mann M, Hosman CMH, Schaalma HP, De Vries NK. Self-esteem in a broad-spectrum approach for mental health promotion. Vol. 19, *Health Education Research*. 2004. p. 357–72. DOI: 10.1093/her/cyg041
43. Phillips KA, Pinto A, Jain S. Self-esteem in body dysmorphic disorder. *Body Image*. 2004;1(4):385–90. DOI: 10.1016/j.bodyim.2004.07.001
44. *Mental Disorders* [Internet]. Maryland: U.S. National Library of Medicine; [cited 2021 Jan 29]. Available from: <https://medlineplus.gov/mentaldisorders.html>
45. Lim JU, Lee JH, Kim JS, Hwang Y Il, Kim TH, Lim SY, et al. Comparison of World Health Organization and Asia-Pacific body mass

- index classifications in COPD patients. *Int J COPD*. 2017;12:2465–75. DOI: 10.2147/COPD.S141295
46. Peraturan Menteri Pendidikan Dan Kebudayaan Republik Indonesia Nomor 3 Tahun 2020 Tentang Standar Nasional Pendidikan Tinggi [Internet]. Kementerian Pendidikan dan Kebudayaan Republik Indonesia; 2020. Available from: <https://peraturan.bpk.go.id/Home/Details/163703/permendikbud-no-3-tahun-2020>
47. Sekarlangit MC, Ridjab DA, Suryani E, Juliawati DJ. Impact of Instagram Usage Intensity on Self-Esteem among Preclinical Medical Students. *Althea Med J*. 2022;9(2):111–6. DOI: 10.15850/amj.v9n2.2307
48. AGE | English meaning - Cambridge Dictionary. Cambridge: University of Cambridge. Available from: <https://dictionary.cambridge.org/dictionary/english/age>
49. Orth U, Robins RW. The Development of Self-Esteem. *Curr Dir Psychol Sci*. 2014;23(5):381–7. DOI: 10.1177/0963721414547414
50. Mofatteh M. Risk factors associated with stress, anxiety, and depression among university undergraduate students. *AIMS Public Heal*. 2021;8(1):36–65. DOI: 10.3934/publichealth.2021004