DAFTAR PUSTAKA

Adzhani, S., Baihaqi, M. I. F., & Kosasih, E. (2020). Persepsi Dukungan Sosial sebagai Mediator Pengungkapan Diri dan Kesejahteraan Subjektif pada Pengguna Instagram. *Mediapsi*,*6*,60– 70.https://doi.org/10.21776/ub.mps. 2020.006.01.7

Al Amin, M., & Juniati, D. (2017). Klasifikasi Kelompok Umur Manusia Berdasarkan Analisis Dimensi Fraktal Box Counting dari Citra Wajah dengan Deteksi Tepi Canny. *Jurnal Ilmiah Matematika*, *2*(6).

Aprianti, I. (2012). *Hubungan Antara Perceived Social Support dan Psychological Well Being pada Mahasiswa Perantau Tahun Pertama di Universitas Indonesia*.

Aprilia, R., Sriati, A., & Hendrawati, S. (n.d.). *Tingkat Kecanduan Media Sosial pada Remaja*.

Bergeron, É., Poirier, L.-R., Fournier, L., Roberge, P., & Barrette, G. (2005). Determinants of Service Use Among Young Canadians With Mental Disorders. *Canadian Journal of Psychiatry. Revue Canadienne de Psychiatrie*, *50*, 629–636. https://doi.org/10.1177/070674370505001009

Best, P., & Manktelow, R. (2014). Social Work and Social Media: Online Help-Seeking and the Mental Well-Being of Adolescent Males. *British Journal of Social Work*, *46*. https://doi.org/10.1093/bjsw/bcu130

Best, P., Manktelow, R., & Taylor, B. (2014). Online Communication, Social Media and Adolescent Wellbeing: A Systematic Narrative Review. *Children and Youth Services Review*, *41*, 27 36. https://doi.org/10.1016/j.childyouth.201 4.03.001

Best, P., Manktelow, R., & Taylor, B. J. (2016). Social Work and Social Media: Online Help-Seeking and the Mental Well-Being of Adolescent Males. *Britis Journal of Social Work*, *46*(1), 257 276. https://doi.org/10.1093/bjs w/bcu130

Davis, J. (2016). *Social Media*. https://doi.org/10.1002/9781118541555.wbiepc004

Davis-McCabe, C., & Winthrop, A. (2010). Davis-McCabe, C. & Winthrop, A. (2010) Computerised CBT: University students experiences of using an

online self-help programme. Counselling Psychology Review. 25(4). *Counselling Psychology Review*, *25*. https://doi.org/10.53841/bpscpr.2010. 25.4.46

Dewi, L., & Nasywa, N. (2019). Faktor-faktor yang mempengaruhi subjective well being. *Jurnal Psikologi Terapan Dan Pendidikan*, *1*(1), 54. https://doi .org/10.26555/jptp.v1i1.15129

Diener, E., & Biswas-Diener, R. (2008). *The Science of Optimal Happiness*.

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Sustainability \& Economics EJournal*.

Diener, E., Inglehart, R., & Tay, L. (2013). Theory and Validity of Life Satisfaction Scales. *Social Indicators Research*, *112*(3), 497 527. https://doi.org/10.100 7/s11205-012-0076-y

Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, Culture, and Subjective Well-Being: Emotional and Cognitive Evaluations of Life. *Annual Review of Psychology*, *54*, 403 425. https://doi.org/10.1146/annurev.psych.54.101 601.145056

Diener, E., Oishi, S., & Lucas, R. E. (2015). National Accounts of Subjective Well-Being. *American Psychologist*, *70*(3), 234 242. https://doi.org/10.1037/a0 038899

Diener, E., & Ryan, K. (2008). *Subjective well-being : a general overview*. *39*(4), 391–406.

Diener, E., Scollon, C., & Lucas, R. (2003). The Evolving Concept of Subjective Well-Being: The Multifaceted Nature of Happiness. *Advances in Cell Aging and Gerontology*, *15*. https://doi.org/10.1016/S1566-3124(03)15007-9

Diener, E., Wirtz, D., & Tov, W. (2009). New Measures of Well-Being: Flourishing and Positive and Negative Feelings. *Soc Indic Res*, *39*, 247–266.

Eagle, D. E., Hybels, C. F., & Proeschold-Bell, R. J. (2018). Perceived social support, received social support, and depression among clergy. *Journal of Social and Personal Relationships*, *36*(7), 2055 2073. https://doi.org/10.11 77/0265407518776134

Ellis, L. A., Collin, P., Davenport, T., Hurley, P. J., Burns, J. M., & Hickie, I. (2012). Young Men, Mental Health, and Technology: Implications for Service

Design and Delivery in the Digital Age. *Journal of Medical Internet Research*, *14*(6), 1–9. https://doi.org/10.2196/jmir.2291

Er, E., Kopcha, T., Orey, M., & Dustman, W. (2015). Exploring college students' online help-seeking behavior in a flipped classroom with a web-based help-seeking tool. *Australasian Journal of Educational Technology*, *31*, 537–555. https://doi.org/10.14742/ajet.2527

Finn, J., & Banach, M. (2000). Victimization Online: The Down Side of Seeking Human Services for Women on the Internet. *CyberPsychology & Behavior*, *3*. https://doi.org/10.1089/109493100316102

Girolamo, G. de, Dagani, J., Purcell, R., Cocchi, A., & Mcgorry, P. D. (2022). Age of Onset of Mental Disorders and Use of Mental Health Services: Needs, Opportunities and Obstacles. *Epidemiology and Psychiatric Sciences*, *31*, e46. https://doi.org/10.1017/S2045796022000282

Goodwin, J., Behan, L., Kelly, P., McCarthy, K., & Horgan, A. (2016). Help-seeking behaviors and mental well-being of first year undergraduate university students. *Psychiatry Research*, *246*, 129 135. https://doi.org/10.1016/j.psychres.2016.09.015

Gülacti, F. (2010). The Effect of Perceived Social Support on Subjective Well-Being. *Procedia – Social and Behavioral Sciences*, *2*, 3844- 3849. https://doi.org/10.1016/j.sbspro.2010.03.602

Gülaçti, F. (2010). The effect of perceived social support on subjective well-being. *Procedia – Social and Behavioral Sciences*, *2*(2), 3844–3849. https://doi.org/10.1016/j.sbspro.2010.03.602

Gunarsa, S. D., & Gunarsa, Y. S. D. (2011). *Psikologi Perkembangan Anak dan Remaja* (1st ed.). BPK Gunung Mulia.

Health, C. for R., Queensland, U. od, & Health, J. H. B. S. of P. (2022). *Indonesia-National Adolescent Mental Health Survey (I-NAMHS) Report*.

Imam, G. (2021). *Aplikasi Analisis Multivariate dengan Program SPSS 26 Edisi 10*. Badan Penerbit Universitas Diponegoro.

Janie Canty-Mitchell, & Zimet, G. D. (2000). Psychometric Properties of the Multidimensional Scale of Perceived Social Support in Urban Adolescents.

American Journal of Community Psychology, *28*(3), 391–400. https://doi.org/10.1023/a:1005109522457

Janie, D. A. N. (2012). *Statistik Deskriptif & Regresi Linear Berganda dengan SPSS*. Semarang University Press.

KBBI Daring. (2016). Kemdikbud.Go.Id. https://kbbi.kemdikbud.go.id/entri/medi a%20sosial

Kemenkes RI. (2021). *Kemenkes Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia*. Kementerian Kesehatan Republik Indonesia. https://www.kemkes.go.id/article/view/21100700003/kemenkes-beberkan-masalah-permasalahan-kesehatan-jiwa-di-indonesia.html

Lipshits-Braziler, Y., Amram-Vaknin, S., Pesin-Michael, G., & Tatar, M. (2022). Patterns of Online Seeking and Providing Help Among Adolescents: a Preliminary Study. *British Journal of Guidance and Counselling*, *50*(1), 29–42. https://doi.org/10.1080/03069885.2020.1862757

Maryam B. Gainau. (2015). *Perkembangan Remaja dan Problematikanya* (C. Subagya, Ed.). PT Kanisius.

Mayfield, A. (2008). *What is social media*.

Merikangas, K. R., He, J. P., Burstein, M., Swanson, S. A., Avenevoli, S., Cui, L., Benjet, C., Georgiades, K., & Swendsen, J. (2010). Lifetime Prevalence of Mental Disorders in U.S. Adolescents: Results from the National Comorbidity Survey Replication-Adolescent Supplement (NCS-A). *Journal of the American Academy of Child and Adolescent Psychiatry*, *49*(10), 980–989. https://doi.org/10.1016/j.jaac.2010.05.017

Nabila, S. (2022). *Perkembangan Remaja Adolescense*.

Nuryadi, Astuti, T. D., Utami, E. S., & Budiantara, M. (2017). *Dasar-Dasar Statistik Penelitian*. Sibuku Media.

O Donovan, A., & Sweeney, J. (2010). Young students' use of the Internet for mental health and support. *Journal of Psychiatric and Mental Health Nursing*, *17*, 117–123. https://doi.org/10.1111/j.1365-2850.2009.01497.x

Orben, A., & Przybylski, A. K. (2019). The Association Between Adolescent Well-being and Digital Technology Use. *Nature Human Behaviour*, *3*(2), 173–182. https://doi.org/10.1038/s41562-018-0506-1

Park, N. (2004). The Role of Subjective Well-Being in Positive Youth Development. *The ANNALS of the American Academy of Political and Social Science*, *591*, 25–39. https://doi.org/10.1177/0002716203260078

Pavot, W., & Diener, E. (2012). Findings on Subjective Well-Being: Applications to Public Policy, Clinical Interventions, and Education. In *Positive Psychology in Practice* (pp. 679- 692). https://doi.org/10.1002/978047093 9338.ch40

Periantalo, J. (2015). Penyusunan skala psikologi: asyik, mudah & bermanfaat. *Yogyakarta: Pustaka Pelajar*.

Pillemer, S. C., & Holtzer, R. (2016). The differential relationships of dimensions of perceived social support with cognitive function among older adults. *Aging and Mental Health*, *20*(7), 727- 735. https://doi.org/10.1080/13607 863.2015.1033683

Poudel, A., Gurung, B., & Khanal, G. (2020). Perceived social support and psychological wellbeing among Nepalese adolescents: the mediating role of self-esteem. *BMC Psychology*, *8*. https://doi.org/10.1186/s40359-020-00409-1

Pretorius, C., Chambers, D., & Coyle, D. (2019). Young People's Online Help-Seeking and Mental Health Difficulties: Systematic Narrative Review. *Journal of Medical Internet Research*, *21*. https://doi.org/10.2196/13873

Raharjo, Y. O., & Sumargi, A. M. (2018). Dukungan Sosial Dan Kepuasan Hidup Pada Mahasiswa Universitas Katolik Widya Mandala Surabaya Yang Berasal Dari Luar Jawa. *Experientia: Jurnal Psikologi Indonesia*, *6*(1), 1–10.

Ramdhan, M. (2021). *Metode penelitian*. Cipta Media Nusantara.

Raosoft Sample Size Calculator. (2004). http://www.raosoft.com/samplesize.html

Rickwood, D., Deane, F., Wilson, C., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. Advances in Mental Health, 4, 218-251. *Advances in Mental Health*, *4*, 1446- 7984. https://doi.org/10.5172/ja mh.4.3.218

Rickwood, D. J. (2012). Promoting Youth Mental Health through Computer-Mediated Communication. *International Journal of Mental Health Promotion*, *12*(3), 32–44. https://doi.org/10.1080/14623730.2010.9721817

Rickwood, D. J., Mazzer, K. R., & Telford, N. R. (2015). Social influences on seeking help from mental health services, in-person and online, during adolescence and young adulthood. *BMC Psychiatry*, *15*(1), 1–9. https://doi.org/10.1186/s12888-015-0429-6

Rickwood, D., & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 173–183.

Romanson, E. (2018). *Online Help Seeking in Emerging Adults: The Role of Attachment Style, Emotion Regulation, and Distress Disclosure Style, Emotion Regulation, and Distress Disclosure*. https://scholar.uwindsor.ca/etd

Rulli Nasrullah. (2017). *Media Sosial : Perspektif Komunikasi, Budaya, dan Sosioteknologi* (N. S. Nurbaya, Ed.; 4th ed.). PT. Remaja Rosdakarya.

Ryan, M. L., Shochet, I. M., & Stallman, H. M. (2010). Universal online interventions might engage psychologically distressed university students who are unlikely to seek formal help. *Advances in Mental Health*, *9*(1), 73–83. https://doi.org/10.5172/jamh.9.1.73

Saifuddin Azwar. (2016). *Penyusunan Skala Psikologi*. Pustaka Belajar.

Sapnas, K. G., & Zeller, A. R. (2002). Minimizing sample size when using exploratory factor analysis for measurement. *Pubmed*. https://doi.org/10.1891/jnum.10.2.135.52552

Schonert-Reichl, K., & Lawlor, M. (2010). The Effects of a Mindfulness-Based Education Program on Pre- and Early Adolescents' Well-Being and Social and Emotional Competence. *Mindfulness*, *1*, 137- 151. https://doi.org/10.1007/s12671-010-0011-8

Slade, T., Johnston, A., Teesson, M., Whiteford, H., Burgess, P., Pirkis, J., & Saw, S. (2009). *The Mental Health of Australians 2: Report on the 2007 National Survey of Mental Health and Wellbeing*.

Straker, L., Pollock, C., & Maslen, B. (2009). Principles for the Wise Use of Computers by Children. *Ergonomics*, *52*(11), 1386- 1401. https://doi.org/1 0.1080/00140130903067789

Stretton, A., Spears, B. A., Taddeo, C., & Drennan, J. (2018). Help-Seeking Online by Young People: Does the Influence of Others Matter? *International Journal of Emotional Education*, *10*, 25–46.

Sugiyono. (2015). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.

Sugiyono. (2018). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.

Taylor, S. E., Sherman, D. K., Kim, H. S., Jarcho, J., Takagi, K., & Dunagan, M. S. (2004). Culture and Social Support: Who Seeks it and Why? *Journal of Personality and Social Psychology*, *87*(3), 354- 362. https://doi.org/10.103 7/0022-3514.87.3.354

Utami, M. S. (2009). Keterlibatan dalam Kegiatan dan Kesejahteraan Subjektif Mahasiswa. *Jurnal Psikologi*, *36*(2), 144–163.

Vivi Silvia, S. E. (2020). *Statistika Deskriptif*. Penerbit Andi.

Widana, W., & Muliani, P. L. (2020). *Uji PersyaratanAnalisis* (T. Fiktorius, Ed.). Klik Media .

Widi, S. (2023). *Pengguna Media Sosial di Indonesia Sebanyak 167 Juta pada 2023*. DataIndonesia.Id. https://dataindonesia.id/digital/detail/pengguna-media-sosial-di-indonesia-sebanyak-167-juta-pada-2023

Wyn, J., & Cuervo, H. (2005). *Young People, Wellbeing and Communication Technologies*.

Zimet, G. D., Dahlem, N. W., Zimet, S. G., Gordon, K., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (2010). *The Multidimensional Scale of Perceived Social Support The Multidimensional Scale of Perceived Social Support*. *April 2015*, 37–41. https://doi.org/10.1207/s15327752jpa5201

Zimet, G., Dahlem, N., Zimet, S., & Farley, G. (1988). The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment - J Personal Assess*, *52*, 30–41. https://doi.org/10.1207/s15327752jpa5201_2