

DAFTAR PUSTAKA

- Aditya, M. R., & Suhesty, A. (2025). Pengaruh Dukungan Sosial Dan Kesejahteraan Subjektif Pada Mahasiswa Terhadap Stres Akademik. *Ganaya : Jurnal Ilmu Sosial Dan Humaniora*, 8(3), 120–129.
- Akbar, S. K., & Abdullah, E. S. P. S. (2021). Hubungan antara Kesepian (Loneliness) dengan Self Disclosure pada Mahasiswa Universitas Teknologi Sumbawa yang Menggunakan Sosial Media (Instagram). *Jurnal Tambora*, 5(3), 40–45.
- Akhter-Khan, S. C., Prina, M., Wong, G. H. Y., Mayston, R., & Li, L. (2023). Understanding and Addressing Older Adults' Loneliness: The Social Relationship Expectations Framework. *Perspectives on Psychological Science*, 18(4), 762–777. <https://doi.org/10.1177/17456916221127218>
- Al-Kandari, A., Melkote, S. R., & Sharif, A. (2016). Needs and Motives of Instagram Users that Predict Self-disclosure Use: A Case Study of Young Adults in Kuwait. *Journal of Creative Communications*, 11(2), 85–101. <https://doi.org/10.1177/0973258616644808>
- Altman, I. (1973). Reciprocity of Interpersonal Exchange. *Journal for the Theory of Social Behaviour*, 3(2), 249–261. <https://doi.org/10.1111/j.1468-5914.1973.tb00325.x>
- Anggraeni, N., & Zulfiana, U. (2018). Hubungan Kesepian dan Pengungkapan Diri di Instagram pada Dewasa yang Belum Menikah. *Jurnal Ilmiah Psikologi Terapan*, 6(2), 245–259. <https://doi.org/10.22219/jipt.v6i2.7144>
- Ardiesty, M. T., Arindawati, W. A., & Nayiroh, L. (2022). Motif dan Makna Second Account Instagram bagi Mahasiswa di Kota Karawang. *NUSANTARA: Jurnal Ilmu Pengetahuan Sosial*, 9(8), 3118–3126. <http://jurnal.um-tapsel.ac.id/index.php/nusantara/index>
- Aviva, S. P. A., & Jannah, M. (2023). Eksplorasi Loneliness pada Dewasa Awal. *Character: Jurnal Penelitian Psikologi*, 10(02), 203–212.

<https://ejournal.unesa.ac.id/index.php/character/article/view/53184>

- Awaliyah, A. R. N. (2024). *Pengaruh Tipe Kepribadian Extraversion dan Self Compassion terhadap Kesepian pada Mahasiswa Rantau*. 7(11), 12446–12452.
- Azizah, A. K. N., Kurniasih, Y., Purnama, H., Wibisono, S. S., Camila, M. A. N., Sukmadewi, S. N., & Lestari, S. (2024). Analisis Perilaku Mahasiswa FISIP UNSOED Angkatan 2021-2023 Pemilik Second Account Instagram. *Jurnal Interaksi Sosiologi*, 3(2), 1412–7229.
- Barreto, M., Victor, C., Hammond, C., Eccles, A., Richins, M. T., & Qualter, P. (2021). Loneliness around the world: Age, gender, and cultural differences in loneliness. *Personality and Individual Differences*, 169(April), 110066. <https://doi.org/10.1016/j.paid.2020.110066>
- Batsyeba, L. K. G., & Murti, H. A. S. (2024). Self Disclosure Dengan Kesepian Pada Perempuan Dewasa Awal Pengguna Bumble Dating App. *G-Couns: Jurnal Bimbingan Dan Konseling*, 9(1), 1–11. <https://doi.org/10.31316/gcouns.v9i1.6147>
- Berg, J. H., & Peplau, L. A. (1982). Loneliness: The Relationship of Self-Disclosure and Androgyny. *Personality and Social Psychology Bulletin*, 8(4), 624–630. <http://journals.sagepub.com/doi/10.1177/0146167282084004>
- Cacioppo, J. T., & Hawkley, L. C. (2009). Perceived Social Isolation and Cognition. *Trends in Cognitive Sciences*, 13(10), 447–454. <https://doi.org/10.1016/j.tics.2009.06.005>
- Cacioppo, S., Grippo, A. J., London, S., Goossens, L., & Cacioppo, J. T. (2015). Loneliness: Clinical Import and Interventions. *Perspectives on Psychological Science*, 10(2), 238–249. <https://doi.org/10.1177/1745691615570616>
- Christina, M., & Helsa. (2022). Hubungan Antara Materring To Peers Dengan Kesepian Pada Dewasa Awal. *Jurnal Psibernetika*, 15(1), 34–46. <https://doi.org/10.30813/psibernetika>
- Cozby, P. C. (1973). Self-Disclosure: A Literature Review. *Psychological Bulletin*,

79(2), 73–91. <https://doi.org/10.1037/h0033950>

Derlega, V. J., Metts, S., Petronio, S., & Margulis, S. T. (1993). *Self-Disclosure*. Sage Publications.

Devito, J. A. (2011). *Komunikasi AntarManusia* (D. L. Saputra, S. S. Y. Istiyono Wahyu, & S. . Yuni Prihantini (Eds.); 5th ed.). KARISMA Publishing Group.

Devito, J. A. (2014). *The Interpersonal Communication Book* (13th ed.). Pearson Education Limited.

Diehl, K., Jansen, C., Ishchanova, K., & Hilger-Kolb, J. (2018). Loneliness at Universities: Determinants of Emotional and Social Loneliness among Students. *International Journal of Environmental Research and Public Health*, 15(9). <https://doi.org/10.3390/ijerph15091865>

Djaali, P. D. H. (2020). *Metodologi Penelitian Kuantitatif* (B. S. Fatmawati (Ed.)). PT Bumi Aksara.

Dyer, P. M. (1995). Self-Disclosure (Book). *Families in Society: Journal of Contemporary Social Services*, 76(4), 257–258. <https://doi.org/10.1177/104438949507600408>

Fauzi, M. R., & Budiyan, K. (2024). Hubungan Antara Self Disclosure Dengan Kesepian Pada Wanita Dewasa Awal. *Prosiding Seminar Nasional 2024*, 569–575.

Fitriani, N. (2022). *Makna kepemilikan second account pada pengguna Instagram (studi fenomenologi mahasiswa ilmu komunikasi Universitas 17 Agustus 1945 Surabaya)*. Universitas 17 Agustus 1945 Surabaya.

Gainau, M. B. (2009). Keterbukaan Diri (Self Disclosure) Siswa Dalam Perspektif Budaya dan Implikasinya Bagi Konseling. *Sekolah Tinggi Agama Kristen Protestan Negeri (STAKPN) Papua*.

Gierveld, J. de J. (1987). Developing and Testing a Model of Loneliness. *Journal of Personality and Social Psychology*, 53(1), 119–128. <http://journal.ubm.ac.id/index.php/psibernetika>

- Goodstats. (2023). *Inilah Negara yang Penduduknya Paling Merasa Kesepian, Indonesia Peringkat Berapa?* <https://goodstats.id/article/inilah-negara-yang-penduduknya-paling-merasa-kesepian-indonesia-peringkat-berapa-nsH2G>
- Graham, E. K., Beck, E. D., Jackson, K., Yoneda, T., McGhee, C., Pieramici, L., Atherton, O. E., Luo, J., Willroth, E., Steptoe, A., Mroczek, D. K., & Ong, A. D. (2024). Do We Become More Lonely With Age? A Coordinated Data Analysis of Nine Longitudinal Studies. *Psychological Science*, 35(6), 579–596. <https://doi.org/https://doi.org/10.1177/09567976241242037>
- Haliza, N., & Kurniawan, A. (2021). Hubungan Antara Keterbukaan Diri dengan Kesepian Pada Dewasa Awal Pengguna Aplikasi Dating Online. *NURSING ANALYSIS: JOURNAL OF NURSING RESEARCH Vol.*, 1(1), 51–61.
- Hasnah, A., & Pratiwi, M. (2022). Peran Sense Of Humor Terhadap Kesepian Pada Dewasa Awal Lajang. *Psychology Journal of Mental Health*, 3(2), 170–185. <https://doi.org/10.32539/pjmh.v3i2.62>
- Hurlock, E. B. (1991). *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Eentang Kehidupan*. (Kelima). Jakarta: Erlangga.
- Iloen, A. S. N., & Kusumiati, R. Y. E. (2024). Social Media Dynamics: Interpersonal Trust and Self-Disclosure on Instagram Second Accounts. *Jurnal Bimbingan Dan Konseling Terapan*, 8(2), 270. <https://doi.org/10.30598/jbkt.v8i2.2015>
- Indriani, A. D., & Wahyono. (2022). Analisis Pengaruh Profitabilitas, Solvabilitas, Ukuran Perusahaan, Komite Audit, dan Opini Audit Terhadap Audit Report Lag. *Prosiding Seminar Nasional Hukum, Bisnis, Sains, Dan Teknologi*, 2(1), 135–144. <https://www.ojs.uadb.ac.id/index.php/HUBISINTEK/article/view/1382>
- Jin, B. (2013). How Lonely People Use and Perceive Facebook. *Computers in Human Behavior*, 29, 2463–2470. <https://doi.org/10.1016/j.chb.2013.05.034>
- Jourard, S. M., & Lasakow, P. (1958). Some Factors in Self-Disclosure. *Journal of Abnormal and Social Psychology*, 56(1), 91–98.

<https://doi.org/10.1037/h0043357>

- Kang, J., & Wei, L. (2020). Let Me Be at My Funniest: Instagram Users' Motivations for Using Finsta (a.k.a., fake Instagram). *Social Science Journal*, 57(1), 58–71. <https://doi.org/10.1016/j.soscij.2018.12.005>
- Kemp, S. (2025). *Digital 2025: Top Social Platforms in 2025*. Datareportal. https://datareportal.com/reports/digital-2025-sub-section-top-social-platforms?utm_source=Global_Digital_Reports&utm_medium=Partner_Article&utm_content=Digital_2025_Global_Overview_Sub_Section&utm_campaign=Digital_2025
- Leung, L. (2002). Loneliness, Self-Disclosure, and ICQ (“I Seek You”) Use. *Cyberpsychology & Behavior*, 5(3).
- Loneliness by gender and other selected sociodemographic characteristics*. (2025). <https://doi.org/https://doi.org/10.25318/4510004901-eng>
- Macdonald, S. J., Deacon, L., Nixon, J., Akintola, A., Gillingham, A., Kent, J., Ellis, G., Mathews, D., Ismail, A., Sullivan, S., Dore, S., & Highmore, L. (2018). ‘The Invisible Enemy’: Disability, Loneliness and Isolation. *Disability and Society*, 33(7), 1138–1159. <https://doi.org/10.1080/09687599.2018.1476224>
- Machali, I. (2021). *Metode Penelitian Kuantitatif* (A. Q. Habib (Ed.)). Fakultas Ilmu Tarbiyah dan Keguruan Universitas Islam Negeri (UIN) Sunan Kalijaga Yogyakarta.
- Mahoney, J., Le Moignan, E., Long, K., Wilson, M., Barnett, J., Vines, J., & Lawson, S. (2019). Feeling alone among 317 million others: Disclosures of loneliness on Twitter. *Computers in Human Behavior*, 98, 20–30. <https://doi.org/10.1016/j.chb.2019.03.024>
- Maindah NurLaili Asari, & Tatik Mukhoyyaroh. (2024). The Impact of Loneliness and Anonymity on Self-Disclosure Among Social Media X Users. *Psikologia: Jurnal Pemikiran Dan Penelitian Psikologi*, 19(1), 32–41. <https://doi.org/10.32734/psikologia.v19i1.15271>

- Muflih, A., Zainuddin, K., & Piara, M. (2024). Influence of Big Five Personality Traits on Self-Disclosure in Early Adulthood Instagram Social Media Users. *ARRUS Journal of Social Sciences and Humanities*, 4(2), 199–207. <https://doi.org/10.35877/soshum2517>
- Nunnally, J. C., & Bernstein, I. H. (2019). Psychometric Theory. In *Sustainability (Switzerland)* (3rd ed., Vol. 11, Issue 1). McGraw-Hill.
- Octaviany, C. (2019). Dinamika Kesepian pada Wanita Dewasa Awal. *Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 8(1), 1722–1741.
- Parapat, R. W. (2023). Penggunaan Media Sosial Tik-Tok terhadap Pengungkapan Diri (Self Disclosure) Remaja di Sibuhuan Kecamatan Barumun Kabupaten Padang Lawas. *Jurnal Pendidikan Dan Dakwah*, 3(6), 1354–1369. <https://doi.org/10.58578/anwarul.v3i6.1699>
- Perlman, D., & Peplau, L. A. (1981). Toward a Social Psychology of Social Movements. *Political Psychology: New Explorations*, 31–56. <https://doi.org/10.4324/9781315445687>
- Perlman, D., & Peplau, L. A. (1982). Theoretical Approaches to Loneliness. In *Loneliness: A sourcebook of current theory, research and therapy* (pp. 123–134.).
- Perlman, D., & Peplau, L. A. (1998). *Loneliness*.
- Permana, I. P. H., & Sutedja, I. D. M. (2021). Analisis Perilaku Pengguna Akun Kedua Di Media Sosial Instagram. *Jurnal Inovasi Penelitian*, 2(4), 1195–1204.
- Petra, U. K., Setiawan, G. A., Luik, J. E., Yogatama, A., Komunikasi, P. I., Kristen, U., & Surabaya, P. (2024). Self Disclosure Dalam Komunikasi Interpersonal Pada Pasangan Jarak Jauh Untuk Mempertahankan Hubungan Pendahuluan. *Jurnal E-Komunikasi*, 12(1).
- Prihantoro, E., Damintana, K. P. I., & Ohorella, N. R. (2020). Self Disclosure Generasi Milenial melalui Second Account Instagram. *Jurnal Ilmu Komunikasi*, 18(3), 312–323.

- Ramadhan, P. A., & Coralia, F. (2022). Hubungan antara Self Disclosure dan Loneliness pada Mahasiswa Pengguna Instagram di Kota Palembang. *Bandung Conference Series: Psychology Science*, 2(2), 525–533. <https://doi.org/10.29313/bcsps.v2i3.3129>
- Rangkuti, A. A. (2012). *Konsep dan Teknik Analisis Data Penelitian Kuantitatif Bidang Psikologi dan Pendidikan* (T. F. Press (Ed.)). FIP Press.
- Redbox Rx. (2023). 2024 Mental Health Trends. RedBox. <https://www.redboxrx.com/pages/mental-health-trends?srsId=AfmBOoo08ghzfFEsHQBTCyrIA2ydP2PkxvAsMe9KExalzQ0o4g2F-ZjZ>
- Rimé, B. (2016). Self-Disclosure. *Encyclopedia of Mental Health: Second Edition*, 4, 66–74. <https://doi.org/10.1016/B978-0-12-397045-9.00075-6>
- Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). The Revised UCLA Loneliness Scale: Concurrent and Discriminant Validity Evidence. *Journal of Personality and Social Psychology*, 39(3), 472–480. <https://doi.org/10.1037/0022-3514.39.3.472>
- Russell, D., Peplau, L. A., & Ferguson, M. L. (1978). Developing a Measure of Loneliness. *Journal of Personality Assessment*, 42(3), 290–294. https://doi.org/10.1207/s15327752jpa4203_11
- Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, Validity, and Factor Structure. *Journal of Personality Assessment*, 66(1), 20–40. <https://doi.org/10.1207/s15327752jpa6601>
- Santika, E. F. (2023). *Riset HCC: Banyak Warga Jabodetabek Alami Kesepian*. Databooks. <https://databoks.katadata.co.id/layanan-konsumen-kesehatan/statistik/fdd82dd50506395/riset-hcc-banyak-warga-jabodetabek-alami-kesepian>
- Sears, D. O., Freedman, J. L., & Peplau, L. A. (1992). *Psikologi Sosial* (5th ed.). Erlangga.
- Setiawan, R., & Suryadi, D. (2022). Hubungan Antara Harga Diri Dengan Kesepian

- Pada Remaja Akhir Di Jabodetabek Selama Pandemi Covid-19. *Jurnal Muara Medika Dan Psikologi Klinis*, 1(2), 169–176.
<https://doi.org/10.24912/jmmpk.v1i2.17894>
- Sugiyono, P. D. (2022). *Metode Penelitian Kuantitatif* (M. P. Setiyawami, S.H. (Ed.)). Alfabeta, Bandung.
- Syafriani, D., Darmana, A., Syuhada, F. A., & Sari, D. P. (2023). Buku Ajar Statistik Uji Beda Untuk Penelitian Pendidikan (Cara Dan Pengolahannya Dengan SPSS). *Cv.Eureka Media Aksara*, 1–50.
- Tamaraya, A., & Ubaedullah, D. (2021). Dampak Penggunaan Twitter Terhadap Pengungkapan Diri Mahasiswa. *INTERAKSI PERADABAN: Jurnal Komunikasi Dan Penyiaran Islam*, 1(1), 29–37.
<https://doi.org/10.15408/interaksi.v1i1.20878>
- Thoyyibah, A. E., & Fauzan, A. (2025). PENGALAMAN LONLINES PADA DEWASA AWAL FATHERLESS. *Jurnal Inovasi Global*, 3(2), 46–56.
- TS, M. K. M. (2024). Makna Kesepian: Sebuah Kajian Tentang Psikologis Dan Spiritual. *Islamic Guidance and Counseling Journal*, 04(02), 209–219.
- Varyani, K., & Sharma, R. (2024). Exploring Loneliness in Indian Married Adults: The Impact of Age and Marital Quality. *Mental Health and Social Inclusion*.
<https://doi.org/10.1108/MHSI-09-2024-0166>
- Wattimena, G. H. J. A., & Ramadhani, Y. D. M. (2022). Second Account Instagram sebagai Ruang Ekspresi Generasi Milenial. *Jurnal Pewarta Indonesia*, 4(2), 212–222.
- Weiss, R. (1973). *Loneliness: The Experience of Emotional and Social Isolation*. MIT Press.
[https://books.google.co.id/books?hl=en&lr=&id=Wt9NEAAQBAJ&oi=fnd&pg=PR10&dq=Weiss,+R.+S.+\(1973\).+Loneliness:+The+experience+of+emotional+and+social+isolation.+Cambridge,+MA:+MIT+Press&ots=ntbUlr3gGI&sig=xwXL4jBmqi_bTV6KVHGhXaQQveo&redir_esc=y#v=onepage&q](https://books.google.co.id/books?hl=en&lr=&id=Wt9NEAAQBAJ&oi=fnd&pg=PR10&dq=Weiss,+R.+S.+(1973).+Loneliness:+The+experience+of+emotional+and+social+isolation.+Cambridge,+MA:+MIT+Press&ots=ntbUlr3gGI&sig=xwXL4jBmqi_bTV6KVHGhXaQQveo&redir_esc=y#v=onepage&q)

Wheeless, L. R. (1978). A Follow-Up Study of the Relationships Among Trust, Disclosure, and Interpersonal Solidarity. *Human Communication Research*, 4(2), 143–157. <https://doi.org/10.1111/j.1468-2958.1978.tb00604.x>

Wheeless, L. R., & Grotz, J. (1976). Conceptualization and Measurement of Reported Self-Disclosure. *Human Communication Research*, 2(4), 338–346. <https://doi.org/10.1111/j.1468-2958.1976.tb00494.x>

