

DAFTAR PUSTAKA

- Abdulhafedh, A. (2017). How to Detect and Remove Temporal Autocorrelation in Vehicular Crash Data. *Journal of Transportation Technologies*, 07(02), 133–147. <https://doi.org/10.4236/jtts.2017.72010>
- Abdul-Hameed, B., & Matanmi, O. G. (2021). Bolakale Abdul-Hameed, Oyeyemi Gafar Matanmi. A Modified Breusch-Pagan Test for Detecting Heteroscedasticity in the Presence of Outliers. *Pure and Applied Mathematics Journal*, 10(6), 139–149. <https://doi.org/10.11648/j.pamj.20211006.13>
- Afrilia, D., Nasution, F., & Lase, P. N. (2025). *Pengaruh Media Sosial Terhadap Harga Diri Individu Dewasa Awal The Influence of Social Media on Self-Esteem of Early Adults*. 5(1), 87–93.
- Aldao, A., Nolen-Hoeksema, S., & Schweizer, S. (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. *Clinical Psychology Review*, 30(2), 217–237. <https://doi.org/10.1016/j.cpr.2009.11.004>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Arnett, J. J., Žukauskiene, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18-29 years: Implications for mental health. *The Lancet Psychiatry*, 1(7), 569–576. [https://doi.org/10.1016/S2215-0366\(14\)00080-7](https://doi.org/10.1016/S2215-0366(14)00080-7)
- Azis, M. R. Al, & M.A, Dr. I. (2021). *FENOMENA SELF-DISCLOSURE DALAM PENGGUNAAN*. 3(1), 120–130.

- Balzarotti, S., Biassoni, F., Villani, D., Prunas, A., & Velotti, P. (2016). Individual Differences in Cognitive Emotion Regulation: Implications for Subjective and Psychological Well-Being. *Journal of Happiness Studies*, 17(1), 125–143. <https://doi.org/10.1007/s10902-014-9587-3>
- Calosa, P. G., & Astari, D. W. (2024). *Literasi Digital Sebagai Upaya Mengatasi Sadfishing Penyalahgunaan Donasi di Aplikasi X*. 204, 338–351. <https://doi.org/10.32509/wacana.v23i2.4388>
- Cara Petrofes, B. A. (2021). PREDICTORS OF ONLINE “SAD-FISHING” AMONG COLLEGE STUDENTS. Dalam *Pharmacognosy Magazine* (Vol. 75, Nomor 17).
- Ceballos, N. A., Petrofes, C., Bitney, C., Graham, R., & Howard, K. (2024). Denial, Attention-Seeking, and Posting Online While Intoxicated: Three Key Predictors of Collegiate Sadfishing. *Cyberpsychology, Behavior, and Social Networking*, 27(3), 202–207. <https://doi.org/10.1089/cyber.2023.0268>
- Cerolini, S., Zagaria, A., Vacca, M., Spinhoven, P., Violani, C., & Lombardo, C. (2022). Cognitive Emotion Regulation Questionnaire—Short: Reliability, Validity, and Measurement Invariance of the Italian Version. *Behavioral Sciences*, 12(12). <https://doi.org/10.3390/bs12120474>
- Com, S., Unlu, Z. C., & Aytas, M. (2025). Sadfishing or emotional baiting: The pursuit of interaction and followers through emotional posts on social media. *Edelweiss Applied Science and Technology*, 9(4), 1725–1732. <https://doi.org/10.55214/25768484.v9i4.6355>
- Doğrusever, C., & Bilgin, M. (2025). From family social support to problematic internet use: a serial mediation model of hostility and depression. *BMC Psychology*, 13(1). <https://doi.org/10.1186/s40359-025-02535-0>
- Elhami Athar, M. (2025). Exploring the multidimensional nature of the psychopathy construct in social media context: Insights from Instagram.

- Computers in Human Behavior Reports*, 17(February), 100603.
<https://doi.org/10.1016/j.chbr.2025.100603>
- Garnefski, N., & Kraaij, V. (2006). Relationships between cognitive emotion regulation strategies and depressive symptoms: A comparative study of five specific samples. *Personality and Individual Differences*, 40(8), 1659–1669. <https://doi.org/10.1016/j.paid.2005.12.009>
- Garnefski, N., & Kraaij, V. (2007). The cognitive emotion regulation questionnaire: Psychometric features and prospective relationships with depression and anxiety in adults. *European Journal of Psychological Assessment*, 23(3), 141–149. <https://doi.org/10.1027/1015-5759.23.3.141>
- Garnefski, N., Kraaij, V., & Spinhoven, P. (2001). Negative life events, cognitive emotion regulation and emotional problems. *Personality and Individual Differences*, 30(8), 1311–1327. [https://doi.org/10.1016/S0191-8869\(00\)00113-6](https://doi.org/10.1016/S0191-8869(00)00113-6)
- Ghufron, M. N., & S, R. R. (2010). *Teori-Teori Psikologi*. Perpustakaan Nasional: Katalog Dalam Terbitan (KDT).
- Giantika, G. G. (2019). Pemanfaatan Blog Pribadi Di Instagram Sebagai Media Komunikasi Parenting (Studi Deskriptif Kualitatif Akun Instagram @annisast). *Jurnal Komunikasi*, 10(1), 1–9. <https://doi.org/10.31294/jkom.v10i1.4707>
- Gratz, K. L., & Roemer, L. (2008). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in emotion regulation scale (Journal of Psychopathology and Behavioral Assessment (2004) 26, (41-54) DOI: 10.102. *Journal of Psychopathology and Behavioral Assessment*, 30(4), 315. <https://doi.org/10.1007/s10862-008-9102-4>
- Gross & Thompson, R. (2007). Emotion regulation: Conceptual foundations. Handbook of emotion regulation. *Emotion*, July.

- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299.
<https://doi.org/10.1037/1089-2680.2.3.271>
- Gross, J. J. (2014). *Handbook of Emotion Regulation*. The Guilford Press.
- Gross, J. J. (2015). Emotion Regulation: Current Status and Future Prospects. *Psychological Inquiry*, 26(1), 1–26.
<https://doi.org/10.1080/1047840X.2014.940781>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson Prentice Hall.
- Hamzah, R. E., & Putri, C. E. (2022). Fenomena Memancing Kesedihan Di Media Sosial (Sadfishing) Pada Literasi Digital Remaja. *WACANA: Jurnal Ilmiah Ilmu Komunikasi*, 21(2), 311–323.
<https://doi.org/10.32509/wacana.v21i2.2290>
- Hayes, A. F., & Cai, L. (2007). Using heteroskedasticity-consistent standard error estimators in OLS regression: An introduction and software implementation. *Behavior Research Methods*, 39(4), 709–722.
<https://doi.org/10.3758/BF03192961>
- Imaniar, A., Salsabila, K., Lathifah, N., Ratnadillah, Y., & Afridah, M. (2025). Peran Teknik Ego Strength dalam Meningkatkan Kemampuan Regulasi Emosi Anak Fatherless. 5, 5286–5294.
- Juroda, M. del M. M., Pérez-Fuentes, M. del C. R., Oropesa, N. F., Márquez, M. del M. S., & José Jesús Gázquez Linares. (2019). Self-Efficacy and Emotional Intelligence as Predictors of Perceived Stress in Nursing Professionals. *Medicina*, 55, 1–14.
- Koole, S. (2009). The psychology of emotion regulation: An integrative review. *Cognition and Emotion*, 23(1), 4–41.
<https://doi.org/10.1080/02699930802619031>
- Krämer, N. C., & Winter, S. (2008). Impression Management 2.0: The Relationship of Self-Esteem, Extraversion, Self-Efficacy, and Self-Presentation Within Social Networking Sites. *Journal of Media*

- Psychology*, 20(3), 106–116. <https://doi.org/10.1027/1864-1105.20.3.106>
- Kumala, K. H., & Darmawanti, I. (2022). STRATEGI REGULASI EMOSI PADA MAHASISWA DENGAN BANYAK. *Character Jurnal Penelitian Psikologi*, 9(3), 19. <https://doi.org/https://doi.org/10.26740/cjpp.v9i3.46151>
- Lahia, T. L., Salakay, S., & Bandjar, A. (2022). Pengaruh Penggunaan Instagram Terhadap Perilaku Fear of Misisng Out (Studi pada Mahasiswa Ilmu Komunikasi Angkatan 2018-2020 Universitas Pattimura). *Jurnal Ilmu Komunikasi Pattimura*, 1(2), 181–195. <https://doi.org/10.30598/jikpvolliss2pp181-195>
- Langlais, M. R., Seidman, G., & Bruxvoort, K. M. (2020). Adolescent Romantic Relationship–Oriented Facebook Behaviors: Implications for Self-Esteem. *Youth and Society*, 52(4), 661–683. <https://doi.org/10.1177/0044118X18760647>
- Lenhart, A., Ybarra, M., Zickuhr, K., & Price-Feeney, M. (2016). Online harrasment, digital abuse, and cyberstalking in America. *Center fo Innovative Public Health Research*, 59. https://www.datasociety.net/pubs/oh/Online_Harassment_2016.pdf
- Levontin, L., & Yom-Tov, E. (2017). Negative self-disclosure on the web: The role of guilt relief. *Frontiers in Psychology*, 8(JUN), 1–8. <https://doi.org/10.3389/fpsyg.2017.01068>
- Li, L. M. W., Chen, Q., Gao, H., Li, W. Q., & Ito, K. (2021). Online/offline self-disclosure to offline friends and relational outcomes in a diary study: The moderating role of self-esteem and relational closeness. *International Journal of Psychology*, 56(1), 129–137. <https://doi.org/10.1002/ijop.12684>
- Lutfianawati, D., Putr, A. M., Junaidi, Wijayanti, T., Vina, K. O., & Sari, J. R. (2023). PELATIHAN REGULASI EMOSI PADA MAHASISWA

BARU. *JURNAL KREATIVITAS PENGABDIAN KEPADA MASYARAKAT (PKM, VI(I)*, 1–19.

Machali, Dr. I. (2021). *Metode Penelitian Kuantitatif Panduan Praktis Merencanakan, Melaksanakan dan Analisis dalam Penelitian Kuantitatif*.

Magfiroh, L., & Pratiwi, T. I. (2020). Hubungan Self-Esteem Dan Dukungan Keluarga Dengan Motivasi Berprestasi Pada Peserta Didik Kelas VIII SMP Negeri 30 Surabaya. *Jurnal BK UNESA, 11(3)*, 303–311.

McLaughlin, katie A., & Nolen-Hoeksema, S. (2012). Interpersonal Stress Generation as a Mechanism Linking Rumination to Internalizing Symptoms in Early Adolescents Katie. *Bone, 23(1)*, 1–7. <https://doi.org/10.1080/15374416.2012.704840>. Interpersonal

Miller, B. J. L. (2011). *The Relationship between Identity Development Processes and Psychological Distress in Emerging Adulthood*. The George Washington University.

Mruk, C. J. (2006). *Self-Esteem Research, Theory, and Practice Toward a Positive Psychology of Self-Eseem*. Springer Publishing Company, Inc. 11.

Nabilah, S. M., & Hadiyati, F. N. R. (2022). Hubungan Antara Kelekatan Pada Ibu Dan Regulasi Emosi Remaja Pada Siswa Kelas X Dan Xi Sma Boarding School. *Jurnal EMPATI, 10(5)*, 305–309. <https://doi.org/10.14710/empati.2021.32931>

Nash, K., Johansson, A., & Yogeewaran, K. (2019). Social Media Approval Reduces Emotional Arousal for People High in Narcissism: Electrophysiological Evidence. *Frontiers in Human Neuroscience, 13*(September), 1–10. <https://doi.org/10.3389/fnhum.2019.00292>

Nehra, N. S., & Rangnekar, S. (2017). Relationship Understanding Between Emotional Stability, Self-Disclosure and Social Adjustment. *Journal of Intercultural Communication Research, 46(6)*, 558–578. <https://doi.org/10.1080/17475759.2017.1387165>

- Nugroho, A. I., & Fauziah, N. (2018). Hubungan Antara Harga Diri Dengan Perilaku Konsumtif Produk Fashion Bermerek Pada Siswa Sman 3 Semarang. *Jurnal EMPATI*, 7(2), 809–812. <https://doi.org/10.14710/empati.2018.21717>
- Nurhasanah, S., & Vikaliana, R. (2021). *Statistika Sosial*. Salemba Humanika.
- Panggabean, A. D. (2024). *ni Data Statistik Penggunaan Media Sosial Masyarakat Indonesia Tahun 2024*. Radio Republik Indonesia.
- Pr of. H Imam Ghozali M.Com, Ph.D, C. (2018). *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 25 Edisi 9*.
- Putri, G. A., Iswinarti, & Istiqomah. (2020). Harga Diri dan Kemalasan Sosial pada Mahasiswa LSO (Lembaga Semi Otonom) Self Esteem and Social Loafing on LSO (Lembaga Semi Otonom) Students. *Jurnal Psikogenesis*, 8(2), 229–240.
- Rahman, A., & Khorunnisa, R. (2019). Hubungan antara Regulasi Emosi dengan Pengambilan Keputusan Karir pada Siswa Kelas XI SMA Negeri 22 Surabaya. *Character : Jurnal Penelitian Psikologi*, 06(01), 1–6. <https://core.ac.uk/download/pdf/230628752>.
- Rangkuti. (2017). *knik Membedah Kasus Bisnis Analisis SWOT Cara Perhitungan Bobot, Rating, Dan OCAI*. PT. Gramedia Pustaka Utama.
- Rangkuti, A. A. (2012). *Konsep dan Teknik Analisis Data Penelitian Kuantitatif Bidang Psikologi dan Pendidikan*. FIP Press.
- Robinson, A. L., Kosmerly, S., Mansfield-Green, S., & Lafrance, G. (2014). Disordered eating behaviours in an undergraduate sample: Associations among gender, body mass index, and difficulties in emotion regulation. *Canadian Journal of Behavioural Science*, 46(3), 320–326. <https://doi.org/10.1037/a0031123>
- Rosa, P. H. P., Kwa, F. E., & Rosa, P. H. P. (2013). *Deteksi Outlier Menggunakan Algoritma Block- based Nested Loop (Studi Kasus : Data Akademik Mahasiswa ... Deteksi Outlier Menggunakan Algoritma*

Block-based Nested Loop (Studi Kasus : Data Akademik Mahasiswa Prodi PS Universitas XYZ). March, 3–6.

Rosenberg, M. (2015). Society and the adolescent self-image. *Society and the Adolescent Self-Image*, 1–326. <https://doi.org/10.2307/2575639>

Rózsa, Z., Ferenčáková, L., Zámek, D., & Firstová, J. (2024). Generation Z's perception of privacy on social media: Examining the impact of personalized advertising, interpersonal relationships, reference group dynamics, social isolation, and anxiety on self-disclosure willingness. *Oeconomia Copernicana*, 15(1), 229–266. <https://doi.org/10.24136/oc.2956>

Saifuddin, 2020.pdf. (t.t.).

Sanchis-Sanchis, A., Grau, M. D., Moliner, A. R., & Morales-Murillo, C. P. (2020). Effects of Age and Gender in Emotion Regulation of Children and Adolescents. *Frontiers in Psychology*, 11(May). <https://doi.org/10.3389/fpsyg.2020.00946>

Sandi, N. A., & Febriana, P. (2023). Sadfishing: Studi Netnografi pada Konten dengan Tagar #rumahkokkayu Di Tiktok. *Jurnal Komunikasi Global*, 12(1), 30–52. <https://doi.org/10.24815/jkg.v12i1.30216>

Santrock, J. W. (2010). Life Span Development Thirteenth Edition. Dalam *Sustainability (Switzerland)* (Vol. 11, Nomor 1). Mike Sugarman. http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.riegsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI

Schwartz-Mette, R. A., Lawrence, H. R., Shankman, J., Fearey, E., & Harrington, R. (2021). Intrapersonal Emotion Regulation Difficulties and Maladaptive Interpersonal Behavior in Adolescence. *Research on*

- Child and Adolescent Psychopathology*, 49(6), 749–761.
<https://doi.org/10.1007/s10802-020-00739-z>
- Setiawan, S., & Fatmawati O, N. (2024). Urgensi Perlindungan Identitas Anak Melalui Media Sosial. *AKADEMIK: Jurnal Mahasiswa Humanis*, 4(3), 700–712. <https://doi.org/10.37481/jmh.v4i3.977>
- Shabahang, R., Shim, H., Aruguete, M. S., & Zsila, Á. (2023). Adolescent sadfishing on social media: anxiety, depression, attention seeking, and lack of perceived social support as potential contributors. *BMC Psychology*, 11(1), 1–12. <https://doi.org/10.1186/s40359-023-01420-y>
- Situmorang, W., & Hayati, R. (2023). Media Sosial Instagram Sebagai Bentuk Validasi Dan Representasi Diri. *Jurnal Sosiologi Nusantara*, 9(1), 111–118. <https://doi.org/10.33369/jsn.9.1.111-118>
- Soesana, A., Subakti, H., Karwanto, Kuswandi, A. F. S., Kuswandi, Sastri, L., Falani, I., Aswan, N., Hasibuan, F. A., & Lestari, H. (2023). *Metodologi Penelitian Kuantitatif*.
- Sugiyono. (2013). *METODE PENELITIAN KUANTITATIF, KUALITATIF DAN R & D*.
- Suman, O., & Daniel, B. A. (2025). *Exploring the Phenomenon of Sadfishing among College Students*. 13(1), 1–8.
- Suryanto, Y., Andromeda, N., Wiworo RIH, S., & Wisnuwardhana Malang, U. (2020). *Diri Pengguna Twitter Rentang Usia Dewasa Awal Se-Malang Raya*. 24(2).
- Swaraj, A. (2019). Exploratory Research: Purpose And Process. *Parisheelan*, 15(2), 666–670.
- Tambunan, A. H. K., Khotimah, H., & Taufiqurrahman. (2022). Self-Concept Dengan Self-Esteem Pengguna Media Sosial Instagram Pada Emerging Adulthood. *Seminar Nasional Psikologi, 2022(November)*, 118–125.
- Ummul-Baneen, Khaliq, A. A., & Qazi, N. O. (2024). *RELATIONSHIP BETWEEN EMOTION REGULATION AND CYBER VICTIMIZATION*

*AMONG UNIVERSITY STUDENTS “ ROLE OF SELF - DISCLOSURE
.” 03, 282–296.*

Widi, S. (2023). *Pengguna Media Sosial di Indonesia Sebanyak 167 Juta
pada 2023*. DataIndonesia.id.

Yong, M., & Wijaya, E. (2023). Hubungan Self-Esteem Dan Fear of Missing
Out (Fomo) Pada Pengguna Instagram. *Jurnal Multilingual*, 3(1), 1412–
4823.

