

DAFTAR PUSTAKA

- Adhani, A. F., & Aripudin, A. (2024). Perspektif Generasi Z di Platform X Terhadap Penurunan Angka Pernikahan di Indonesia. *J-KIS: Jurnal Komunikasi Islam*, 5(1), 185–198.
- Anggreni, D., Notobroto, H. B., & Soedirham, O. (2023). Determinants factors of early marriage in developing countries: a literature review. *Journal of Public Health in Africa*, 14(S2). <https://doi.org/10.4081/jphia.2023.2543>
- Annisa, N. M., Widhyastuti, C., Hermawan, C. F., Amos, A., & Nahrudin, M. N. R. (2024). Marriage Readiness dan Fear of Commitment pada Dewasa Awal yang Belum Menikah. *Jurnal Ilmiah Psikologi (JIPSI)*, 6(2), 134-140.
- Alfasi, Y. (2022). Attachment style and social media fatigue: The roles of Facebook social comparison and Facebook FoMO. *Computers in Human Behavior*, 126, 106978. <https://doi.org/10.1016/j.chb.2021.106978>
- Anissa, N., & Safitri, F. (2020). Kesiapan Fisiologis dan Psikologis Wanita Dewasa Awal dalam Menghadapi Pernikahan. *Jurnal Kesehatan Reproduksi*, 8(1), 45-52.
- Apostolou, M., & Tekeş, B. (2024). Fear of relationship commitment and singlehood. *Evolutionary Psychological Science*, 10(1), 10-18.
- Asokawati Dewinta, Z. A. U. (2024). *Problematika Waithood Sebagai Upaya Kontrol Sosial Terhadap Persoalan Perkawinan Dalam Menekan Angka Kemiskinan*. 05(02), 315–328.
- Asy'ari, A., & Amelia, R. (2024). Pengaruh paparan konten negatif di media sosial terhadap persepsi pernikahan pada generasi Z. *Jurnal Psikologi Digital*, 5(1), 13-27.
- Azwar, S (2019). Penyusunan Skala Psikologi: Metode Penelitian Psikologi Edisi II. Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik. (2024). *Statistik Pemuda Indonesia 2024* (Vol. 22). Badan Pusat Statistik. <https://www.bps.go.id>

- Birnie, C., McClure, M. J., Lydon, J. E., & Holmberg, D. (2009). Attachment avoidance and commitment aversion: A motivational perspective. *Personal Relationships*, 16(4), 601–622. <https://doi.org/10.1111/j.1475-6811.2009.01243.x>
- BKKBN. (n.d.). Usia Ideal Pernikahan. Diakses dari <https://www.bkkbn.go.id>
- Bright, L. F., Kleiser, S. B., & Grau, S. L. (2015). Too much Facebook? An exploratory examination of social media fatigue. *Computers in Human Behavior*, 44, 148–155. <https://doi.org/10.1016/j.chb.2014.11.048>
- Budiastuti, D., & Bandur, A. (2018). Validitas Dan Reliabilitas Aliditas Dan Reliabilitas Penelitian. Jakarta: Mitra Wacana Media.
- Curtis, J. M., & Susman, V. M. (1994). Factors related to fear of marriage. *Psychological reports*, 74(3), 859-863.
- Datareportal. (2024, Januari). Digital 2024: Indonesia. <https://datareportal.com/reports/digital-2024-indonesia>
- Dhir, A., Yossatorn, Y., Kaur, P., & Chen, S. (2019). Online social media fatigue and psychological wellbeing—A study of compulsive use, fear of missing out, fatigue, anxiety and depression. *International Journal of Information Management*, 48, 96–104. <https://doi.org/10.1016/j.ijinfomgt.2019.03.014>
- Ehoro, O., & Badey, D. K. (2022). Social media, marital instability and youth perception of marriage in Delta State. *International Journal of Innovative Social Sciences & Humanities Research*, 10(1), 118–126.
- Fadhillah, R., & Afdal. (2024). Gambaran Kecemasan terhadap Pernikahan di Tinjau dari Jenis Kelamin. *Jurnal Pendidikan Tambusai*, 8(1), 7277–7289.
- Field, A. (2009). *Discovering Statistics Using SPSS* (third edit). Sage Publications Ltd.
- Ghazali (2019). Aplikasi Analisis Multivariate Dengan Program IBM SPSS 25 (edisi 9).
- Ghita, D., & Beshara, M. (2015). The psychological roots of commitment phobia. In Obeid, N., et al. (2019). Fear of commitment: Measurement and correlates. *Journal of Relationships Research*, 10, e17. <https://doi.org/10.1017/jrr.2019.17>
- Hodijah, S. (2019). Kepakaan Emosional pada Wanita Dewasa Awal dalam Menghadapi Kekhawatiran Pernikahan. *Jurnal Psikologi Perempuan*, 7(2), 112-120.

- Hurlock, E. B. (2009). Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan (Edisi Keenam). Jakarta: Erlangga.
- Jahagirdar, V., Sequeira, L.A., Kinatttingal, N. et al. Assessment of the impact of social media addiction on psychosocial behaviour like depression, stress, and anxiety in working professionals. *BMC Psychol* 12, 352 (2024). <https://doi.org/10.1186/s40359-024-01850-2>
- Krismono, K., & Oktaviani, D. (2023). Analysis of the “marriage is scary” phenomenon among Generation Z: A perspective of Islamic law sociology. *Sahaja: Jurnal Hukum Keluarga Islam*, 4(1), 1–15. <https://doi.org/10.61159/sahaja.v4i1.403>
- Lang, A. (2000). The limited capacity model of mediated message processing. *Journal of communication*, 50(1), 46-70.
- Lestari, M., Aimma, S. L., Cahyadi, S. F., Putri, K. A. L. L., & Mustofa, M. M. (2024). Bagaimana Fenomena ‘Marriage is Scary’ dalam Pandangan Perempuan Generasi Z?. *JURNAL BIMBINGAN DAN KONSELING AR-RAHMAN*, 10(2), 278-291.
- Oktawirawan, D. H., & Yudiarso, A. (2020). Analisis Dampak Sosial, Budaya dan Psikologis Lajang di Indonesia. *Jurnal Pamator*, 13(2), 213-217. DOI:10.21107/pamator.v13i2.7872.
- Maisarah, M., Hairina, Y., & Imadduddin, I. (2022). Penyesuaian Diri Pasangan Suami Istri Yang Berstatus Mahasiswa. *Jurnal Al-Husna*, 3(3), 187-199.
- Mohammadi, K., Samavi, A., & Ghazavi, Z. (2016). The relationship between attachment styles and lifestyle with marital satisfaction. *Iranian Red Crescent Medical Journal*, 18(4), e23839.
- Nursalam, N. (2015). Fenomena sosial pilihan hidup tidak menikah wanita karier. *Equilibrium: Jurnal Pendidikan*, 3(1).
- Obeid, N., et al. (2019). Fear of commitment: Measurement and correlates. *Journal of Relationships Research*, 10, e17. <https://doi.org/10.1017/jrr.2019.17>
- Oktawirawan, D. H., & Yudiarso, A. (2020). Analisis dampak sosial, budaya, dan psikologis lajang di Indonesia. *Jurnal Pamator: Jurnal Ilmiah Universitas Trunojoyo*, 13(2), 213-217.

- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2011). Human Development (12th ed.). New York: McGraw-Hill.
- Qin, C., Li, Y., Wang, T., Zhao, J., Tong, L., Yang, J., & Liu, Y. (2024). Too much social media? Unveiling the effects of determinants in social media fatigue. *Frontiers in psychology*, 15, 1277846.
- Rahardjo, W., Qomariyah, N., Mulyani, I., & Andriani, I. (2021). Social media fatigue pada mahasiswa di masa pandemi COVID-19: Peran neurotisme, kelebihan informasi, invasion of life, kecemasan, dan jenis kelamin. *Jurnal Psikologi Sosial*, 19(2), 142-152.
- Rahman, T. A., Sutjipto, V. W., & Putri, K. Y. S. (2024). The Impact of Exposure to Online Mass Media on People's Attitudes in Marriage Decisions in Indonesia. *Momentum Matrix: International Journal of Communication, Tourism, and Social Economic Trends*, 1(4), 12-23.
- Rahmi, N. (2021). Perbedaan Kecemasan Menghadapi Pernikahan Ditinjau Dari Jenis Kelamin Pada Dewasa Awal di Kecamatan Krueng Barona Jaya Kabupaten Aceh Besar (Doctoral dissertation, UIN Ar-Raniry).
- Rajabi, G., Mahmoudi, O., Aslani, K., & Amanollahi, A. (2017). Effectiveness of premarital education program based on premarital interpersonal choices and knowledge program in reducing fear of marriage and increasing the marriage motivation of single students. *Journal of Kermanshah University of Medical Sciences*, 21(3).
- Ramadhani, D. K., et al (2024). Data BPS Statistik Pemuda Indonesia. Direktorat Statistik Kesejahteraan Rakyat. Skripsi. Fakultas Ilmu Sosial dan Politik, Universitas Lampung.
- RANI, S. (2023). Pengaruh Terpaan Informasi Kekerasan Pada Perempuan Di Instagram@ Perempuanberkisah Terhadap Minat Tidak Menikah.
- Riska Herliana, & Khasanah Nur. (2023). Faktor Yang Memengaruhi Fenomena Menunda Pernikahan Pada Generasi Z. *Indonesian Health Issue*, 2(1), 48–53. https://www.researchgate.net/publication/370742667_Faktor_Yang_Memengaruhi_Fenomena_Menunda_Pernikahan_Pada_Generasi_Z
- Robbins, A., & Wilner, A. (2001). Quarterlife Crisis: The Unique Challenges of Life in Your Twenties. New York: Tarcher/Putnam.

- Ruzan, V. V. (2024). The Exposure to Divorce News on Social Media on the Decision to Postpone Marriage in Early Adulthood. SADIDA, 4(2).
- Safiudin, K. (2024). Gender Problems in Indonesia: The Phenomenon of Gamophobia in a Permissive Society. An-Nisa Journal of Gender Studies, 17(1), 56-65.
- Shafa, N. F., Latifah, H. N., Puspita, P., Susilawati, P., & Abdul Rozak, R. W. (2025). Pengaruh media sosial terhadap persepsi marriage is scary di kalangan Gen Z. Liberosis: Jurnal Psikologi dan Bimbingan Konseling, 10(5), 1–10. <https://doi.org/10.3287/liberosis.v10i5.10870>
- Shulman, S., & Connolly, J. (2013). The challenge of romantic relationships in emerging adulthood: Reconceptualization of the field. Emerging adulthood, 1(1), 27-39.
- Sri Redjeki, S., Suryani, T., & Wulandari, D. (2019). Strategi Koping Kecemasan Menghadapi Pernikahan pada Laki-laki Dewasa Awal. Jurnal Psikologi, 15(1), 45-53.
- Shyahnaz, S. S., & Takwin, B. (2022). Pengaruh Kelelahan dalam Bermedia Sosial Terhadap Rasa Takut Covid-19. Jurnal Penelitian Pendidikan, Psikologi Dan Kesehatan (J-P3K), 3(1), 22-28.
- Tafsiruddin, T. (2021). Pengaruh Media Sosial Terhadap Pola Pikir Masyarakat. Nathiqiyah, 4(2), 104-116.
- Trianawati, E. (2017). Tugas Perkembangan pada Masa Dewasa Awal. Jurnal Psikologi Perkembangan, 5(2), 98-105.
- Utami, A. A. G. (2023). Gambaran Tingkat Stres Calon Pengantin Dalam Menghadapi Persiapan Pernikahan Di Kecamatan Polokarto. *Description of Stress Level* <http://eprints.ukh.ac.id/id/eprint/5225/1/ARTIKEL AMRIH.pdf>
- Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. Journal of affective disorders, 207, 163-166.
- Widhyastuti, C., Putri, P. S., & Limin, D. S. (2024). Efektivitas Psikoedukasi “Bersiaga” dalam Menurunkan Tingkat Fear of Commitment pada Dewasa Awal. Jurnal Ilmiah Psikologi (JIPSI), 6(2), 151-160.
- Zhang, S., Zhao, L., Lu, Y., & Yang, J. (2021). Social media fatigue and its impact on users' emotional, cognitive, and behavioral outcomes: A systematic review. Computers in Human Behavior, 122, 106839.

Zheng, H., & Ling, R. (2021). Drivers of social media fatigue: A systematic review. *Telematics and informatics*, 64, 101696.

