

DAFTAR PUSTAKA

- 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. <https://doi.org/10.36761/jt.v5i3.1313>
- Ariani, M. D., Supradewi, R., & Syafitri, U. (2019). Peran Kesepian dan Pengungkapan Diri Online Terhadap Kecanduan Internet Pada Remaja Akhir Pendahuluan Berkembangnya zaman mempengaruhi perkembangan teknologi yang se. *Proyeksi*, 14(1), 12–21.
- Arini, D. P. (2021). Emerging Adulthood : Pengembangan Teori Erikson Mengenai Teori Psikososial pada Abad 21. *Jurnal Ilmiah PSYCHE*, 15(1), 11–20.
- Arnett, J. J. (2000). *Emerging Adulthood*. 55(5), 469–480. <https://doi.org/10.1037//0003-066X.55.5.469>
- Arnett, J. J. (2006). Emerging Adulthood: Understanding the New Way of Coming of Age. *Emerging Adults in America: Coming of Age in the 21st Century.*, 3–19. <https://doi.org/10.1037/11381-001>
- Arnett, J. J., Žukauskienė, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18 – 29 years : implications for mental health. *Lancet Psychiatry*, 1, 569–576. [https://doi.org/10.1016/S2215-0366\(14\)00080-7](https://doi.org/10.1016/S2215-0366(14)00080-7)
- Ary, D., Jacobs, L. C., Sorensen, C., & Razavieh, A. (2010). *Introduction to Research in Education* (8th Editio).
- Asari & 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.
- Assyifikqi, R. P., Prasetyaningrum, S., & Hijrianti, U. R. (2024). Pengaruh kesepian terhadap presentasi diri online pada dewasa awal pengguna instagram. *Cognicia*, 12(1), 67–72. <https://doi.org/10.22219/cognicia.v12i1.30475>
- Aviva, S. P. A., & Jannah, M. (2023). Eksplorasi loneliness pada dewasa awal. *Character: Jurnal Penelitian Psikologi*, 10(02), 203–212.
- Azwar, S. (2015). *Metode Penelitian*.

- Barjaková, M., Garneró, A., & D'Hombres, B. (2023). Risk factors for loneliness: A literature review. *Social Science and Medicine*, 334(November 2022), 1–12. <https://doi.org/10.1016/j.socscimed.2023.116163>
- Cacioppo, J. T., & Majika, E. A. (2013). Loneliness. In *Encyclopedia of Behavioral Medicine* (pp. 1171–1172). Springer, New York, NY. https://doi.org/https://doi.org/10.1007/978-1-4419-1005-9_811
- Calosa, P. G., & Astari, D. W. (2024). Literasi Digital Sebagai Upaya Mengatasi Sadfishing Penyalahgunaan Donasi di Aplikasi X. *WACANA: Jurnal Ilmiah Ilmu Komunikasi*, 23(2), 338–351. <https://doi.org/10.32509/wacana.v23i2.4388>
- 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>
- Chao, M., Wang, Y., Liu, J., & Gu, L. (2025). Relationship between online social support and problematic internet use: a three-level meta-analysis. *BMC Psychology*, 13(745), 1–14. <https://doi.org/10.1186/s40359-025-03076-2>
- Cohen, S., & Wills, T. A. (1985). Stress, Social Support, and the Buffering Hypothesis. *Psychological Bulletin*, 98(2), 310–357. <https://doi.org/10.1037/0033-2909.98.2.310>
- 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>
- Creswell, J. W. (2009). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. In *SAGE Publications* (3rd ed.). <https://doi.org/10.1016/j.math.2010.09.003>
- De Jong Gierveld, J. (1998). A review of loneliness: Concept and definitions, determinants and consequences. *Reviews in Clinical Gerontology*, 8(1), 73–80. <https://doi.org/10.1017/S0959259898008090>
- De Jong Gierveld, J., & van Tilburg, T. (2010). The De Jong Gierveld short scales for emotional and social loneliness: Tested on data from 7 countries in the UN

- generations and gender surveys. *European Journal of Ageing*, 7(2), 121–130.
<https://doi.org/10.1007/s10433-010-0144-6>
- De Jong Gierveld, J., & Kamphuls, F. (1985). The Development of a Rasch-Type Loneliness Scale. *Applied Psychological Measurement*, 9(3), 289–299.
<https://doi.org/10.1177/014662168500900307>
- De Jong Gierveld, J., & van Tilburg, T. G. (1999). Manual of the Loneliness Scale. *Methoden En Technieken*.
<https://doi.org/https://doi.org/10.17605/osf.io/u6gck>
- DiTomasso, E., Fizell, S. R., & Robinson, B. A. (2015). Chronic loneliness within an attachment framework: Processes and interventions. In I. A. Sha'ked & A. Rokach (Eds.), *Chronic loneliness within an attachment framework: Processes and interventions* (Addressing). Routledge/Taylor & Francis Group.
- Ebel, R. L., & Frisbie, D. A. (1991). Essentials of Educational Measurement. In *Educational Researcher*. <https://doi.org/10.2307/1175572>
- Fitrianti, N. P. L. A., Rini, A. P., & Pratitis. (2022). *Self-acceptance dan dukungan sosial online dengan kecenderungan body dissatisfaction pengguna Instagram pada masa emerging adulthood*.
- Gay, L. R., Mills, G. E., & Airasian, P. W. (2012). *Educational Research* (10th ed.).
- Ghasemi, A., & Zahediasl, S. (2012). Normality tests for statistical analysis: A guide for non-statisticians. *International Journal of Endocrinology and Metabolism*, 10(2), 486–489. <https://doi.org/10.5812/ijem.3505>
- Ghozali, I. (2018). *Aplikasi analisis multivariate dengan program IBM SPSS 25* (Edisi 9). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021). *Aplikasi analisis multivariate dengan program IBM SPSS 26* (Edisi 10). Badan Penerbit Universitas Diponegoro.
- Gupta, R. K., & Yadav, K. Y. (2025). Psychological factors associated with Sadfishing: A systematic review. *International Journal of Medical Science and Current Research* |, 8(6), 181–189.
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate Data Analysis Eighth Edition*. www.cengage.com/highered

- Hakim, I. H., Polin, I., & Irsuwansyah. (2024). *Peran Media Sosial Instagram Sebagai Media Informasi Dalam Masyarakat 5.0*. 10(23), 287–300.
<https://doi.org/https://doi.org/10.5281/zenodo.14564263>
- Hardani, Andriani, H., Ustiawaty, J., Utami, E. F., Istiqomah, R. R., Fardani, R. A., Sukmana, D. J., & Auliya, N. H. (2020). Buku Metode Penelitian Kualitatif. In *Revista Brasileira de Linguística Aplicada* (Vol. 5, Number 1).
- Hobfoll, S. E. (1986). *Stress, Social Support, and Women* (1st Editio).
<https://doi.org/https://doi.org/10.4324/9781315803128>
- Huang, L., Zeng, M., & Wen, X. (2026). Social support, online social support, and problematic social media use: A three-level meta-analysis. *Addictive Behaviors*, 17. <https://doi.org/https://doi.org/10.1016/j.addbeh.2025.108579>.
- Hutahean, E. S., & Perдини, T. A. (2023). *Metode Penelitian Kuantitatif*.
- Indartini, M., & Mutmainah. (2024). Analisis Data Kuantitatif Uji Instrumen, Uji Asumsi Klasik, Uji Korelasi dan Regresi Linier Berganda Penulis: In *Penerbit Lakeisha*. <https://doi.org/10.62552/ejam.v3i3.64>
- ITC *Guidelines for Translating and Adpting Tests* (Second edi). (2017).
<https://doi.org/10.1002/9780470479216.corpsy0460>
- Karna, M. A., & Ediati, A. (2023). Faktor-Faktor yang Mempengaruhi Online Self-Disclosure pada Remaja: Kajian Literatur Sistematis. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 13(2), 382.
<https://doi.org/10.24127/gdn.v13i2.7620>
- LaCoursiere, S. P. (2001). A Theory of Online Social. *Advances in Nursing Science*, 24(1), 60.
- Lim, M. H., & Gleeson, J. F. (2014). Social connectedness across the psychosis spectrum: Current issues and future directions for interventions in loneliness. *Frontiers in Psychiatry*, 5(NOV), 10–12.
<https://doi.org/10.3389/fpsy.2014.00154>
- Lu, X., Perey, G., Zhao, H., & Tang, J. (2021). A Review of Research on the Influencing Factors of Social Support. *International Journal of New Developments in Education*, 3(4), 32–42.
<https://doi.org/10.25236/ijnde.2021.030406>

- Luo, M., & Hancock, J. T. (2020). Self-disclosure and social media: motivations, mechanisms and psychological well-being. *Current Opinion in Psychology*, 31, 110–115. <https://doi.org/10.1016/j.copsyc.2019.08.019>
- Miftahussa'adah, M. (2022). The Influence of Online Social Support with Self-Disclosure on Instagram, Mediated by Confidence in Generation Z. *Budapest International Research and Critics Institute (BIRCI-Journal)*, 5(3), 22375–22382. <https://doi.org/10.33258/birci.v5i3.6245>
- Mirza, S. R., & Rahmawati, D. H. (2025). Online Self-Disclosure pada Individu Dewasa Awal yang Mengalami Broken Home Melalui Media Sosial X. *JlIP - Jurnal Ilmiah Ilmu Pendidikan*, 8(7), 7728–7737. <https://doi.org/10.54371/jiip.v8i7.8563>
- Nick, E. A., Cole, D. A., Cho, S.-J., Smith, D. K., Grace Carter, T., & Zelkowitz, R. (2018). The Online Social Support Scale: Measure Development and Validation. *Psychol Assess*, 30(9), 1127–1143. <https://doi.org/10.1037/pas0000558>
- Nuraini, B. K., & Satwika, Y. W. (2023). Hubungan antara Kesepian dengan Pengungkapan Diri pada Remaja Pengguna Instagram di Kota Surabaya. *Jurnal Penelitian Psikologi*, 10(01), 861–873.
- Pangayuninggalih, S. A., & Helmi, A. F. (2023). Unveiling Online Self-Disclosure: A Comparative Study of Adolescents and Young Adults In The Digital Age. *INTUISI Jurnal Psikologi Ilmiah*, 15(1), 16–31. <http://journal.unnes.ac.id/nju/index.php/INTUISI>
- Perlman, D., & Peplau, L. A. (1998). Loneliness. *Encyclopedia of Mental Health*, 571–581.
- Petrofes, C. (2021). *Predictors of Online "Sad-fishing" Among College Students* (Number May). Texas State University.
- Petrofes, C., Howard, K., Mayberry, A., Bitney, C., & Ceballos, N. (2022). Sad-fishing: Understanding a maladaptive social media behavior in college students. *Journal of American College Health*, 2352–2356. <https://doi.org/10.1080/07448481.2022.2132110>

- Pornsakulvanich, V. (2017). Personality, attitudes, social influences, and social networking site usage predicting online social support. *Computers in Human Behavior*, 76, 255–262. <https://doi.org/10.1016/j.chb.2017.07.021>
- Purnomo, R. A. (2016). Analisis Statistik Ekonomi. In *Cv. Wade Group*. CV. WADE GROUP.
- Putri, C. E., Damayanti, N., & Hamzah, R. E. (2020). Sadfishing Phenomenon of #Justiceforaudrey (Hashtag) on Twitter. *Mediator: Jurnal Komunikasi*, 13(1), 58–67. <https://doi.org/10.29313/mediator.v13i1.5598>
- Quynh Ho, T. T., & Nguyen, H. T. (2023). Self- disclosure on social networking sites, loneliness and psychological distress among adolescents: The mediating effect of cyber victimization. *European Journal of Developmental Psychology*, 20(1), 172–188. <https://doi.org/10.1080/17405629.2022.2068523>
- Rahmadani, B. F. P. (2025). *Pengaruh Loneliness dan Online Social Support terhadap Self Disclosure pada Anggota Komunitas Marah-Marah Pengguna Fitur Quote Tweet di Media Sosial X* [UIN Sunan Gunung Djati Bandung]. <https://digilib.uinsgd.ac.id/112764/>
- Ramadhani, A. P., Putri, C. E., & Hamzah, R. E. (2022). Trends of Sadfishing Phenomenon and Disappearance of Self-Privacy on Social Media TikTok. *Journal of Social Political Sciences*, 3(3), 291–303. <https://doi.org/10.52166/jsps.v3i3.121>
- Rangkuti, A. A. (2017). *Statistika Inferensial untuk Psikologi dan Pendidikan*.
- Ratnasari, R., Hayati, E. N., & Bashori, K. (2021). Self Disclosure Media Sosial pada Fase Kehidupan Dewasa Awal Self. *Jurnal Diversita*, 7(2), 141–147. <https://doi.org/https://doi.org/10.31289/diversita.v7i2.4511>
- Reid, R. (2019). I Invented The Term ‘Sadfishing’ So Let’s Talk About What It Actually Means. *Grazia Daily UK*. <https://graziadaily.co.uk/life/in-the-news/sadfishing/>
- Russell, D. W., & Pang, Y. C. (2018). Loneliness. In *Encyclopedia of Personality and Individual Differences* (pp. 1–3). <https://doi.org/10.1007/978-3-319-28099-8>

- Salsabila, S. A. (2025). *Pengaruh Regulasi Emosi dan Preferensi Interaksi Sosial Daring terhadap Kecenderungan Sadfishing pada Emerging Adulthood di Media Sosial*.
- 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>
- Silalahi, R. A., Hafsari, A. A., Situmorang, D., Ginting, N. E. B., Girsang, A. B., Martin, M., Febriyansi, E., & Ompusunggu, D. P. (2024). Hasil Perhitungan Asumsi Klasik: Tentang Uji Autokorelasi, Normalitas, Dan Heterokedatisitas. *Jurnal Ilmiah Multidisipliner (JIM)*, 8(12), 218–225.
- Spisakova, D., & Raczova, B. (2020). Emerging adulthood features: An overview of the research in approaches and perspectives in goals area. *Clovek a Spolocnost [Individual and Society]*, 23(1), 1–16. <https://doi.org/10.31577/cas.2020.01.565> <http://www.clovekaspolocnost.sk/>
Abstract:
- Sungkono, J., & Wulandari, A. A. (2022). Pembelajaran Teorema Limit Pusat Melalui Simulasi. *Absis: Mathematics Education Journal*, 4(2), 69–76. <https://doi.org/10.32585/absis.v4i2.2520>
- Survei Penetrasi Internet dan Perilaku Penggunaan Internet. (2025). In *Asosiasi Penyelenggara Jasa Internet Indonesia*. <https://survei.apjii.or.id/>
- Toedien, F. A., Risnawati, & Hamdani, M. F. (2025). Membedah Uji Prasyarat : Kunci Pemilihan Uji Hipotesis dalam. *Kaisa: Jurnal Pendidikan Dan Pembelajaran*, 5(1), 46–59.
- Trepte, S., Masur, P. K., & Scharkow, M. (2017). Mutual friends' social support and self-disclosure in face-to-face and instant messenger communication. *Journal of Social Psychology*, 158(4), 1–44. <https://doi.org/10.1080/00224545.2017.1398707>
- Triwahyuni, A., Agustiani, H., Hinduan, Z. R., & Ruiter, R. A. C. (2025). Measuring multidimensional loneliness in Indonesia: Adaptation and comparison of two loneliness scales. *SSM - Mental Health*, 8(March), 100468. <https://doi.org/10.1016/j.ssmmh.2025.100468>

- Ulfah, N. M., & Aviani, Y. I. (2023). Hubungan Antara Kesenian dengan Online Self-Disclosure pada Remaja yang Menggunakan Instagram di Bukittinggi. *Indo-MathEdu Intellectuals Journal*, 4(2), 1448–1458. <https://doi.org/10.54373/imeij.v4i2.365>
- van Tilburg, T. G. (2021). Social, Emotional, and Existential Loneliness: A Test of the Multidimensional Concept. *Gerontologist*, 61(7), E335–E344. <https://doi.org/10.1093/geront/gnaa082>
- Victory, J., & Sahrani, R. (2024). Hubungan Antara Loneliness dan Subjective Well-being yang Dimediasi oleh Online Social Support dan Self-efficacy pada Individu Dewasa Awal yang Menggunakan Media Sosial di Indonesia. *Jurnal Manajemen Pendidikan Dan Ilmu Sosial*, 6(1), 362–381. <https://doi.org/10.38035/jmpis.v6i1.3089>
- Vikaliana, R., Pujianto, A., Mulyati, A., Fika, R., Ronaldo, R., Reza, H. K., Ngii, E., Dwikotjo, F., Suharni, & Ulfa, L. (2022). *Ragam Penelitian dengan SPSS*. Tahta Media Group.
- Wahyuni, S., Al Hafiz, M., & Suhairi. (2023). Analisis Media Sosial dalam Menjangkau Pemasaran Global Pada Bisnis Internasional. *Jurnal Masharif Al-Syariah: Jurnal Jurnal Ekonomi dan Perbankan Syariah*, 8(4), 1012–1020. <https://journal.umsurabaya.ac.id/Mas/article/view/21212%0A>
- Walter, N. (2018). Online social support. *Interdisciplinary Contexts of Special Pedagogy*, (23), 23–51.
- Wang, Y. C., Kraut, R. E., & Levine, J. M. (2015). Eliciting and receiving online support: Using computer-aided content analysis to examine the dynamics of online social support. *Journal of Medical Internet Research*, 17(4), e99. <https://doi.org/10.2196/jmir.3558>
- Wolters, N. E., Mobach, L., Wuthrich, V. M., Vonk, P., Van der Heijde, C. M., Wiers, R. W., Rapee, R. M., & Klein, A. M. (2023). Emotional and social loneliness and their unique links with social isolation, depression and anxiety. *Journal of Affective Disorders*, 329 (February), 207–217. <https://doi.org/10.1016/j.jad.2023.02.096>
- Yuniswara, E. O., & Ardi, R. (2024). Adoption of online social support scale in Indonesian text-based online counseling context. *Proceeding Series of*

Psychology, 2(1), 471–475. <http://psikologi.unair.ac.id/proceeding-series-of-psychology/index.php/psp/article/view/122>

Zhang, H., Peng, S., Li, S., Li, J., & Yu, Q. (2022). Online Social Support and Depressive Symptoms: Mediating Effect of Self-esteem and Gender Differences. *International Journal of Mental Health and Addiction*, 3735–3748. <https://doi.org/10.1007/s11469-022-00818-w>

Zhao, P., Lapierre, M. A., Rains, S. A., & Segrin, C. (2021). When and why we disclose distress on SNSs: Perceived affordances, disclosure goals, and anticipated negative evaluations. *Computers in Human Behavior*, 125. <https://doi.org/10.1016/j.chb.2021.106964>

