

DAFTAR PUSTAKA

- Akbuga, F. (2025). Social comparison behaviors of Gen Z on social networking sites. *Yeni Medya*, 19, 70 – 86. <https://doi.org/10.55609/yenimedya.1755992>.
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2024, 7 Februari). *APJII Jumlah pengguna internet Indonesia tembus 221 juta orang*. <https://apjii.or.id/apjii-jumlah-pengguna-internet-indoneisa-tembus-221-juta-orang-juta-orang>.
- Agusni, D. Y., & Nuringsih, K. (2024). Efek pendidikan kewirausahaan dan media sosial terhadap intensi berwirausaha mahasiswa manajemen Untar. *Jurnal Manajerial dan Kewirausahaan*, 06(03), 762 – 769.
- Anderson, T. L., dkk. (2024). Contributing factors to the rise in adolescent anxiety and associated mental health disorder: A narrative review of current literature. *Journal of Child and Adolescent Psychiatric Nursing*, 38:e70009, 1 – 10. <https://doi.org/10.111/jcap.70009>.
- Apriliana, I. P. A., & Suranta, K. (2019). A confirmatory factor analysis of social anxiety scale for adolescence (SAS-A) in Indonesian form. *KONSELOR*, 8(3), 98 – 103. <https://doi.org/10.24036/0201983105819-0-00>.
- Azwar, S. (2017). *Metode penelitian psikologi*. Pustaka Pelajar.
- Alfasi, Y. (2019). The grass is always greener on my friend's profiles: the effect of Facebook social comparison on state self-esteem and depression. *Personality and Individual Differences*, 147, 111 – 117. <https://doi.org/10.1016/j.paid.2019.04.032>.
- Abdellatif, M. A. M. (2022). The impact of social media on life satisfaction: the mediating role of social comparison, envy, and self-esteem. *Information Science Letters An International Journal*, 11(5), 1805 – 1813.
- Alkis, Y., Kadirhan, Z., & Sat, M. (2017). Development and validation of social anxiety scale for social media users. *Computers in Human Behavior*, 72, <http://dx.doi.org/10.1016/j.chb.2017.03.011>.
- Beaton, D. E., Bombardier, C., Guillemin, F., & Ferraz, M. B. (2000). Guidelines for the process of cross-cultural adaptation of self-report measures. *Spine*, 25(4). <https://doi.org/10.1097/00007632-200012150-00014>.
- Brailovskaia, J., Schillack, H., & Margraf, J. (2020). Tell me why are you using social media (SM)! Relationship between reasons for use of SM, SM flow, daily stress, depression, anxiety, and addictive SM use – An exploratory investigation of young adults in Germany. *Computers in Human Behavior*, 113, 1 – 9. <https://doi.org/10.1016/j.chb.2020.106511>.
- Bergagna, E., & Tartaglia, S. (2018). Self-esteem, social comparison, and

- Facebook use. *Europe's Journal of Psychology*. 14(4), 831 – 845. <http://doi.org/10.5964/ejop.v14i4.1592>.
- Balt, E., dkk. (2023). Social media use of adolescents who died by suicide: lessons from a psychological autopsy study. *Child and Adolescent Psychiatry Mental Health*, 17(48), 1 – 11. doi: 10.1186/s13034-023-00597-9.
- Blote, A. W., dkk. (2016). The relation between social anxiety and audience perception: examining Clark and Wells (1995) model among adolescents. *Behav Cogn Psychoter*, 42(5). 555 – 567. [Htps://doi.org/10.1017/S1352465813000271](https://doi.org/10.1017/S1352465813000271).
- Chuan, C. L. (2006). Smple size estimation using krejcie and morgan and cohen statistical power analysis: A comparison. *Jurnal Penyelidikan IPBL*, 7, 78 – 86.
- Cohen, J. (1992). A power primer. *Psychological Bulleting*, 112(1), 155 – 159. <https://doi.org/10.1037/0033-2909.112.1.155>.
- Coopersmith, S. (1967). *The antecedents of self-esteem*. Freeman and Company.
- Dewi, A. A. A. M., & Nugrahani, R. U. (2025). Pengaruh penggunaan media sosial terhadap kecemasan sosial pada Generasi Z di Kota Denpasar. *Jurnal Pustaka Komunikasi*, 8(2), 261 – 272. 261 – 272. <https://doi.org/10.32509/pustakom.v8i2.4084>.
- Elkatmis, M. (2024). Examination of social media usage habits of generation Z. *Frontiers in Psychology*, 15:1370823. 1 – 11. doi: 10.3389/fpsyg.2024.1370823.
- Einsten, D. A., Dabb, C., & Fraser, M. (2023). FoMO, but not self-compassion, moderates the link between social media use and anxiety in adolescence. *Australian Journal of Psychology*, 75(1), 1 – 14. <https://doi.org/10.1080/0049530.2023.2217961>.
- Ellison, N. B., Steinfield, C., & Lampe, C. (2007). The benefits of Facebook “Friends:” Social capital and college student’s use of online social network sites. *Journal of Computer-Mediated Communication*, 12, 1143 – 1168. <https://doi.org/10.1111/j.1083-6101.2007.00367.x>.
- Fitri, H., Hariyono, D. S., & Arpandy, G. A. (2024). Pengaruh self-esteem terhadap Fear of Missing Out (FoMO) pada Generasi Z pengguna media sosial. *Jurnal Psikologi*, 1(4), 1 – 21. doi: 10.47134/pjp.v1i4.2823.
- Festinger, L. (1954). A theory of social comparison processes. *Human Relations*, 7(2), 117 – 140. <https://doi.org/10.1177/001872675400700202>.
- Fuad, S. A. (2023). *Pengaruh social comparison terhadap Quarter-Life Crisis pada emerging adulthood pengguna Instagram* (Skripsi, Universitas

Sumatera Utara) USU Repository. <https://repositori.usu.ac.id>.

- Fitri, H., Hariyono, D. S., & Arpandy, G. A. (2024). Pengaruh self-esteem terhadap Fear of Missing Out (Fomo) pada Generasi Z pengguna media sosial. *Jurnal Psikologi*, 1(4), 1–21. <https://doi.org/10.47134/pjp.v1i4.2823>.
- Fitria, N., Al Hadromi, F., & Ekmarinda, E. Y. (2024). FOMO and its effect on Gen Z performance. *TCEEIS*, 142 – 146. https://doi.org/10.299/978-94-6463-346-7_27.
- Fioravanti, G., Benucci, S. B., Ceragioli, G., & Casale, S. (2022). How the exposure to beauty ideals on social networking sites influences body image: A systematic literature review of experimental studies. *Adolescent Research Review*, 7, 419 – 458. <https://doi.org/10.1007/s40894-022-00179-4>.
- Greenbaum, R. L., dkk. (2026). As seen on social media: the daily effects of social media content and employee emotion and behaviors. *Journal of Organizational Behavior*, 47, 627 – 647. <https://doi.org/10.1002/job.70011>.
- Gao, Z., Wang, L., & Gao, W. (2025). Self-esteem and problematic mobile social media use among Chinese adolescents: adolescent social anxiety as a mediator. *Social Behavior and Personality An International Journal*, 53(12). 1 – 9. <https://doi.org/10.2224/sbp.15035>.
- Gravetter, F. J., Forzano, L. A., & Rakow, T. (2020). *Research methods for the behavioral sciences* (EMEA Edition ed.). Annabele Ainsco.
- Gibbons, F. X., & Buunk, B. P. (1999). Individual differences in social comparison: development of a scale of social comparison orientation. *Journal of Personality and Social Psychology*, 76(1), 129 – 142.
- Henseler, J., Ringle, C. M., & Sarstedt, M. (2015). A new criterion for assessing discriminant validity in variance-based structural equation modeling. *J. of The Acad. Mark. Sci*, 43, 115 – 135. <https://doi.org/10.1007/s11747-014-0403-8>.
- Hair, J. F., Hult, G. T. M., Ringle, C. M., & Sarstedt, M. (2022). *A primer on Partial Least Squares Structural Equation Modeling (PLS-SEM)*. Sage Publications.
- Iba, Z., & Wardhana, A. (2023). *Metode penelitian*. Eureka Media Aksara.
- Jia, Z. (2025). An experimental study on the impact of social media images on users online social anxiety in China. *Discover Psychology*, 5(14), <https://doi.org/10.1007/s44202-025-00>.
- Jin, T., Chen, Y., & Zhang, K. (2024). Effects of social media use on employment anxiety among Chinese youth: the roles of upward social comparison, online social support and self-esteem, *Front Psychol*, 15:1398801. 1 – 10. <https://doi.org/10.3389/fpsyg.2024.1398801>.

- Jinghua, G., & Sheibani, S. (2024). The impact of active and passive use of social media on loneliness, anxiety and depression in adolescents. *Malaysian Journal of Medical Research*, 9(2), 16 – 21. <https://doi.org/10.31674/mjmr.2025.v09i02.003>.
- Jiang, S., & Ngien, A. (2020). The effects of Instagram use, social comparison, and self-esteem on social anxiety: a survey study in Singapore. *Social Media + Society*, 1 – 10. doi: 10.1177/2056305120912488.
- Koh, G. K., dkk. (2024). Social media use and its impact on adults mental health and well-being: A scoping review. *Worldviews Evid Based Nurs*, 21(4), 345 – 394. doi: 10.1111/wvn.12727.
- Koban, L., Andrews-Hanna, J. R., Ives, L., Wager, T. D., & Arch, J. J. (2023). Brain mediators of biased social learning of self-perception in social anxiety disorder. *Translational Psychiatry*, 13, 1 – 9. <https://doi.org/10.1038/s41398-023-02587-z>.
- Kurniawan, R., & Utami, R. H. (2022). Validation of Online Fear of Missing Out (ON-FoMO) Scale in Indonesian version. *Jurnal Neo Konseling*, 4(3), 1 – 10. <https://doi.org/10.24036/00651kons2022>.
- Krause, H., dkk. (2021). Unifying the detrimental and beneficial effects of social network site use on self-esteem: a systematic literature review. *Media Psychology*, 21(1), 10 – 47. <https://doi.org/10.1080/15213269.2019.1656646>.
- Kircaburun, K., dkk. (2020). Uses and gratifications of problematic social media use among university students: a simultaneous examination of the big five of personality traits, social media platforms, and social media use motives. *Int J Ment Health Addiction*, 18, 525 – 547. <https://doi.org/10.1007/s11469-018-9940-6>.
- Le Blanc-Brillon, J., dkk. (2025). The associations between social comparison on social media and young adults mental health. *Frontiers in Psychology*, 16:1597241. <https://doi.org/10.3389/fpsyg.2025.1597241>.
- Latupeirissa, J. J. P., & Cistadewi, N. M. W. (2025). Social media trends and FoMO among Gen Z: A systematic literature review. *Observatorio*, 19(03), 159 – 201.
- Li, J., & Wu, J. (2025). Understanding young adults' social media anxiety: mediating role of upward social comparison and the moderating role of psychological resilience. *International Journal of Mental Health Promotion*, 27(12), 1883 – 1896.
- Lyngdoh, T., dkk. (2023). Social isolation and social anxiety as drivers of generation Z's willingness to share personal information on social media. *Psychology Marketing*, 5 – 26. <https://doi.10.1002/mar.21744>.
- La Greca, A. M., & Lopez, N. (1998). Social anxiety among adolescents: linkages

with peer relations and friendships. *Journal of Abnormal Child Psychology*, 26(2), 83 – 94.

- Liu, H., Liu, W., Yoganathan, V., & Osburg, V. (2021). COVID-19 information overload and generation Z's social media discontinuance intention during the pandemic lockdown. *Technological Forecasting & Social Change*, 166, 1- 12. <https://doi.org/10.1016/j.techfore.2021.120600>.
- Lewin, K. M., Ellithorpe, M. E., & Meshi, D. (2022). Social comparison and problematic social media use: relationships between five different social media platforms and three different social comparison constructs. *Personality and Individual Differences*, 199, 1 – 6. <https://doi.org/10.1016/j.paid.2022.111865>.
- Lim, A. J., Lau, C., & Li, N. P. (2021). The moderating role of social network size on social media use and self-esteem: an evolutionary mismatch perspective. *Frontiers in Psychology*, 12: 734206, 1–9. <https://doi.org/10.3389/fpsyg.2021.734206>.
- Munfida, N. S., Soetijono, I. R., & Indrayati, R. (2023). Penggunaan media sosial sebagai media kampanye dalam penyelenggaraan pemilihan umum dan pemilihan kepala daerah. *Jurnal Kajian Konstitusi*, 03(02), 161 – 181. doi: 10.19184/j.kk.v312.41193.
- McComb, C. A., Vanman, E. J., & Tobin, S. J. (2023). A meta-analysis of the effects of social media exposure to upward comparison targets on self-evaluations and emotions. *Media Psychology*, 26(5), 612 – 635. <http://doi/10.1080/15213269.2023.218067>.
- Mandas, A. L., & Silfiyah, K. (2022). Social self-esteem dan Fear of Missing Out pada Generasi Z pengguna media sosial. *Jurnal Sintesia*, 12(1), 19 – 27.
- Mojtahe, K. (2022). How social media affecting the mental health of Gen-Z: A mixed method study. *Arch Clin Psychiatry*, 49(1), 114 – 118. <https://doi.org/10.15761/0101-608300000000345>.
- Nitzl, C., Roldán, J. L., & Carrión, G. C. (2016). Mediation analysis in Partial Least Squares Path Modeling: helping researchers discuss more sophisticated models. *Industrial Management & Data Systems*, 116(9), 1849 – 1864.
- Olufadi, Y. (2016). Social networking time use scale (SONTUS): A new instrument for measuring the time spent on the social networking sites. *Telematics and Informatics*, 33, 452-471. <https://dx.doi.org/10.1016/j.tele.2015.11.002>.
- O'Day, E. B., & Heimberg, R. G. (2021). Social media use, social anxiety, and loneliness: A systematic review. *Computer in Human Behavior Reports*, 3, 1 – 13. doi: 10.1016/j.chbr.2021.100070.

- Osei-Frimpong, K., Islam, N., Ahorkonu, C. K., Soga, L. R., & McLean, G. (2025). Exploring the dark side of continuous social media brand community participation on consumer psychological well-being: initial vs sustained participation. *Information Technology & People*, 1 – 39. doi: 10.1108/ITP-02-2025-0162.
- Permadi, D. A. (2022). Kecemasan sosial dan intensitas penggunaan media sosial pada remaja. *PSYCOMEDIA: Jurnal Psikologi*, 2(1), 7–13. <https://doi.org/10.35316/psycomedia.2022.v2i1.7-13>.
- Putri, N. A., Hardati, P., Atmaja, T., & Banowati, E. (2023). Realitas sosial cyber community dalam ruang virtual media sosial (studi tentang interaksi sosial pada pelajar di Kota Semarang). *HARMONY*, 8(1).
- PrakashYadav, G., & Rai, J. (2017). The generation Z and their social media usage: A review and a research outline. *Global Journal of Enterprise Information System*, 9(2), 110 – 116. <http://doi.10.18311/gjeis/2017/15748>.
- Pranata, Y. H., Wardani, N. D., & Jusup, I. (2016). Hubungan intensitas penggunaan situs jejaring sosial dengan kecemasan pada mahasiswa akhir. *Jurnal Kedokteran Diponegoro*, 5(4), 1903 – 1910.
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioural correlates of fear of missing out. *Computers in Human Behavior*, 29, 1841 – 1848. doi: 10.1016/j.chb.2013.02.014.
- Purba, P. A., & Metia, C. (2025). FOMO in the digital age: a study of self-esteem and social media effects on north Sumatran youth. *Ascarya: Journal of Islamic Science, Culture, and Social Studies*, 5(1), 117 – 128. <https://doi.org/10.53754/iscs.v5i1.764>.
- Ramizzade, G., dkk. (2026). Relationship between social media use and anxiety and self-esteem in Adolescents: A Systematic Review. *International Journal of Humanities and Applied Social Science*, 11(3). <https://doi.org/10.33642/ijhass.v11n3p1>.
- Ramadhan, W., & Kanita, R. (2025). Analysis of the impact of success indicators spread on social media on the mental health of Generation Z. *ARTSEDES: Journal of Arts Education and Design*, 02(01). 24 – 34.
- Ramadhani, N. P., & Ardelia, V. (2025). Hubungan antara perbandingan sosial dengan kecemasan pada mahasiswa pengguna media sosial. *Character: Jurnal Penelitian Psikologi*, 12(03), 1159 - 1169. DOI: 10.26740.cipp.1159-1169.
- Rahmatika, A. (2022). *Perbedaan perilaku prososial berdasarkan intensitas penggunaan media sosial pada remaja akhir di Kota Padang*. (Skripsi,

Universitas Andalas). UNAND Repository. <https://repositori.unand.ac.id>.

- Rochmat, C. S., Utami, H. W., & Salmi, M. (2024). Qur'anic edu psikoterapi: solusi rehabilitasi gangguan mental Generasi Z di era society 5.0. *Konferensi Nasional Tarbiyah UNIDA Gontor*, 3, 573 – 585.
- Rohmawati, Z. I., Noviekayati, I. N., & Santi, D. E. (2025). The relationship between self-esteem and social anxiety with Fear of Missing Out in college students. *Jurnal Multidisiplin Madani (MUDIMA)*, 5(5), 443 – 457. Doi: 10.55927/mudima.v5i5.271.
- Rahadi, D. R. (2023). *Pengantar Partial Least Squares Structural Equation Modeling (PLS-SEM)*. Lentera Ilmu Madani.
- Rapee, R. M., & Heimberg, R. G. (1997). A cognitive-behavioral model of anxiety in social phobia. *Behav. Res. Ther*, 35(8), 741 – 756.
- Rosenberg, M., Schoenbach, C. S., Schooler, C., & Rosenberg, F. (1995). Global self-esteem and specific self-esteem: different concepts, different outcomes. *American Sociological Review*, 60, 141 – 156.
- Santosa, R. P., dkk. (2025). The validation of the Indonesian version of social anxiety scale for social media users. *SHS Web Conferences*, 224, 1 – 11. <https://doi.org/10.1051/shsconf/202522404002>.
- Saura, J., Gelashvili, V., Martinez-Navalón, J. G. (2025). The impact of social media on Gen Z's mental health and privacy. *Journal of Competitiveness*, 17(1), 233 – 252. <https://doi.org/10.7441/joc.2025.01.11>.
- Sengkey, M. M., dkk. (2025). Dampak penggunaan media sosial terhadap kecemasan mahasiswa di Universitas Negeri Manado. *Jurnal Pengabdian Masyarakat dan Riset Pendidikan*, 4(1), 662 – 670. <https://doi.org/10.31004/jerkin.v4i1.1641>.
- Saiphoo, A. N., Halevi, L. D., & Vahedi, Z. (2020). Social networking site use and self-esteem: A meta-analytic review, 153, 1 – 11. <https://doi.org/10.1016/j.paid.2019.109639>.
- Seabrook, E. M., Kern, M. L., & Rickard, N. S. (2016). Social networking sites, Depression, and Anxiety: A Systematic Review. *JMIR Ment Health*, 3(4), 1 – 19.
- Smith, E. R., & Semin, G. R. (2007). Situated social cognition. *Current Direction in Psychological Science*, 16(3), 132 – 135.
- Siregar, D., Aditya, T., Purwanto, E., & Elyana, K. (2024). Pengaruh media sosial Instagram terhadap perubahan dalam gaya hidup Gen Z di Kota Tangerang. *Jurnal JTIK (Jurnal Teknologi Informasi dan Komunikasi)*, 8(3), 605 – 618. doi: 10.35870/jtik.v8i3.2060.

- Susilo, M. E., Prayudi., Florestyanto, M. Y. (2025). Oversharing behaviour in Gen Z on social media. *SHS Web of Conferences*, 212, 1 – 9. doi: 10.1051/shsconf/202521204022.
- Sahputra, D., Habibah, P., dan Fitria, D. (2023). Munculnya kecemasan sosial sebagai masalah kesehatan mental pada pengguna media sosial. *CARAKA: Indonesia Journal of Communication*, 4(1), 17 – 25.
- Sao, R., Chandak, S., Barhate, B., & Mondal, S. (2024). Social media and Gen Z's mental well-being: impact of excessive usage on anxiety, stress, and depression levels analysis. *Purusharta*, 17(1), 23 – 38.
- Schermelleh-Engel, K., Moosbrugger, H., & Muller, H. (2003). Evaluating the fit of Structural Equation Models: Tests of Significance and Descriptive Goodness-of-fit measures. *Methods of Psychological Research Online*, 8(2), 23 – 74.
- Timeo, S., Riva, P., & Paladino, M. P. (2020). Being liked or not being liked: A study on social-media exclusion in a preadolescent population. *Journal of Adolescence*, 80, 173-181. <https://doi.org/10.1016/j.adolescence.2020.02.010>.
- Tafarodi, R. W., & Swann, W. B. (1995). Self-liking and self-competence as dimensions of global self-esteem: initial validation of a measure. *Journal of Personality Assessment*, 65(2), 323–342. https://doi.org/10.1207/s15327752jpa6502_8.
- Utami, A. R., dkk. (2023). The influence of social media use intensity on social comparison on college students. *Paragraphs Communication Update*. <https://doi.org/10.59260/pcommu.2023.74782814>.
- Valkenburg, P. M., Meier, A., & Beyens, I. (2022). Social media use and its impact on adolescent mental health: An umbrella review of the evidence. *Current Opinion in Psychology*, 44, 58 – 68. <https://doi.org/10.1016/j.copsyc.2021.08.017>.
- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, Social media, and self-esteem. *Psychology of Popular Media Culture*, 3(4), 206 – 222.
- Vanucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. *Journal of Affective Disorder*, 207, 163 – 166. doi: 10.1016/j.jad.2016.08.040.
- Vaswani, M., Esses, V. M., Newby-Clark, I. R., & Giguère, B. (2022). Cultural differences in fear of negative evaluation after social norm transgressions and the impact on mental health. *Frontiers in Psychology*, 13:804841, 1 – 11. <https://doi.org/10.3389/fpsyg.2022.804841>
- Wu, W., Zhang, J., & Jo, N. (2025). Fear of Missing Out and online social anxiety

in university students: mediation by irrational procrastination and media multitasking. *Behavioral Sciences*, 15(84), 1–14. <https://doi.org/10.3390/bs15010084>.

- Witadi, J. T. K., & Rusdiana, F. K. (2025). Can self-esteem mediate social support and self-adjustment in adolescents?. *Jurnal Psikologi Tabularasa*, 20(2), 191 – 203. <http://doi.org/10.26905/jpt.v20.i2.15761>.
- Wu, R. (2024). Relation between social anxiety, self-esteem and internet usage. SHS Web of Conferences, 193. 1 – 4. <http://doi.org/10.1051/shsconf/202419302019>.
- Wijaya, T. A., dkk. (2023). Penerimaan diri Generasi Z di era perkembangan media sosial. *Jurnal Psikoedukasi*, 21(1), 41 – 49.
- Wang, J., Wang, H., Gaskin, J., & Hawk, S. (2017). The mediating roles of upward social comparison and self-esteem and the moderating role of social comparison orientation in the association between social networking site usage and subjective well-being. *Frontiers in Psychology*, 8:771. 1 – 9. <http://doi.org/10.3389/fpsyg.2017.00771>.
- Watson, D., & Friend, R. (1969). Measurement of social-evaluative anxiety. *Journal of Consulting and Clinical Psychology*, 33(4), 448 – 457.
- Wijaya, T. A., dkk. (2023). Penerimaan diri Generasi Z di era perkembangan media sosial. *Jurnal Psiko Edukasi*, 21(1), 41–49. <https://doi.org/10.25170/psikoedukasi.v21i1.4575>
- Wegmann, E., & Brand, M. (2019). A narrative overview about psychosocial characteristics as risk factors of a problematic social networks use. *Current Addiction Reports*, 6, 402–409. <https://doi.org/10.1007/s40429-019-00286-8>.
- Xu, L., & Li, L. (2024). Upward social comparison and social anxiety among Chinese college students: a chain-mediation model of relative deprivation and rumination. *Front. Psychol.* 15:1430539. <https://doi.org/10.3389/fpsyg.2024.1430539>.
- Yan, N., dkk. (2024). The impact of mobile social media use on depressive mood among college students: a chain mediating effect of upward social comparison and cognitive overload. *Psychology Research and Behavior Management*, 2111-2120. <https://doi.org/10.2147/PRBM.S447372>.
- Yang, F., Li, M., & Han, Y. (2023). Whether and how will using social media induce social anxiety? The correlational and causal evidence from Chinese society. *Frontiers in Psychology*, 1 – 13. doi: 10.3389/fpsyg.2023.1217415.
- Zainta, S. Y., Suci, R. W., Handayani, S., & Ardila, I. (2022). Dampak penggunaan media sosial terhadap proses belajar siswa. *ALGEBRA: Jurnal*

Pendidikan, Sosial, dan Sains, 2(3), 155 – 159.

Zaman, S. N. (2024). Survey deloitte: Kekhawatiran Gen Z dalam hidup. *Jurnal Mahasiswa Humanis*, 4(1), 54 – 62.

Zhu, X., Lian, W., & Fan, L. (2024). Network analysis of internet addiction, online social anxiety, Fear of Missing Out, and Interpersonal Sensitivity among Chinese University Students. *Depression and Anxiety*, 1 – 14. <https://doi.org/10.1155/2024/5447802>.

Zsido, A. N., dkk. (2021). The role maladaptive cognition emotion regulation strategies and social anxiety in problematic smartphone and social media use. *Personality and Individual Differences*, 173, 1 – 5. <https://doi.org/10.1016/j.paid.2021.110647>.

