

DAFTAR PUSTAKA

- Adeeb dan Mirhoseini. (2023). The Impact of Affect on the Perception of Fake News on Social Media : A Systematic Review. *Social Sciences*, 12.
- Afifa dkk. (2025). Media Sosial sebagai Ruang Belajar Informal : Peluang Edukasi dan Tantangan Doomscrolling. *Jurnal Pendidikan Tambusai*, 9(3), 40470–40475.
- Agustian, S., Reza, F., & Sugiarta, N. (2023). Makna Open Relationship Pada Pengguna Aplikasi Kencan (Studi Fenomenologi Makna Open Relationship Pada Generasi Z Pengguna Aplikasi Kencan Online Tinder). *Jurnal Ilmu Sosial dan Pendidikan (JISIP)*, 7(1), 611–625. <https://doi.org/10.58258/jisip.v7i1.4475/http>
- Ahmad. (2025). Brain Rot : Dampak Dan Solusi Pada Pelajar Indonesia Di Genarasi Emas 2045. *Semnas Penabio*, 64–71.
- Alismail dan, & Aloudah. (2025). Statistical Analysis of the Joint Impact of Digital Awareness and Information Literacy on Educational Quality of Life Using SEM-PLS. *Journal of Statistics Applications & Probability*, 14(5), 805.
- Andriani dkk. (2025). The Mediating Role of Science Knowledge in Linking Digital Well-Being and Media Literacy to Critical Thinking Skills: A PLS-SEM Analysis. *Jurnal Pendidikan MIPA*, 26(4), 2710.
- Arkan dan Ball. (2025). The relationship between school-age students ' literacy skills and digital well-being : a systematic review. *BMC Psychology*, 13, 1240.
- Arslankara, dkk. (2022). Digital Well-Being Scale Validity and Reliability Study. *Journal of Teacher Education and Lifelong Learning (TELL)*, 4(2), 263–274.
- Athik Hidayatul Ummah, A. K. (2020). Literasi Digital Dan Peran Strategis Net Generation Dalam Membangun Konten Positif Di Media Sosial. 4 (2), 170–181.
- Averill, J. R. (1973). Personal Control Over Aversive Stimuli And Its Relationship To Stress. *Psychological Bulletin*, 80(4), 286–303.
- Bandura. (1991). Social Cognitive Theory of Self-Regulation. *Organization Behavior and Human Decision Processes*, 50(1), 248–281.
- Barrouillet. (2011). Dual-process theories and cognitive development : Advances and challenges. *Developmental Review*, 31(2–3), 79–85. <https://doi.org/10.1016/j.dr.2011.07.002>
- Baumeister. (2014). Self-regulation , ego depletion , and inhibition. *Neuropsychologia*, 65, 313–319. <https://doi.org/10.1016/j.neuropsychologia.2014.08.012>
- Baumeister dan Vohs. (2007). Self-Regulation , Ego Depletion , and Motivation. *Social and Personality Psychology Compass* , 1 (1), 120.

- Baumeister dkk. (2007). The Strength Model of Self-Control. *Association for Psychological Science*, 16(6), 351–355.
- Bawden, D. (2007). Origins and Concepts of Digital Literacy. In *Peter Lang*.
- Beatie, A. dan M. S. D. (2020). *Framing “digital well-being” as a social good*.
- Berger dkk. (2018). Computers in Human Behavior Low self-control capacity is associated with immediate responses to smartphone signals. *Computers in Human Behavior*, 86, 45–51. <https://doi.org/10.1016/j.chb.2018.04.031>
- Błachnio dkk. (2023). Self-Control and Digital Media Addiction : The Mediating Role of Media Multitasking and Time Style. *Psychology Research and Behavior Management*, 16(2), 2283–2296.
- Brummer. (2025). Connecting the dots and digits : digital awareness in the context of digital literacy and digital citizenship , and resources for social and digital in- / exclusion digital in- / exclusion. *Cogent Social Sciences*, 11(1). <https://doi.org/10.1080/23311886.2025.2572377>
- Büchi, M. (2024). Digital well-being theory and research. *New Media and Society*, 26(1), 172–189. <https://doi.org/10.1177/14614448211056851>
- Carretero dkk. (2017). The Digital Competence Framework for Citizens With eight.
- Castillo-gualda dkk. (2026). Social comparison and maladaptive emotion regulation are associated with poorer mental health in social media users. *Scientific Reports*, 16, 1–18.
- Černý. (2020). Digital well-being as an educational challenge : a mapping review study. *Journal of Applied Technical and Educational Sciences*, 15(1), 1–19.
- Chen dkk. (2024). Extramural ICT factors impact adolescents ’ academic performance and well - being differently : Types of self - regulated learners also matter. In *Education and Information Technologies* (Vol. 29, Nomor 15). Springer US. <https://doi.org/10.1007/s10639-024-12642-x>
- Chen dkk. (2025). New Perspective on Digital Well-Being by Distinguishing Digital Competency From Dependency : Network Approach Corresponding Author : *Journal of Medical Internet Research*, 27, 1–22. <https://doi.org/10.2196/70483>
- Chen dkk. (2026). How the digital literacy level of teachers affects student well-being: a configuration analysis approach based on fsQCA. *Frontiers in Public Health*, 10(2). <https://doi.org/10.3389/fpubh.2026.1779421>
- Coviello, K. (2025). *Digital native*.
- Cowling dkk. (2025). activities for 10 to 13 Year Old Students. *Education and Information Technologies*, 30, 941–958.
- Creswell dan Creswell. (2023). *Desain Penelitian: Pendekatan Kualitatif, Kuantitatif dan Metode Campuran*.
- Cudo dkk. (2020). Dysfunction of Self-Control in Facebook Addiction : Impulsivity

- Is the Key. *Psychiatric Quarterly* (2020), 91, 91–101.
- Deci, R. M. R. and E. L. (2001). On Happiness And Human Potentials: A Review Ofresearch On Hedonic And Eudaimonic Well-Being. *Annual Review of Psychology*, 52(3), 141.
- Dennis, M. (2023). *Living Well Together Online : Digital Wellbeing from a Confucian Perspective*. 40(2). <https://doi.org/10.1111/japp.12627>
- Diener, E. (1984). Subjective Well-Being. *American Psychological Association*, 95(3), 542–575.
- Diner and Suh. (1997). Measuring quality of life: economic, social, and subjective indicators. *Social Indicators Research*, 40(1–2), 189–216.
- Edria, S. dan. (2024). FITUR “Status” Jurnalisme Media Sosial Whatsapp Sebagai Bentuk Self- Disclosure Pada Remaja Generasi Digital Native . *Jurnal Noken: Ilmu-Ilmu Sosial*, 10(1), 126–137.
- Eshet-alkalai, Y. (2004). Digital Literacy : A Conceptual Framework for Survival Skills in the Digital Era. *Journal of Educational Multimedia and Hypermedia*, 13(1), 93–106.
- Fadillah, M., Nurbalqis, A., & Agustina, L. (2022). Pengaruh Konten Digital Terhadap Generasi Z dalam Pemanfaatan Media Sosial Dan Digital Native Di Kota Tanjungpinang. 4(2), 1–11.
- Fitriyani, R. (2025). Remaja , Media Sosial , dan Literasi Digital : Antara Ekspresi Diri dan Tanggung Jawab Digital. *Jurnal Ilmu Multidisiplin*, 2(5), 595–601.
- Fornell dan Larcker. (1981). Evaluating Structural Equation Models with Unobservable Variables and Measurement. *Journal of Marketing Research*, 18, 39–50.
- Gioia dkk. (2021). Problematic Internet Use And Emotional Dysregulation Among Young People: A Literature Review. *Clinical Neuropsychiatry*, 18(1), 41–54.
- Gomes dkk. (2023). Design and validation of the digital well-being scale. *Journal of Theories and Research in Education*, 18(1), 239–251.
- Gross. (1998). The Emerging Field of Emotion Regulation : An Integrative Review Ih Ih. *Review of General Psychology*, 2(5), 271–299.
- Gui dkk. (2017). Digital Well - Being. Developing a New Theoretical Tool For Media Literacy Research Digital Well - Being. Developing a New Theoretical Tool For Media Literacy. *Italian Journal Of School Of Education*, 9(1), 155–173. <https://doi.org/10.14658/pupj-ijse-2017-1-8>
- Hague, C., & Payton, S. (2010). *Digital literacy across the curriculum*.
- Hair dkk. (2021). *Partial Least Squares Structural Equation Modeling (PLS-SEM) Using R*.
- Hair dkk. (2022). Research Methods in Applied Linguistics Partial Least Squares Structural Equation Modeling (PLS-SEM) in second language and education

- research : Guidelines using an applied example. *Research Methods in Applied Linguistics*, 1(3), 100027. <https://doi.org/10.1016/j.rmal.2022.100027>
- Handayani, F. (2023). *Kendala-Kendala Yang Dihadapi Digital Native Dalam Pencarian Informasi*. 15(1), 31–39.
- Hasanah dkk. (2023). Problematic Internet Use : Examining Parents-Adolescent Communication And Self-Control With Stress Level As Mediator Penggunaan Internet Bermasalah : Menelaah Komunikasi Orang Tua-Remaja Dan Kontrol Diri Dengan Tingkat Stres Sebagai Mediator. *Jurnal Ilmu Keluarga & Konseling*, 16(1), 61–71.
- Henseler dkk. (2015). A new criterion for assessing discriminant validity in variance-based structural equation modeling. *Springer*, 43, 115–135. <https://doi.org/10.1007/s11747-014-0403-8>
- Hensika dkk. (2026). Computers in Human Behavior Reports Navigating the digital maze : understanding the interplay of digital skills and knowledge , online risks , and mental wellbeing among young people. *Computers in Human Behavior*, 22, 10. <https://doi.org/10.1016/j.chbr.2026.101092>
- Herdian dkk. (2026). Digital literacy , self-efficacy , and digital well-being : direct and indirect effects among final-year university students. *Current Psychology*, 45, 10.
- Hermawan, S. D. (2025). Penggunaan media sosial oleh Digital Native. *Jurnal Ilmu Komunikasi*, 15(1), 47–60.
- Hernawati, Manek, S. (2025). Peran Literasi Digital Dalam Memoderasi Pengaruh Doom Spending, Doom Scrolling Dan Fear Of Missing Out Terhadap Perilaku Pengelolaan Keuangan Generasi Z Di Kota Kupang Retno Hernawati. *Among Makarti*, 18(1), 41–58.
- Hidayatullah dkk. (2023). Penerapan Aplikasi Google Family Link sebagai Strategi Keluarga dalam Menghadapi Candu Gadget pada Anak. *Society*, 4(1), 71–80.
- Hilma, A., Dadeh, T., & Ervika, E. (2025). *Self-Control and Screen Time : Understanding Their Interplay in the Digital Age*. 3(2), 107–118.
- Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). No More Fomo : Limiting Social Media Decreases Loneliness And Depression. *Journal of Social and Clinical Psychology*, 37(10), 751–768.
- Hurriyati, D. (2026). Peran Edukasi Literasi Digital dalam Meningkatkan Kontrol Diri Siswa Terhadap Penggunaan Gadget SDN 10 Tanjung Lago. *Jurnal Akademik Pengabdian Masyarakat*, 4(2), 1–10.
- Ibrahim dkk. (2024). The mediating effect of digital literacy and self - regulation on the relationship between emotional intelligence and academic stress among university students : a cross - sectional study. *BMC Medical Education*, 24, 10. <https://doi.org/10.1186/s12909-024-06279-0>
- Iskandar dkk. (2025). Social Sciences & Humanities Open Digital citizenship literacy in Indonesia : The role of privacy awareness and social campaigns.

Social Sciences & Humanities Open, 12, 101697.
<https://doi.org/10.1016/j.ssaho.2025.101697>

ITC. (2017). The ITC Guidelines for Translating and Adapting Tests (Second edition). In *International Test Commission*.

Jenkins dkk. (2009). *Confronting the Challenges of Participatory Culture Media Education for the 21st Century*. MIT Press.

Kartika dkk. (2025). The Influence of Digital Fatigue and Occupational Stress on Quiet Quitting in Generation Y and Z in the Agency Industry. *Jurnal Multidisiplin Indonesia*, 4(8), 494.

Kirschner, P. A., & Bruyckere, P. De. (2017). The myths of the digital native and the multitasker. *Teaching and Teacher Education*, 67, 135–142.
<https://doi.org/10.1016/j.tate.2017.06.001>

Kominfo dan Katadata Insight Center. (2022). *Status Literasi Digital di Indonesia 2022*. Kominfo RI.

Köse. (2025). Scrolling social media with the third eye : Mindful technology use as a disconnection strategy. *new media & society*, 10.
<https://doi.org/10.1177/14614448251391358>

Kristy, G. T., Alviani, A. A., Kusuma, E. R., Nabida, L., Sayidina, M. N., Parahita, B. N., & Siregar, R. S. (2024). *Digital Native Characteristics : A Phenomenological Study Focused on Essential Material in Sociology Courses*. 7(3), 438–446.

Laar dkk. (2017). The relation between 21st-century skills and digital skills or literacy: A systematic literature review. *Computers in Human Behavior*, 2(1).
<https://doi.org/10.1016/j.chb.2017.03.010>

Larose dan Eastin. (2004). A Social Cognitive Theory of Internet Uses and Gratifications: Toward a New Model of Media Attendance. *Journal of Broadcasting & Electronic Media*, 48(3), 37–41.

Laudia Tysara. (2024). Ketahui Gen Z Years Born dan 6 Generasi Lain, Ini Usianya di 2024. *Liputan 6*. https://www.liputan6.com/hot/read/5510698/ketahui-gen-z-years-born-dan-6-generasi-lain-ini-usianya-di-2024#google_vignette

Lewandowsky, E. dan C. (2017). Beyond Misinformation: Understanding and Coping with the “Post-Truth” Era. *Journal of Applied Research in Memory and Cognition*, 6(4), 353–369. <https://doi.org/10.1016/j.jarmac.2017.07.008>

Li dkk. (2021). The Relationship Between Self-Control and Internet Addiction Among Students : A Meta-Analysis. *Frontiers in Psychology*, 12, 1–16.
<https://doi.org/10.3389/fpsyg.2021.735755>

Liang dkk. (2026). Mitigating cyberbullying’s impact on children’s well-being: The roles of digital literacy and cognitive emotion regulation. *humanities & Social Sciences Communications*, 13(84), 7.

Livingstone dkk. (2023). The outcomes of gaining digital skills for young people ’

- s lives and wellbeing : A systematic evidence review. *new media & society*, 25(5). <https://doi.org/10.1177/14614448211043189>
- Lu dkk. (2026). The Impact Of Digital Literacy On Subjective Well-Being: Evidence From China. *Technological and Economic Development of Economy*, 32(3).
- Lyngs. (2019). Putting Self-Control at the Centre of Digital Wellbeing. *University of Oxford.*, 5.
- Ma dkk. (2026). Self-control and social support in the link between academic pressure anxiety depression and social media addiction in college students. *Scientific Reports*, 16(2), 1–21.
- Martel dkk. (2020). Reliance on emotion promotes belief in fake news. *Cognitive Research: Principles and Implications*, 3(47). <https://doi.org/10.1186/s41235-020-00252-3>
- Mayiwar, L., Asutay, E., Tinghög, G., Västfjäll, D., & Barrafreem, K. (2025). Determinants of digital well - being. *AI & SOCIETY*, 40(4), 3063–3073. <https://doi.org/10.1007/s00146-024-02071-2>
- Mei dkk. (2017). HHS Public Access. *HHS Public Access*, 61, 74–79. <https://doi.org/10.1016/j.addbeh.2016.05.009>. Problematic
- Mohan, A., & Ravindran, S. K. (2020). *Loneliness and Problematic Internet Use Among Young Adults*. 10(2), 19–30. <https://doi.org/10.4018/IJCBPL.2020040102>
- Montag dkk. (2021). On the Psychology of TikTok Use : A First Glimpse From Empirical Findings. *Frontiers in Public Health*, 9, 1–6. <https://doi.org/10.3389/fpubh.2021.641673>
- Mukhlisa, Sulisworo, H. (2025). Digital Literacy of Generation Z : Challenges for Teachers in the Era of Demographic Bonus. *Journal of Education and Teaching*, 6(2), 500–517. <https://doi.org/10.51454/jet.v6i2.517>
- Muslikah, dkk. (2025). Self-Control and Digital Well-Being Among University Students: A Mediation Analysis of Online Mindfulness within a Self-Regulation Framework. *Konselor*, 14(4).
- Ned Kock. (2015). International Journal of e-Collaboration. *International journal of e-Collaboration e-Collaboration*, 11(4).
- Nguyen. (2021). Managing Social Media Use in an “ Always-On ” Society : Exploring Digital Wellbeing Strategies That People Use to Disconnect Managing Social Media Use in an “ Always-On ” Society : Exploring Digital Wellbeing Strategies That People Use to Disconnect. *Mass Communication and Society*, 24(6), 795–817. <https://doi.org/10.1080/15205436.2021.1979045>
- Nurjanah, E., Rusmana, A., & Yanto, A. (2017). Hubungan Literasi Digital Dengan Kualitas Penggunaan E-Resources. 3(2), 117–140.
- OECD WISE. (2025). *Screen time and subjective well-being : Insights from a few*

countries worldwide.

- Örneek. (2026). How is digital literacy related to self-efficacy beliefs? The mediating role of motivation toward web-based professional development. *BMC Psychology*, 14(304).
- Padmarini dkk. (2026). Digital fatigue dalam implementasi work from home sebagai strategi efisiensi energi di pemerintah kota surabaya. *Triwikrama: Jurnal Ilmu*, 11(12).
- Pankow dkk. (2024). Acceptability and utility of digital well-being and mental health support for university students : A pilot study. *Early Intervention in Psychiatry*, 18(2), 226–236. <https://doi.org/10.1111/eip.13458>
- Parry dkk. (2023). Digital wellbeing applications : Adoption , use and perceived effects. *Computer and Human behavior*, 139.
- Parry dkk. (2025). *Connect to Disconnect: What an Online Community for Digital Disconnection Can Tell Us About Digital Well-Being*.
- Pieh dkk. (2025). Smartphone screen time reduction improves mental health : a randomized controlled trial. *BMC Medicine*, 23(107). <https://doi.org/10.1186/s12916-025-03944-z>
- Prensky, B. M. (2001a). *Digital Natives , Digital Immigrants*. 1–6.
- Prensky, B. M. (2001b). *Do They Really Think Differently ?*
- Przybylski dan Weinstein. (2017). A Large-Scale Test of the Goldilocks Hypothesis : Quantifying the Relations Between Digital-Screen Use and the Mental Well-Being of Adolescents. *Psychological Science*, 28(2), 204 –215. <https://doi.org/10.1177/0956797616678438>
- Przybylski dkk. (2017). A Large-Scale Test of the Goldilocks Hypothesis : Quantifying the Relations Between Digital-Screen Use and the Mental Well-Being of Adolescents. *Association for Psychological Science*, 28(2). <https://doi.org/10.1177/0956797616678438>
- Rad dan Demeter. (2019). Youth Sustainable Digital Wellbeing. *Postmodern Opening*, 10(4), 104–115. <https://doi.org/10.18662/po/96>
- Ramadhan dkk. (2024). narra j mental health : A systematic review and meta-analysis. *Narra J*, 4(2), 1–13.
- Ridder, D. T. D. De, Lensvelt-mulders, G., Finkenauer, C., Stok, F. M., & Baumeister, R. F. (2012). Taking Stock of Self-Control : A Meta-Analysis of How Trait Self-Control Relates to a Wide Range of Behaviors. *Personality and Social Psychology Review*, 16(1), 76 –99. <https://doi.org/10.1177/1088868311418749>
- Roffarello, & De Russis. (2019). The race towards digital wellbeing: Issues and opportunities. *Conference on Human Factors in Computing Systems*. <https://doi.org/10.1145/3290605.3300616>

- Ryff, C. D. (1995). *Current Directions in Psychological Science*. <https://doi.org/10.1111/1467-8721.ep10772395>
- Sandra. (2025). Digital emotional regulation paradox : a cross- sectional study on mindful technology use moderates the relationship between social media emotional content exposure and psychological resilience. *BMC Psychology*, 13, 1411.
- Sarbani, Y. A., & Subandoro, P. S. (2014). Memahami Motivasi Berprestasi Dan Manfaat Penggunaan Gawai Bagi Generasi Digital Native. *Encyclopedia of Quality of Life and Well-Being Research*, 4374–4374. https://doi.org/10.1007/978-94-007-0753-5_102758
- Sasmini dan Rovida. (2024). Konsep Pencegahan Cyberbullying Berbasis Techno Prevention Pada Era Society 5.0 di Indonesia. *Jurnal Hukum Ius Quia Iustum*, 31(1), 461–485.
- Septania dkk. (2026). Navigating well-being in the digital era: A scoping review of digital well-being. *Wellbeing, Space and Society*, 10(3), 7. <https://doi.org/10.1016/j.wss.2026.100345>
- Sholahudin dkk. (2024). Profiling Students ' Self-Regulation In Science Learning Among Middle School Students. *Proceedings of the 2nd International Conference on Education, Science Technology and Health*, 136–143.
- Sulistiono dkk. (2025). Analisis Paparan Digital Fatigue Pada Generasi Z Untuk Mendukung Produktivitas Sehat di Era Digital terkendali dapat berdampak pada kesehatan mental / fisik sehingga mengakibatkan menurunnya menyediakan informasi atau hiburan dalam bentuk digital , teruta. *Ilmu Manajemen Kewirausahaan dan Bisnis*, 2.
- Suwana dkk. (2020). Digital Media Use Of Gen Z During Covid-19 Pandemic. *Jurnal Sosioteknologi*, 19(3), 330.
- Sweller. (1988). Cognitive Load During Problem Solving : Effects on Learning. In *Cognitive Science* (Vol. 12).
- Sweller dkk. (2011). *Explorations in the Learning Sciences , Instructional Systems and Performance Technologies*.
- Tangney dkk. (2004). High Self-Control Predicts Good Adjustment , Less Pathology , Better Grades , and Interpersonal Success. *Journal of Personality* 72:2, 72(2), 10.
- Tinmaz dkk. (2022). A systematic review on digital literacy. *Smart Learning Environments*, 9(21). <https://doi.org/10.1186/s40561-022-00204-y>
- Titis Tatasari, Rizco Turino Ambadar, N. A. F. A. (2025). Pengaruh Konten Digital Terhadap Generasi Z Dalam Pemanfaatan Media Sosial Dan Digital Native Di Kota Surabaya. *Social Sciences Journal (SSJ)*, 3(1), 59–66.
- Tuck dan Thompson. (2025). United States adults ' social media use and digital emotion regulation in everyday life : The potential of social media to be harnessed for mental health. *Personality and Individual Differences*, 240, 4.

<https://doi.org/10.1016/j.paid.2025.113139>

- Tufan dkk. (2026). Fear of missing out and psychological well-being : Examining the dual pathways of problematic social media use and digital burnout. *Psychology, Health & Medicine*, 31(6), 1341–1360. <https://doi.org/10.1080/13548506.2025.2587974>
- Tuna, Y. (2021). *Literasi digital dalam pembelajaran di sd sebagai upaya peningkatan kualitas pendidik*. 2005(November), 388–397.
- Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well- being among children and adolescents: Evidence from a population-based study Jean. *Preventive Medicine Reports*, 1(5). <https://doi.org/10.1016/j.pmedr.2018.10.003>
- UNESCO. (2018). *A Global Framework of Reference on Digital Literacy* (Nomor 51). UNESCO Institute for Statistics.
- Uslu, O. (2025). *Understanding digital wellbeing : impacts , strategies , and the path to healthier technology practices*.
- Üztemur dkk. (2025). Social media burnout and social anxiety as antecedents of discontinuous usage in the stressor- strain-outcome framework. *Scientific Report*, 15, 1–14.
- Vanden Abeele, M. M. P. (2021). Digital Wellbeing as a Dynamic Construct. *Communication Theory*, 31(4), 932–955. <https://doi.org/10.1093/ct/qtaa024>
- Velthoven dkk. (2018). DIGITAL Problematic smartphone use : Digital approaches to an emerging public health problem. *Digital Health*, 4, 1–9. <https://doi.org/10.1177/2055207618759167>
- Verma dkk. (2024). Digital Emotion Regulation on Social Media. *Computer*, 57(6), 1–7.
- Vidi Sukmayadi, Sarah Annisa Fadhila, I. M., & Melly Maulin Purwaningwulan, E. M. (2024). Zillennials, Social Media and Artificial Intelligence: A Survey on West Java's Digital Natives. *Jurnal Komunikasi Ikatan Sarjana Komunikasi Indonesia*, 9(1), 82–91.
- Vosoughi dkk. (2018). The spread of true and false news online. *Social Science*, 3356, 1146–1151.
- Vuorikari dkk. (2016). *The Digital Competence Framework for Citizens*. <https://doi.org/10.2791/11517>
- Wang dkk. (2026). Digital literacy and subjective wellbeing of young people : a mixed-methods approach based on SEM and fsQCA. *Frontiers in Psychology*, 10, 8. <https://doi.org/10.3389/fpsyg.2026.1818046>
- Wang, W., Shukla, P., & Shi, G. (2021). Technological Forecasting & Social Change Digitalized social support in the healthcare environment : Effects of the types and sources of social support on psychological well-being. *Technological Forecasting & Social Change*, 164(May 2020), 120503.

<https://doi.org/10.1016/j.techfore.2020.120503>

- Wang, X., Guo, Y., & Wang, X. (2023). *Motivations on TikTok addiction : The moderating role of algorithm awareness on young people*. 1–10.
- We Are Social. (2025). Digital 2026: Top digital and social media trends in Indonesia. *We Are Social*. https://wearesocial.com/id/blog/2025/11/digital-2026-top-digital-and-social-media-trends-in-indonesia/?utm_source=chatgpt.com
- We Are Social & Meltwater. (2024). *Digital 2024 Global Overview Report*.
- Yilmaz. (2025). The Mediating Role of Digital Literacy between Lifelong Learning Tendency and 21st Century Skills. *Participatory Educational Research*, 12(January), 138–156.
- Zahrai dkk. (2021). Conceptualizing Self-control on Problematic Social Media Use. *Australasian Marketing Journal*, 00(0), 1 –16. <https://doi.org/10.1177/1839334921998866>
- Zakir dkk. (2025). Digital literacy and academic performance : the mediating roles of digital informal learning , self-efficacy , and students ' digital competence. *Frontier in Education*, 10, 1–13. <https://doi.org/10.3389/educ.2025.1590274>
- Zhang dkk. (2025). Validation and adaptation of the Brief Self-Control Scale for internet use among Chinese adolescents : Factor structure , reliability , validity , and measurement invariance across gender and age. *Acta Psychologica*, 254. <https://doi.org/10.1016/j.actpsy.2025.104849>
- Zhao dkk. (2024). Digital Wellbeing Redefined : Toward User-Centric Approach for Positive Social Media Engagement. In *MobileSoft '24*,. <https://doi.org/10.1145/3647632.3651392>
- Zhao dkk. (2025). The relationships among self-control , psychological resilience , and digital addiction in college students : a meta-analytic structural equation modeling. *Frontiers in Human Dynamics*, 16, 1–15. <https://doi.org/10.3389/fpsyg.2025.1650148>

Intelligentia - Dignitas