

DAFTAR PUSTAKA

- Abbasi, A., Moradkhani, A., Shahri, B., Khosravi, H., Sohrabi, A., & Mirhosseini, S. (2024). Psychometric evaluation of the Persian version of the Rosenberg Self-Esteem Scale among medical sciences students. *Frontiers in Psychology*, 15, 1451862.
- Abdullah, K., Jannah, M., Aiman, U., Hasda, S., Fadila, Z., Taqwin, T., Masita, M., Ardiawan, K. N., & Sari, M. E. (2021). METODOLOGI PENELITIAN KUANTITATIF. Yayasan Penerbit Muhammad Zaini. <http://penerbitzaini.com>
- Aguilera-Manrique, G., Márquez-Hernández, V. V., Alcaraz-Córdoba, T., Granados-Gámez, G., Gutiérrez-Puertas, V., & Gutiérrez-Puertas, L. (2018). The relationship between *Nomophobia* and the distraction associated with *smartphone* use among nursing students in their clinical practicum. *PloS one*, 13(8), e0202953.
- Anithalakshmi, S., Cs, M. S., Psy, M. S., & Coun, M. S. (2022). *A Study On The Factors That Influence Self- Esteem*. 12(4), 755–761.
- Arini, D. P. (2021). *Emerging adulthood*: pengembangan teori erikson mengenai teori psikososial pada abad 21. *Jurnal Ilmiah Psyche*, 15(01), 11-20.
- Arnett, J. J., Žukauskienė, 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.
- Astriani, D. (2023). The role of self-esteem on *Nomophobia* with extraversion personality as a moderating variable. *Jurnal Ilmiah Psikologi Terapan*, 11(2), 132-136.
- Azwar, S. (2012). *Penyusunan Skala Psikologi* (2nd ed.). Pustaka Pelajar.
- Beaton, D. E., et al.. (2000). Guidelines for The Process of Cross-Cultural Adaptation of Self-Report Measures. *Spine*, vol. 25(24), pp. 3186-3191.
- Bragazzi, N. L., & Del Puente, G. (2014). A proposal for including *Nomophobia* in the new DSM-V. *Psychology research and behavior management*, 155-160.
- Ceobanu, C. M., Marian, A. L., & Apostolache, R. (2023). *Glimpse on 21st century new phobias; a predictive model of Nomophobia*. *Front Public Health*. 2023; 11: 1252099.

- Elhai, J. D., Yang, H., & Montag, C. (2020). Fear of missing out (*FOMO*): overview, theoretical underpinnings, and literature review on relations with severity of negative affectivity and problematic technology use. *Brazilian Journal of Psychiatry*, 43(2), 203-209.
- Field, A. (2024). *Discovering Statistics Using IBM SPSS Statistics* (6th ed.). SAGE Publications.
- García, J. A., y Olmos, F. C., Matheu, M. L., & Carreño, T. P. (2019). *Self-Esteem levels vs global scores on the Rosenberg self-esteem scale*. *Heliyon*, 5(3).
- Gezgin, D. M., Hamutoglu, N. B., Sezen-Gultekin, G., & Gemikonakli, O. (2018). Relationship between *Nomophobia* and Fear of Missing out among Turkish University Students. *Cypriot Journal of Educational Sciences*, 13(4), 549-561.
- Griffioen, N., Scholten, H., Lichtwarck-Aschoff, A., van Rooij, M., & Granic, I. (2021). *Everyone does it—differently: A window into emerging adults' smartphone use*. *Humanities and Social Sciences Communications*, 8(177). <https://doi.org/10.1057/s41599-021-00863-1>
- Groenestein, E., Willemsen, L., van Koningsbruggen, G. M., & Kerkhof, P. (2025). Fear of missing out and social media use: A three-wave longitudinal study on the interplay with psychological need satisfaction and psychological well-being. *new media & society*, 27(7), 4205-4227.
- Gupta, M., & Sharma, A. (2021). Fear of missing out: A brief overview of origin, theoretical underpinnings and relationship with mental health. *World journal of clinical cases*, 9(19), 4881.
- Hutahaeen, E. S. H., & Perdini, T. A. (2023). METODE PENELITIAN KUANTITATIF: UNTUK MAHASISWA PSIKOLOGI. PT. Pena Persada Kerta Utam.
- International Test Commission. (2017). *The ITC Guidelines for Translating and Adapting Tests (Second Edition)*. [www.InTestCom.org].
- Janie, D. N. A. (2012). *Statistik Deskriptif & Regresi Linier Berganda Dengan SPSS*. Semarang University Press.

- Kadırhan, Z., Alkış, Y., Çelik, B., Doğan, S., & Yıldırım, İ. S. (2018). Investigating the Relationship between *Nomophobia* and Self-esteem among University Students.
- Kemp, S. (2025, February 25). *Digital 2025: Indonesia*. DataReportal – Global Digital Insights. <https://datareportal.com/reports/digital-2025-indonesia>
- Kemp, S. (2025, February 5). *Digital 2025: Global Overview Report*. DataReportal; Kepios. <https://datareportal.com/reports/digital-2025-global-overview-report>
- King, A. L. S., Valença, A. M., Silva, A. C., Sancassiani, F., Machado, S., & Nardi, A. E. (2014). “*Nomophobia*”: Impact of cell phone use interfering with symptoms and emotions of individuals with panic disorder compared with a control group. *Clinical practice and epidemiology in mental health: CP & EMH*, 10, 28.
- Kuang, J., Zhong, J., Yang, P., Bai, X., Liang, Y., Cheval, B., ... & Arnett, J. J. (2023). Psychometric evaluation of the inventory of dimensions of *emerging adulthood* (IDEA) in China. *International Journal of Clinical and Health Psychology*, 23(1), 100331.
- 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.
- Liestya Maharani, Wijaya, P., Dyah Astorini Wulandari, & Imam Faisal Hamzah. (2026). Pengaruh Loneliness dan *FoMO* Terhadap *Nomophobia* Pada Mahasiswa di Universitas Swasta X. *Jurnal Psikologi*, 21(2), 150–150. <https://doi.org/10.24014/jp.v21i2.31944>
- Lin, Y., & Zhou, X. (2025). *Unravelling the dynamics between smartphone use and psychological well-being: A two-wave panel study*. *Behaviour & Information Technology*. <https://doi.org/10.1080/0144929X.2025.2455399>
- Maharani, L., Wijaya, D. A. P., Wulandari, D. A., & Hamzah, I. F. (2025). Pengaruh Loneliness dan *FoMO* Terhadap *Nomophobia* Pada Mahasiswa di Universitas Swasta X. *Jurnal Psikologi*, 21(2), 150-158.
- Moksnes, U. K., Espnes, G. A., Eilertsen, M. E. B., Bjørnsen, H. N., Ringdal, R., & Haugan, G. (2024). Validation of Rosenberg self-esteem scale among Norwegian adolescents—psychometric properties across samples. *BMC psychology*, 12(1), 506.

- Monteiro, R. P., Coelho, G. L. D. H., Hanel, P. H., de Medeiros, E. D., & da Silva, P. D. G. (2022). The Efficient Assessment of Self-Esteem: Proposing the Brief Rosenberg Self-Esteem Scale: RP Monteiro et al. *Applied Research in Quality of Life*, 17(2), 931-947.
- Muthmainnah, M., Ruckwongpatr, K., Nurmala, I., Salim, L. A., Nadia, A., Devi, Y. P., ... & Lin, C. Y. (2025). Psychometric evaluation of the Indonesian *Nomophobia* Questionnaire among college students: Measurement invariance across gender and levels of problematic *smartphone* use. *Acta psychologica*, 258, 105120.
- Nurhaswinda, N., Egistin, D. P., Yahdi, R. M., Rahma, R., Ramadhan, R. H., Ramadani, S., & Wahyuni, W. (2025). Analisis regresi linier sederhana dan penerapannya. *Jurnal Cahaya Nusantara*, 1(2), 3093–8113.
- Pallant, J. (2010). *SPSS Survival Manual Survival Manual* Pallant. McGraw Hill. www.openup.co.uk/spss
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in human behavior*, 29(4), 1841-1848.
- Purnomo, R. A. (2016). *Analisis Statistik Ekonomi dan Bisnis dengan SPSS*. WADE Group.
- Rajguru, A. J., Mishra, A. K., Bhargava, R., Sarkar, S., & Balhara, Y. P. S. (2024). Exploring risk factors and determinants: A scoping review of factors associated with *Nomophobia*. *Indian Journal of Psychiatry*, 66(7), 591-602.
- Rodríguez-García, A. M., Moreno-Guerrero, A. J., & Lopez Belmonte, J. (2020). *Nomophobia*: An individual's growing fear of being without a *smartphone*—a systematic literature review. *International journal of environmental research and public health*, 17(2), 580.
- Rosenberg, M. (1965). Rosenberg self-esteem scale (RSE). *Acceptance and commitment therapy. Measures package*, 61(52), 18.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.
- Saifuddin, A. (2021). *Validitas Dan Reliabilitas Alat Ukur Psikologi* (1st ed.). Rajawali Pers.

- Sankapal, S. (2023). A Systematic Review of Fear of Missing Out: Understanding its Implications and Influencing Factors.
- Sette, C. P., Lima, N. R., Queluz, F. N., Ferrari, B. L., & Hauck, N. (2020). The online fear of missing out inventory (ON-FoMO): Development and validation of a new tool. *Journal of Technology in Behavioral Science*, 5(1), 20-29.
- Sholihah, S. M., Aditiya, N. Y., Evani, E. S., & Maghfiroh, S. (2023). KONSEP UJI ASUMSI KLASIK PADA REGRESI LINIER BERGANDA. *Jurnal Riset Akuntansi Soedirman*.
- Sihotang, H. (2023). *Metode Penelitian Kuantitatif*. UKI Press.
- Sugiyono. (2023). *METODE PENELITIAN KUANTITATIF, KUALITATIF, DAN R&D*. Penerbit Alfabeta. www.cvalfabeta.com
- Tafarodi, R. W., & Swann Jr, W. B. (1995). Self-linking and self-competence as dimensions of global self-esteem: initial validation of a measure. *Journal of personality assessment*, 65(2), 322-342.
- Tafarodi, R. W., & Swann Jr, W. B. (2001). Two-dimensional self-esteem: Theory and measurement. *Personality and individual Differences*, 31(5), 653-673.
- Vagka, E., Gnardellis, C., Lagiou, A., & Notara, V. (2023). *Nomophobia* and self-esteem: a cross sectional study in Greek university students. *International journal of environmental research and public health*, 20(4), 2929.
- Virginia, A. D., Lisiswanti, R., & Wahyuni, A. (2024). Faktor-Faktor yang Mempengaruhi Self-esteem pada Mahasiswa: Tinjauan Pustaka. *Medical Profession Journal of Lampung*, 14(11), 2124-2127.
- Wafa, I. (2025, August 15). *Penetrasi Internet Indonesia Konsisten Naik, Tembus 80% pada 2025*. GoodStats Data. <https://data.goodstats.id/statistic/penetrasi-internet-indonesia-konsisten-naik-tembus-80-pada-2025-jSGpJ>
- Warsah, I., Maba, A. P., Prastuti, E., Morganna, R., Warsah, B. A. A., & Carles, E. (2023). Adaptation and validation of *Nomophobia* instrument (NMP-Q) in the Indonesian version. *JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia)*, 12(2), 127-144.

- Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of *Nomophobia*: Development and validation of a self-reported questionnaire. *Computers in human behavior*, 49, 130-137.
- Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of *Nomophobia*: Development and validation of a self-reported questionnaire. *Computers in human behavior*, 49, 130-137.
- Yunus, M. (2026, May 21). *Survei APJII Segini Jumlah Pengguna Internet di Indonesia Tahun 2026*. Suarasulsel.id.
<https://sulsel.suara.com/read/2026/05/21/155041/survei-apjii-segini-jumlah-pengguna-internet-di-indonesia-tahun-2026>

