

DAFTAR PUSTAKA

- Abellana, C. J. P., Mendez, A. M. H., Subido, G. M. V, & Culajara, C. L. (2024). The Social Comparison Trap: Association between Fear of Missing out (Fomo) and Self-Esteem in College Students. *American Journal of Human Psychology*, 2(1), 114–120.
- Alshowkan, A., & Shdaifat, E. (2025). Fear of Missing Out, Social Media Addiction, and Personality Traits Among Nursing Students: Cross-Sectional Study. *JMIR Nursing*, 8(1).
- APJII (2023) *Infografis Penetrasi & Penggunaan Internet Indonesia*. Asosiasi Penyelenggara Jasa Internet Indonesia. <https://apjii.or.id>
- Azwar, S. (2012). *Penyusunan Skala Psikologis*. Pustaka Pelajar
- Azzaki, Uswatun Hasanah, & Sulaiman Muhammad Nur. (2024). Analisis Perilaku Fear of Missing Out (FoMO) di Instagram dalam Perspektif Hadis. Ta'wiluna: *Jurnal Ilmu Al-Qur'an, Tafsir Dan Pemikiran Islam*, 5(3), 445–461.
- Bhandari, A., & Bimo, S. (2022). Why's everyone on TikTok now? The algorithmized self and the future of self-making on social media. *Social Media + Society*, 8(1), 1–11.
- Blackwell, D., Leaman, C., Tramposch, R., Osborne, C., & Liss, M. (2022). Extraversion, neuroticism, attachment style and fear of missing out as predictors of social media use and addiction. *Personality and Individual Differences*, 187, 111413
- Bloemen, N., & De Coninck, D. (2020). Social Media and Fear of Missing Out in Adolescents: The Role of Family Characteristics. *Social Media and Society*, 6(4).
- Cifci, A & Kumcagiz, H. (2023). Social media use, fear of missing out, and psychological well-being among adolescent. *Current Psychology*.
- Dapodik. (2025). Data peserta didik MAN Kota Bekasi tahun ajaran 2024/2025, Kementerian Pendidikan.
- Dogan, V. (2019). Why Do People Experience the Fear of Missing Out (FoMO)? Exposing the Link Between the Self and the FoMO Through Self-Construal. *Journal of Cross-Cultural Psychology*, 50(4), 524-538. (Original work published 2019).
- Du, S. (2024). Digital and social interaction: A systematic literature review of TikTok's appeal via Uses and Gratifications Theory. *Pakistan Journal of Life and Social Sciences*, 42(1).
- Du, S. (2023). Unraveling the social media experience: A captivating exploration of uses and gratifications theory. *Journal of Content, Community & Communication*, 17(3), 90–101.

- Elhai, J. D., Yang, H., & Montag, C. (2021). 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.
- Elsayed, A. E. (2025). Fear of Missing Out and its impact: exploring relationships with social media use, psychological well-being, and academic performance among university students. *Frontiers in Psychology*, 16(June), 1–14.
- Field, A. (2018) *Discovering Statistics Using IBM SPSS Statistics* (5th ed.). Sage Publication.
- Gelashvili. (2022). Social media integration and user engagement in everyday life. *Journal of Digital Behavior*.
- 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.
- Gokul, G., & C., K. (2023). The Impact of Fear of Missing Out (Fomo) on Social Media Users of Kerala. *ShodhKosh: Journal of Visual and Performing Arts*, 4(1SE), 181–198.
- Gopal, D., Putteeraj, M., Somanah, J., & Newton, V. F. (2024). TikTok and the fear of missing out: Analyzing social media consumption and mental wellbeing. *Applied Psychology Research*, 3(2), 1483
- Gori, A., Topino, E., Pucci, C., & Griffiths, M. D. (2023). Attachment styles, fear of missing out, and problematic social media use: A mediation model. *International Journal of Environmental Research and Public Health*, 20(3), 2140.
- Gravetter, F. J., & Wallnau, L. B. (2017). *Statistics for the behavioral sciences* (10th ed.). Cengage Learning.
- Hamilton, J. L., Kruzan, K. P., Szlyk, H., Reyes-Portillo, J., Biernesser, C., Jensen, M., ... & Weigle, P. (2024). Who is most at risk?: Identifying the risks for mental health problems related to social media. In *Handbook of Children and Screens: Digital Media, Development, and Well-Being from Birth Through Adolescence* (pp. 157-164). Cham: Springer Nature Switzerland.
- Hayran, C., & Anik, L. (2021). Well-being and fear of missing out (Fomo) on digital content in the time of covid-19: A correlational analysis among university students. *International Journal of Environmental Research and Public Health*, 18(4), 1–13.
- Hunt, M. G., Young, J., & Lin, C. (2023). Follow friends one hour a day: Limiting time on social media and muting strangers improves well-being. *Journal of Social and Clinical Psychology*, 42(2), 180-205.
- Ifadah, H. Z. (2023). Hubungan Antara Social Comparison dengan Life Satisfaction pada pengguna instagram. *Repository.Unsri.Ac.Id*.

- Irmer, A., & Schmiedek, F. (2023). Associations between youth's daily social media use and well-being are mediated by upward comparisons. *Communications Psychology*, 1, 12.
- Jabeen, F., Tandon, A., Sithipolvanichgul, J., Srivastava, S., & Dhir, A. (2023). Social media-induced fear of missing out (FoMO) and social media fatigue: The role of narcissism, comparison and disclosure. *Journal of Business Research*, 159(January).
- Jain, L., Velez, L., Karlapati, S., Forand, M., Kannali, R., Yousaf, R. A., Ahmed, R., Sarfraz, Z., Sutter, P. A., Tallo, C. A., & Ahmed, S. (2025). Exploring Problematic TikTok Use and Mental Health Issues: A Systematic Review of Empirical Studies. *Journal of Primary Care and Community Health*, 16.
- Jin, S. V., Jung, E. H., & Youn, S. Y. (2023). Reexamining motives and gratifications in the social media context: A systematic review. *Computers in Human Behavior Reports*, 9, 100252.
- Katz, E., Blumler, J. G., & Gurevitch, M. (1974). Utilization of mass communication by the individual. In J. G. Blumler & E. Katz (Eds.), *The uses of mass communications: Current perspectives on gratifications research* (pp. 19–32). Sage.
- Kunhao, Z. (2024). TikTok use and adolescentsocial interaction in digital environments. *Journal of Social Media Studies*.
- KompasTekno. (2025). Speedtest: Internet Bekasi dan Jaksel tercepat se Indonesia. Kompas.com.
- Lathifah, N. (2024). Hubungan Antara Harga Diri Dengan Perilaku Fomo Pada Remaja Pengguna Media Sosial Di Man 2 Kulon Progo.
- Liu, Y., Chi, X., & Xin, X. (2023). Storing, Not Reading: Investigating the Link Between Upward Social Comparison via Social Media and Digital Hoarding Behavior in Chinese Youth. *Psychology Research and Behavior Management*, 16(December), 5209–5224.
- Maciel-Saldierna, M., Méndez-Garavito, I. R., Elizondo-Hernandez, E., Fuentes Orozco, C., González-Ojeda, A., Ramírez-Ochoa, S., Cervantes-Pérez, E., Vicente-Hernández, B., Vázquez-Sánchez, S. J., Chejfec-Ciociano, J. M., & Cervantes-Guevara, G. (2024). Social Media Use and Fear of Missing out: An Exploratory Cross-Sectional Study in Junior High Students from Western Mexico. *Pediatric Reports*, 16(4), 1022-1033.
- McGinnis, P. J. (2020). Fear of missing out: Practical decision-making in a world of overwhelming choice. *Sourcebooks*.
- Mieczkowski, et al. (2020) Understanding social media engagement and emotional connectedness among adolescent. *Computer in Human Behavior*.
- Milyavskaya, M., Saffran, M., Hope, N., & Koestner, R. (2020). Fear of missing out: prevalence, dynamics, and consequences of experiencing FoMO. *Motivation and Emotion*, 44(3), 451–46.

- Montag, C., Yang, H., & Elhai, J. D. (2021). On the psychology of TikTok use: A first glimpse from empirical findings. **Frontiers in Public Health**, 9, 641673.
- Mutib, A. (2023). Hubungan intensitas penggunaan media sosial TikTok dengan Fear of Missing Out (FoMO) pada remaja awal [Tesis]. Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Nasidi, Q. Y., Norde, A. B., Dahiru, J.M., & Hassan, I. (2024). TikTok usage, social comparison, and self-esteem among the youth: Moderating role of gender. *Galatica Media: Journal of Media Studies*, 6(2), 121-141.
- Nasir, et al. (2024). Intensity of social media use and adolescent behavioral involvement. *Journal of Media Psychology*.
- Nwafor, G. U., & Nnaemeka, F. O. (2023). Uses and gratifications of TikTok platform among university undergraduates. *African Journal of Social Sciences and Humanities Research*, 6(6), 139–153.
- Omar Bahiyah & Deuqan Wang. (2020). Watch, share or create: The influence of personality traits and user motivation on TikTok mobile video usage. *Internasional Journal of Interactive Mobile Technologies*, 14(4), 121-137.
- Omar Bahiyah & Wang. (2020). TikTok usage motives and social interaction among young users. *Media and Communication Studies*.
- Parveiz, S., Amjad, A., & Ayub, S. (2023). Fear of Missing Out (FOMO), Social Comparison and Social Media Addiction among Young Adults. *Pakistan Journal of Applied Psychology (PJAP)*, 3(1), 224–235.
- Perez, K. D., Fonollera, K. J. B., Atienza, C. M. M., Sarmiento, D. M. R., Enano, A. S., Ilustre, V. M. V, Jimenez, R. J. W., & Limos-Galay, J. A. (2024). Fear of-Missing-Out (FOMO) behavior and post-purchase experiences of senior high school students in Divine Word College of San Jose. *International Journal of Research Studies in Management*, 12(3), 67–82.
- Piko, B. F., Müller, V., Kiss, H., & Mellor, D. (2025). Exploring contributors to FoMO (fear of missing out) among university students: The role of social comparison, social media addiction, loneliness, and perfectionism. *Acta Psychologica*, 253(August 2024), 104771.
- 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.
- Rahmawati. H., (2023). Hubungan Antara Kepuasan Hidup dengan Fear of Missing Out (FoMO) Pada Siswa MAN 1 Kota Semarang.
- Reyaz. S., et al. (2024). Impact of Social Media and Anxiety among College Students. *International Journal For Multidisciplinary Research*, 6(6).
- Roscoe, J. T. (1975). *Fundamental research statistics for the behavioral sciences* (2nd ed.). Holt, Rinehart and Winston

- Rozgonjuk, D., Sindermann, C., Elhai, D., & Montag, C. (2021). Individual differences in Fear of Missing Out (FoMO): Age, gender, and the Big Five personality trait domains, facets, and items. *Personality and Individual Differences*, 171.
- Servidio, R., Griffiths, M. D., & Gori, A. (2024). Fear of missing out, social comparison, and problematic social network use: The mediating role of self esteem. *Current Psychology*, 43, 512–526.
- Servidio, R., Soraci, P., Griffiths, M. D., Boca, S., & Demetrovics, Z. (2024). Fear of missing out and problematic social media use: A serial mediation model of social comparison and self-esteem. *Addictive Behaviors Reports*, 19(February), 100536.
- Shao. (2023). Short-video platforms and youth participation in social media culture. *Asian Journal of Communication*.
- Socialinsider. (2025). Social media benchmarks for 2025. Socialinsider.
- Steinberger, P., & Kim, H. (2023). Social comparison of ability and fear of missing out mediate the relationship between subjective well-being and social network site addiction. *Frontiers in Psychology*, 14(June), 1–8.
- Sugiyono. (2023). Metode penelitian kuantitatif, kualitatif, dan R&D (Edisi ke-5). Alfabeta.
- Sulaiman, W. A. W., Malek, M. D. H., Yunus, A. R., Ishak, N. H., Safir, D. M., & Fahrudin, A. (2024). The Impact of Social Media on Mental Health: A Comprehensive Review. *South Eastern European Journal of Public Health*, 1468–1482.
- Tandon, A., Dhir, A., Talwar, S., Kaur, P., & Mäntymäki, M. (2021). Dark consequences of social media-induced fear of missing out (FoMO): Social media stalking, comparisons, and fatigue. *Technological Forecasting and Social Change*, 171(December 2020).
- Thuy, T., Ngo, A., Thien, N., Nguyen, A., La, U. N., Truong, D. N., Quoc, H., & Nguyen, B. (2023). Impact of academic -related peer influence and fear of missing out from social media. 22, 527–555.
- Wang, X., & Shang, Q. (2024). How do social and parasocial relationships on TikTok impact the well-being of university students? The roles of algorithm awareness and compulsive use. *Acta Psychologica*, 248(June), 104369.
- We Are Social (2024). Digital 2024: global overview report. We Are Social & Meltwater
- Yang, Z. (2023). Why Adolescents Are Addicted to Social Media. *Journal of Education, Humanities and Social Sciences*, 8, 1430–1436.
- Yenny, Astuti, S. W., Dearly, & Fadilah, R. (2022). Intensity of Tik Tok use and depression with social comparison as a mediator variable. *Analitika: Jurnal Magister Psikologi UMA*, 14(2), 191-199.

- Zanah, F. N., & Rahardjo, W. (2020). Peran kesepian dan fear of missing out terhadap kecanduan media sosial: Analisis regresi pada mahasiswa. *Persona: Jurnal Psikologi Indonesia*, 9(2), 286–301.
- Zhang, K., Azeqa Ma'rof, A., & Azam, D. M. N. (2024). The Impact of Social Comparison, Fomo, Cyberbullying, and Social Media Addiction on Social Anxiety among Malaysian Youth. *International Journal of Academic Research in Business and Social Sciences*, 14(12), 1067–1082.
- Zhang, Z., Jiménez, F. R., & Cicala, J. E. (2020). Fear of missing out scale: a self concept perspective. *Psychology & Marketing*, 37(11), 1619-1634.
- Zhu, C., Jiang, Y., Lei, H., Wang, H., & Zhang, C. (2024). The relationship between short-form video use and depression among Chinese adolescents: Examining the mediating roles of need gratification and short-form video addiction. *Heliyon*, 10.

