

DAFTAR PUSTAKA

- Agliata, D., & Tantleff-Dunn, S. (2004). The Impact of Media Exposure on Males' Body Image. *Journal of Social and Clinical Psychology*, 23(1), 7-22.
- American Psychological Association. (n.d.). *Mental Health - APA Dictionary of Psychology*. Retrieved April 18, 2020, from dicationary.apa.org: <https://dictionary.apa.org/mental-health>
- Anderson, S. L., Adams, G., & Plaut, V. (2008). The Cultural Grounding of Personal Relationship: The Importance of Attractiveness in Everyday Life. *Journal of Personality and Social Psychology*, 95(2), 252-368. doi:10.1037/0022-3514.95.2.352
- Arnett, J. J. (2000). Emerging Adulthood: A Theory of Development from the Late Teen through the Twenties. *American Psychologist*, 469-480. doi:10.1037/0003-066X.55.5.469
- Arnett, J. J. (2004). *Emerging Adulthood: The Winding Road from the Late Teens through the Twenties*. New York: Oxford University Press.
- Arnett, J. J. (2013). *Adolescence and Emerging Adulthood: A Cultural Approach* (5th ed.). Boston: Pearson Education.
- 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, 569-576.
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2018). *Penetrasi & Perilaku Pengguna Internet Indonesia 2017*. Asosiasi Penyelenggara Jasa Internet Indonesia. Retrieved from https://web.kominfo.go.id/sites/default/files/Laporan%20Survei%20APJII_2017_v1.3.pdf
- Aubrey, J. (2006). Effects of Sexually Objectifying Media on Self-Objectification and Body Surveillance in Undergraduates: Results of A 2-Year Panel Study. *Journal of Communication*, 56(2), 366-386.
- Awasthi, B. (2017). From Attire to Assault: Clothing, Objectification, and De-humanization – A Possible Prelude to Sexual Violence. *Frontier in Psychology*, 8, 338. doi:10.3389/fpsyg.2017.00338
- Azzarito, L. (2018). Re-Focusing the Image of the "Superwoman" with "No Colour": "Writing Back to the Centre" from a Globalised View. In K. Toffoletti, H. Thorpe, & J. Francombe-Webb, *New Sporting Feminities* (pp. 135-157). Cham: Palgrave Macmillan.
- Badan Penelitian dan Pengembangan Kesehatan. (2018). Riset Kesehatan Dasar (Risksdas). Jakarta: Kementerian Kesehatan RI.

- Baldissarri, C., Andrijhetto, L., Gabbiadini, A., Valtorta, R. R., Sacino, A., & Volpato, C. (2019). Do Self-Objectified Women Believe Themselves to Be Free? Sexual Objectification and Belief in Personal Free Will. *Frontier in Psychology*(10), 1867. doi:10.3389/fpsyg.2019.01867
- Baron, R. A., & Tang, J. (2011). The Role of Entrepreneurs in Firm-Level Innovation: Joint Effects of Positive affect, Creativity, and Environmental Dynamism. *Journal of Business Venturing*, 26(1), 49-60. doi:10.1016/j.jbusvent.2009.06.002
- Bartky, S. L. (1990). *Femininity and Domination: Studies in Phenomenology of Oppression*. Oxon: Routledge.
- Beck, A. T. (1967). *Depression: Clinical, Experimental, and Theoretical Aspect*. New York: Harper & Row.
- Bell, B. T., Cassarly, J. A., & Dunbar, L. (2018). Selfie-Objectification: Self-Objectification and Positive Feedback ("Likes") are Associated with Frequency of Posting Sexually Objectifying Self-Images. *Body Image*, 26, 83-89. doi: 10.1016/j.bodyim.2018.06.005
- Bolton, D. (2008). *What is Mental Disorder?: An Essay in Philosophy, Science, and Values*. New York: Oxford University Press.
- Breines, J. G., Crocker, J., & Garcia, J. A. (2008). Self-Objectification and Well-Being in Women's Daily Lives. *Personality and Social Psychology Bulletin*, 34(5), 583-598. doi:10.1177/0146167207313727
- Calogero, R. M. (2011). *Operationalizing Self-Objectification: Assessment and Related Methodological Issues*. (R. M. Calogero, S. Tantleff-Dunn, & J. K. Thompson, Eds.) Washington, DC: American Psychological Association.
- Calogero, R. M. (2012). Objectification Theory, Self-Objectification, and Body Image. *Encyclopedia of Body Image and Human Appearance*, 2, 574-580. doi:10.1016/B978-0-12-384925-0-0.00091-2
- Calogero, R. M., Herbozo, S., & Thompson, J. K. (2009). Complimentary Weightism: The Potential Costs of Appearance-related Commentary for Women's Self-Objectification. *Psychology of Women Quarterly*, 33, 120-132. doi:10.1111/j.1471-6402.2008.01479.x
- Calogero, R. M., Tantleff-Dunn, S., & Thompson, J. K. (2011). Objectification Theory: An Introduction. In R. M. Calogero, S. Tantleff-Dunn, & J. K. Thompson, *Self-objectification in Women: Causes, Consequences, and Counteractions* (pp. 3-21). USA: American Psychological Association.
- Cash, T. F., & Smolak, L. (2011). *Body Image: A Handbook of Science, Practice, and Prevention* (2nd ed.). Guilford Press.
- Chen, Z., Teng, F., & Zhang, H. (2013). Sinful Flesh: Sexual Objectification Threatens Women's Moral Self. *Journal of Experimental Social Psychology*, 49, 1042-1048. doi:10.1016/j.jesp.2013.07.008

- Choma, B. L., Visser, B. A., Pozzebon, J. A., Bogaert, A. F., Busseri, M. A., & Sadava, S. W. (2010). Self-Objectification, Self-Esteem, and Gender: Testing a Moderated Mediation Model. *Sex Roles*, 63(9-10), 645-656. doi:10.1007/s11199-010-9829-8
- Coolican, H. (2014). *Research Methods and Statistics in Psychology* (5th ed.). London: Routledge.
- Creswell, J. W. (2009). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (3rd ed). London: SAGE Publication Ltd.
- Cripps, J., & Stermac, L. (2018). Cyber-Sexual Violence and Negative Emotional Stress among Women in a Canadian University. *International Journal of Cyber Criminology*, 12(1), 171-186. doi:10.5281/zenodo.1467891
- Csikszentmihalyi, M. (1990). *Flow*. New York: Harper Perennial.
- Dakanalis, A., Timko, A. C., Clerici, M., Riva, G., & Carra, G. (2015). Objectified Body Consciousness (OBC) in Eating Psychopathology: Construct Validity, Reliability, and Measurement Invariance of the 24-Item OBC Scale in Clinical and Nonclinical Adolescent Samples. *Assessment*, 1-23. doi: 10.1177/1073191115602553
- Davies, A. R., Sherbourne, C. D., Peterson, J. R., & Ware, J. E. (1998). *Scoring Manual: Adult Health Status and Patient Satisfaction Measures Used in RAND's Health Insurance Experiment*. Santa Monica: RAND Corporation.
- Davison, G. C., Neale, J. M., & Kring, A. M. (2014). *Psikologi Abnormal* (Ke-9 ed.). (F. Noermalasari, Penerj.) Jakarta: Rajawali Press.
- Dfarhud, D., Malmir, M., & Khanahmadi, M. (2014). Happiness & Health: The Biological Factors- Systematic Review Article. *Iranian Journal of Public Health*, 43(11), 1468-1477.
- Diener, E. D., Emmons, R. T., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Ditch The Label. (2019). *Annual Bullying Survey 2019*. Ditch The Label. Retrieved from <https://www.ditchthelabel.org/research-papers/the-annual-bullying-survey-2019/>
- Douglass, C. B. (2007). From Duty to Desire: Emerging Adulthood in Europe and Its Consequences. *Child Development Perspectives*, 1, 101-108.
- Fairbrother, N., & Rachman, S. (2004). Feelings of Mental Pollution Subsequent to Sexual Assault. *Behaviour Research and Therapy*, 42(4), 173-189. doi:10.1016/S0005-7967(03)00108-6
- Feltman, C. E., & Szymanski, D. M. (2017). Instagram Use and Self-Objectification: The Roles Of Internalization, Comparison, Appearance Commentary, and Feminism. *Sex Roles*, 78, 311-324. doi: 10.1007/s11199-017-0796-1
- Feragen, K. B., & Stock, N. M. (2016). A Longitudinal Study of 340 Young People with or without A Visible Difference: The Impact of Teasing on Self-

- Perceptions of Appearance and Depressive Symptoms. *Body Image*, 16, 133-142. doi:10.1016/j.bodyim.2016.01.003
- Flatt, A. K. (2013). A Suffering Generation: Six Factors Contributing to the Mental Health Crisis in North American Higher Education. *College Quarterly*, 16(1). Retrieved from <https://files.eric.ed.gov/fulltext/EJ1016492.pdf>
- Fredrickson, B. L., & Roberts, T. (1997). Objectification Theory: Towards Understanding Women's Lived Experiences and Mental Health Risks. *Psychology of Women Quarterly*, 21, 17-26.
- George, D., & Mallory, P. (2003). *SPSS for Windows Step by Step: A Simple Guide and Reference*. Boston: Allyn & Bacon.
- Gervais, S. J., Holland, A., & Dodd, M. (2013). My Eyes Are Up Here: The Nature of The Objectifying Gaze Toward Women. *Sex Roles*, 69, 557-570. doi:10.1007/s11199-005-3737-3
- Gervais, S. J., Vescio, T. K., & Allen, J. (2011). When What You See Is What You Get: The Consequences of the Objectifying Gaze for Women and Men. *Psychology of Women Quarterly*, 35(1), 5-11. doi:10.1177/0361684310386121
- Global Burden of Disease Collaborative Network. (2018). *Global Burden of Disease Study 2017 (GBD 2017)*. Seattle: Institute for Health Metrics and Evaluation.
- Gregory, R. J. (2013). *Tes Psikologi: Sejarah, Prinsip, dan Aplikasi*. Jakarta: Erlangga.
- Harper, B., & Tiggemann, M. (2008). The Effect of Thin Media Images on Women's Self-Objectification, Mood, and Body Image. *Sex Roles*, 58, 649-657. doi:10.1007/s11199-007-9379-x
- Howitt, D., & Cramer, D. (2011). *Introduction to Research Methods in Psychology* (3rd ed.). New York: Pearson Education Limited.
- Hu, Y. (2018). Exploration of How Female Body Image Is Presented and Interpreted on Instagram. *Advances in Journalism and Communication*, 6, 95-120. doi:10.4236/ajc.2018.64009
- Hurst, V. M. (2014). *The Impact of Self-Objectification on Political Efficacy: Does Self-Image Affect Feelings of Political Adequacy?* Iowa: University of Northern Iowa.
- Impett, E. A., Henson, J. M., Breines, J. G., Schooler, D., & Tolman, D. L. (2011). Embodiment Feels Better: Girls' Body Objectification and Well-Being Across Adolescence. *Psychology of Women Quarterly*, 35(1), 46-58. doi:10.1177/0361684310391641
- Iqbal, M., & Roebianto, A. (2020). *Gambaran Tingkat Ketahanan Keluarga di Provinsi Banten, DKI Jakarta, dan Jawa Barat selama Pandemi COVID-19*. Jakarta: Fakultas Psikologi Universitas Mercu Buana.

- Jahoda, M. (1958). Current Concepts of Positive Mental Health. In M. Jahoda, *Joint Commission on Mental Health and Illness Monograph Series* (Vol. 1). New York: Basic Books.
- Kim, K. B. (2014). Narratives about the Media, Diet, and Body Image: A Cross-Cultural Comparison between Young Female Adults in the Midwestern United States and South Korea. *Journal of Intercultural Communication Research*, 43(3), 283-303. doi:10.1080/17475759.2014.952768
- Landry, L. J., & Mercurio, A. E. (2009). Discrimination and Women's Mental Health: The Mediating Role of Control. *Sex Roles*, 61(3-4), 192-203. doi:10.1007/s11199-009-9624-6
- Lewis, M. (1992). *Shame: The Exposed Self*. New York: Free Press.
- Manago, A. M., Graham, M. B., Greenfield, P. M., & Salimkhan, G. (2008). Self-presentation and gender on MySpace. *Journal of Applied Developmental Psychology*, 446-458. doi:10.1016/j.appdev.2008.07.001.
- Manago, A., Guan, S.-S. A., & Greenfield, P. (2015). New Media, Social Change, and Human Development from Adolescence through The Transition to Adulthood. In L. A. Jensen, *Oxford Library of Psychology. The Oxford Handbook of Human Development and Culture: An Interdisciplinary Perspective* (pp. 519-534). Oxford University Press.
- Martha, L. (1993). *Back Off: How to Confront and Stop Sexual Harassment and Harassers*. New York: Fireside.
- Maturity, H. J., Lestari, F., & Besral. (2018). Depression, Anxiety and Stress among Undergraduate Students in Jakarta: Examining Scores of the Depressin, Anxiety and Stress Scale According to Origin and Residency. *Indian Journal of Public Health Research & Development*, 9(2), 290-295.
- McCabe, R. E., Miller, J. L., Laugesen, N., Antony, M. M., & Young, L. (2010). The Relationship between Anxiety Disorders in Adults and Recalled Childhood Teasing. *Journal of Anxiety Disorders*, 24, 238-243. doi:10.1016/j.janxdis.2009.11.002
- McDonald, C., & Richmond, T. R. (2008). The Relationship between Community Violence Exposure and Mental Health Symptoms in Urban Adolescents. *Journal of Psychiatric Mental Health and Nursing*, 15(10), 833-849. doi:10.1111/j.1365-2850.2008.01321.x
- McGee, R. E., & Thompson, N. J. (2015). Unemployment and Depression Among Emerging Adults in 12 States, Behavioral Risk Factor Surveillance System, 2010. *Preventing Chronic Disease*(12), 140451. doi:10.5888/pcd12.140451
- McKinley, N. M. (1998). Gender Differences in Undergraduates' Body Esteem: The Mediating Effect of Objectified Body Consciousness and Actual/Ideal Weight Discrepancy. *Sex Roles*, 39, 113-123.

- McKinley, N. M. (1999). Women and objectified body consciousness: Mothers' and daughters' body experience in cultural, developmental, and familial contexts. *Developmental Psychology, 35*, 760–769. doi:10.1037/0012-1649.35.3.760
- McKinley, N. M., & Hyde, J. S. (1996). The *Objectified body consciousness scale*: Development and Validation. *Psychology of Women Quarterly, 20*, 181-215.
- Meier, E. P., & Gray, J. (2014). Facebook Photo Activity Associated with Body Image Disturbance in Adolescent Girls. *Cyberpsychology, Behavior, and Social Networking, 17*, 199-206. doi:10.1089/cyber.2013.03.05
- Mercer Human Resource Consulting LLC. (2015). *2015 Inside Employees' Minds Study: Overview and Implications*. Mercer Human Resource Consulting LLC;. Retrieved from <https://www.mercer.com/content/dam/mercer/attachments/global/webcasts/new-research-reveals-surprising-views-on-careers-mercер.pdf>
- Mitchell, K. S., & Mazzeo, S. E. (2009). Evaluation of a Structural Model of Objectification Theory and Eating Disorder Symptomatology among European American and African American Undergraduate Women. *Psychology of Women Quarterly, 33*(4), 384-395. doi:10.1111/j.1471-6402.2009.01516.x
- Moomal, H., Jackson, P. M., Stein, D. J., Herman, A., Myer, L., Seedat, S., . . . Williams, D. R. (2009). Perceived Discrimination and Mental Health Disorders: The South African Stress and Health Study. *South African Medical Journal, 99*(5 Pt 2), 383-389.
- Moradi, B., & Huang, Y. (2008). Objectification Theory and Psychology of Women: A Decade of Advances and Future Directions. *Psychology of Women Quarterly, 32*, 277-298.
- Moradi, B., & Varnes, J. R. (2016). Structure of the *Objectified body consciousness scale*: Reevaluated 20 Years Later. *Sex Roles*. doi:10.1007/s11199-016-0731-x
- Moya-Garofano, A., Rodriguez-Bailon, R., Moya, M., & Megias, J. L. (2018). Stranger Harassment ("Piropo") and Women's Self-Objectification: The Role of Anger, Happiness, and Empowerment. *Journal of Interpersonal Violence, 33*, 1-21. doi:10.1177/0886260518760258
- Munsey, C. (2006, June). Emerging Adults: The In-Between Age. *American Psychological Association, 37*(7), p. 68. Retrieved from <https://www.apa.org/monitor/jun06/emerging>
- NapoleonCat. (2020, May 31). *Instagram Users in Indonesia*. Retrieved from NapoleonCat:<https://napoleoncat.com/stats/instagram-users-in-indonesia/2020/05>
- Negrin, L. (2008). Appearance and Identity. In L. Negrin, *Appearance and Identity: Fashioning the Body in Postmodernity* (pp. 9-32). Basingstoke: Palgrave MacMillan.

- Noll, S. M., & Fredrickson, B. L. (1998). A Mediational Model Linking Self-Objectification, Body Shame, and Disordered Eating. *Psychology of Women Quarterly*, 22, 623-636.
- Piotrowski, N. A. (2010). *Salem Health: Psychology and Mental Health*. California: Salem Press.
- Poston, W. S., Olevera, N. E., Yanez, C., Haddock, C. K., Dunn, J. K., Hanis, C. L., & Foreyt, J. P. (1998). Evaluation of the Factor Structure and Psychometric Characteristics of the General Well-Being Schedule (GWB) with Mexican American Women. *Women & Health*, 27(3), 51-64.
- Rangkuti, A. A. (2017). *Statistika Inferensial untuk Psikologi dan Pendidikan*. Jakarta: Kencana.
- Roberts, T., & Fredrickson, B. L. (1997). Objectification Theory: Towards Understanding Women's Lived Experiences and Mental Health Risks. *Psychology of Women Quarterly*, 21, 17-26.
- Rollero, C., & De Piccoli, N. (2017). Self-objectification and Personal Values: An Exploratory Study. *Frontiers in Psychology*, 8, 1055. doi:10.3389/fpsyg.2017.01055
- Rosenberger, N. (2007). Rethinking Emerging Adulthood in Japan: Perspectives from Long-term Single Women. *Child Development Perspectives*, 1, 92-95.
- Rowling, L., Martin, G., & Walker, L. (2002). *Mental Health Promotion and Young People: Concepts and Practice*. Roseville: McGraw-Hill Australia.
- Ryff, C. D., & Singer, B. (1998). The Contours of Positive Human Health. *Psychological Inquiry*, 9(1), 1-28.
- Sareen, J., Afifi, T. O., McMillan, K. A., & Asmundson, G. J. (2011). Relationship between household income and mental disorders: findings from a population-based longitudinal study. *Archives of General Psychiatry*, 68(4), 419-427. doi:10.1001/archgenpsychiatry.2011.15.
- Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). *Positive psychology: The Scientific and Practical Explorations of Human Strengths* (2nd ed.). Los Angeles: Sage Publications, Inc.
- Spalter-Roth, R. M. (1988). Vending On The Streets: City Policy, Gentrification, and Public Patriarchy. In A. Bookman, & S. Morgen, *Women and The Politics of Empowerment* (p. 272).
- Spitzack, C. (1990). *Confessing excess: Women and the politics of body reduction*. Albany: State University of New York Press.
- Statista. (2019, October). *Percentage of U.S. Internet Users Who Use YouTube As of 3rd Quarter 2019, by Age Group*. Retrieved from Statista: <https://www.statista.com/statistics/296227/us-youtube-reach-age-gender/>
- Steuber, T., & Danner, F. (2006). Adolescent Smoking and Depression: Which comes first? *Addict Behavior*, 31, 133-136.

- Streiner, D. L., Norman, G. R., & Cairney, J. (2015). *Health Measurement Scales: A Practical Guide to Their Development and Use* (5th ed.). Oxford: Oxford University Press.
- Strelan, P., & Hargreaves, D. (2005). Women Who Objectify Other Women: The Vicious Circle of Objectification? *Sex Roles*, 52, 707-712. doi:10.1002/ejsp.824
- Sugiyono. (2017). *Metode Penelitian Pendidikan: Pendekatan Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Swim, J. K., Hyers, L. L., Cohen, L. L., & Ferguson, M. J. (2001). Everyday Sexism: Evidence for its Incidence, Nature and Psychological Impact from Three Daily Diary Studies. *Journal of Social Issues*, 31-57.
- Taylor, S. E. (1989). *Positive Illusions: Creative Self-Deception and the Healthy Mind*. New York: Basic Books.
- Tengland, P. A. (2001). Marie Jahoda's Current Concepts of Positive Mental Health. In *Mental Health. International Library of Ethics, Law, and the New Medicine* (Vol. 9). Springer, Dordrecht. doi:10.1007/978-94-017-2237-7_4
- Thomas, P. A., Liu, H., & Umberson, D. (2017). Family Relationships and Well-Being. *Innovative Aging*, 1(3), igx025. doi:10.1093/geroni/igx025
- Tiggemann, M., & Kuring, J. (2004). The Role of Body Objectification in Disordered Eating and Depressed Mood. *The British Journal of Clinical Psychology*, 43(3), 299-311. doi:10.1348/0144665031752925
- Tiggemann, M., & Zaccardo, M. (2018). "Strong is The New Skinny": A Content Analysis of #fitspiration Images on Instagram. *Journal of Health Psychology*, 23, 1003-1011. doi:10.1177/1359105316639436
- Veit, C. T., & Ware, J. E. (1983). The Structure of Psychological Distress and Well-Being in General Populations. *Journal of Consulting and Clinical Psychology*, 51(5), 730-742.
- Velten, J., Lavallee, K. L., Scholten, S., Meyer, A. H., Zhang, X., Schneider, S., & Margraf, J. (2014). Lifestyle Choices and Mental Health: A Representative Population Survey. *BMC Psychology*, 2(58), 1-11. doi:10.1186/s40359-014-0055-y
- Vencill, J. A., Tebbe, E. A., & Garos, S. (2015). It's Not the Size of the Boat or the Motion of the Ocean: The Role of Self-Objectification, Appearance Anxiety, and Depression in Female Sexual Functioning. *Psychology of Women Quarterly*, 39(4), 471-483. doi:10.1177/0361684315587703
- Wagner, C., Aguirre, E., & Sumner, E. M. (2016). The Relationship between Instagram Selfies and Body Image in Young Adult Women. *First Monday*, 21(9). doi:10.5210/fm.v21i9.6390
- Wang, V., & Rajwani, J. (2015). Determinants of Mental Health. In MonWHO, *MonWHO Theme Guide 2015 Mental Health* (pp. 9-14). Quebec: MonWHO.

- Watson, D., & Clark, L. A. (1984). Negative Affectivity: The Disposition to Experience Aversive Emotional States. *Psychological Bulletin*, 96(3), 465-490. doi:10.1037/0033-2909.96.3.465
- World Health Organization. (2016). *Global Health Estimates 2016: Disease burden by Cause, Age, Sex, by Country and by Region, 2000-2016*. Geneva: World Health Organization. Retrieved from https://www.who.int/healthinfo/global_burden_disease/GlobalDALY_method_2000_2016.pdf
- World Health Organization. (2017). *Depression and Other Common Mental Disorder: Global Health Estimates*. Geneva: World Health Organization.
- World Health Organization. (2018). *Global Health Estimates 2016: Deaths by Cause, Age, by Country and by Region, 2000-2016*. Geneva: World Health Organization.
- World Health Organization. (2018, March 30). Mental health: Strengthening Our Response. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- World Health Organization, & Calouste Gulbenkian Foundation. (2014). *Social Determinants of Mental Health*. Geneva: World Health Organization. Retrieved from https://www.who.int/healthinfo/global_burden_disease/GlobalDALY_method_2000_2016.pdf
- Yu, S. (2018). Uncovering the Hidden Impacts of Inequality on Mental Health: A Global Study. *Translational Psychiatry*(8), 98. doi:10.1038/s41398-018-0148-0