

DAFTAR PUSTAKA

- Akbar, R. S., Aulya, A., Apsari, A., & Sofia, L. (2018). Ketakutan akan kehilangan momen (fomo) pada remaja kota samarinda. *Jurnal Psikologi* 7(2), 38-47.
- Ali, M., Rohmah, S., & Andrajati, N. H. (2020). Integrasi nilai agama pada pembelajaran ips dalam membina self control siswa. *Dirasah : Jurnal Studi Ilmu Dan Manajemen Pendidikan Islam*, 3(2), 90–97.
<https://doi.org/10.29062/dirasah.v3i2.128>
- Alt, D., & Boniel-Nissim, M. (2018). Links between adolescents' deep and surface learning approaches, problematic internet use, and fear of missing out (fomo). *Internet Interventions*, 30, 30–39.
<https://doi.org/10.1016/j.invent.2018.05.002>
- Averill, J. R. (1973). Personal control over aversive stimuli and its relationship to stress. *Psychological Bulletin*, 80(4), 286–303.
<https://doi.org/10.1037/h0034845>
- Azwar, S. (2012). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Azwar, S. (2016). *Metode penelitian*. Pustaka Pelajar.
- Azwar, S. (2019). *Reabilitas dan validitas* (4th ed.). Pustaka Pelajar.
- Baker, Z. G., Krieger, H., & Leroy, A. S. (2016). *Fear of missing out : relationships with depression , mindfulness , and physical symptoms*. *Translational Issue in Psychological Science*, 2(3), 275–282.
<http://dx.doi.org/10.1037/tps0000075>
- Cahyanabila, A. (2021). Fenomena fear of missing out (fomo) di kalangan pengguna media sosial: studi mixed methods. *Skripsi*.
- Dr. Imam Machali, M. P. (2021). Metode penelitian kuantitatif. In *Laboratorium Penelitian dan Pengembangan FARMAKA TROPIS Fakultas Farmasi Universitas Muallawarman, Samarinda, Kalimantan Timur*.
- Hayati, A., Yusuf, A. M., & Asnah, M. B. (2020). Contribution of self control and peer conformity to consumptive behavior. *International Journal of Applied Counseling and Social Sciences*, 1(2), 16–24.

<https://doi.org/10.24036/005344ijaccs>

- Hetz, P. R., Dawson, C. L., & Cullen, T. A. (2015). Social media use and the fear of missing out (fomo) while studying abroad. *Journal of Research on Technology in Education*, 47(4), 259–272. <https://doi.org/10.1080/15391523.2015.1080585>
- Huang, Y.-R., & Chang, S. M. (n.d.). Academic and cocurricular involvement: their relationship and best combinations for student growth. *Juornal of College Student Development*, 45(4), 391-406.
- Kadri, A. F. (2022). Hubungan antara kontrol diri dengan fear of missing out pada mahasiswa pengguna media sosial di universitas islam riau. *Skripsi*.
- Li, X., & Chen, W. (2014). Facebook or renren a comparative study of social networking site use and social capital among chinese international students in the United States. *Computers In Human Behavior*, 35, 116–123. <https://doi.org/10.1016/j.chb.2014.02.012>
- Maza, S., & Aprianty, R. A. (2022). Hubungan kontrol diri dengan fear of missing out (fomo) pada remaja pengguna media sosial. *Jurnal Mahasiswa BK An-Nur: Berbeda, Bermakna, Mulia*, 8(3), 148. <https://doi.org/10.31602/jmbkan.v8i3.9139>
- Norma, E., Savitri, A., & Suprihatin, T. (2021). Peran kontrol diri dan fear of missing out (fomo) terhadap kecenderungan adiksi media sosial pada generasi z yang berstatus mahasiswa. *Prosiding Berkala Psikologi*, 3, 336–346.
- Ozdemir, Y., Kuzucu, Y., & Ak, S. (2014). Depression, loneliness and internet addiction: how important is low. *Computers in Human Behavior Depression* 34, 284–290. <https://doi.org/10.1016/j.chb.2014.02.009>
- 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. <https://doi.org/10.1016/j.chb.2013.02.014>

- Putri, L. S., Purnama, D. H., & Idi, A. (2019). Gaya hidup mahasiswa pengidap fear of missing out di kota Palembang. *Jurnal Masyarakat & Budaya*, 21(2), 129–148. <https://jmb.lipi.go.id/jmb/article/view/867>
- Ramadona, D. M., & Mamat, S. (2019). Kontrol diri: definisi dan faktor. *Journal of Innovative Counseling: Theory, Practice & Research*, 3(2), 65–69. http://journal.umtas.ac.id/index.php/innovative_counseling
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68–78. <https://doi.org/10.1037/0003-066X.55.1.68>
- Setiadi, F., & Agus, D. (2020). Hubungan antara durasi penggunaan jejaring sosial dan tingkat fear of missing out di kalangan mahasiswa kedokteran di Jakarta. *Damianus: Journal of Medicine*, 19(1), 62–69. <https://doi.org/10.25170/djm.v19i1.1199>
- Sianipar, N. A., & Kaloeti, D. V. S. (2019). Hubungan antara regulasi diri dengan fear of missing out (fomo) pada mahasiswa tahun pertama. *Jurnal Empati*, 8(1), 136–143.
- Sumanto. (2022). *Metode penelitian pendekatan kuantitatif untuk penelitian sosial, ekonomi bisnis, psikologi, pendidikan keperawatan ANDI* (Anggota IKAPI).
- Sun, C., Sun, B., Lin, Y., & Zhou, H. (2022). Problematic mobile phone use increases with the fear of missing out among college students: the effects of self-control, perceived social support and future orientation. *Psychology Research and Behavior Management*, 15, 1–8. <https://doi.org/10.2147/PRBM.S345650>
- Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success.pdf. *Journal of Personality*, 2, 54.
- Utari, G. T. (2023). *Hubungan kontrol diri dan fear of missing out terhadap adiksi media sosial (studi pada dewasa awal di kecamatan payung sekaki kota pekanbaru)*. Skripsi UIN Suska Riau.

Wahyunindya, B. P., Silaen, S. M. J., & Diri, K. (2021). *Kontrol diri dengan fear of missing out terhadap kecanduan media sosial pada remaja* *Jurnal IKRA-ITH Humaniora*, 5(1), 51–58.

Worthan, J. (2011). *Feel Like a Wallflower? Maybe It's Your Facebook Wall*. Multimedia.