

DAFTAR PUSTAKA

- Alvaro, P. K., Roberts, R. M., & Harris, J. K. (2014). The independent relationships between insomnia, depression, subtypes of anxiety, and chronotype during adolescence. *Sleep Medicine*, *15*(8), 934-941. <http://doi.org/10.1016/j.sleep.2014.03.019>
- Amaral, O., Garrido, A., Pereira, C., Veiga, N., & Serpa, C. (2014). Atencion Primaria Sleep patterns and insomnia among portuguese adolescents: a cross-sectional study. *Atencion Primaria*, *46*, 191-194. [https://doi.org/10.1016/S0212-6567\(14\)70090-3](https://doi.org/10.1016/S0212-6567(14)70090-3)
- Anggraeni, A., & Purba, M. A. (2014). *Panduan Optimalisasi Media Sosial untuk Kementrian Perdagangan RI*. (H. O W. Satria & L. H. Arifin, Eds.) (Cetakan 1). Jakarta: Pusat Humas Kementriaan Perdagangan RI.
- Astutik, O., & Qomariyah, N. (2009). Perilaku Penggunaan Internet pada Kalangan Remaja di Perkotaan. *Internet Use Behaviour*, *3*, 10-16.
- Barrczyk, C. (2015). Social Networking Media as a Tool for Teaching Business Administration Courses. *International Journal of Humanities and Social Science*, *1* (November), 267-276.
- Bauducco, S. V, Tillfors, M., Ozdemir, M., Flink, I. K., & Linton, S. J. (2015). Too tired for school? The effects of insomnia on absenteeism in adolescence. *Journal of the National Sleep Foundation*, *1*(3), 205-210. <https://doi.org/10.1016/j.sleh.2015.07.007>
- Brand, S., Gerber, M., Hatzinger, M., Beck, J., & Holsboer-trachsler, E. (2009). Evidence for similiarities between adolescents and parents in sleep patterns. *Sleep Medicine*, *10*(10), 1124-1131. <https://doi.org/10.1016/j.sleep.2008.12.013>
- Bruin, E. J. De, Dewald-kaufmann, J. F., Oort, F. J., Bogels, S. M., & Meijer, A. M. (2015). Differential effects of online insomnia treatment on executive functions in adolescents. *Sleep Medicine*, *16*(4), 510-520. <https://doi.org/10.1016/j.sleep.2014.12.009>
- Burrow, A L., & Rainone, N. (2017). Journal of Experimental Social Psychology How many likes did I get?: Purpose moderates links between positive social media feedback and self-esteem. *Journal of Experimental Social Psychology*, *69*, 232-236. <https://doi.org/10.1016/j.jesp.2016.09.005>
- Cain, N., & Gradisar, M. (2010). Electronic media use and sleep in school-aged children and adolescents: A review. *Sleep Medicine*, *11*(8), 735-742. <https://doi.org/10.1016/j.sleep.2010.02.006>

- Caltabiano, M. L., & Ricciardelli, L. (2013). *Applied topics in health psychology*. Australian: Willey-Blackwell.
- Can, L., & Kaya, N. (2016). Social networking sites addiction and the effect of attitude towards social network advertising. *Procedia – Social and Behavioral Sciences*, 235(October), 484-492. <https://doi.org/10.1016/j.sbspro.2016.11.059>
- Chiang, J. J., Tsai, K. M., Park, H., Bower, J. E., Almeida, D. M., Dahl, R. E., Fuligni, A. J. (2016). Psychoneuroendocrinology Daily family stress and HPA axis functioning during adolescence: The moderating role of sleep. *Psychoneuroendocrinology*, 71, 43-53. <https://doi.org/10.1016/j.psyneuen.2016.05.009>
- Cocozza, N. (2015). Instagram Sets A Precedent By An “Insta” Change In Social Media Contracts & Users ‘ Ignorance Of Instagram ‘ S Terms Of Use May Lead To Acceptance By A Simple “Snap” I. Introduction In the age of technology, social media has taken to new heights. *Journal of High Technology Law*, XV(2), 363-394
- Damarwana, G. E., Wulan, R. R., Salmiyah, D., Ali, F. (2014). Penggunaan Media Sosial Path Pada Gaya Hidup Mahasiswa. *Jurnal Teknologi Dan Komunikasi*, 3. 1-11
- Dohnt, H., Gradisar, M., & Short, M. (2012). Insomnia and its Symptoms in adolescents: Comparing DSM-IV and ICSD-II Diagnostic Criteria. *Journal of Clinical Sleep Medicine*, 8(3).
- Einarsd, A., 2015. Sicoal Network Site Usage Among Adolescents: Effects on Mental and Physical Well-being BSc in Psychology.
- Facebook. (2016). Company Info | Facebook Newsroom. Retrieved May 3, 2017, from <https://newsroom.fb.com/company-info/>
- Fakhrurroja, H., & Munandar, A. (2009). *Twitter*. Yogyakarta: Jogja great Publisher.
- Fatah, 2016. Karakteristik Dan Permasalahan Psikologi Remaja. Available at: <https://www.psikoma.com/karakteristik-dan-permasalahan-psikologi-remaja-part-2/> [Accessed October 15, 2016].
- Gonal, A. M., & Umadevi, L. (2015). Extent of Usage of Social Network Sites (SNSS) By Adolescents Studying Professional and Non Professional Courses. *The International Journal of Indian Psychology*, 3(1), 1-10.
- Griffiths, M.D., Kuss, D.J. & Demetrovics, Z., 2014. Social Networking Addiction: An Overview of Preliminary Findings. *Behavioral Addictions: Criteria, Evidence, and Treatment*, pp.119-141.

- Guynn, J., Stobart, J. & Times, L.A., 2013. Social network Ask.fm Faces criticism over bullying., (August), pp.1-3.
- Handayani, S. (2010). *Laris Manis Lewat Kaskus*. Jakarta: MediaKom.
- Hartanto, C. (2009). *Forum Jual-Beli Kaskus*. Jakarta: Elex Media Kaputindo.
- Hoontrakul, P. (2014). *The Global Rise of Asian Transformation: Trends and Developments in Economic*. New York: Palgrave Macmillan.
- Hurlock, B. (2001). *Adolescent Development*. New York: Mc Graw Hill and Company.
- Instagram, (2016). 600 Million and Counting-Instagram. Retrieved March 16, 2017, from <https://instagram-press.com/2016/12/21/600-million-and-counting/>
- Jang, J. Y., Han, K., Shih, P.C., & Lee, D. (2015). Gneration Like: Comparative Characteristics in Instagram. *Journal of Information Science and Technology*, 1-4.
- Jin, D. Y. (2017). *Smartland Korea Mobile Communication, Culture, and Society*. United States: University of Michigan Press.
- Jun, S., & Choi, E. (2015). Computers in Human Behavior Academic stress and Internet addiction from general strain theory framework. *Computers In Human Behavior*, 49, 282-287. <https://doi.org/10.1016/j.chb.2015.03.001>
- Karaman, M. A., & Watson, J. C. (2017). Examining associations among achievement motivation, locus of control, academic stress, and life satisfaction: A comparison of U.S. and international undergraduate students. *Personality and Individual Difference*, 111, 106-110. <https://doi.org/10.1016/j.paid.2017.02.006>
- Kementrian Komunikasi dan Informatika. (2013). Kominfo: Pengguna Internet di Indonesia 63 Juta Orang. Retrieved May 4, 2017, from https://kominfo.go.id/index.php/content/detail/3415/Kominfo+%3A+Pengguna+Internet+di+Indonesia+63+Juta+Orang/0/berita_satker
- Kementrian Komunikasi dan Informatika. (2014). Riset Kominfo dan UNICEF Mengenai Perilaku Anak dan Remaja dalam Menggunakan Internet. Retrieved May 5, 2017, from https://kominfo.go.id/index.php/content/detail/3834/Siaran+Pers+No.+17-PIH-KOMINFO-22014+tentang+Riset+Kominfo+dan+UNICEF+Mengenai+Perilaku+Anak+Dampak+Remaja+Dalam+Menggunakan+Internet+/0/siaran_pers
- Khan, M. L. (2017). Social media engagement: What motivates user participation

and consumption on YouTube? *Computers in Human Behavior*, 66, 236-247.
<https://doi.org/10.1016/j.chb.2016.09.024>

Kuss, D. J., & Griffiths, M. D. (2011). Online Social Networking and Addiction --
 - A Review of the Psychological Literature. *International Journal of
 Environment Research and Public Health*, 8, 3528-3552.
<https://doi.org/10.3390/ijerph8093528>

Lahorgue, M., & Bruni, O. (2015). Insomnia in childhood and adolescence: clinic
 aspects, diagnosis, and therapeutic approach. *Journal de Pediatria*, (xx), 1-10.
<https://doi.org/10.1016/j.jpmed.2015.08.006>

Landsverk, K. H. (2014). *The Instagram Handbook*. London: PrimeHead Limited

Lange, K., Cohrs, S., Skarupke, C., Gorke, M., Szagun, B., & Schlack, R. (2017).
 Electronic media use and insomnia complains in German adolescents:
Preclinical Psychiatry, 124(1), S79-S87. <https://doi.org/10.1007/s00702-015-1482-5>

Lazarus, R.S., 1976. *Paterns of Adjusment* Third., Japan: McGraw-Hill Kogokusha
 Ltd.

Levenson, J. C., Shensa, A., Sidani, J. E., Colditz, J. B., & Primack, B. A. (2016).
 The association between sosial media use and sleep disturbance among young
 adults. *Preventive Medicine*, 85, 36-41.
<https://doi.org/10.1016/j.yjmed.2016.01.001>

Liu, X., & Zhou, H. (2002). Sleep duration, insomnia and behavioral problems
 among Chienese adolescents. *Psychiatry Research*, 111, 75-85

McBride, D. L. (2011). Risk and Benefits of Social Media for Children and
 Adolescents. *Journal of Pediatric Nursing*, 26(5), 498-499.
<https://doi.org/10.1016/j.pedn.2011.05.001>

Media L. (2009). *Youtube dan Google Video*. Yogyakarta: MediaKom.

Morey, D. (2014). *Phone Power: Meningkatkan Keefektifan Berkomunikasi di
 Telepon*. Jakarta: Gramedia

Morin, C. M., & Jarrin, D. C. (2013). Epidemiology of Insomnia. *Sleep Medice
 Clinics*, 8(3), 281-293.

Mozer, M. (2014). *Social Network-Powered Education Opportunities – Minsy
 Mozer*. New York: The Rosen Publishing Group.

Munezawa, T., Kaneita, Y., Osaki, Y., Kanda, H., Minowa, M., & Suzuki, K.
 (2011). The Association between Use of Mobile Phones after Lights Out and
 Sleep Disturbance among Japanese Adolescents: A Nationwide Cross-

Sectional Survey. *Sleep*, 34(8), 1013-1020.
<https://doi.org/10.5665/SLEEP.1152>

Nursalam. (2016). *Metode Ilmu Keperawatan: Pendekatan Praktis* (4th ed.). Jakarta: Salemba Medika.

Odete, M., Amaral, P., Jose, A., Garrido, D. A., Figueiredo, C. De, Veiga N., Theodor, C. (2017). Atencion Primiria Quality of Life, sleepiness and depressive symptoms in adolescents with insomnia: A cross-sectional study. *Atencion Primaria*, 49(1), 35-41. <https://doi.org/10.1016/j.aprim.2016.03.004>

Pantic, I., Damjanovic, A., Todorovic, J., Topalovic, D., Bojovic-jovic, D., Ristic, S., Pantic, S. (2012). Association between online social networking and depression in high school students: Behavioral physiology viewpoint. *Psychiatria Danubina*, 24(1), pp. 90-93.

Park, C. S., & Kaye, B. K. (2017). The tweet goes on: Interconnection of Twitter opinion leadership, network size, and civic engagement. *Computers in Human Behavior*, 69, 174-180. <https://doi.org/10.1016/j.chb.2016.12.021>

Phua, J., Jin, S. V., & Kim, J. J. (2017). Uses and Gratifications of Social Networking Sites for Bridging and Bonding Social Capital: A Comparison of Facebook, Twitter, Instagram, and Snapchat. *Computers in Human Behavior*, 72, 115-122. <https://doi.org/10.1016/j.chb.2017.02.041>

Piwek, L., & Joinson, A. (2016). Computers in Human Behavior “What do they snapchat about?” Patterns of use in time-limited instant messaging service. *Computers in Human Behavior.*, 54, 358-367. <https://doi.org/10.1016/j.chb.2015.08.026>

Potter & Perry, 2015. *Buku Ajar Fundamental Keperawatan Konsep, Proses, dan Praktik 4* Volume 1., Jakarta: EGC.

Psychologi Foundation of Australia, 2014. Psychologi Foundation of Australia. Available at: <https://www2.psy.unsw.edu.au/groups/dass> [Accessed October 31, 2016]

Purwati, S., 2012. Prevalensi Stres Akademik pada Mahasiswa Reguler Angkatan 2010.

Ram, A., & Horsley, J. S. (2017). The role of social media on positive youth development_ An analysis of 4-H Facebook page and 4-H ‘ers’ positive development. *Children and Youth Services Review*, 77(April), 127-138. <https://doi.org/10.1016/j.chilyouth.2017.04.014>

Ramadhan, H. E. (2016). *Startup Business Model*. Jakarta: Penebar Plus.

Ray, I., Gaur, M. S., Conti, M., Sanghi, D., & Kamakoti, V. (2016). *Information*

Systems Security: 12th International Conference, ICISS 2016. Switzerland: Springer International Publishing.

- Roane, B. M., & Taylor, D. J. (2008). Adolescent Insomnia as a Risk Factor for Early Adult Depression and Substance Abuse. *Sleep*, 31(10), 1351-1356.
- Roberts, R. E., & Duong, H. T. (2013). Depression and insomnia among adolescents: A prospective perspective. *Journal of Affective Disorders*, 148(1), 66-71. <https://doi.org/10.1016/j.jad.2012.11.049>
- Rohilla, P. S., & Kumar, K. (2010). Adolescents Behavioral Health in California. *International Journal of Education*, 6(510), 1-6..
- Sanchez-moya, A., & Cruz-moya, O. (2015). "Hey there! I am using WhatsApp": a preliminary study of recurrent discursive realisations in a corpus of WhatsApp statuses. *Procedia-Social and Behavioral Sciences*, 212, 52-60. <https://doi.org/10.1016/j.sbspro.2015.11.298>.
- Santrock, J. (2007). *Adolescence*. Jakarta: Erlangga
- Sheldon, P., & Bryant, K. (2016). Instagram. Motives for its use and relationship to narcissism and contextual age. *Computers in Human Behavior*, 58, 89-97. <https://doi.org/10.1016/j.chb.2015.12.059>
- Shochat, T., Cohen-zion, M., & Tzischinsky, O. (2014). Functional consequences of inadequate sleep in adolescents: A systematic review. *Sleep Medicine Reviews*, 18(1), 75-87. <https://doi.org/10.16/j.smr.2013.03.005>
- Simuforosa, M., 2012. Stress and Adolescent Development. , 2012.
- Sofia, R., 2008. Remaja dan Permasalahannya. *Jogjakarta*.
- Spielman, A. J., Caruso, L. S., & Glovinsky, P. B. (1987). A behavioral perspective on insomnia treatment. *The Psychiatric Clinics of North America*, 10(4), 541-543.
- Sun, J., Dunne, M. P., & Hou, X-Y. (2011). Educational stress scale for Adolescents: Development, Validity, and Reliability with Chinese students. *Journal of Psychoeducational Assessment*, 29(6), 534-546. <https://doi.org/10.1177/0734282910394976>
- Suryaningsih, F., Kartini, S. M., Karyanta, N. A. 2016. Hubungan antara Self-Disclosure dengan Stres pada Remaja Siswa SMP Negeri 8 Surakarta., p.300-310suy.
- Tartari, E. (2015). Benefits And Risks Of Children And Adolescents Using Social Media. *Journal European Scientific*, 11(13), 321-332.

- Taylor, D., Gehrman, P., Dautovich, N. D., Lichstein, K. L., & McCrae, C. S. (2014). *Handbook of Insomnia*. London: Springer Healthcare.
- Ting, H., Ming, W. W., Run, E. C., & Choo, S. L. (2015). Benefits about the Use of Instagram: An Exploration Study. *International Journal of Business and Innovation*, 2(2), 15-31
- Twitter. (2016). Company | About. Retrieved May 3, 2017, from <https://about.twitter.com/company>
- Ursa, M., Kinasih, A.D., Andriani, I., Lisa, W. 2013. Hubungan antara keterampilan sosial dan kecanduan situs jejaring sosial pada masa dewasa awal., 5, pp.8-9
- Verma, & Gupta. (2000). Some Aspects of High Academic Stress and Symptoms. *Journal of Personality and Clinical Studies*, 1(1), 7-12.
- Weiner, I. B., & Craighead, W. E. (2010). *The Corsini encyclopedia of psychology*. Canada: Wiley.
- Widya, G. Mengatasi Insomnia (2010). Jogjakarta: Katahati.
- Yeo, S. K., & Lee, W. (2017). The Relationship Between Adolescents Academic Stress, Impulsivity, Anxiety, and Skin Picking Behavior. *Asian Journal of Psychiatry*, 17, 1-15. <https://doi.org/10.1016/j.ajp.2017.03.039>