

## DAFTAR PUSTAKA

- Adawiyah, D. P. R. (2020). Pengaruh Penggunaan Aplikasi TikTok Terhadap Kepercayaan Diri Remaja di Kabupaten Sampang. *Jurnal Komunikasi*, 14(2), 135–148. <https://doi.org/10.21107/ilkom.v14i2.7504>
- Ade Indriani Br Sitepu, -. (2024). Pengaruh intensitas penggunaan Instagram terhadap sikap Fear of Missing Out (FoMO) pada generasi Z (Studi korelasi pada followers akun Instagram @rachelvennya). . <https://repository.upi.edu/>
- Adiputra, I. M. S. , Trisnadewi, N. W. , Oktaviani, N. P. W. , Munthe, S. A. , Hulu, V. T. , Budiastutik, I. , Faridi, A. , Ramdany, R. , Fitriani, R. J. , Tania, P. O. A. , Rahmiati, B. F. , Lusiana, S. A. , Susilawaty, A. , Sianturi, E. , & Suryana. (2021). *Metodologi Penelitian Kesehatan*. Yayasan Kita Menulis.
- Agustiah, D., Fauzi, T., & Ramadhani, E. (2020). Dampak Penggunaan Media Sosial Terhadap Perilaku Belajar Siswa. *ISLAMIC COUNSELING Jurnal Bimbingan Konseling Islam*, 4(2), 181. <https://doi.org/10.29240/jbk.v4i2.1935>
- Agustiani, H. (2009). *Psikologi perkembangan: Pendekatan ekologi kaitannya dengan konsep diri dan penyesuaian diri pada remaja*. PT Refika Aditama. <https://www.scribd.com/document/382924682/Buku-Psikologi-Perkembangan-Pendekatan-Ekologi>
- Ahamed, Y., Macdonald, H., Reed, K., Naylor, P. J., Liu-Ambrose, T., & McKay, H. (2007). School-based physical activity does not compromise children's academic performance. *Medicine and Science in Sports and Exercise*, 39(2), 371–376. <https://doi.org/10.1249/01.MSS.0000241654.45500.8E>

- Ainin, S., Parveen, F., Moghavvemi, S., Jaafar, N. I., & Mohd Shuib, N. L. (2015). Factors influencing the use of social media by SMEs and its performance outcomes. *Industrial Management & Data Systems*, 115(3), 570–588. <https://doi.org/10.1108/IMDS-07-2014-0205>
- Aliyah, A. (2023). Dampak Media Sosial Terhadap Prestasi Belajar Remaja Di Desa Banjarsari Kulon Madiun.
- Alturki, U., & Aldraiweesh, A. (2024). The impact of self-determination theory: the moderating functions of social media (SM) use in education and affective learning engagement. *Humanities and Social Sciences Communications*, 11(1), 693. <https://doi.org/10.1057/s41599-024-03150-x>
- American Psychological Association. (2023). Health advisory on social media use in adolescence. <https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use>
- Anjani, M. D. , & P. A. (2023). Tingkat intensitas penggunaan media sosial di kalangan remaja. Prosiding Seminar Antarbangsa “Penguatan Karakter Menuju Konselor Multibudaya Dijiwai Nilai-Nilai Religius.” <https://seminar.uad.ac.id/index.php/PSNBK/article/download/13568/3942>
- Asmelia, S. P., & Fitria, Y. (2023). Hubungan Motivasi Belajar dengan Hasil Belajar Siswa pada Pembelajaran Tematik di Kelas IV Sekolah Dasar. *E-Jurnal Inovasi Pembelajaran Sekolah Dasar*, 10(3), 76. <https://doi.org/10.24036/e-jipsd.v10i3.10573>
- Asosiasi Penyelenggara Jasa Internet Indonesia (APJII). (2024). Asosiasi Penyelenggara Jasa Internet Indonesia - Survei. <https://survei.apjii.or.id/survei?emailSent=1>

- Atmoko, B. D. (2012). Instagram Handbook. Media KIIta.
- Attwell, D., & Laughlin, S. B. (2001). An Energy Budget for Signaling in the Grey Matter of the Brain. *Journal of Cerebral Blood Flow & Metabolism*, 21(10), 1133–1145. <https://doi.org/10.1097/00004647-200110000-00001>
- Avci, H., Baams, L., & Kretschmer, T. (2025). A Systematic Review of Social Media Use and Adolescent Identity Development. *Adolescent Research Review*, 10(2), 219–236. <https://doi.org/10.1007/s40894-024-00251-1>
- Badan Pusat Statistik Jawa Barat. (2023). Persentase Pemuda Menurut Penggunaan Teknologi dan Kabupaten/Kota di Jawa Barat. [https://opendata.jabarprov.go.id/id/dataset/persentase-pemuda-menurut-penggunaan-teknologi-dan-kabupatenkota-di-jawa-barat?utm\\_source=chatgpt.com](https://opendata.jabarprov.go.id/id/dataset/persentase-pemuda-menurut-penggunaan-teknologi-dan-kabupatenkota-di-jawa-barat?utm_source=chatgpt.com)
- Badrumilah, I. R., & Rigianti, H. A. (2022). Pengaruh Penggunaan Jejaring Media Sosial terhadap Prestasi Belajar Siswa. *Jurnal Pendidikan Dan Konseling (JPDK)*, 4(5), 1458–1463. <https://doi.org/10.31004/JPDK.V4I5.6793>
- Beyens, I., Pouwels, J. L., van Driel, I. I., Keijsers, L., & Valkenburg, P. M. (2024). Social Media Use and Adolescents' Well-Being: Developing a Typology of Person-Specific Effect Patterns. *Communication Research*, 51(6), 691–716. <https://doi.org/10.1177/00936502211038196;REQUESTEDJOURNAL:JOURNAL:CRXA;WEBSITE:WEBSITE:SAGE;WGROU:STRING:PUBLICATION>
- Bhandarkar, A. M., Pandey, A. K., Nayak, R., Pujary, K., & Kumar, A. (2021). Impact of social media on the academic performance of undergraduate medical

- students. *Medical Journal Armed Forces India*, 77, S37–S41.  
<https://doi.org/10.1016/j.mjafi.2020.10.021>
- Blakemore, S.-J. (2012). Development of the social brain in adolescence. *Journal of the Royal Society of Medicine*, 105(3), 111–116.  
<https://doi.org/10.1258/jrsm.2011.110221>
- Boer, M., Stevens, G. W. J. M., Finkenauer, C., de Looze, M. E., & van den Eijnden, R. J. J. M. (2021). Social media use intensity, social media use problems, and mental health among adolescents: Investigating directionality and mediating processes. *Computers in Human Behavior*, 116, 106645.  
<https://doi.org/10.1016/j.chb.2020.106645>
- Bottaro, R., & Faraci, P. (2022). The Use of Social Networking Sites and Its Impact on Adolescents' Emotional Well-Being: a Scoping Review. *Current Addiction Reports*, 9(4), 518–539. <https://doi.org/10.1007/s40429-022-00445-4>
- Boyd, danah m., & Ellison, N. B. (2007). Social Network Sites: Definition, History, and Scholarship. *Journal of Computer-Mediated Communication*, 13(1), 210–230. <https://doi.org/10.1111/j.1083-6101.2007.00393.x>
- Business Insider. (2024). Instagram Meluncurkan “Akun Remaja” dengan Pengaturan Privasi Default - Business Insider. 2024.  
<https://www.businessinsider.com/instagram-teen-accounts-parental-controls-default-meta-social-media-2024-9>
- Cahyono, A. S. (2016). Pengaruh Media Sosial Terhadap Perubahan Sosial Masyarakat Di Indonesia. *Publiciana*, 9(1), 140–157.  
<https://doi.org/10.36563/PUBLICIANA.V9I1.79>

- Casey, B. J., Jones, R. M., Levita, L., Libby, V., Pattwell, S. S., Ruberry, E. J., Soliman, F., & Somerville, L. H. (2010). The storm and stress of adolescence: Insights from human imaging and mouse genetics. *Developmental Psychobiology*, 52(3), 225–235. <https://doi.org/10.1002/dev.20447>
- Chao, M., Lei, J., He, R., Jiang, Y., & Yang, H. (2023). TikTok use and psychosocial factors among adolescents: Comparisons of non-users, moderate users, and addictive users. *Psychiatry Research*, 325, 115247. <https://doi.org/10.1016/j.psychres.2023.115247>
- Cuong, T. Van, Khai, N. T., Oo, T. Z., & Józsa, K. (2025). The Impact of Social Media Use Motives on Students' GPA: The Mediating Role of Daily Time Usage. *Education Sciences*, 15(3), 317. <https://doi.org/10.3390/educsci15030317>
- Dahl, R. E. (2004). Adolescent Development and the Regulation of Behavior and Emotion: Introduction to Part VIII. *Annals of the New York Academy of Sciences*, 1021(1), 294–295. <https://doi.org/10.1196/annals.1308.034>
- Daneels, R., & Vanwynsberghe, H. (2017). Mediating social media use: Connecting parents' mediation strategies and social media literacy. *Cyberpsychology*, 11(3 Special Issue). <https://doi.org/10.5817/CP2017-3-5>
- Databoks. (2024). Media Sosial Favorit Gen Z dan Milenial Indonesia. <https://databoks.katadata.co.id/infografik/2024/09/24/media-sosial-favorit-gen-z-dan-milenial-indonesia>
- Demand Sage. (2025, November 25). How Many Reels Are There On Instagram [2025 Stats]. <https://www.demandsage.com/instagram-reel-statistics/>

- Dewi Kusumawati, P., Ragilia, S., Trisnawati, N. W., Larasati, N. C., Laorani, A., Soares, S. R., Stikes, D., Mitra, S., Kediri, H., & Stikes, M. (2018). Edukasi Masa Pubertas pada Remaja. *Journal of Community Engagement in Health*, 1(1), 1–3. <https://doi.org/10.30994/JCEH.V1I1.1>
- Dewi Pitaloka, E., Aprilizdihar, M., & Septiana Dewi, dan. (2021). Pemanfaatan Sosial Media Sebagai Sarana Pembelajaran Di Era Digital. In *Journal of Digital Education, Communication, and Arts Article History* (Vol. 4, Issue 2).
- Draganski, B., Gaser, C., Kempermann, G., Kuhn, H. G., Winkler, J., Buchel, C., & May, A. (2006). Temporal and Spatial Dynamics of Brain Structure Changes during Extensive Learning. *Journal of Neuroscience*, 26(23), 6314–6317. <https://doi.org/10.1523/JNEUROSCI.4628-05.2006>
- Duckworth, A. L., Quirk, A., Gallop, R., Hoyle, R. H., Kelly, D. R., & Matthews, M. D. (2019). Cognitive and noncognitive predictors of success. *Proceedings of the National Academy of Sciences*, 116(47), 23499–23504. <https://doi.org/10.1073/pnas.1910510116>
- Enggelin, G., & Radjagukguk, D. L. (2023). The Influence of Exposure to Educative Content on Instagram Account @Zeniuseducation on Students' Learning Interest. *IJESS International Journal of Education and Social Science*, 4(1), 9–16. <https://doi.org/10.56371/IJESS.V4I1.124>
- Fitroh, S. F., Mustafida, F., & Ertanti, D. W. (2025). Peran Guru Kelas Sebagai Fasilitator Belajar Aktif Di Madrasah Ibtidaiyah. *Jurnal Pendidikan Madrasah Ibtidaiyah*, 7 Nomor 2 Tahun 2025. <http://jim.unisma.ac.id/index.php/JPMI/index>

- Fiyona, N. (2023). Hubungan intensitas penggunaan Instagram dengan social comparison pada dewasa awal . (Skripsi, Fakultas Psikologi, Universitas Islam Negeri Sultan Syarif Kasim Riau, Pekanbaru). Universitas Islam Negeri Sultan Syarif Kasim Riau Repository. [https://repository.uin-suska.ac.id/74787/1/Skripsi%20Gabungan%20Kecuali%20BAB%20IV%20%28Hasil%20Penelitian%29.pdf?utm\\_source=chatgpt.com](https://repository.uin-suska.ac.id/74787/1/Skripsi%20Gabungan%20Kecuali%20BAB%20IV%20%28Hasil%20Penelitian%29.pdf?utm_source=chatgpt.com)
- Fuchs, C. (2017). *Social Media A Critical Introduction*. 2nd Edition, SAGE Publications. Scientific Research Publishing. <https://www.scirp.org/reference/referencespapers?referenceid=3968485>
- Gerungan, N., & Tatuhe, N. K. (2023). Hubungan Penggunaan Media Sosial dengan Prestasi Belajar Siswa Sekolah Menengah Pertama. *Nutrix Journal*, 7(1), 35–42. <https://doi.org/10.37771/NJ.V7I1.928>
- Gogtay, N., Giedd, J. N., Lusk, L., Hayashi, K. M., Greenstein, D., Vaituzis, A. C., Nugent, T. F., Herman, D. H., Clasen, L. S., Toga, A. W., Rapoport, J. L., & Thompson, P. M. (2004). Dynamic mapping of human cortical development during childhood through early adulthood. *Proceedings of the National Academy of Sciences*, 101(21), 8174–8179. <https://doi.org/10.1073/pnas.0402680101>
- GoodStats. (2023, February 16). Konten Video Jadi Tipe Konten Favorit Gen Z Indonesia dalam Menikmati Media Sosial - GoodStats. <https://goodstats.id/article/konten-video-jadi-tipe-konten-favorit-gen-z-indonesia-dalam-menikmati-media-sosial-bgl9m>

- GoodStats. (2024a, October 23). Konten Media Sosial Favorit Warga Indonesia - GoodStats Data. <https://data.goodstats.id/statistic/konten-media-sosial-favorit-warga-indonesia-ON7s9>
- GoodStats. (2024b, October 23). Konten Media Sosial Favorit Warga Indonesia - GoodStats Data. <https://data.goodstats.id/statistic/konten-media-sosial-favorit-warga-indonesia-ON7s9>
- GoodStats. (2025a, January 20). Lebih dari 60% Anak Sekolah Akses Internet untuk Media Sosial - GoodStats Data. <https://data.goodstats.id/statistic/lebih-dari-60-anak-sekolah-akses-internet-untuk-media-sosial-58t9C>
- GoodStats. (2025b, April 5). TikTok Kalahkan Instagram Jadi Aplikasi Terpopuler 2024 - GoodStats. [https://goodstats.id/article/tiktok-kalahkan-instagram-jadi-aplikasi-terpopuler-2024-J6ImW?utm\\_source=chatgpt.com](https://goodstats.id/article/tiktok-kalahkan-instagram-jadi-aplikasi-terpopuler-2024-J6ImW?utm_source=chatgpt.com)
- Hamidah, H., & Okkita rizan. (2025). The Influence of Social Media on Student Learning Behavior and Its Effects on Academic Achievement. *Jurnal Sisfokom (Sistem Informasi Dan Komputer)*, 14(2), 244–249. <https://doi.org/10.32736/sisfokom.v14i2.2344>
- Heinrichs, M., Baumgartner, T., Kirschbaum, C., & Ehlert, U. (2003). Social support and oxytocin interact to suppress cortisol and subjective responses to psychosocial stress. *Biological Psychiatry*, 54(12), 1389–1398. [https://doi.org/10.1016/S0006-3223\(03\)00465-7](https://doi.org/10.1016/S0006-3223(03)00465-7)
- Hesti Rahmawati, W., & Naryoso, A. (2019). Pengaruh Intensitas Penggunaan Media Sosial dan Intensitas Komunikasi Orang Tua Anak Terkait Kegiatan Sekolah Terhadap Prestasi Belajar Siswa Pedesaan. *Interaksi Online*, 7(4), 1–

11. <https://ejournal3.undip.ac.id/index.php/interaksi-online/article/view/24194>
- Hidayat, F. P., Lubis, F. H., Hardiyanto, S., Ananda, F. R., & Anfasa, I. (2022). The Impact of Social Media Use on Adolescents. *Proceedings of the International Conference on Communication, Policy and Social Science (InCCluSi 2022)*, 682. [https://doi.org/10.2991/978-2-494069-07-7\\_22](https://doi.org/10.2991/978-2-494069-07-7_22)
- Hou, Y., Qin, C., Xu, P., Hou, Y., Qin, C., & Xu, P. (2024). Social Media Use and Academic Performance in Chinese Children and Adolescents: A Moderated Chain Mediation Model. *Behavioral Sciences 2024*, Vol. 14, 14(10). <https://doi.org/10.3390/BS14100867>
- Hurlock, E. B. (1994). *Psikologi Perkembangan, Suatu Pendekatan Sepanjang Rentang Kehidupan*. [https://hellomotion.sch.id/wp-content/uploads/2022/10/Elizabeth\\_Hurlock\\_Psikologi\\_Perkembangan.pdf](https://hellomotion.sch.id/wp-content/uploads/2022/10/Elizabeth_Hurlock_Psikologi_Perkembangan.pdf)
- Insani, L. J., & Basuki, A. (2024). Pendidikan Karakter Berbasis Nilai-Nilai Budaya Sekolah : Studi Literatur. *EDUKATIF : JURNAL ILMU PENDIDIKAN*, 6(1), 899–910. <https://doi.org/10.31004/edukatif.v6i1.6401>
- Jin, D., Faridah, Ibrahim, P. F., Hwei, W. C., & Jaafar, J. R. (2024). A literature review of the impact of social media on academic performance: applying media richness theory. .
- Kartikasari, F., Mardiana, S., Masitoh, A. R., & Mubarokah, N. A. (2023). Perbedaan Frekuensi Penggunaan Media Sosial Dengan Prestasi Belajar Pada Remaja Di SMP. In *Indonesia Jurnal Perawat (Vol. 8, Issue 1)*.
- Kemp, S. (2025). *Digital 2025: Indonesia DataReportal* . *DataReportal* . <https://datareportal.com/reports/digital-2025-indonesia>

- Khoirotun Nisa, P., Hana, M., Azzahra, S. M., Prayoga, M. B., Zarkasyi, J. M. A., & Aisul, A. (2024). Peran Aplikasi Tiktok Dalam Transformasi Perilaku Mahasiswa. *Jurnal Penelitian Ilmu-Ilmu Sosial*, 2(5).  
<https://doi.org/10.5281/zenodo.14553612>
- Khristianty, W., Syamsuudin, P., Bidjuni, H., Wowiling, F., Studi, P., Keperawatan, I., Kedokteran, F., Sam, U., & Manado, R. (2015). Hubungan Durasi Penggunaan Media Sosial Dengan Kejadian Insomnia Pada Remaja Di Sma Negeri 9 Manado. *Jurnal Keperawatan*, 3(1).  
<https://doi.org/10.35790/JKP.V3I1.6691>
- Kirschner, P. A., & Karpinski, A. C. (2010). Facebook® and academic performance. *Computers in Human Behavior*, 26(6), 1237–1245.  
<https://doi.org/10.1016/j.chb.2010.03.024>
- Kuss, D., & Griffiths, M. (2017). Social Networking Sites and Addiction: Ten Lessons Learned. *International Journal of Environmental Research and Public Health*, 14(3), 311. <https://doi.org/10.3390/ijerph14030311>
- Kuss, D. J., Griffiths, M. D., Kuss, D. J., & Griffiths, M. D. (2017). Social Networking Sites and Addiction: Ten Lessons Learned. *International Journal of Environmental Research and Public Health* 2017, Vol. 14, 14(3).  
<https://doi.org/10.3390/IJERPH14030311>
- Kwok, C., Leung, P. Y., Poon, K. Y., & Fung, X. C. C. (2021). The Effects of Internet Gaming and Social Media Use On Physical Activity, Sleep, Quality of Life, and Academic Performance among University Students in Hong Kong. *Asian Journal of Social Health and Behavior*, 4(1), 36–44.  
[https://doi.org/10.4103/shb.shb\\_81\\_20](https://doi.org/10.4103/shb.shb_81_20)

- Lamada, M., Massikki, & Angreany, N. I. (2023). The Impact of Social Media Usage on the Academic Achievement of Vocational High School Students in South Sulawesi (Case Study at SMK Negeri 10 Makassar).
- León Méndez, M., Padrón, I., Fumero, A., & Marrero, R. J. (2024). Effects of internet and smartphone addiction on cognitive control in adolescents and young adults: A systematic review of fMRI studies. *Neuroscience & Biobehavioral Reviews*, 159, 105572. <https://doi.org/10.1016/j.neubiorev.2024.105572>
- Lisman, J. E., & Grace, A. A. (2005). The Hippocampal-VTA Loop: Controlling the Entry of Information into Long-Term Memory. *Neuron*, 46(5), 703–713. <https://doi.org/10.1016/j.neuron.2005.05.002>
- Lupien, S. J., McEwen, B. S., Gunnar, M. R., & Heim, C. (2009). Effects of stress throughout the lifespan on the brain, behaviour and cognition. *Nature Reviews Neuroscience*, 10(6), 434–445. <https://doi.org/10.1038/nrn2639>
- Makwana, D., Engineer, P., Dabhi, A., & Chudasama, H. (2023). Sampling Methods in Research: A Review. . . *International Journal of Trend in Scientific Research and Development*. <https://archive.org/details/httpswww.ijtsrd.com.commedicineayurvedic57470/sampling-methods-in-research-a-reviewdhaval-makwana>
- Manago, A. M., Graham, M. B., Greenfield, P. M., & Salimkhan, G. (2008). Self-presentation and gender on MySpace. *Journal of Applied Developmental Psychology*, 29(6), 446–458. <https://doi.org/10.1016/J.APPDEV.2008.07.001>
- Manago, A. M., Walsh, A. S., & Barsigian, L. L. (2023). The contributions of gender identification and gender ideologies to the purposes of social media use

- in adolescence. *Frontiers in Psychology*, 13.  
<https://doi.org/10.3389/fpsyg.2022.1011951>
- Masrudin, E., Hariyadi, E., Nasarudin, N., & Kamur, S. (2023). Pengaruh Motivasi Belajar terhadap Prestasi Belajar Siswa pada Peminatan Mata Pelajaran Geografi di Kelas XI SMA Negeri 1 Mawasangka.
- Maulida Fazidatur Rofi, Tsania Sakinatun Nisa, Aditya Hening Widyastuti, & Muhammad Nofan Zulfahmi. (2025). Analisis Manajemen Waktu Siswa Sekolah Dasar Melalui Jurnal Harian. *PPIMAN Pusat Publikasi Ilmu Manajemen*, 3(1), 283–290. <https://doi.org/10.59603/ppiman.v3i1.671>
- McQuail, D. (2010). *McQuail ' s Media and Mass Communication*. SAGE Publications, April, 35–36.  
[https://www.researchgate.net/publication/341371977\\_McQuail's\\_Media\\_and\\_Mass\\_Communication\\_Theory](https://www.researchgate.net/publication/341371977_McQuail's_Media_and_Mass_Communication_Theory)
- Meltwater. (2024). *Social Media Statistics for Indonesia [Updated 2024]*.  
<https://www.meltwater.com/en/blog/social-media-statistics-indonesia>
- Miller, E. K., & Cohen, J. D. (2001). An Integrative Theory of Prefrontal Cortex Function. *Annual Review of Neuroscience*, 24(1), 167–202.  
<https://doi.org/10.1146/annurev.neuro.24.1.167>
- Monsell, S. (2003). Task switching. *Trends in Cognitive Sciences*, 7(3), 134–140.  
[https://doi.org/10.1016/S1364-6613\(03\)00028-7](https://doi.org/10.1016/S1364-6613(03)00028-7)
- Morris, R. G. M. (1999). *D.O. Hebb: The Organization of Behavior*, Wiley: New York; 1949. *Brain Research Bulletin*, 50(5–6), 437.  
[https://doi.org/10.1016/S0361-9230\(99\)00182-3](https://doi.org/10.1016/S0361-9230(99)00182-3)

- Muhammad, N. (2024). Indonesia Punya Durasi Main Media Sosial Terlama ke-9 di Dunia. Databoks. <https://databoks.katadata.co.id/demografi/statistik/672c4e2686e3d/indonesia-punya-durasi-main-media-sosial-terlama-ke-9-di-dunia>
- Muliani, T., & Widjaja, Y. (2022). Hubungan kecanduan internet dengan prestasi akademik pada mahasiswa Fakultas Kedokteran Universitas Tarumanagara tahap akademik. *Tarumanagara Medical Journal*, 4(1), 212–221. <https://doi.org/10.24912/TMJ.V4I2.17754>
- Nasiruddin, F. Az. zahra, & Rapa', L. G. (2022). Dampak Media Sosial Terhadap Prestasi Belajar Mahasiswa. *EDUSTUDENT: Jurnal Ilmiah Pendidikan Dan Pembelajaran*, 1(3), 188–193. <https://doi.org/10.26858/EDUSTUDENT.V1I3.32890>
- Nuriyah, N., & Nurlela, A. (2025). Pengaruh Media Sosial terhadap Perilaku dan Prestasi Belajar Remaja SMP N 12 Kota Serang. *NALURI EDUKASI JURNAL PENDIDIKAN*, 2(2), 106–116. <https://doi.org/10.64924/VX4YEG07>
- Oktafiani, Z., & Yusri, Y. (2021). The Relationship of Self Confidence to Students Learning Achievement. *Counseling and Humanities Review*, 1(1), 20–26. <https://doi.org/10.24036/000411chr2021>
- Olufadi, Y. (2016). Social networking time use scale (SONTUS): A new instrument for measuring the time spent on the social networking sites. *Telematics and Informatics*, 33(2), 452–471. <https://doi.org/10.1016/j.tele.2015.11.002>

- Ophir, E., Nass, C., & Wagner, A. D. (2009). Cognitive control in media multitaskers. *Proceedings of the National Academy of Sciences*, 106(37), 15583–15587. <https://doi.org/10.1073/pnas.0903620106>
- Parapat, D. A., & Azhar, A. A. (2024). Pemanfaatan Media Sosial Tiktok Sebagai Sumber Informasi Berita Bagi Mahasiswa FIS UIN Sumatera Utara Medan. *Gudang Jurnal Multidisiplin Ilmu*, 2(10), 46–56. <https://doi.org/10.59435/GJMI.V2I10.943>
- Paus, T. (2005). Mapping brain maturation and cognitive development during adolescence. *Trends in Cognitive Sciences*, 9(2), 60–68. <https://doi.org/10.1016/j.tics.2004.12.008>
- Pedalino, F., & Camerini, A. L. (2022). Instagram Use and Body Dissatisfaction: The Mediating Role of Upward Social Comparison with Peers and Influencers among Young Females. *International Journal of Environmental Research and Public Health*, 19(3), 1543. <https://doi.org/10.3390/IJERPH19031543>
- Pradiptasari, L. P. M. (2016). Hubungan antara Intensitas Penggunaan Media Sosial dan Interaksi Sosial dengan Prestasi Akademik Dikalangan Mahasiswa Pendidikan Ekonomi-FKIP Universitas Kristen Satya Wacana Salatiga. <http://repository.uksw.edu/handle/123456789/9733>
- Prameswari, N. A., Kenconoviyati, K., & Arsyad, M. (2023). The Relationship of Anxiety with Learning Concentration Levels in the Era of COVID-19 Pandemic on Students of Faculty of Medicine YARSI University Class 2020 and its Review from Islam Perspective. *Junior Medical Journal*, 1(3), 241–249. <https://doi.org/10.33476/jmj.v1i3.2920>

- Prawiro, R. A. N. U., Panjaitan, R. U., Susanti, H., & Wardani, I. Y. (2024). Hubungan Karakteristik Penggunaan Media Sosial dan Harga Diri pada Pemuda 15-24 Tahun. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 9(1), 1. <https://doi.org/10.32419/jppni.v9i1.554>
- Qodariyah, S. D. T., Maryani, L., Sujana, T., Keperawatan, F., & Kesehatan Immanuel, I. (2024). Hubungan Penggunaan Media Sosial dengan Tingkat Harga Diri pada Remaja di RW 05 Kelurahan Pelindung Hewan Kecamatan Astana Anyar Kota Bandung. *Jurnal Ilmiah Ners Indonesia*, 5(2), 120–129. <https://doi.org/10.22437/JINI.V5I2.36906>
- Rachma, A. (2023). Hubungan intensitas penggunaan media sosial TikTok dengan citra diri pada mahasiswa UIN Walisongo Semarang. UIN Walisongo Semarang Repository.
- Racz, S. J., Johnson, S. L., Bradshaw, C. P., & Cheng, T. L. (2017). Parenting in the digital age: urban black youth's perceptions about technology-based communication with parents. *Journal of Family Studies*, 23(2), 198–214. <https://doi.org/10.1080/13229400.2015.1108858>
- Rahman, M., Nursyabilah, I., Astuti, P., Syam, Muh. I., Mukramin, S., & Kurnawati, W. O. I. (2023). Pemanfaatan Media Sosial Sebagai Media Pembelajaran. *Journal on Education*, 5(3), 10646–10653. <https://doi.org/10.31004/joe.v5i3.1890>
- Reddit. (2024). Preferensi konten di TikTok Indonesia. [https://www.reddit.com/r/indonesia/comments/xyz123/preferensi\\_konten\\_di\\_tiktok\\_indonesia/](https://www.reddit.com/r/indonesia/comments/xyz123/preferensi_konten_di_tiktok_indonesia/)

- Reuters. (2025). Indonesia plans minimum age for social media use | Reuters.  
[https://www.reuters.com/world/asia-pacific/indonesia-planning-minimum-age-limit-social-media-users-minister-says-2025-01-14/?utm\\_source=chatgpt.com](https://www.reuters.com/world/asia-pacific/indonesia-planning-minimum-age-limit-social-media-users-minister-says-2025-01-14/?utm_source=chatgpt.com)
- Rosita, Y., Azhari, A., & Fitria, N. (2015). Hubungan Antara Intelligence Quotient (IQ) Dengan Prestasi Akademik Mahasiswa Fk Ump Angkatan 2011 Dan 2012. Syifa' MEDIKA: Jurnal Kedokteran Dan Kesehatan, 6(1), 24.  
<https://doi.org/10.32502/sm.v6i1.1376>
- Ruchiat Nugraha, A., Fatma Sjoraida, D., Rembe, E., Wibawa Karya Guna, B., Sani, A., & Fitria, A. (2024). The Impact Of Social Media Communication On Youth Identity Formation : A Cross-Cultural Analysis (Vol. 4, Issue 2).
- Ryan, R. M., & Deci, E. L. (1985). Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being Self-Determination Theory.
- Salari, N., Zarei, H., Rasoulpoor, S., Ghasemi, H., Hosseinian-Far, A., & Mohammadi, M. (2025). The impact of social networking addiction on the academic achievement of university students globally: A meta-analysis. *Public Health in Practice*, 9, 100584. <https://doi.org/10.1016/j.puhip.2025.100584>
- Santoso, O., Primasari, N. A., Dewi, E. U., Islamarida, R., Guna, S., & Yoyakarta, B. (2023). Hubungan Antara Intensitas Penggunaan Media Sosial Dan Prestasi Belajar Formatif Pada Mahasiswa S1 Program Studi Keperawatan Stikes Guna Bangsa Yogyakarta. In *JCI Jurnal Cakrawala Ilmiah* (Vol. 2, Issue 8).  
<http://bajangjournal.com/index.php/JCI>

- Sherwood, L. (2018). *Introduction to Human physiology: From cells to systems* (9th ed.).
- Sideridis, G., & Alamri, A. A. (2023). Predicting academic achievement and student absences in high school: The roles of student and school attributes. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.987127>
- Siregar, A. I. P. (2023). Pengaruh motivasi belajar terhadap prestasi belajar siswa/i MAN 1 Kota Padangsidempuan. Skripsi Universitas Islam Negeri Syekh Ali Hasan Ahmad Addary Padangsidempuan.
- Steinberg, L. (2008). A social neuroscience perspective on adolescent risk-taking. *Developmental Review*, 28(1), 78–106. <https://doi.org/10.1016/j.dr.2007.08.002>
- Stothart, C., Mitchum, A., & Yehnert, C. (2015). The attentional cost of receiving a cell phone notification. *Journal of Experimental Psychology. Human Perception and Performance*, 41(4), 893–897. <https://doi.org/10.1037/XHP0000100>
- Sugiyono. (2019). *Metodelogi Penelitian Kuantitatif dan Kualitatif dan R&D*. Bandung ALFABETA Scientific Research Publishing. <https://www.scirp.org/reference/referencespapers?referenceid=3655798>
- Sultanova, G., Shilibekova, A., Rakhymbayeva, Z., Rakhimbekova, A., & Shora, N. (2024). Exploring the influence of non-cognitive skills on academic achievement in STEM education: the case of Kazakhstan. *Frontiers in Education*, 9. <https://doi.org/10.3389/feduc.2024.1339625>
- The U.S. Surgeon General’s Advisory. (2023). *Social Media and Youth Mental Health*.

TikTok. (n.d.). Minimum age appeals on TikTok.

<https://support.tiktok.com/en/safety-hc/account-and-user-safety/minimum-age-appeals-on-tiktok>.

TikTok. (2020). How TikTok recommends videos #ForYou - Newsroom | TikTok.

<https://newsroom.tiktok.com/how-tiktok-recommends-videos-for-you?lang=en>

Upgraded. (2025, November 21). Data Jumlah Pengguna Instagram di Indonesia 2025. [https://upgraded.id/data-jumlah-pengguna-instagram-di-indonesia#google\\_vignette](https://upgraded.id/data-jumlah-pengguna-instagram-di-indonesia#google_vignette)

Valkenburg, P. M., & Peter, J. (2011). Online communication among adolescents:

An integrated model of its attraction, opportunities, and risks. *Journal of Adolescent Health*, 48(2), 121–127.

<https://doi.org/10.1016/j.jadohealth.2010.08.020>

Volkow, N. D., Wang, G., Fowler, J. S., Tomasi, D., Telang, F., & Baler, R. (2010).

Addiction: Decreased reward sensitivity and increased expectation sensitivity conspire to overwhelm the brain's control circuit. *BioEssays*, 32(9), 748–755.

<https://doi.org/10.1002/bies.201000042>

Wang, R., Mao, Z., & Gu, X. (2025). The Relationships Between Social Support

Seeking, Social Media Use, and Psychological Resilience Among College Students. *Psychology Research and Behavior Management*, Volume 18, 563–

573. <https://doi.org/10.2147/PRBM.S441030>

Wibawati, H. N., & Haryanto, S. (2025). Parental Participation and Family Support

on Student Learning Outcomes. *Proceedings International Conference on*

- Education Innovation and Social Science, 307–312.  
<https://proceedings.ums.ac.id/iceiss/article/view/6333>
- Wildi, S. (2023, December 8). Data Kualitas Pendidikan Siswa di Indonesia Berdasarkan Hasil PISA 2022. <https://dataindonesia.id/pendidikan/detail/data-kualitas-pendidikan-siswa-di-indonesia-berdasarkan-hasil-pisa-2022>
- Wu, W., Zhang, J., & Jo, N. (2025). Fear of Missing out and Online Social Anxiety in University Students: Mediation by Irrational Procrastination and Media Multitasking. *Behavioral Sciences*, 15(1), 84.  
<https://doi.org/10.3390/bs15010084>
- Wu, Z., Li, Y., & Pedrycz, W. (2026). Peer influence in social network: a review of identification, modeling and application. *Journal of Business Research*, 203, 115806. <https://doi.org/10.1016/J.JBUSRES.2025.115806>
- Yigiter, M. S. (2025). The effect of socioeconomic status on academic achievement: A big data study across countries and time with integrative data analysis. *PLOS One*, 20(10), e0335485. <https://doi.org/10.1371/journal.pone.0335485>
- Yuniarti, Z. (2025, February 25). Benarkah Media Sosial Berpengaruh terhadap Rentang Fokus Remaja? - Indonesia Heritage Foundation.  
<https://ihf.or.id/benarkah-media-sosial-berpengaruh-terhadap-rentang-fokus-remaja/>
- Zakiah, Z., & Khairi, F. (2019). Pengaruh Kemampuan Kognitif Terhadap Prestasi Belajar Matematika Siswa Kelas V Sdn Gugus 01 Kecamatan Selaparang. *El Midad*, 11(1), 85–100. <https://doi.org/10.20414/elmidad.v11i1.1906>

Zhao, Y., Zheng, Z., Pan, C., & Zhou, L. (2021). Self-Esteem and Academic Engagement Among Adolescents: A Moderated Mediation Model. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.690828>