

**PENGARUH *SOCIAL MEDIA ADDICTION* DAN *PEER SUPPORT* PADA
SOCIAL ANXIETY REMAJA DI SIDOARJO**

SKRIPSI

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



HAFIZHAH RISIDYANI
11020121075

PROGRAM STUDI PSIKOLOGI
FAKULTAS PSIKOLOGI DAN KESEHATAN
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA

PERNYATAAN KEASLIAN PENELITIAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul ***“Pengaruh Social Media Addiction dan Peer Support pada Social Anxiety Remaja di Sidoarjo”*** merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis diacu dalam naskah ini dan disebutkan dalam daftar pustaka.

Surabaya, 7 Maret 2025



Hafizhah Risdiyani

HALAMAN PERSETUJUAN

SKRIPSI

**PENGARUH *SOCIAL MEDIA ADDICTION* SERTA *PEER SUPPORT* PADA
SOCIAL ANXIETY REMAJA DI SIDOARJO**

Oleh:

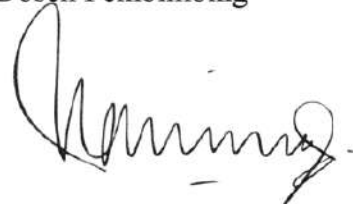
Hafizhah Risdiyani

11020121075

Telah disetujui untuk diajukan pada Sidang Skripsi

Surabaya, 26 Februari 2025

Dosen Pembimbing



Drs. H. Hamim Rosyidi, M.Si

NIP. 19620824198703100

HALAMAN PENGESAHAN

SKRIPSI

PENGARUH *SOCIAL MEDIA ADDICTION* DAN *PEER SUPPORT* PADA *SOCIAL ANXIETY* REMAJA DI SIDOARJO

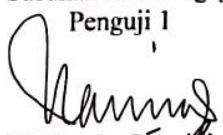
Yang disusun oleh
Hafizhah Risdiyani
11020121075

Telah dipertahankan di depan Tim Penguji pada tanggal 11 Maret 2025

Mengetahui,
Dekan Fakultas Psikologi dan Kesehatan

Dr. phil. Khoirun Niam
NIP. 197007251996031004

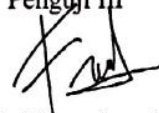
Susunan Tim Penguji
Penguji I


Drs. H. Hamim Rosyidi, M.Si
NIP. 196208241987031002

Penguji II


Prof. Dr. Abdul Muhid, M.Si
NIP. 197502062003121002

Penguji III


Mei Lina Fitri Kumalasari., M.Kes
NIP. 198805182014032002

Penguji IV


Esti Novi Andyarini., M.Kes
NIP. 198411172014032003



**KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN**

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300
E-Mail: perpus@uinsby.ac.id

**LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS**

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Hafizhah Risdiyani
NIM : 11020121075
Fakultas/Jurusan : Psikologi dan Kesehatan / Psikologi
E-mail address : rinrin8050@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

☒ Skripsi ☐ Tesis ☐ Desertasi ☐ Lain-lain (.....)
yang berjudul :

Pengaruh *Social Media Addiction* dan *Peer Support* pada *Social Anxiety* Remaja di Sidoarjo

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara **fulltext** untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 20 Maret 2025

Penulis

(Hafizhah Risdiyani)

INTISARI

Tujuan penelitian ini adalah untuk mengetahui pengaruh *social media addiction* dan *peer support* terhadap *social anxiety* pada remaja di Sidoarjo. Penelitian ini merupakan penelitian kuantitatif dengan jumlah subjek sebanyak 395 siswa SMA di Kabupaten Sidoarjo. Teknik sampling yang digunakan dalam penelitian ini adalah cluster random sampling. Teknik pengumpulan data dilakukan melalui kuesioner dalam bentuk Google Form yang terdiri dari tiga skala, yaitu *Social anxiety Scale for Adolescent* (SAS-A) oleh La Greca & Lopez, *Bergen Social media addiction Scale* (BSMAS) oleh Andreassen et al., dan skala *peer support* berdasarkan teori Malecki & Elliott. Teknik analisis data dalam penelitian ini menggunakan regresi linier berganda dengan bantuan IBM SPSS 25.0 for Windows. Hasil penelitian menunjukkan bahwa terdapat pengaruh *social media addiction* dan *peer support* terhadap *social anxiety* pada remaja di Sidoarjo. *Social media addiction* memiliki korelasi positif dengan *social anxiety*, sedangkan *peer support* memiliki korelasi negatif dengan *social anxiety*. Hal ini menunjukkan bahwa semakin tinggi *social media addiction*, semakin tinggi pula *social anxiety* yang dirasakan remaja. Sebaliknya, semakin tinggi *peer support*, semakin rendah tingkat *social anxiety*. Sumbangan efektif dari variabel *social media addiction* dan *peer support* terhadap *social anxiety* sebesar 21,1%, sedangkan sisanya dipengaruhi oleh faktor lain.

Kata Kunci : *Social anxiety, Social media addiction, Peer support*

UIN SUNAN AMPEL
S U R A B A Y A

ABSTRACT

The purpose of this study was to examine the effect of *social media addiction* and *peer support* on *social anxiety* among adolescents in Sidoarjo. This study employed a quantitative research design with a total of 395 high school students from Sidoarjo Regency as participants. The sampling technique used in this study was cluster random sampling. Data were collected using a questionnaire distributed via Google Forms, consisting of three scales: the *Social anxiety Scale for Adolescents (SAS-A)* by La Greca & Lopez, the *Bergen Social media addiction Scale (BSMAS)* by Andreassen et al., and the *peer support* scale based on Malecki & Elliott's theory. The data analysis was conducted using multiple linear regression with the assistance of IBM SPSS 25.0 for Windows. The results indicated that *social media addiction* and *peer support* significantly influenced *social anxiety* among adolescents in Sidoarjo. *Social media addiction* was positively correlated with *social anxiety*, whereas *peer support* was negatively correlated with *social anxiety*. These findings suggest that higher levels of *social media addiction* are associated with increased *social anxiety*, while higher levels of *peer support* are associated with lower *social anxiety*. The combined contribution of *social media addiction* and *peer support* to *social anxiety* was 21,1%, with the remaining variance explained by other factors.

Keyword : *Social anxiety, Social media addiction, Peer support*

UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR ISI

HALAMAN JUDUL.....	i
HALAMAN PENGESAHAN.....	i
PERNYATAAN KEASLIAN PENELITIAN	ii
HALAMAN PERSETUJUAN.....	iii
LEMBAR PERSETUJUAN PUBLIKASI.....	iv
KATA PENGANTAR.....	v
INTISARI.....	vii
ABSTRACT.....	viii
DAFTAR ISI	ix
DAFTAR GAMBAR	xi
DAFTAR TABEL.....	xii
DAFTAR LAMPIRAN	xiv
BAB I PENDAHULUAN.....	1
A. Latar Belakang	1
B. Rumusan Masalah	10
C. Keaslian Penelitian.....	10
D. Tujuan Penelitian.....	12
E. Manfaat Penelitian	12
BAB II KAJIAN PUSTAKA	13
A. Social anxiety	13
B. Social media addiction	18
C. Peer support.....	24
D. Hubungan Antar Variabel	28
E. Kerangka Teoritik.....	30
F. Hipotesis.....	31
BAB III METODE PENELITIAN.....	33
A. Rancangan Penelitian	33
B. Identifikasi Variabel	33
C. Definisi Operasional.....	33

D. Populasi, Teknik Sampling, dan Sampel.....	34
E. Instrumen Penelitian.....	36
F. Analisis Data	45
BAB IV HASIL DAN PEMBAHASAN	47
A. Hasil Penelitian	47
B. Pembahasan.....	63
BAB V PENUTUP.....	47
A. KESIMPULAN.....	47
B. SARAN	47
DAFTAR PUSTAKA.....	50
LAMPIRAN.....	62



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR GAMBAR

Gambar 2. 1 Kerangka Teoritik.....	31
------------------------------------	----



DAFTAR TABEL

Tabel 3. 1 Blue Print Skala Social Anxiety Scale for Adolescent (SAS-A).....	37
Tabel 3. 2 Hasil Uji Validitas Social anxiety.....	38
Tabel 3. 3 Hasil Uji Realibilitas Social Anxiety	39
Tabel 3. 4 Blue Print Skala Bergen Social Media Addiction Scale (BSMAS)	40
Tabel 3. 5 Hasil Uji Validitas Social Media Addiction	41
Tabel 3. 6 Hasil Uji Validitas Social Media Addiction	42
Tabel 3. 7 Skala Peer support.....	43
Tabel 3. 8 Hasil Uji Validitas Peer support	44
Tabel 3. 9 Hasil Uji Realibilitas Peer Support	44
Tabel 4. 1 Pengelompokkan Subjek Berdasarkan Jenis Kelamin	47
Tabel 4.2 Pengelompokkan Subjek Berdasarkan Kategori Sekolah	48
Tabel 4.3 Pengelompokkan Subjek Berdasarkan Usia.....	48
Tabel 4.4 Pengelompokkan Subjek Berdasarkan Screen Time	49
Tabel 4.5 Hasil Uji Deskriptif	50
Tabel 4.6 Rumus Kategorisasi.....	50
Tabel 4.7 Kategorisasi Social anxiety	51
Tabel 4.8 Kategorisasi Social media addiction	52
Tabel 4.9 Kategorisasi Peer support.....	52
Tabel 4.10 Tabulasi Silang Jenis Kelamin dengan Social anxiety	53
Tabel 4.11 Tabulasi Silang Usia dengan Social anxiety	53
Tabel 4.12 Tabulasi Silang Sekolah dengan Social anxiety	54
Tabel 4.13 Tabulasi Silang Rata-Rata Screen Time perhari.....	55
Tabel 4.14 Tabulasi Silang Social media addiction dengan Social anxiety	56
Tabel 4.15 Tabulasi Silang Peer support dengan Social anxiety	57
Tabel 4.16 Hasil Uji Normalitas One-Sample Kolmogorov-Smirnov Test	58
Tabel 4.17 Hasil Uji Multikolineritas.....	59
Tabel 4.18 Uji Heteroskedastisitas	59
Tabel 4.19 Hasil Uji T	60

Tabel 4.20 Hasil Uji F	61
Tabel 4.21 Koefisien Determinasi (R Square)	62



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR LAMPIRAN

Lampiran 1. Data Demografi Subjek	63
Lampiran 2. Tabel Demografis Subjek Menurut Sekolah.....	63
Lampiran 3. Tabel Demografis Subjek Menurut Sekolah.....	63
Lampiran 4. Tabel Demografis Subjek Menurut Jenis Kelamin	63
Lampiran 5. Tabel Demografis Subjek Menurut <i>Screen Time</i>	63
Lampiran 6. Kuesioner Social Anxiety	64
Lampiran 7. Kuesioner Social Anxiety	65
Lampiran 8. Kuesioner Peer Support	66
Lampiran 9. Data Tabulasi Social Anxiety.....	69
Lampiran 10. Data Tabulasi Social Media Addiction	83
Lampiran 11. Data Tabulasi Peer Support.....	98
Lampiran 12. Uji Validitas Skala Social Anxiety.....	113
Lampiran 13. Uji Realibilitas Skala Social Anxiety	113
Lampiran 14. Uji Validitas Skala Social Media Addiction	113
Lampiran 15. Uji Realibilitas Skala Social Media Addiction	114
Lampiran 16. Uji Validitas Skala Peer Support	114
Lampiran 17. Uji Realibilitas Skala Social Media Addiction	115
Lampiran 18. Uji Deskripsi Statistik.....	115
Lampiran 19. Kategorisasi Data Variabel Social Anxiety.....	115
Lampiran 20. Kategorisasi Data Variabel <i>Social Media Addiction</i>	115
Lampiran 21. Kategorisasi Data Variabel <i>Peer Support</i>	115
Lampiran 22. Cross Tabulation Jenis Sekolah dengan Social Anxiety	115
Lampiran 23. Cross Tabulation Usia dengan Social Anxiety.....	116
Lampiran 24. <i>Cross Tabulation</i> Jenis Kelamin dengan <i>Social Anxiety</i>	116
Lampiran 25. Cross Tabulation Screen Time dengan Social Anxiety.....	117
Lampiran 26. Cross Tabulation Social Media Addiction dengan Social Anxiety	117
Lampiran 27. Cross Tabulation Peer Support dengan Social Anxiety	118
Lampiran 28. Uji Normalitas	118

Lampiran 29. Uji Multikolinieritas	119
Lampiran 30. Uji Heterokidadtisitas	119
Lampiran 31. Uji T Parsial.....	119
Lampiran 32. Uji F.....	120
Lampiran 33. Uji Koefisien Determinasi	120
Lampiran 34. Surat Izin Penelitian SMAN 3 Sidoarjo	120
Lampiran 35. Surat Izin Penelitian SMA Cendekia Sidoarjo	122
Lampiran 36. Surat Balasan Ijin Penelitian SMAN 3 Sidoarjo	123
Lampiran 37. Surat Balasan Ijin Penelitian SMA Cendekia	124



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR PUSTAKA

- Abu Khait, A., Menger, A., Al-Atiyyat, N., Hamaideh, S. H., Al-Modallal, H., & Rayapureddy, H. (2024). The Association Between Proneness to Smartphone Addiction and Social Anxiety Among School Students and the Mediating Role of Social Support: A Call to Advance Jordanian Adolescents' Mental Health. *Journal of the American Psychiatric Nurses Association*, 10783903241261048.
<https://doi.org/10.1177/10783903241261047>
- Afsari, I. A., Lailiyah, S., & Fatah, M. Z. (2023). Literature Review: the Relationship of the Use of Social Media To the Incidence of Anxiety in Adolescents in Indonesia. *Journal of Community Mental Health and Public Policy*, 6(1), 58–66.
<https://doi.org/10.51602/cmhp.v6i1.121>
- Ahmed, E., & Vaghefi, I. (2021). *Social media addiction: A systematic review through cognitive-behavior model of pathological use*.
- Akbay, S. E., & Aktaş, M. (2021). Multiple Mediation of Self-Esteem, Perception of Social Self-efficacy, and Social Anxiety in the Relationship Between Peer Support and Autonomy in Adolescents. *Education Quarterly Reviews*, 4(4).
<https://doi.org/10.31014/aior.1993.04.04.367>
- Al-Samarraie, H., Bello, K.-A., Alzahrani, A. I., Smith, A. P., & Emele, C. (2022). Young users' social media addiction: causes, consequences and preventions. *Information Technology & People*, 35(7), 2314–2343.
- American Academy of Pediatrics. (2016). *Screen Time Guidelines*. AAP.
<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/qa-portal/qa-portal-library/qa-portal-library-questions/screen-time-guidelines/?srsltid=AfmBOoqER2UuLryzGMI7zG9JnKLpVITtNaggYuljpzhM32pndLi6Subi>
- Ames, D. R., Rose, P., & Anderson, C. P. (2006). The NPI-16 as a short measure of narcissism. *Journal of Research in Personality*, 40(4), 440–450.
- Amirah, N., Jumaini, J., & Indriati, G. (2023). Hubungan Kecanduan Media Sosial Terhadap Kesehatan Mental Remaja Pada Masa Pandemi Covid-19. *Coping Community Publ. Nurs*, 11(1), 72.
- Andreassen, C. S., Pallesen, S., & Griffiths, M. D. (2017). The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large

- national survey. *Addictive Behaviors*, 64, 287–293.
- Andreassen, C. S., Torsheim, T., Brunborg, G. S., & Pallesen, S. (2012). Development of a Facebook addiction scale. *Psychological Reports*, 110(2), 501–517.
- Arikunto, S. (2010). Research Design. *Pendekatan Metode Kualitatif*, Al Fabet, Bandung, 22.
- Aziz, A. N., & Rahmatullah, A. S. (2023). Maintaining Mental Health through the Role of Self-Compassion for Adolescents in Orphanages. *Jurnal Psikologi Teori Dan Terapan*, 14(03), 300–310.
- Azzahra, S. F. (2025). *Toxic Comparison di Media Sosial: Ketika Hidup Orang Lain Terlihat Lebih Sempurna*. Kompasiana.Com.
<https://www.kompasiana.com/sitifatihahazzahra2901/677f5e9f34777c5b3318eff3/toxic-comparison-di-media-sosial-ketika-hidup-orang-lain-terlihat-lebih-sempurna>
- Azzari, N. F., Mariyati, L. I., & Nastiti, D. (2023). The influence of self-concept and peer support on social anxiety of stutter survivors in Indonesia. *Jurnal Psikologi Terapan Dan Pendidikan*, 5(1), 54. <https://doi.org/10.26555/jptp.v5i1.26423>
- Batadal, I. (2021). Self Control Dalam Menekan Perilaku Social Anxiety Pada Remaja. *Jurnal Bimbingan Dan Konseling Islam*, 10(December), 44–45.
- Beidel, D. C., Turner, S. M., Young, B. J., Ammerman, R. T., Sallee, F. R., & Crosby, L. (2007). Psychopathology of adolescent social phobia. *Journal of Psychopathology and Behavioral Assessment*, 29, 46–53.
- Bekiros, S., Jahanshahi, H., & Munoz-Pacheco, J. M. (2022). A new buffering theory of social support and psychological stress. *PLoS One*, 17(10), e0275364.
- Berkman, L. F., Glass, T., Brissette, I., & Seeman, T. E. (2000). From social integration to health: Durkheim in the new millennium. *Social Science & Medicine*, 51(6), 843–857.
- Boursier, V., Gioia, F., Musetti, A., & Schimmenti, A. (2020). Facing loneliness and anxiety during the COVID-19 isolation: the role of excessive social media use in a sample of Italian adults. *Frontiers in Psychiatry*, 11, 586222.
- Brown, H. D., & Abeywickrama, P. (2010). *Language assessment: Principles and classroom practices (Vol.10)*. Pearson Education White Plains.
- Carbone, R., Ferrari, S., Callegarin, S., Casotti, F., Turina, L., Artioli, G., & Bonacaro, A. (2022). Peer support between healthcare workers in hospital and out-of-hospital settings: a scoping review. *Acta Bio Medica: Atenei Parmensis*, 93(5).
- Carter, M. L. (2000). *Social support systems as factors of academic persistence for*

- African American, lower-income, first-year college students and high school graduates not attending college.* State University of New York at Buffalo.
- Cavanaugh, A. M., & Buehler, C. (2016). Adolescent loneliness and social anxiety: The role of multiple sources of support. *Journal of Social and Personal Relationships*, 33(2), 149–170. <https://doi.org/10.1177/0265407514567837>
- Chen, J., Short, M., & Kemps, E. (2020). Interpretation Bias in Social Anxiety: A Systematic Review and Meta-Analysis. *Journal of Affective Disorders*, 276, 1119–1130.
- Chinman, M., George, P., Dougherty, R. H., Daniels, A. S., Ghose, S. S., Swift, A., & Delphin-Rittmon, M. E. (2014). Peer support services for individuals with serious mental illnesses: assessing the evidence. *Psychiatric Services*, 65(4), 429–441.
- Cohen, S., Doyle, W. J., Skoner, D. P., Rabin, B. S., & Gwaltney, J. M. (1997). Social ties and susceptibility to the common cold. *Jama*, 277(24), 1940–1944.
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310.
- Cowie, H., & Wallace, P. (2000). *Peer support in action: From bystanding to standing by*.
- Darby Penney, M. L. S. (2018). Defining “peer support”: Implications for policy, practice, and research. *Advocates for Human Potential, Inc.*
- De Castella, K., Goldin, P., Jazaieri, H., Ziv, M., Heimberg, R. G., & Gross, J. J. (2014). Emotion beliefs in social anxiety disorder: Associations with stress, anxiety, and well-being. *Australian Journal of Psychology*, 66(2), 139–148.
- DiBartolo, P. M., & Hofmann, S. G. (2014). *Social anxiety: Clinical, developmental, and social perspectives*. Elsevier.
- Drouin, M., McDaniel, B. T., Pater, J., & Toscos, T. (2020). How Parents and Their Children Used Social Media and Technology at the Beginning of the COVID-19 Pandemic and Associations with Anxiety. *Cyberpsychology, Behavior, and Social Networking*, 23(11), 727–736. <https://doi.org/10.1089/cyber.2020.0284>
- Dumitrescu, M., Dumitrescu, N., & TURLIUC, Ș. (2023). The social media addiction: what have we learned so far?—A review. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*, 14(1), 117–137.
- Evelin, O. (2022). *Hubungan Kecanduan Media Sosial Dengan Kecemasan Sosial Pada Remaja di SMAN 15 Padang*. Universitas Andalas.
- Fadillah, C. N., Wijirahayu, S., Beni, N. A., Zahro, D. A., Paramitha, R., Zalfa, L. N., &

- Adha, F. N. (2024). A Mental Health in the Digital Era. *Forum for University Scholars in Interdisciplinary Opportunities and Networking*, 1(1), 754–758.
- Faridah, I., Hastuti, E. A., & Mentari, I. (2023). Hubungan Penggunaan Media Sosial Dengan Masalah Mental Emosional Remaja Di Smp Muhammadiyah 5 Kota Bandung. *Siakad. Stikesdhh. Ac. Id*, 1–10.
- Febriana, M. V., & Palupi, M. A. (2022). *Pengaruh Penggunaan Media Sosial Terhadap Kecemasan Sosial Di Kalangan Mahasiswa Ilmu Komunikasi UMS*. Universitas Muhammadiyah Surakarta.
- Ferris, A. L., Hollenbaugh, E. E., & Sommer, P. A. (2021). Applying the uses and gratifications model to examine consequences of social media addiction. *Social Media+ Society*, 7(2), 20563051211019004.
- Florensia, V., & Chris, A. (2023). Hubungan antara Kecemasan Sosial dengan Kecanduan Internet pada Siswa-Siswi SMA. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 13(3), 973–980. <https://doi.org/10.32583/pskm.v13i3.1011>
- Fyer, A. J., Mannuzza, S., Chapman, T. F., Liebowitz, M. R., & Klein, D. F. (1993). A direct interview family study of social phobia. *Archives of General Psychiatry*, 50(4), 286–293.
- Ghozali, I. (2016). *Aplikasi analisis multivariete dengan program IBM SPSS 23*.
- Ghozali, I. (2018). Aplikasi Analisis Multivariate dengan Program IBM SPSS 25 Edisi 9. Semarang: Badan penerbit Universitas Diponegoro. Variabel Pemoderasi. *E-Jurnal Akuntansi Universitas Udayana*, 23 (2), 1470, 1494.
- Ginat-Frolich, R., Gilboa-Schechtman, E., Huppert, J. D., Aderka, I. M., Alden, L. E., Bar-Haim, Y., Becker, E. S., Bernstein, A., Geva, R., & Heimberg, R. G. (2024). Vulnerabilities in social anxiety: Integrating intra-and interpersonal perspectives. *Clinical Psychology Review*, 102415.
- Griffiths, M. (2005). A ‘components’ model of addiction within a biopsychosocial framework. *Journal of Substance Use*, 10(4), 191–197.
- Grills-Taquichel, A. E., Norton, P., & Ollendick, T. H. (2010). A longitudinal examination of factors predicting anxiety during the transition to middle school. *Anxiety, Stress, & Coping*, 23(5), 493–513.
- Hamdan, F. R. (2023). Reducing social anxiety and boosting self-esteem among adolescent girls: The impact of a behavioral-cognitive counselling programme. *Perspectives of Science & Education*.
- He, Q., Turel, O., & Bechara, A. (2017). Brain anatomy alterations associated with Social

- Networking Site (SNS) addiction. *Scientific Reports*, 7(1), 45064.
- Heimberg, R. G., Brozovich, F. A., & Rapee, R. M. (2014). A Cognitive-Behavioral Model of Social Anxiety Disorder. *Social Anxiety*, 705–728.
- Henisaputri, R. W. (2022). Analisis hubungan kecanduan media sosial dengan kecemasan sosial dan hubungan interpersonal pada remaja. *Journal of Digital Ecosystem for Natural Sustainability*, 2(1), 22–28.
- Hidayat, P. (2020). Interaksi sosial online dan kecemasan sosial sebagai prediktor kecanduan internet pada remaja. *Jurnal Ilmiah Psyche*, 14(2), 83–92.
- Hossain, M. T., Ahammed, B., Chanda, S. K., Jahan, N., Ela, M. Z., & Islam, M. N. (2020). Social and electronic media exposure and generalized anxiety disorder among people during COVID-19 outbreak in Bangladesh: a preliminary observation. *Plos One*, 15(9), e0238974.
- Hou, Y., Xiong, D., Jiang, T., Song, L., & Wang, Q. (2019). Social media addiction: Its impact, mediation, and intervention. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 13(1 SE-Articles), Article 4. <https://doi.org/10.5817/CP2019-1-4>
- Hundt, N. E., Robinson, A., Arney, J., Stanley, M. A., & Cully, J. A. (2015). Veterans' perspectives on benefits and drawbacks of peer support for posttraumatic stress disorder. *Military Medicine*, 180(8), 851–856.
- Hurlock, E. B. (2011). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang*. Erlangga.
- Imaddudin, A., Arumsari, C., & Dianah, R. (2023). Profil Kecemasan Sosial Terhadap Siswa SMA dan Implikasinya Terhadap Layanan Konseling. *Journal of Innovative Counseling: Theory, Practice, and Research*, 7(02), 28–42.
- Indranu, F., Kesuma, M., & Kalifia, A. D. (2024). Pengaruh Media Sosial Terhadap Tingkat Anxiety Pada Remaja: Sebuah Analisis Dengan Rapidminer. *Jurnal Ilmiah Multidisiplin*, 1(3), 177–181.
- Indranu, Feby, Kesuma, M., & Kalifia, A. D. (2024). Pengaruh Media Sosial Terhadap Tingkat Anxiety Pada Remaja : Sebuah Analisis Dengan Rapidminer. *Jurnal Ilmiah Multidisiplin*, 1(3), 177–181. <https://doi.org/10.62017/merdeka>
- JAMALUDIN, J., SYARIFAH, A., & KARYADI, K. (2022). Faktor-Faktor Penyebab Kecanduan Media Sosial Pada Mahasiswa Fakultas Ilmu Kesehatan Uin Syarif Hidayatullah Jakarta. *Edu Dharma Journal: Jurnal Penelitian Dan Pengabdian Masyarakat*, 6(2), 138–155.

- Jefferies, P., & Ungar, M. (2020). Social anxiety in young people: A prevalence study in seven countries. *PLoS ONE*, *15*(9 September), 1–18.
<https://doi.org/10.1371/journal.pone.0239133>
- Jha, A., Lin, L., & Savoia, E. (2016). The use of social media by state health departments in the US: analyzing health communication through Facebook. *Journal of Community Health*, *41*, 174–179.
- Khatimah, K., & Irawan, D. T. R. (2023). FAKTOR MEMPENGARUHI PERILAKU KECANDUAN SOSIAL MEDIA. *INCARE, International Journal of Educational Resources*, *3*(5), 556–572.
- Khatimah, K., Taufik, D., Irawan, R., & Kunci, K. (2023). Faktor Mempengaruhi Perilaku Kecanduan Sosial Media. *International Journal of Educational Resources*, *03*(05).
- Kholifah, N. (2016a). Peran teman sebaya dan kecemasan sosial pada remaja. *Jurnal Psikologi: Jurnal Ilmiah Fakultas Psikologi Universitas Yudharta Pasuruan*, *3*(2), 60–68.
- Kholifah, N. (2016b). Peran Teman Sebaya dan Kecemasan Sosial pada Remaja. *Jurnal Psikologi : Jurnal Ilmiah Fakultas Psikologi Universitas Yudharta Pasuruan*, *3*(2), 60–68. <https://jurnal.yudharta.ac.id/v2/index.php/ILMU-PSIKOLOGI/article/view/841>
- Kircaburun, K., Alhabash, S., Tosuntaş, Ş. B., & Griffiths, M. D. (2020). Uses and gratifications of problematic social media use among university students: A simultaneous examination of the Big Five of personality traits, social media platforms, and social media use motives. *International Journal of Mental Health and Addiction*, *18*, 525–547.
- Kircaburun, K., & Griffiths, M. D. (2018). Instagram addiction and the Big Five of personality: The mediating role of self-liking. *Journal of Behavioral Addictions*, *7*(1), 158–170.
- Kirezli, O., & Aydin, A. E. (2021). Understanding Social media addiction through personal, social, and situational factors. In *Analyzing global social media consumption* (pp. 155–182). IGI Global.
- Kuss, D. J., & Griffiths, M. D. (2017). Social networking sites and addiction: Ten lessons learned. *International Journal of Environmental Research and Public Health*, *14*(3), 311.
- La Greca, A. M., & Harrison, H. M. (2005). Adolescent peer relations, friendships, and

- romantic relationships: Do they predict social anxiety and depression? *Journal of Clinical Child and Adolescent Psychology*, 34(1), 49–61.
- La Greca, A. M., & Lopez, N. (1998a). Social anxiety among adolescents: Linkages with peer relations and friendships. *Journal of Abnormal Child Psychology*, 26, 83–94.
- La Greca, A. M., & Lopez, N. (1998b). Social Anxiety among Adolescents: Linkages with peer relations and friendships. *Journal of Abnormal Child Psychology*, 26(2), 83–94. <https://doi.org/10.1023/A:1022684520514>
- Lincoln, S. H., Johnson, T., Winters, A., & Laquidara, J. (2021). Social exclusion and rejection across the psychosis spectrum: A systematic review of empirical research. *Schizophrenia Research*, 228, 43–50.
- Lloyd-Evans, B., Mayo-Wilson, E., Harrison, B., Istead, H., Brown, E., Pilling, S., Johnson, S., & Kendall, T. (2014). A systematic review and meta-analysis of randomised controlled trials of peer support for people with severe mental illness. *BMC Psychiatry*, 14, 1–12.
- Luchtefeld, C., & Jordan, K. D. (2022). Individual differences influencing the relationship between online social support and addictive use of social media. *Telematics and Informatics Reports*, 8, 100025. <https://doi.org/https://doi.org/10.1016/j.teler.2022.100025>
- Malecki, C. K., & Elliott, S. N. (1999). Adolescents' ratings of perceived social support and its importance: Validation of the Student Social Support Scale. *Psychology in the Schools*, 36(6), 473–483.
- McDougall, J., DeWit, D. J., & Wright, F. V. (2020). Social anxiety symptoms among youth with chronic health conditions: trajectories and related factors. *Disability and Rehabilitation*, 42(23), 3293–3305. <https://doi.org/10.1080/09638288.2019.1590742>
- Mead, S., & MacNeil, C. (2006). Peer support: What makes it unique. *International Journal of Psychosocial Rehabilitation*, 10(2), 29–37.
- Melani, M., Prastita, N. P. G., Putri, R. T. D., & Adnani, Q. E. S. (2024). *Promosi Kesehatan Remaja dengan Pendekatan KIPK*.
- Mujica, A. L., Crowell, C. R., Villano, M. A., & Uddin, K. M. (2022). Addiction by design: Some dimensions and challenges of excessive social media use. *Medical Research Archives*, 10(2).
- Perry, J. C., Fisher, A. L., Caemmerer, J. M., Keith, T. Z., & Poklar, A. E. (2018). The role of social support and coping skills in promoting self-regulated learning among urban youth. *Youth & Society*, 50(4), 551–570.

- Pertiwi, A. R., & Sihotang, H. (2023). Upaya Sekolah Meningkatkan Kesehatan Mental Peserta Didik Di Era Digital. *JURNAL PSIKO EDUKASI: Jurnal Pendidikan, Psikologi, Dan Konseling*, 21(2), 1412–9310.
- Pickering, L., Hadwin, J. A., & Kovshoff, H. (2020). The role of peers in the development of social anxiety in adolescent girls: A systematic review. In *Adolescent Research Review*. Springer. <https://doi.org/10.1007/s40894-019-00117-x>
- Poetry, T., Tjalla, A., & Rahmat Hidayat, D. (2024). Gambaran Kecemasan Sosial Remaja Akhir. *G-Couns: Jurnal Bimbingan Dan Konseling*, 9(1), 34–40. <https://doi.org/10.31316/gcouns.v9i1.6270>
- Pratama, M. O., Harinitha, D., & Lestaringati, S. I. (2020). Influence Factor of Social Media and Gadget Addiction of Adolescent in Indonesia. *Journal of Information System*, 16(1), 16–24.
- Primack, B. A., Shensa, A., Escobar-Viera, C. G., Barrett, E. L., Sidani, J. E., Colditz, J. B., & James, A. E. (2017). Use of multiple social media platforms and symptoms of depression and anxiety: A nationally-representative study among US young adults. *Computers in Human Behavior*, 69, 1–9.
- Primack, B. A., Shensa, A., Sidani, J. E., Whaite, E. O., yi Lin, L., Rosen, D., Colditz, J. B., Radovic, A., & Miller, E. (2017). Social media use and perceived social isolation among young adults in the US. *American Journal of Preventive Medicine*, 53(1), 1–8.
- Primadiana, D. B., Nihayati, H. E., & Wahyuni, E. D. (2019). Hubungan Smartphone Addiction Dengan Kecemasan Sosial pada Remaja (Relationship between Smartphone Addiction with Social Anxiety in Adolescents). *Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa)*, 1(1), 21–28.
- Purdon, C., Antony, M., Monteiro, S., & Swinson, R. P. (2001). Social anxiety in college students. *Journal of Anxiety Disorders*, 15(3), 203–215.
- Putri, K. A. D., & Virilia, S. (2023). Pengaruh Harga Diri dan Adiksi Sosial Media terhadap Tingkat Kecemasan Sosial pada Remaja yang Menggunakan Tiktok. *Jurnal Psikologi*, 16(2), 328–341.
- Ramadhanti, U., Rejeki, A., & Wicaksono, A. S. (2022). Pengaruh Kecemasan Sosial Terhadap Social Media Addiction Pada Mahasiswa Psikologi Angkatan 2018-2020 Universitas X Dimasa Pandemi Covid-19. *Psikosains: Jurnal Penelitian Dan Pemikiran Psikologi*, 17(2), 131–144.
- Ranta, K., Kaltiala-Heino, R., Fröjd, S., & Marttunen, M. (2013). Peer victimization and

- social phobia: A follow-up study among adolescents. *Social Psychiatry and Psychiatric Epidemiology*, 48, 533–544.
- Rasouli, S., Gupta, G., Nilsen, E., & Dautenhahn, K. (2022). Potential Applications of Social Robots in Robot-Assisted Interventions for Social Anxiety. *International Journal of Social Robotics*, 14(5), 1–32.
- Reyes, M. E., Rossi, J. S., Thomas, E. D., C. Goldstein, S., & Weiss, N. H. (2022). Posttraumatic stress disorder and substance misuse among Black emerging adults: The influence of social support. *Journal of Dual Diagnosis*, 18(1), 42–51.
- Richard, J., Rebinsky, R., Suresh, R., Kubic, S., Carter, A., Cunningham, J. E. A., Ker, A., Williams, K., & Sorin, M. (2022). Scoping review to evaluate the effects of peer support on the mental health of young adults. *BMJ Open*, 12(8), 1–8.
<https://doi.org/10.1136/bmjopen-2022-061336>
- Rideout, Vicky. (2021). *The Common Sense Census: Media Use by Tweens and Teens in America, A Common Sense Media Research Study, United States, 2015*.
- Rideout, Victoria, & Fox, S. (2018). *Digital health practices, social media use, and mental well-being among teens and young adults in the US*.
- Robichaud, M., Koerner, N., & Dugas, M. J. (2019). *Cognitive behavioral treatment for generalized anxiety disorder: From science to practice*. Routledge.
- Rubin, A. M. (2009). Uses-and-gratifications perspective on media effects. In *Media effects* (pp. 181–200). Routledge.
- Rueger, S. Y., Malecki, C. K., Pyun, Y., Aycok, C., & Coyle, S. (2016). A meta-analytic review of the association between perceived social support and depression in childhood and adolescence. *Psychological Bulletin*, 142(10), 1017.
- Santoso, B. K., Noviekayati, I., & Rina, A. P. (2022a). Kecemasan sosial pada remaja akhir: Bagaimana peranan adiksi media sosial? *Inner: Journal of Psychological Research*, 2(3), 373–384.
- Santoso, B. K., Noviekayati, I., & Rina, A. P. (2022b). Kecemasan Sosial pada Remaja Akhir: Bagaimana Peranan Adiksi Media Sosial? *INNER: Journal of Psychological Research*, 2(3), 373–384.
- Santoso, N. A., & Nabila, E. A. (2021). Social media factors and teen gadget addiction factors in Indonesia. *ADI Journal on Recent Innovation*, 3(1), 67–77.
- Sara Shafiqah, M. S., Sharifah Mirrah, S. A. F., Muhamad Shamsul, I., & Nan Zakian, M. I. (2021). The preliminary study: social anxiety and social media addiction. *Jurnal Evolusi*, 2(1), 1–13. <http://creativecommons.org/licenses/by/4.0/legalcode>

- Sarafino, E. P., & Smith, T. W. (2014). *Health psychology: Biopsychosocial interactions*. John Wiley & Sons.
- Sari, W. K., Jannah, N., & Afriyanti, V. (2022). Identifikasi Permasalahan Kecemasan Sosial dan Penanggannya Pada Remaja di Panti Asuhan. *Bulletin of Counseling and Psychotherapy*, 4(2), 204–208. <https://doi.org/10.51214/bocp.v4i2.177>
- Sawyer, S. M., Azzopardi, P. S., Wickremarathne, D., & Patton, G. C. (2018). The age of adolescence. *The Lancet. Child & Adolescent Health*, 2(3), 223–228. [https://doi.org/10.1016/S2352-4642\(18\)30022-1](https://doi.org/10.1016/S2352-4642(18)30022-1)
- Scaini, S., Belotti, R., & Ogliari, A. (2014). Genetic and environmental contributions to social anxiety across different ages: A meta-analytic approach to twin data. *Journal of Anxiety Disorders*, 28(7), 650–656. <https://doi.org/10.1016/j.janxdis.2014.07.002>
- Scanlon, C. L., Del Toro, J., & Wang, M. Te. (2020). Socially Anxious Science Achievers: The Roles of Peer Social Support and Social Engagement in the Relation Between Adolescents' Social Anxiety and Science Achievement. *Journal of Youth and Adolescence*, 49(5), 1005–1016. <https://doi.org/10.1007/s10964-020-01224-y>
- Schou Andreassen, C., & Pallesen, S. (2014). Social network site addiction-an overview. *Current Pharmaceutical Design*, 20(25), 4053–4061.
- Shalaby, R., Agyapong, B., Vuong, W., Hrabok, M., Gusnowski, A., Surood, S., Greenshaw, A. J., & Agyapong, V. I. O. (2022). Naturalistic randomized controlled trial demonstrating effectiveness of Text4Hope in supporting male population mental health during the COVID-19 pandemic. *Frontiers in Public Health*, 10, 1002288.
- Solomon, P. (2004). Peer support/peer provided services underlying processes, benefits, and critical ingredients. *Psychiatric Rehabilitation Journal*, 27(4), 392.
- Spence, S. H., Lawrence, D., & Zubrick, S. R. (2022). Anxiety Trajectories in Adolescents and the Impact of Social Support and Peer Victimization. *Research on Child and Adolescent Psychopathology*, 50(6), 795–807. <https://doi.org/10.1007/s10802-021-00887-w>
- Starcevic, V., Berle, D., Milicevic, D., Hannan, A., Lamplugh, C., & Eslick, G. D. (2007). Pathological worry, anxiety disorders and the impact of co-occurrence with depressive and other anxiety disorders. *Journal of Anxiety Disorders*, 21(8), 1016–1027.
- Stein, M. B., McQuaid, J. R., Laffaye, C., & McCahill, M. E. (1999). Social phobia in the primary care medical setting. *Journal of Family Practice*, 48, 514–519.

- Stein, M. B., & Walker, J. R. (2009). *Triumph Over Shyness: Conquering Social Anxiety Disorder*. Anxiety Disorders Association of America.
- Sugiyono. (2019). *Statistika Penelitian*. Alfabeta.
- The REACH Institute. (2023). *How Social Media is Impacting Teens*. The REACH Institute. <https://thereachinstitute.org/mind-over-minutes-how-youths-screen-habits-are-impacting-their-mental-health/>
- Twenge, J. M. (2017). *iGen: Why today's super-connected kids are growing up less rebellious, more tolerant, less happy--and completely unprepared for adulthood--and what that means for the rest of us*. Simon and Schuster.
- Twenge, J. M. (2020). Increases in depression, self-harm, and suicide among US adolescents after 2012 and links to technology use: possible mechanisms. *Psychiatric Research and Clinical Practice*, 2(1), 19–25.
- Uhls, Y. T., Michikyan, M., Morris, J., Garcia, D., Small, G. W., Zgourou, E., & Greenfield, P. M. (2014). Five days at outdoor education camp without screens improves preteen skills with nonverbal emotion cues. *Computers in Human Behavior*, 39, 387–392. <https://doi.org/https://doi.org/10.1016/j.chb.2014.05.036>
- Vaghefi, I., Lapointe, L., & Boudreau-Pinsonneault, C. (2017). A typology of user liability to IT addiction. *Information Systems Journal*, 27(2), 125–169.
- Van Ameringen, M., Mancini, C., & Farvolden, P. (2003). The impact of anxiety disorders on educational achievement. *Journal of Anxiety Disorders*, 17(5), 561–571.
- Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. *Journal of Affective Disorders*, 207, 163–166.
- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*, 3(4), 206.
- Wentzel, K. R., Muenks, K., McNeish, D., & Russell, S. (2018). Emotional support, social goals, and classroom behavior: A multilevel, multisite study. *Journal of Educational Psychology*, 110(5), 611.
- Whisman, M. A., Sheldon, C. T., & Goering, P. (2000). Psychiatric disorders and dissatisfaction with social relationships: Does type of relationship matter? *Journal of Abnormal Psychology*, 109(4), 803.
- Widya Henisaputri, R. (2022). Analisis Hubungan Kecanduan Media Sosial Dengan Kecemasan Sosial dan Hubungan Interpersonal pada Remaja. *Journal of Digital Ecosystem for Natural Sustainability (JoDENS)*, 2(1), 2798–6179.

- Wittchen, H.-U., Fuetsch, M., Sonntag, H., Müller, N., & Liebowitz, M. (1999). Disability and quality of life in pure and comorbid social phobia—Findings from a controlled study. *European Psychiatry*, 14(3), 118–131.
- Wu, Y.-J., & Lee, J. (2022). The most salient global predictors of adolescents' subjective Well-Being: Parental support, peer support, and anxiety. *Child Indicators Research*, 15(5), 1601–1629.
- Young, K. (2009). Understanding online gaming addiction and treatment issues for adolescents. *The American Journal of Family Therapy*, 37(5), 355–372.
- Yudianfi, Z. N. (2022). Kecemasan Sosial Remaja Di Desa Selur Ngrayun Ponorogo. *ROSYADA: Islamic Guidance and Counseling*, 3(1), 12–19.
<https://doi.org/10.21154/rosyada.v3i1.4211>
- Zogmaister, C., & Maricutoiu, L. P. (2022). Mirror, mirror on the wall, tell me that I have succeeded at it all: Self-esteem and the defensive mechanisms against failure. *Social Psychology of Education*, 25(5), 1221–1248.
- Zubair, U., Khan, M. K., & Albashari, M. (2023). Link between excessive social media use and psychiatric disorders. *Annals of Medicine and Surgery*, 85(4), 875–878.

UIN SUNAN AMPEL
S U R A B A Y A