

## DAFTAR PUSTAKA

- Andriani, D., Maritasari, D. B., Laela, I., & Husnadia, S. (2025). Pemilihan Teknik Sampling yang Tepat dalam Penelitian Kualitatif: Literature Review. *Indo-MathEdu Intellectuals Journal*, 6(4), 6238-47.
- Arnett J. J. (2000). Emerging adulthood. A theory of development from the late teens through the twenties. *The American psychologist*, 55(5), 469–480.
- Arnett, J. J. (2015). *Emerging adulthood: The winding road from the late teens through the twenties* (2nd ed.). New York: Oxford University Press.
- Arshuha, F. (2019). Pengaruh perbandingan sosial dan perfekionisme terhadap body dissatisfaction pada mahasiswi pengguna Instagram [Skripsi, Universitas Islam Negeri Syarif Hidayatullah Jakarta]. Fakultas Psikologi, UIN Jakarta.
- Awlachev, M. (2025). *The Influence of Parental Attitude on the Self-Esteem of Students with Visual Impairment in Selected Middle Schools of Dessie City, Ethiopia*. <https://doi.org/10.21203/rs.3.rs-7477638/v1>
- Candra, P. S., Rifansha, M. G., Dahnita, N. K. S. D., Kuta, P. C. R., & Elizar, L. J. A. (2023). The Association Between Body Dissatisfaction and Social Media Addiction Among Teenagers in Indonesia. *Jurnal Biologi Tropis*, 23(1), 333–338. <https://doi.org/10.29303/jbt.v23i1.5759>
- Cash, T. F., & Pruzinsky, T. (Eds.). (2002). *Body image: A handbook of theory, research, and clinical practice*. New York: Guilford Press. ISBN: **978-1572307773**
- Castellanos Silva, R., & Steins, G. (2023). Social media and body dissatisfaction in young adults: An experimental investigation of the effects of different image content and influencing constructs. *Frontiers in Psychology*, 14, 1037932. <https://doi.org/10.3389/fpsyg.2023.1037932>
- Erikson, E. H. (1968). *Identity: Youth and crisis*. New York: W. W. Norton & Company.
- Fadkhurosi, A. (2023). Analisis Pearson Product Moment dan Alpha Cronbach dalam Pengembangan Need Assesment Bimbingan dan Konseling. *Jurnal Muria Research Guidance and Counseling (MRGC)*, 2(1), 40-47.
- Ghufron, M. N., & Risnawita, R. (2010). *Teori-teori psikologi*. Jogjakarta: Ar-Ruzz Media.
- Gioia, F., McLean, S. A., Rega, V., & Boursier, V. (2024). What about young adults' photo manipulation activity? The predictive role of body shame and the mediating effect of body esteem. *Current Psychology*, 43(11), 10418–10433. <https://doi.org/10.1007/s12144-023-04946-x>

- Harter, S. (2016). *The Construction of the Self: Developmental and Sociocultural Foundations*. Guilford Press.
- Heider, N., Spruyt, A., & De Houwer, J. (2017). Body dissatisfaction revisited: On the importance of implicit beliefs about actual and ideal body image. *Psychologica Belgica*, 57(4), 158–173. <https://doi.org/10.5334/pb.362>
- Helsa, E., Simanjuntak, E. J., & Theresia, A. (2025). Peran kesepian dalam memediasi *mattering to family* dan *self-esteem* pada dewasa *emerging adulthood* di Indonesia. *Jurnal Ilmiah Keluarga & Konseling*, 18(2), 134–147. <https://doi.org/10.24156/jikk.2025.18.2.134>
- Hidayati, R., Kusmanto, A. S., & Kiswanto, A. (2023). Development and construct validation of Indonesian students self-confidence scale using Pearson product moment. *Pegem Journal of Education and Instruction*, 13(3), 94-103.
- Hysi, F. (2024). The Relation Between *Self-Esteem* and Body Dissatisfaction. *British journal of Psychology Research*, 12(1), 37–48. <https://doi.org/10.37745/bjpr.2013/vol12n13748>
- Iting, A., Ondeng, S., & Mustami, M. K. (2024). Pendekatan penelitian korelasional: Konsep, metode, dan aplikasinya. *Jurnal Panrita*, 5(2), 127-141.
- Jannah, M., Minarni, M., & Saudi, A. N. A. . (2023). Hubungan Self Esteem dengan Body Image pada Remaja Wanita yang Menggunakan Filter Instagram. *Jurnal Psikologi Karakter*, 3(2), 340–346. <https://doi.org/10.56326/jpk.v3i2.2332>
- Jelisavac, D., & Bordon, D. (2024). Validation of the Rosenberg Self-Esteem Scale – RSES (Rosenberg, 1965). *International Journal of Education and Research*, 12(10), 83–91.
- Koesdyantho, A. (2009). Faktor-Faktor yang Berpengaruh Terhadap *Self-Esteem* Mahasiswa. *Jurnal Ilmiah Widya Wacana*, 5.
- Lenaini, I. (2021). Teknik pengambilan sampel purposive dan snowball sampling. *Jurnal Kajian, Penelitian & Pengembangan Pendidikan Sejarah*, 6(1), 33-39.
- Maroqi, N. (2018). Uji validitas konstruk pada instrumen Rosenberg Self-Esteem Scale dengan metode confirmatory factor analysis (CFA). *JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia)*, 7(2), 92–96.
- Millenia, Z. & Hidayat, T.W., (2025). Dampak Penggunaan Filter Instagram dan Tiktok Terhadap Citra Diri, Terutama Bagi Wanita. *Jurnal Ilmu Pemerintahan, Administrasi Publik, Ilmu Komunikasi (JIPIKOM)*, 7(2): 144-150.

- Momeñe, J., Estévez, A., Herrero, M., Griffiths, M. D., Olave, L., & Iruarrizaga, I. (2023). Emotional regulation and body dissatisfaction: the mediating role of anger in young adult women. *Frontiers in Psychiatry*, 14. <https://doi.org/10.3389/fpsy.2023.1221513>
- Nabilla, S., Fitri, N. H., & Napitupulu, R. P. A. (2024). TINGKAT SELF-ESTEEM PADA REMAJA SMA/SMK. *Jurnal Ilmiah Zona Psikologi*. <https://ejurnal.univbatam.ac.id/index.php/zonapsikologi>
- Nathania, B., & Sudagijono, J. S. (2024). Pengaruh self-esteem terhadap loneliness pada wanita emerging adulthood. *Experientia: Jurnal Psikologi Indonesia*.
- Nisa, N. N. (2025). Analisis Dampak Inner-Child terhadap Self-Esteem pada Masa Dewasa Awal. UIN Syekh Nurjati Cirebon.
- Oktalia, B., Tiatri, S., & Heni Mularsih, dan. (2018). EFEKTIVITAS PROGRAM PSIKOEDUKASI PENGEMBANGAN SELF-ESTEEM UNTUK MENINGKATKAN SELF-ESTEEM REMAJA KELAS 1 DI SMP X. 2(2), 769–778.
- Orth, U., & Robins, R. W. (2014). The Development of Self-Esteem. *Current Directions in Psychological Science*, 23(5), 381–387. <https://doi.org/10.1177/0963721414547414>
- Pratiwi, D. D. (2025). Hubungan Self-Esteem dengan Quarter Life Crisis pada Dewasa Awal. Universitas Medan Area.
- Pratiwi, M. V., & Sawitri, D. R. (2020). HUBUNGAN ANTARA KETIDAKPUASAN PADA TUBUH DENGAN HARGA DIRI PADA WANITA DEWASA AWAL ANGGOTA PUSAT KEBUGARAN MOETHYA. *Jurnal EMPATI*, 9(4), 306-312. <https://doi.org/10.14710/empati.2020.28956>
- Rahmi, A. M., & Anggraini, D. (2023). Body image dengan self-esteem di masa emerging adulthood pada wanita pageant. *Jurnal Psikologi Universitas Sriwijaya*.
- Resty, G. T. (2015). *Pengaruh penerimaan diri terhadap harga diri remaja di Panti Asuhan Yatim Putri Aisyiyah Yogyakarta*. Artikel e-journal, Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Negeri Yogyakarta.
- Riyanto, N. A., & Fitriani, A. (2025). Hubungan antara Harga Diri dengan Ketidakpuasan Tubuh pada Perempuan Dewasa Awal Pengguna Media Sosial. *Fakultas Psikologi Universitas Islam Sultan Agung*, 02(03).
- Rogers, C. R. (2012). *On becoming a person: A therapist's view of psychotherapy*. Houghton Mifflin Harcourt.

Santrock, J. W. (2011). *Life-Span Development (Perkembangan Masa Hidup)* Jakarta: Erlangga.

Sastri, P. D., Akbar, R. F., Putri Djaelani, B. P., & Wahdah, N. S. (2024). The relationship between body dissatisfaction and self-esteem among university X students in Bandung City. *International Journal of Psychology and Health Science*, 2(3).

Schwartz, S. J., et al. (2015). Identity development in emerging adulthood: A decade in review. *Emerging Adulthood*, 5(2), 104–117.

Septiani, A. (2024). *Pengaruh self-esteem, adult attachment style, dan social comparison terhadap body dissatisfaction pada wanita dewasa awal yang berpacaran* [Skripsi, Universitas Islam Negeri Syarif Hidayatullah Jakarta]. Fakultas Psikologi, UIN Jakarta.

Tariq, M., & Ijaz, T. (2015). Development of Body Dissatisfaction Scale for University Students. Dalam *Pakistan Journal of Psychological Research* (Vol. 30, Nomor 2).

Tombeng, E. M., & Yuwono, E. S. (2023). Keterkaitan Self-Esteem Dengan Fear Of Missing Out (FOMO) Pada JMS Youth Yang Menggunakan Media Sosial. *Jurnal Pendidikan dan Konseling*, 5.

Tsartsapakis, I., Zafeiroudi, A., Vanna, G., & Gerou, M. (2023). Relationships of body dissatisfaction and self-esteem with social physique anxiety among university students. *Trends in Psychology*, 33, 1175–1188. <https://doi.org/10.1007/s43076-022-00212-1>.

