

DAFTAR PUSTAKA

- A Quarter of Indonesians Have Experienced Suicidal Thoughts. (2019). YouGov. <https://id.yougov.com/id/news/2019/06/26/quarter-indonesians-have-experienced-suicidal-thou/>
- Adiputra, I. M. S. (2021). *Metodologi Penelitian Kesehatan*. Yayasan Kita Menulis.
- Afnibar, A., & Fajhriani, D. (2020). Pemanfaatan WhatsApp sebagai Media Komunikasi antara Dosen dan Mahasiswa dalam Menunjang Kegiatan Belajar (Studi terhadap Mahasiswa UIN Imam Bonjol Padang). *AL MUNIR: Jurnal Komunikasi Dan Penyiaran Islam*, 70–83.
- Agianto, R., Setiawati, A., & Firmansyah, R. (2020). Pengaruh media sosial instagram terhadap gaya hidup dan etika remaja. *Tematik*, 7(2), 130–139.
- Aisyah, I. U., & Wijayani, Q. N. (2023). Penggunaan Gadget Terhadap Kualitas Tidur Dan Kesehatan Mental Remaja. *Triwikrama: Jurnal Multidisiplin Ilmu Sosial*, 2(9), 11–20.
- Al Yasin, R., Roro Kirani Annisa Anjani, R., Salsabil, S., Rahmayanti, T., & Amalia, R. (2022). *Pengaruh Sosial Media Terhadap Kesehatan Mental Dan Fisik Remaja: A Systematic Review*. 3(2).
- Allegro, H. N. A., & Van Vliet, K. J. (2024). The Lived Experience and Impact of Compassion for Others in Undergraduate Students' Recovery From Suicidal Ideation. *Emerging Adulthood*, 12(3), 302–317. <https://doi.org/10.1177/21676968241231025>
- Almasyhur, A. F., & Nasrun, M. W. (2021). *Uji Validitas Instrumen Connor-Davidson Resilience Scale 25 (CD-RISC 25) versi Bahasa Indonesia = The Validation Study of Connor-Davidson Resilience Scale 25 (CD-RISC 25) in Indonesia* [Tesis]. Fakultas Kedokteran Universitas Indonesia.
- Aluh, D. O., Chukwuobasi, T., & Mosanya, A. U. (2019). A cross-sectional survey of Social Media Anxiety among students of University of Nigeria. *Journal of Mental Health and Human Behaviour*, 24(1), 51–56.
- Alvara Research Center. (2020). *Tahun Yang Mengubah Arah Peradaban Manusia*. <http://alvara-strategic.com/wp-content/uploads/2020/12/Catatan-Akhir-Tahun-Alvara-2020.pdf>
- Alyas, M., Mahesar, R., & Shoib, S. (2025). The impact of social media screen-exposure time on suicidal ideation among Pakistani adolescents. *International Journal of Social Psychiatry*, 71(1), 149–168.
- Alzahra, T., Febianti Br Surbakti, I., Aulia Br Ginting, C., Listya Sitepu, I., Sari Putri, W., & Harahap, N. (2024). *Persepsi Penggunaan Media Sosial Terhadap Interaksi Sosial Di Kalangan Mahasiswa*. 1(3), 171–177.

- Amelisastris, W. (2024). Hubungan Stres Dan Dukungan Sosial Terhadap Resiliensi Remaja Yang Di Tinggal Orang Tuanya Merantau. In *Jurnal Multidisiplin Inovatif* (Vol. 8, Issue 8).
- American Psychological Association. (2019). *Stress In America™ Generation Z*.
- Anafidah, F. (2024). *Pengaruh Resiliensi Terhadap Distres Psikologis Mahasiswa Bimbingan Penyuluhan Islam IAIN Ponorogo Angkatan 2020 Dan 2021* [Doctoral dissertation]. IAIN Ponorogo.
- Andrews, G., & Slade, T. (2001). Interpreting scores on the Kessler psychological distress scale (K10). *Australian and New Zealand Journal of Public Health*, 25(6), 494–497.
- Ang, W. H. D., Shorey, S., & Lopez, V. (2022). Generation Z undergraduate students' resilience during the COVID-19 pandemic: a qualitative study. *Current Psychology*, 41(11), 8132–8146.
- Anggarini, D. R., Putri, A. D., & Lina, L. F. (2021). Literasi Keuangan untuk Generasi Z di MAN 1 Pesawaran. *Jurnal Abdi Masyarakat Indonesia*, 1(1), 147–152. <https://doi.org/10.54082/jamsi.42>
- Anggi, E. F. (2012). *Hubungan antara intensitas menonton sinetron televisi terhadap perilaku imitasi gaya hidup artis pada remaja*. Universitas Islam Indonesia.
- Anshari, A. A. (2022). Studi Kasus Adaptasi Generasi X Dan Generasi Z Terhadap Penggunaan Aplikasi Grab Dan Gojek Di Kota Malang. *LoroNG: Media Pengkajian Sosial Budaya*, 11(1).
- Arsini, Y., Azzahra, H., Syahputra Tarigan, K., Azhari, I., Sumatera, U., & Medan, U. (2023). Pengaruh media sosial terhadap kesehatan mental remaja. *Mudabbir Journal Research and Education Studies*, 3(2), 50–54. <http://jurnal.permapendis-sumut.org/index.php/mudabbir>
- Arum, L. S., Zahrani, A., & Duha, N. A. (2023). Karakteristik Generasi Z Dan Kesiapannya Dalam Menghadapi Bonus Demografi 2030. In *Accounting Student Research Journal* (Vol. 2, Issue 1).
- Aruta, J. J. B. R. (2022). Socio-ecological determinants of distress in Filipino adults during COVID-19 crisis. *Current Psychology*, 41(11), 7482–7492.
- Ashal, T., Liza, R. G., & Sauma, E. (2022). Gambaran Resiko Ide Bunuh Diri pada Mahasiswa Fakultas Kedokteran Universitas Andalas. *Majalah Kedokteran Andalas*, 45(4), 598–609. fakultas kedokteran universitas andalas. *Majalah Kedokteran Andalas*, 45(4), 598–609. <https://doi.org/https://doi.org/10.25077/mka.v45.i4.p598-609.2022>
- Asror, M. (2020). Studi analisis program bimbingan konseling komprehensif berbasis islam untuk meningkatkan resiliensi siswa. *Pamomong: Journal of Islamic Educational Counseling*, 1(1), 1–13.

- Astuti, T., Desvianti, R. A., & Bangsawan, M. (2019). Pengaruh Psikoedukasi terhadap Kecemasan Ibu Pre Operasi Kanker Payudara. *Jurnal Kesehatan*, 10(1), 121–126.
- Aulia, N., Yulastri, Y., & Sasmita, H. (2020). Faktor psikologi sebagai risiko utama ide bunuh diri pada remaja di Kota Rengat Kabupaten Indragiri Hulu. *Journal of Health Research "Forikes Voice"*, 11, 48–52.
- Ayub, M., & Sulaeman, S. F. (2022). Dampak Sosial Media Terhadap Interaksi Sosial Pada Remaja: Kajian Sistematis. *Jurnal Penelitian Bimbingan Dan Konseling*, 7(1).
- Azizah, A. H., Warsini, S., & Yuliandari, K. P. (2023). Hubungan Stres Akademik dengan Kecenderungan Depresi Mahasiswa Ilmu Keperawatan Universitas Gadjah Mada pada Masa Transisi Pandemi COVID-19. *Jurnal Keperawatan Klinis Dan Komunitas (Clinical and Community Nursing Journal)*, 7(2), 114. <https://doi.org/10.22146/jkkl.84827>
- Azizah, L. M. R., Kotijah, S., & Wulandari, A. (2023). *Hubungan Tingkat Stres dengan Strategi Koping pada Mahasiswa S1 Keperawatan Regular yang Sedang Mengerjakan Skripsi di Universitas Bina Sehat PPNi Mojokerto* [Doctoral dissertation]. Universitas Bina Sehat.
- Azzahra, F. (2017). Pengaruh Resiliensi Terhadap Distres Psikologis Pada Mahasiswa. *Jurnal Ilmiah Psikologi Terapan*, 5(1), 80–96.
- Bacchi, S., & Licinio, J. (2017). Resilience and psychological distress in psychology and medical students. *Academic Psychiatry*, 41, 185–188.
- Badan Pusat Statistik. (2022). *STATISTIK POTENSI DESA Indonesia VILLAGE POTENTIAL STATISTICS OF INDONESIA*.
- Bantjes, J., Kagee, A., & Saal, W. (2017). Suicidal ideation and behaviour among persons seeking HIV testing in peri-urban areas of Cape Town, South Africa: a lost opportunity for suicide prevention. *AIDS Care*, 29(7), 919–927.
- Barros-Areal, A. F., Albuquerque, C. P., Silva, N. M., da Nóbrega Lucena Pinho, R., Alves Oliveira, A. P. R., da Silva, D. L. M., Gomes, C. M., de Oliveira, F. A. R., Kurizky, P. S., Gomides Reis, A. P. M., Ferreira, L. T., de Amorim, R. F. B., Lima, M. P., Besch, C. S., Gatto, G. C., Costa, T. F., da Silva, E. N., Schulte, H. L., Espindola, L. S., & da Mota, L. M. H. (2022). Impact of COVID-19 on the mental health of public university hospital workers in Brazil: A cohort-based analysis of 32,691 workers. *PLoS ONE*, 17(6), 6. <https://doi.org/10.1371/journal.pone.0269318>
- Beck, A. T. A., Rush, A. J., Shaw, B., Emery, G., DeRubeis, R. J., & Hollon, S. D. (2024). *Cognitive therapy of depression* (Second Edition). Guilford Publications.
- Beck, A. T., & Alford, B. A. (2009). *Depression: Causes and treatment*. University of Pennsylvania Press.

- Beck, A. T., Kovacs, M., & Weissman, A. (1979). Assessment of Suicidal Intention: The Scale for Suicide Ideation. In *Journal of Consulting and Clinical Psychology* (Vol. 47, Issue 2).
- Belmaker, R. H. (2008). The future of depression psychopharmacology. *CNS Spectrums*, 13(8), 682–687.
- Bergo, B. (2020). *A Philosophical History*. Oxford University Press.
- BPS. (2020). *Jumlah Penduduk menurut Wilayah, Klasifikasi Generasi, dan Jenis Kelamin, INDONESIA, Tahun 2020*.
- Brailovskaia, J., Krasavtseva, Y., & Margraf, J. (2022). The relationship between daily stress, social media use, and suicidal ideation: A moderated mediation model. *Health Psychology Open*, 9(2), 1–10.
- Brailovskaia, J., Phillip, O., & Bierhoff, H.-W. (2021). How to prevent side effects of social media use (SMU)? Relationship between daily stress, online social support, physical activity and addictive tendencies—A longitudinal approach before and during the first Covid-19 lockdown in Germany. *Journal of Affective Disorders Reports*, 5.
- Bukhori, A., Yanti, A. R., & Rahmawati, A. (2023). *Penerapan Mindfulness Training sebagai Upaya dalam Mengurangi Psychological Distress pada Generasi Z*.
- Cadaret, M. C., & Bennett, S. R. (2019). College students' reported financial stress and its relationship to psychological distress. *Journal of College Counseling*, 22(3), 225–239.
- Canday, V. (2020). CDC: pandemic taking heavy toll on mental health of 1 in 4 young people. *Ment Health Wkly*, 30(33), 1–3.
- Chellappa, S. L., & Aeschbach, D. (2022). Sleep and anxiety: From mechanisms to interventions. *SleepMedicineReviews*, 61, 101583.
- Chen, J., Zhang, Y., & Cheng, F. (2023). Symptom distress and suicidal ideation among Chinese ovarian cancer patients. *Front. Psychol*, 14, 1073995.
- Childers, C., & Boatwright, B. (2021). Do digital natives recognize digital influence? Generational differences and understanding of social media influencers. *Journal of Current Issues & Research in Advertising*, 42(4), 425–442.
- Choi, D., & Noh, G. (2020). Associations Between Social Media Use and Suicidal Ideation in South Korea: Mediating Roles of Social Capital and Self-esteem. *Health Communication*, 35(14).
- Codrington, G. T., & Grant-Marshall, S. (2004). *Mind The Gap*. Penguin Books, Rosebank.
- Connor, K. M., & Davidson, J. R. T. (2003). Development of a new Resilience scale: The Connor-Davidson Resilience scale (CD-RISC). *Depression and Anxiety*, 18(2), 76–82. <https://doi.org/10.1002/da.10113>

- Coronado-Hijón, A. (2017). Academic Resilience: A Transcultural Perspective. *Procedia - Social and Behavioral Sciences*, 237, 594–598. <https://doi.org/10.1016/j.sbspro.2017.02.013>
- Crestani, F., Losada, D., & Parapar, J. (2022). Early Detection of Mental Health Disorders by Social Media Monitoring. *Studies in Computational Intelligence*, 1018, 4.
- Cross, M. (2020). *Anxiety: Expert Advice from a Neurotic Shrink Who's Lived with Anxiety All His Life*. ABC Books.
- Dalky, H. F., & Gharaibeh, A. (2019). Depression, anxiety, and stress among college students in Jordan and their need for mental health services. *In Nursing Forum*, 54(2), 205–212.
- Dari, S. W., Abdi, S., & Erwin, A. (2022). Efektivitas Konseling Kelompok Cognitive Restructuring Untuk Meningkatkan Resiliensi Siswa di Masa Pandemi. *Jurnal Pendidikan Dan Konseling*, 4(6), 3308–3314.
- Darlington-Bernard, A., Salque, C., Masson, J., Darlington, E., Carvalho, G. S., & Carrouel, F. (2023). Defining Life Skills in Health Promotion at School: a Scoping Review. *Front Public Health*.
- De La Cruz, M. H. (2022, July 15). *Nearly 40% of young users use TikTok or Instagram when looking for restaurants, Google says*. CBS8.
- Desai, N. D., Chavda, P., & Shah, S. (2021). Prevalence and predictors of suicide ideation among undergraduate medical students from a medical college of Western India. *Medical Journal Armed Forces India*, 77, S107–S114. <https://doi.org/10.1016/j.mjafi.2020.11.018>
- Desalegn, G. T., Wondie, M., Dereje, S., & Addisu, A. (2020). Suicide ideation, attempt, and determinants among medical students Northwest Ethiopia: An institution-based cross-sectional study. *Annals of General Psychiatry*, 19(1). <https://doi.org/10.1186/s12991-020-00295-2>
- Dewinda, H. R., Fitria, L., & Wijaya, I. (2024). *Resiliensi Remaja*. SCOPINDO MEDIA PUSTAKA.
- Diah, N. K., Kusumayanti, W., Eka Swedarma, K., Oka, P., & Nurhesti, Y. (2020). *Hubungan Faktor Psikologis Dengan Risiko Bunuh Diri Pada Remaja Sma Dan Smk Di Bangli Dan Klungkung* (Vol. 8, Issue 2).
- Dong, J., Li, Y., & Qu, Y. (2024). Heterogeneity in Mobile Phone Addiction Among University Freshmen and its Relationship with Psychological Resilience: a Person-centered Approach. *Int J Ment Health Addiction*.
- Dong, X. S., Brooks, R. D., Brown, S., & Harris, W. (2022). Psychological distress and suicidal ideation among male construction workers in the United States. *American Journal of Industrial Medicine*, 65(5), 396–408.
- Duprey, E. B., Oshri, A., & Liu, S. (2019). Childhood Maltreatment, Self-esteem, and Suicidal Ideation in a Low-SES Emerging Adult Sample: The Moderating Role of

- Heart Rate Variability. *Archives of Suicide Research*, 23(2), 333–352. <https://doi.org/10.1080/13811118.2018.1430640>
- Dyer, C. (2022). Social media content contributed to teenager's death "in more than a minimal way," says coroner. *BMJ Journals*, 379.
- East Ventures. (2024). *East Ventures – Digital Competitiveness Index 2024: Realizing Indonesia's digital sovereignty*.
- Easton, S. D., Safadi, N. S., Wang, Y., & Hasson, R. G. (2017). The Kessler psychological distress scale: translation and validation of an Arabic version. *Health and Quality of Life Outcomes*, 1–7.
- Edmawati, M. D. (2021). Keefektifan Konseling Kelompok Berbasis Kearifan Lokal Tembang Macapat Sinom untuk Meningkatkan Resiliensi Generasi Z. *Counselia: Jurnal Bimbingan Dan Konseling*, 11(12), 143–156.
- Enggarsari, T. K. (2021, September). *Kemenkes: Bunuh diri usia 15-29 tahun penyebab kematian nomor dua di RI*. Alinea.id.
- Evans, E., Hawton, K., Rodham, K., & Deeks, J. (2005). The prevalence of suicidal phenomena in adolescents: a systematic review of population-based studies. *Suicide and Life-Threatening Behavior*, 35(5), 239–250.
- Everall, R. D., Jessica Altrows, K., & Paulson, B. L. (2006). Creating a future: A study of resilience in suicidal female adolescents. *Journal of Counseling and Development*, 84(4), 461–470. <https://doi.org/10.1002/j.1556-6678.2006.tb00430.x>
- Fadilah, F., & Mahyuni, S. R. (2019). Analisis Faktor Yang Mempengaruhi Locus Of Control Mahasiswa Pendidikan Matematika FKIP Universitas Samudra. *Jurnal IPA & Pembelajaran IPA*, 2(2), 100–105. <https://doi.org/10.24815/jipi.v2i2.10731>
- Faizah, N. N., Sulistiawati, S., Nugrahayu, E. Y., Mualimin, J., & Ibrahim, A. (2021). Gambaran Gejala Depresi pada Mahasiswa Fakultas Kedokteran Universitas Mulawarman. *Jurnal Sains Dan Kesehatan*, 3(5), 654–660. <https://doi.org/10.25026/jsk.v3i5.545>
- Fakhriyani, D. V. (2021). *Peran Resiliensi Terhadap Kesehatan Mental: Penyesuaian Psikologis Selama Pandemi Covid-19 (The Role of Psychological Resilience in Mental Health: Psychological Adjustment During the Covid-19 Pandemic)*. 465. <https://doi.org/10.31234/osf.io/desg9>
- Fang, Z., Bao, Y., & Hua, M. (2024). Social media use for work during non-work hours and turnover intention: the mediating role of burnout and the moderating role of resilience. *Frontiers in Psychology*, 15.
- Farhan, F., & Biran, M. (2022). Perspektif teori holland dalam pemilihan karir siswa SMA di era teknologi informasi. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 8(1), 9. <https://doi.org/10.29210/1202221148>

- Farhangdoost, Y. (2010). Determining Risk Factors and Demographic Patterns of Suicide in Tehran. *Polish Psychological Bulletin*, 41(2), 52–57. <https://doi.org/10.2478/v10059-010-0007-1>
- Fathadhika, S., Hafiza, S., & Rahmita, N. R. (2020). *Are you millennial generation? The effect of social media use toward mental health among millennials.*
- Febrianti, D., & Husniawati, N. (2021). Hubungan tingkat depresi dan faktor resiko ide bunuh diri pada remaja SMPN. *Jurnal Ilmiah Kesehatan*, 13(1), 85–94.
- Febrianti, S. A., Dewi, D. A., & Adriansyah, M. I. (2024). Lunturnya Nilai Moral dan Karakter Anak Bangsa Sebagai Dampak Dari Kemajuan Teknologi. *PRIMER: Jurnal Ilmiah Multidisiplin*, 2(1), 1–8. <https://doi.org/10.55681/primer.v2i1.269>
- Fero, D., & Silalahi, M. (2024). Optimizing the Use of New Media in the Gen-Z Era to Strengthen Sustainable Tourism. *Media Wisata*, 22(2), 371–382.
- Florensa, Sari, L., Hidayah, N., Yousriatin, F., & Litaqia, W. (2023a). Edukasi Kesehatan Jiwa Dalam Meningkatkan Resiliensi Remaja Kota Pontianak. *Jurnal Pengabdian Mandiri*, 2.
- Florensa, Sari, L., Hidayah, N., Yousriatin, F., & Litaqia, W. (2023b). Edukasi Kesehatan Jiwa Dalam Meningkatkan Resiliensi Remaja Kota Pontianak. *Jurnal Pengabdian Mandiri*, 2, 1755–1760.
- Fortinash, K., & Worret, P. A. H. (2011). *Psychiatric mental health nursing*. Elsevier Health Sciences.
- Francis, T., & Hoefel, F. (2018). True Gen': Generation Z and its implications for companies. *Mckinsey & Company*, 12(2).
- Fransiska, E. A., Putri, T. H., & Ligita, T. (2023). Hubungan Smartphone Addiction Dengan Tingkat Kecemasan Akademik Pada Mahasiswa Fakultas Kedokteran Universitas Tanjungpura. *Urnal Keperawatan Jiwa (Jkj): Persatuan Perawat Nasional Indonesia*, 11(3), 529–536.
- Frijanto, A. (2022, September 6). *Depresi dan Bunuh Diri*. Kementerian Kesehatan RI. https://yankes.kemkes.go.id/view_artikel/1450/depresi-dan-bunuh-diri
- Gao, J., Zheng, P., Jia, Y., Chen, H., Mao, Y., & Chen, S. (2020). Mental health problems and social media exposure during COVID-19 outbreak. *Plos One*, 15(4).
- Grant, J., Batterham, P., & McCallum, S. (2023). Specific anxiety and depression symptoms are risk factors for the onset of suicidal ideation and suicide attempts in youth. *Journal of Affective Disorders*, 299–305.
- Greeff, A. P., & Ritman, I. N. (2005). Individual Characteristics Associated With Resilience In Single-Parent Families '. In *O Psychological Reports* (Vol. 96).
- Groh, A., Bahlmann, L., Colic, L., & Schulz, A. (2024). Psychological distress among individuals with a suicide attempt or suicidal ideation and suicide attempts patterns: first two years of the pandemic. *Frontiers in Psychiatry*, 15, 1366191.

- Grotberg, E. H. . (1995). *A guide to promoting resilience in children: strengthening the human spirit*. Fundación Bernard van Leer.
- Gunawan, H., Anggraeni, I., & Nurrachmawati, A. (2021). Preventif: Jurnal Kesehatan Masyarakat Hubungan Intensitas Penggunaan Media Sosial Dengan Kesehatan Mental Mahasiswa Pada Masa Pandemi Covid-19. *Preventif: Jurnal Kesehatan Masyarakat*, 12(2), 282–295. <http://jurnal.fkm.untad.ac.id/index.php/preventif>
- Guntur, A., Putri Rahmadanty, I., & Ulfa, M. (2022). Mental Health Stigma Among Generation Z Students in Salafi Islamic Boarding Schools. *Journal of Health Sciences*, 15(03), 283–290. <https://doi.org/10.33086/jhs.v15i03.2886>
- Gusmunardi, G., Sarfika, R., & Sasmita, H. (2023). Faktor resiko dan faktor protektif resiko bunuh diri pada remaja. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 13(4), 1455–1466.
- Haand, R., & Shuwang, Z. (2020). The relationship between social media addiction and depression: a quantitative study among university students in Khost, Afghanistan. *International Journal of Adolescence and Youth*, 25(1), 780–786. <https://doi.org/10.1080/02673843.2020.1741407>
- Hamilton, J., Biernesser, C., & Moreno, M. (2021). Social media use and prospective suicidal thoughts and behaviors among adolescents at high risk for suicide. *Suicide and Life-Threatening Behavior*, 51(6), 1203–1212.
- Han, J., Wong, I., Christensen, H., & Batterham, P. J. (2022). Resilience to suicidal behavior in young adults: a cross-sectional study. *Scientific Reports*, 12(1), 11419.
- Hanafi, M., & Suryani, D. (2020). Faktor-faktor yang Mempengaruhi Resiliensi pada Anak-Anak dalam Keluarga Miskin. *Jurnal Ilmu Keluarga Dan Konsumen*, 4(1), 25–35.
- Harmer, B., Lee, S., & Duong, T. V. H. (2020). *Suicidal ideation*. <https://www.ncbi.nlm.nih.gov/books/NBK565877/>
- Hasanah, A., Sri Lestari, A., Rahman, A. Y., & Danil, Y. I. (2020). *Analisis Aktivitas Belajar Daring Mahasiswa Pada Pandemi COVID-19*.
- Hasanah, U., Fitri, N. L., Supardi, S., & Ph, L. (2020). Depresi pada mahasiswa selama masa pandemi covid-19. *Jurnal Keperawatan Jiwa*, 8(4), 421–424.
- Hendarto, W. T., & Ambarwati, K. D. (2020). Perfeksionisme dan distres psikologis pada mahasiswa. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 11(2).
- Herrman, H., Stewart, D. E., Diaz-Granados, N., Berger Dphil, E. L., Jackson, B., & Yuen, T. (2011). What Is Resilience? *The Canadian Journal of Psychiatry*, 56(5), 258–265.
- Hidayat, M. A. (2023). Self Disclosure Generasi Z pada Media Sosial TikTok (Mochammad Alwi Hidayat). *HUMANUS: Jurnal Sosiohumaniora Nusantara*, 1(1), 81–92.

- Hijrianti, U. R., & Fitriani, A. M. (2020). Peran konformitas sebagai mediator hubungan harga diri dan perilaku konsumtif pada mahasiswa. *Mediapsi*, 6(1), 48–59.
- Holaday, M., & McPhearson, R. W. (1997). Resilience and severe burns. *Journal of Counseling and Development*, 75(5), 346–356. <https://doi.org/10.1002/j.1556-6676.1997.tb02350.x>
- Hu, H., Yang, X., Mo, P. K., & Zhao, C. (2022). How mobile phone addiction is associated with suicidal ideation in university students in China: roles of depression and online social support. *Frontiers in Psychology*, 13, 1001280.
- Hubwieser, P., & Mühling, A. (2014). Playing PISA with bebras. *ACM International Conference Proceeding Series*, 128–129. <https://doi.org/10.1145/2670757.2670759>
- Huda, A. (2023). *Pengaruh resiliensi, depresi, dan faktor demografi terhadap ide bunuh diri mahasiswa Uin Syarif Hidayatullah Jakarta* [Bachelor's thesis]. Fakultas Psikologi UIN Syarif Hidayatullah.
- Hughes, S. (2018). *Effects of social media on depression anxiety and stress*.
- Hussien, R. M. (2022). Relationship between resilience and psychological distress among hospital staff nurses. *Journal of Positive School Psychology*, 6(9), 809–822.
- IDN Media. (2024). *Indonesia Gen Z Report 2024*.
- I-NAMHS. (2022). *I-NAMHS: Indonesia-National Adolescent Mental Health Survey*.
- Iskandar, S. (2023). ANALISA DAMPAK PENURUNAN INTENSITAS INTERAKSI SOSIAL AKIBAT PENERAPAN PHYSICAL DISTANCING DAN SOCIAL DISTANCING TERHADAP TINGKAT STRES SESEORANG: STUDI KASUS DI SALAH SATU KELAS DI IAIN SULTAN AMAI GORONTALO. *Tarbiyatuna Kajian Pendidikan Islam*, 7(1), 001–009.
- Jantz, G. L. (2021). *Social Media and Depression: How to be Healthy and Happy in the Digital Age*. Rose Publishing.
- Jatmiko, I., Fitriyarsari, R., Dian Tristiana, R., Keperawatan, F., Airlangga, U., Mulyorejo Surabaya, K. C. J., & Timur, J. (2021). Analisis Faktor Penyebab Ide Bunuh Diri Pada Remaja: Literatur Review. *Jurnal Ilmu Keperawatan Jiwa*, 4(2), 361–374. <https://journal.ppnijateng.org/index.php/jikj>
- Jauhari, M. K. P., & Arviani, H. (2023). Analisis Resepsi Gen Z Terhadap Isu Kesehatan Mental Dalam Film Dokumenter “Selena Gomez: My Mind & Me.” *Innovative : Journal of Social Science Research*, 3(3), 5351–5365.
- Joiner, T. E., Brown, J. S., & Wingate, L. R. R. (2005). The psychology and neurobiology of suicidal behavior. In *Annual Review of Psychology* (Vol. 56, pp. 287–314). <https://doi.org/10.1146/annurev.psych.56.091103.070320>
- Joiner, T. E., Steer, R. A., Brown, G., Beck, A. T., Pettit, J. W., & Rudd, M. D. (2003). Worst-point suicidal plans: A dimension of suicidality predictive of past suicide

- attempts and eventual death by suicide. *Behaviour Research and Therapy*, 41(12), 1469–1480. [https://doi.org/10.1016/S0005-7967\(03\)00070-6](https://doi.org/10.1016/S0005-7967(03)00070-6)
- Junus, A., & Yip, P. S. (2023). Preventing comorbidity between distress and suicidality: a network analysis. *Npj Mental Health Research*, 2(1), 2.
- Kaplan, A. M., & Haenlein, M. (2012). Social media: back to the roots and back to the future. *Journal of Systems and Information Technology*, 14(2), 101–104.
- Karim, F., Oyewande, A., & Abdalla, L. (2020). Social media use and its connection to mental health: A systematic review. *Cureus*, 12(6), e8627.
- Karisma, N. W. P. C., & Fridari, I. G. A. D. (2021). Gambaran pengembangan ide bunuh diri menuju upaya bunuh diri. *Buletin Ilmiah Psikologi*, 2(1), 1–6.
- Katkar, K., Pungky, P., & Utami, R. R. (2021). Pelatihan resiliensi pada remaja panti asuhan. *Jurnal Surya Masyarakat*, 4(1), 89–96.
- Keating, S. R., & Rudd-Arieta, M. (2021). Emerging adults' attitudes and beliefs about suicide and technology/social media. *The Journal for Nurse Practitioners*, 17(1), 833–839.
- Keles, B., Grealish, A., & Leamy, M. (2024). The beauty and the beast of social media: an interpretative phenomenological analysis of the impact of adolescents' social media experiences on their mental health during the Covid-19 pandemic. *Current Psychology*, 43(1), 96–112.
- Keliat, B. A., Tololiu, T. A., Daulima, N. H. C., & Erawati, E. (2015). The influence of the training of coping skills for stress on self-control and intensity of depression among adolescents with suicide risk. *International Journal of Advanced Nursing Studies*, 4(2), 110.
- Kementrian Kesehatan Indonesia. (2023). *Survei Kesehatan Indonesia Dalam Angka*.
- Kessler, R. C., Andrews, G., Colpe, L. J., Hiripi, E., Mroczek, D. K., Normand, S. L., & Zaslavsky, A. M. (1997). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32(6), 959–976.
- Kholis, N. (2021). Dakwah virtual, generasi Z dan moderasi beragama. *Dakwah Virtual, Generasi Z Dan Moderasi Beragama*, 155–168.
- Kim, S. M., Kim, H. R., Min, K., Yoo, S., Shin, Y. C., Kim, E. J., & Jeon, S. W. (2020). Resilience as a protective factor for suicidal ideation among Korean workers. *Psychiatry Investigation*, 17(2), 147.
- Klonsky, E. D., & May, A. M. (2015). The Three-Step Theory (3ST): A New Theory of Suicide Rooted in the “Ideation-to-Action” Framework. In *International Journal of Cognitive Therapy* (Vol. 8, Issue 2).
- Knowles, G., Gayer-Anderson, C., Turner, A., Dorn, L., Lam, J., Davis, S., Blakey, R., Lowis, K., Pinfold, V., Creary, N., Dyer, J., Hatch, S. L., Ploubidis, G., Bhui, K., Harding, S., & Morgan, C. (2022). Covid-19, social restrictions, and mental

- distress among young people: a UK longitudinal, population-based study. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 63(11), 1392–1404. <https://doi.org/10.1111/jcpp.13586>
- Koroh, Y. A., & Andriany, M. (2020). Faktor-faktor yang mempengaruhi resiliensi warga binaan pemasyarakatan pria: Studi Literatur. *Holistic Nursing and Health Science*, 3(1), 64–74.
- Kupperschmidt, B. R. (2000). Multigeneration Employees: Strategies for Effective Management. *The Health Care Manager*, 19(1), 65–76.
- Laitkep, D., & Repkova Stofkova, K. (2021). Shopping behaviour of e - commerce customers on the example of generation Z. *SHS Web of Conferences*, 129, 02009. <https://doi.org/10.1051/shsconf/202112902009>
- Laka, L., Darmansyah, R., & Judijanto, L. (2024). *Pendidikan Karakter Gen Z Di Era Digital*. PT. Sonpedia Publishing Indonesia.
- Lalenoh, G. A., Zega, I. B. P., Yuni, I. F., Florensa, M. V. A., & Ningsih, M. T. A. S. (2021). Hubungan tingkat stres dengan ide bunuh diri pada mahasiswa [the relationship between stress levels and suicide ideation in college students]. *Nursing Current: Jurnal Keperawatan*, 9(1), 89–101.
- Lemeshow, S., H. D. W., K. J., & L. S. K., Hosmer, D. W., Klar, J., & Lwangga, S. K. (1997). *Besar Sampel dalam Penelitian Kesehatan* (H. Kusnanto & D. Pramono, Eds.). Gadjah Mada University Press.
- Levin, M. (2005). *Spiritual Intilience*. Gramedia.
- Li, J. (2019). *A Study on Suicide: Diagnosis and Solutions*. Springer Nature Singapore.
- Liah, A. N., Maulana, F., Aulia, G. N., & Syahira, S. (2023). Pengaruh media sosial terhadap degradasi moral generasi Z. *Jurnal Ilmiah Multidisiplin Indonesia*, 2(1), 68–73.
- Logrieco, G., Marchili, M. R., & Roversi, M. (2021). The paradox of tik tok anti-pro-anorexia videos: How social media can promote non-suicidal self-injury and anorexia. *International Journal of Environmental Research and Public Health*, 18(3), 1041.
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343.
- Lubis, A. H. (2024). RESILIENSI: Kemampuan Beradaptasi Dan Bertahan Dalam Menghadapi Tantangan Hidup Yang Sulit. *Jurnal Pendidikan Sosial Dan Konseling*, 2(3), 1203–1208.
- Ma, Y. B., Zheng, Z. A., & Yao, Z. Y. (2025). The effect of social media use on suicidal ideation in college students: Mediation by daytime sleepiness and sleep quality. *Journal of Affective Disorders*, 374, 274–281.

- Macía, P., Barranco, M., & Gorbeña, S. (2021). Resilience and coping strategies in relation to mental health outcomes in people with cancer. *PloS One*, *16*(5), e0252075.
- Macía, P., Barranco, M., Gorbeña, S., & Iraurgi, I. (2020). Expression of resilience, coping and quality of life in people with cancer. *PloS One*, *15*(7).
- Macintyre, V. G., Mansell, W., Pratt, D., & Tai, S. J. (2021). The psychological pathway to suicide attempts: a strategy of control without awareness. *Frontiers in Psychology*, *12*, 588683.
- Maharani, M. S., & Mustikasari, M. (2021). Stress levels and high school adolescents coping mechanism during the Covid-19 pandemic. *Jurnal Keperawatan Padjadjaran*, *9*(3), 240–246.
- Maimunah, S., & Satwika, Y. W. (2021). Hubungan Media Sosial Dengan Body Dissatisfaction Pada Mahasiswa Perempuan Di Kota Surabaya. *Character Jurnal Penelitian Psikologi*, *8*(2), 224–233.
- Mamun, M. A., Rayhan, I., Akter, K., & Griffiths, M. D. (2022). Prevalence and Predisposing Factors of Suicidal Ideation Among the University Students in Bangladesh: A Single-Site Survey. *International Journal of Mental Health and Addiction*, *20*(4), 1958–1971. <https://doi.org/10.1007/s11469-020-00403-z>
- Maramis. (2004). *Ilmu Kedokteran Jiwa*. Airlangga University Press.
- Marchant, A., Hawton, K., & Stewart, A. (2021). A systematic review of the relationship between internet use, self-harm and suicidal behaviour in young people: The good, the bad and the unknown. *PLoS ONE*, *16*(2), e0246203.
- Marettih, A. K. E., Ikhwanisifa, I., & Susanti, R. (2022). Gambaran resiliensi akademik mahasiswa tingkat akhir yang sedang mengerjakan skripsi di masa pandemi covid-19. *Psikobuletin: Buletin Ilmiah Psikologi*, *3*(3), 140–153.
- Marled, W. B. A., Yoanita, B., & Arman, L. R. (2023). Resiliensi tinggi remaja di Kupang menurunkan ide bunuh diri. *Jurnal Keperawatan*, *15*(1), 349–356.
- Marshela, C., & Yarni, L. (2023). Dampak Media Sosial Pada Prestasi Belajar Siswa Di Sma N 1 Harau. *Jurnal Kajian Penelitian Pendidikan Dan Kebudayaan*, *1*(1), 56–71.
- Martire, V. L., Caruso, D., Palagini, L., Zoccoli, G., & Bastianini, S. (2020). Stress & sleep: A relationship lasting a lifetime. *Neuroscience & Biobehavioral Reviews*, *117*, 65–77.
- Masalah Psikologis 2 Tahun Pandemi Covid-19 di Indonesia*. (2021). Perhimpunan Dokter Spesialis Kesehatan Jiwa Indonesia. <https://www.pdskji.org/home>
- Masrochah, S., Putra, Y. W. S., Kom, M., Laksono, R. D., & Hakim, F. A. (2024). *Perkembangan Teknologi Komunikasi*. Cendikia Mulia Mandiri.

- Mastrokourou, S., Lin, S., Longobardi, C., & Berchiatti, M. (2024). Resilience and psychological distress in the transition to university: the mediating role of emotion regulation. *Current Psychology*, 43(28), 23675–23685.
- Masur, P. K., DiFranzo, D., & Bazarova, N. (2021). Behavioral contagion on social media: Effects of social norms, design interventions, and critical media literacy on self-disclosure. *Plos One*, 16(7), e0254670.
- Matthews, S., Power, C., & Stansfeld, S. (2001). Psychological distress and work and home roles: a focus on socio-economic differences in distress. *Psychological Medicine*, 31(4), 725–736.
- Matubongs, Y. H. (2023). Generasi Z: Tantangan & Harapan di Era Digital. *TarFomedia*, 4(2), 15–12.
- Maturbongs, Y. H. (2023). Generasi Z: Tantangan & Harapan di Era Digital. *TarFomedia*, 4(2), 15–20.
- Meilinda, N., Malinda, F., & Aisyah, S. M. (2020). Literasi digital pada remaja digital (Sosialisasi pemanfaatan media sosial bagi pelajar Sekolah Menengah Atas). *Jurnal Abdimas Mandiri*, 4(1).
- Mendes, L., Leonido, L., & Morgado, E. (2023). Correlation between suicidal ideation and addiction to various social media platforms in a sample of young adults: the benefits of physical activity. *Societies*, 13(4), 82.
- Mentari, A. Z. B., Liana, E., & Pristya, T. Y. R. (2020). Teknik Manajemen Stres yang Paling Efektif pada Remaja: Literature Review Most Effective Stress Management Techniques in Adolescents: Literature Review. *Jurnal Ilmiah Kesehatan Masyarakat*, 12.
- Mir'atannisa, I. M., Rusmana, N., & Budiman, N. (2019). Kemampuan adaptasi positif melalui resiliensi. *Journal of Innovative Counseling: Theory, Practice, and Research*, 3(2), 70–75.
- Mirowsky, J., & Ross, C. E. (1989). Psychiatric diagnosis as reified measurement. *Journal of Health and Social Behavior*, 11–25.
- Moeins, I. H., Alhempri, R. R., & Lukas, A. (2024). *Strategi Penguatan Kinerja Generasi Z Dalam Menghadapi Indonesia Emas 2045*. Takaza Innovatix Labs.
- Montag, C., & Hegelich, S. (2020). Understanding detrimental aspects of social media use: will the real culprits please stand up? *Frontiers in Sociology*, 5, 599270.
- Mougharbel, F., Chaput, J. P., & Sampasa-Kanyinga, H. (2023). Heavy social media use and psychological distress among adolescents: the moderating role of sex, age, and parental support. *Frontiers in Public Health*, 11, 1190390.
- Mulyana, F. I., Christanti, D., & Mulya, H. C. (2021). Perbedaan suicide ideation pada remaja ditinjau dari big five personality traits. *Experientia: Jurnal Psikologi Indonesia*, 9(1), 50–62.

- Muslim, M., & Ramkita, M. (2022). Digital parenting dalam membangun online resilience anak pada era transformasi digital di kota Palembang. *Jurnal Ilmu Pengetahuan Sosial*, 9(10), 3788–3799.
- Mutiarani, U. P., Karimah, I. N., & Syarafa, Y. P. (2024). Etika Komunikasi dalam Penggunaan Media Sosial di Kalangan Mahasiswa. *Jurnal Harmoni Nusa Bangsa*, 1(2), 204–215.
- NAMI. (2021). *Anosognosia*. NAMI: National Alliance on Mental Illness.
- Nasution, R. A. T. (2021). *Hubungan Penggunaan Media Sosial Dengan Distres Psikologis Terkait Pandemi Covid-19 pada Mahasiswa Fakultas Kedokteran Universitas Sumatera Utara* [Doctoral dissertation]. Universitas Sumatera Utara.
- Nawawi, M. I. (2020). Pengaruh media pembelajaran terhadap motivasi belajar: tinjauan berdasarkan karakter generasi z. *Jurnal Penelitian Dan Pengkajian Ilmu Pendidikan: E-Saintika*, 4(2), 197–210.
- Nayla, M. R. (2024). Memahami Dampak Media Sosial terhadap Kesehatan Mental Mahasiswa. *JIMAD Jurnal Ilmiah Mutiara Pendidikan*, 2(1). <https://doi.org/10.31004/jptam.v7i3.11993>
- NCHA. (2019). *National College Health Assessment Report 2019*.
- Nesi, J., Burke, T. A., & Bettis, A. H. (2021). Social media use and self-injurious thoughts and behaviors: A systematic review and meta-analysis. *Clinical Psychology Review*, 87, 102038.
- Nicolas, É. M. (2020). *The impact of social media on adolescent attachment style for generation Z* [Doctoral dissertation]. Alliant International University.
- Ningsih, R., & Fatmawati, F. (2024). Realitas Kesantunan Berbahasa Gen-Z di Era Digital. In *Bahasa dan Sastra* (Vol. 10, Issue 1). Pendidikan. <https://e-journal.my.id/onoma>
- Nolen-Hoeksema, S., & Hilt, L. M. (2008). Cognitive vulnerability to depression in adolescents: A developmental psychopathology perspective. *Handbook of Depression in Adolescents*, 351–392.
- Noon, E. (2022). Noon, E. (2020). Compare and despair or compare and explore? Instagram social comparisons of ability and opinion predict adolescent identity development. *Cyberpsychology*, 14(2).
- Notoatmodjo, S. (2010). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- Noviana, R., Suzanna, E., & Muna, Z. (2023). Gambaran Resiliensi Akademik Pada Mahasiswa Psikologi Universitas Malikussaleh Yang Sedang Menyusun Skripsi. *INSIGHT: Jurnal Penelitian Psikologi*, 1(3), 446–467.
- Novita, L. (2021). Pengaruh konsep diri terhadap kepercayaan diri siswa. *Jurnal Pendidikan Dan Pengajaran Guru Sekolah Dasar (JPPGuseda)*, 4(2), 92–96.

- Nugraha, Y., Rahayu, D., & Febriana, D. H. (2023). Pemanfaatan Transformasi Digital dan Media Sosial Sebagai Sarana Komunikasi Kepada Masyarakat Desa Cibodas Kecamatan Cikajang. *Sejahtera: Jurnal Inspirasi Mengabdikan Untuk Negeri*, 2(3), 59–69.
- Nugroho, A. B., Asri, H. B. Al, & Pramesti, A. A. (2022). Survei Kesadaran Mental Mahasiswa Upn Veteran Yogyakarta Di Era Digital Dan Covid-19. *Jurnal Kesehatan Masyarakat*, 10(1). <http://ejournal3.undip.ac.id/index.php/jkm>
- Nurhandari, S. A. (2023). Pengaruh Resiliensi terhadap Psychological Well-Being pada Mahasiswa Kedokteran Universitas Islam Bandung. *Psychology Science*.
- Nurlina, M., Anggraini, A., & Meriyandah, H. (2022). Hubungan Intensitas Penggunaan Media Sosial Pada Tingkat Kecemasan Generasi Z Mahasiswa Keperawatan Di Stikes Medistra Indonesia Tahun 2022. *Jurnal Ilmu Kesehatan Mandira Cendikia*, 1(1), 97–104. <https://journal-mandiracendikia.com/jbmc>
- Nursam, M. (2023, May 26). Fikki Mahasiswa Kedokteran Unhas Dikabarkan Hilang, Keluarga: Dia Pamit Mau Pergi Jauh. *Fajar*.
- Oktaviani, A. (2023). Dampak Media Sosial Terhadap Rasa Percaya Diri Terkait Citra Tubuh Generasi Z Di Kota Cimahi. *Janaloka: Jurnal Ilmu Komunikasi*, 1, 81–96.
- Onnie. (2022). Indonesian National Suicide Prevention Strategy 2022. *A Preliminary Report*.
- Osman, A., Bagge, C., Gutierrez, P. M., & Konick, L. C. (2001). The Suicidal Behaviors Questionnaire–Revised (SBQ–R): validation with clinical and nonclinical samples. *Assessment*, 8(4), 443–454.
- Palma, A., Rojas, V., Ihl, F., Ávila, C., Plaza-Parrochia, F., Estuardo, N., & Castillo, D. (2021). Implementation of a palliative hospital-centered spiritual and psychological telehealth system during COVID-19 pandemic. *Journal of Pain and Symptom Management*, 10(15), 1019.
- Pamungkas, R. A., Caturini, E., & Sugiyarto, S. (2023). Pengaruh Pertolongan Pertama Kesehatan Mental Terhadap Penurunan Ide Bunuh Diri Pada Remaja. *Bima Nursing Journal*, 5(1), 32–39.
- Pangaribowo, D., & Aryanti Kristianingsih, S. (2023). Hubungan Strategi Coping dengan Perilaku Merokok pada Mahasiswa. *Sri Aryanti Kristianingsih INNOVATIVE: Journal Of Social Science Research*, 3, 5550–5563.
- Panjaitan, R. U., Wardani, I. Y., Nasution, R. A., Primananda, M., & Arum, D. O. R. S. (2023). Keeratan Keluarga dan Kemampuan Pemecahan Masalah Berhubungan dengan Ide Bunuh Diri pada Mahasiswa. *Jurnal Keperawatan*, 15(3), 1045–1052.
- Paramyta, D. S. (2023). Peranan kesadaran hukum generasi z dalam berintraksi di media sosial. *Jurnal rectum: Tinjauan Yuridis Penanganan Tindak Pidana*, 5(1), 1279–1290.

- Pardana, D. (2023). Pengaruh Media Sosial Dalam Memprediksi Partisipasi Perilaku Pemilih Pemula Pada Pemilihan Umum 2024. *AT TARIIZ: Jurnal Ekonomi Dan Bisnis Islam*, 2(1), 36–44.
- Poon, S. K., & Sudano, L. E. (2020). Impact of Social Media on Mental Health. *Springer International Publishing*, 181–189.
- Posselt, M., McIntyre, H., & Procter, N. (2021). The impact of screen media portrayals of suicide on viewers: A rapid review of the evidence. *Health & Social Care in the Community*, 29(1), 28–41.
- Pradipta, I. M. R., & Valentina, T. D. (2024). Faktor Internal Psikologis Terhadap Ide Bunuh Diri Remaja Di Indonesia. *Innovative: Journal Of Social Science Research*, 4(2), 8092–8109.
- Pramana, R. D., & Puspitadewi, W. S. (2014). Hubungan antara Kecerdasan Emosi dan Tingkat Depresi dengan Ide Bunuh Diri Pada Peserta Didik Kelas X SMK Farmasi Surabaya. *Universitas Negeri Surabaya*, 2.
- Pratama, B. A., & Sari, D. S. (2020). Dampak Sosial Intensitas Penggunaan Media Sosial Terhadap Kesehatan Mental Berupa Sikap Apatitis di SMP Kabupaten Sukoharjo. *Gaster*, 18(1), 65. <https://doi.org/10.30787/gaster.v18i1.487>
- Pratiwi, D. A. (2022). *Penggunaan Konseling Kelompok Solutionfocused Brief Therapy Untuk Meningkatkan Resiliensi Akademik Siswa Kelas X Sma Sejahtera Surabaya* [doctoral dissertation]. Universitas PGRI Adibuana Surabaya.
- Pratiwi, F. S. (2023). *Survei: Gen Z Lebih Lama Main Medsos dari Generasi Lain*. DataIndonesia.Id.
- Purborini, N., Lee, M. B., Devi, H. M., & Chang, H. J. (2021). Associated factors of depression among young adults in Indonesia: A population-based longitudinal study. *Journal of the Formosan Medical Association*, 120(7), 1434–1443. <https://doi.org/10.1016/j.jfma.2021.01.016>
- Pusdatin Kemenkes. (2019). *Profil-Kesehatan-Indonesia-2019*.
- Putra, I., & Artini, N. (2022). Mediation by psychological distress in the association between bullying victimization and suicidal behaviors among adolescents. *Periodic Epidemiology Journal/Jurnal Berkala Epidemiologi*, 10(1).
- Putri, A., & Satwika, Y. W. (2022). *Analisis Faktor-Faktor yang Memengaruhi Ide Bunuh Diri pada Perempuan Dewasa Awal Analysis of Factors Influencing Suicidal Ideation in Early Adult Women*. 11(02), 844–864. <https://doi.org/10.26740/cjpp.v11n2.p844-864>
- Putri, K. F., & Tobing, D. L. (2020). Tingkat Resiliensi dengan Ide Bunuh Diri Pada Remaja. *Jurnal Ilmiah Ilmu Keperawatan Indonesia*, 10(01), 1–6. <https://doi.org/10.33221/jiiki.v10i01.392>
- Qiao, W., Yan, Z., & Wang, X. (2024). When the clock chimes: The impact of on-the-hour effects on user anxiety content generation in social media platforms. *Journal of Affective Disorders*, 344, 69–78.

- Raduan, N. J. N., Mohamad, N. I., Nikmat, A. W., & Amalia, E. (2022). Resilience and Psychological Distress among UiTM Medical Students: The transitional gap. *Environment-Behaviour Proceedings Journal*, 7(21), 137–143.
- Rahayu, T. A., & Ediati, A. (2022). Self-compassion dan resiliensi pada mahasiswa di era adaptasi kehidupan baru. *Jurnal Empati*, 10(5), 362–367.
- Rahayu, T. S., & Imanti, V. (2022). *Hubungan resiliensi diri dengan distres psikologis pada karyawan pt. sumber alfaria trijaya, tbk (alfamart) wilayah kartasura* [Doctoral dissertation]. UIN Surakarta.
- Rainbow, C., Baldwin, P., Hosking, W., & Gill, P. (2023). Psychological distress and suicidal ideation in Australian online help-seekers: the mediating role of perceived burdensomeness. *Archives of Suicide Research*, 27(2), 439–452.
- Rakhmah, D. (2021). *Gen Z Dominan, Apa Maknanya Bagi Pendidikan Kita?*
- Ramadhan, A. (2022, November 14). Tugas Kuliah yang Menumpuk Diduga Jadi Alasan Mahasiswi Unhas Gantung Diri. *KumparanNews*.
- Ramón-Arbués, E., Gea-Caballero, V., Granada-López, J., & Juárez-Vela, R. (2020). The prevalence of depression, anxiety and stress and their associated factors in college students. *International Journal of Environmental Research and Public Health*, 17(19), 7001.
- Rasool, A. A., & Hmad, A. H. (2023). Effectiveness of Cognitive Behavioral Therapy for Suicidal Attempt. *Journal of Medicinal and Chemical Sciences*, 3210–3220.
- Reivich, K., & Shatte, A. (2002). *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles*. Harmony/Rodale.
- Resnick, B., Gwyther, L., Karen, A., & Roberto. (2011). *Resilience in aging*. Springer.
- Respati, T., Irasanti, S. N., Sartika, D., Akbar, I. B., & Marzo, R. R. (2021). A nationwide survey of psychological distress among Indonesian residents during the COVID-19 pandemic. *Int J Public Health Sci*, 10, 119–126.
- Reynolds, W. M. (1991). Psychometric Characteristics of the Adult Suicidal Ideation Questionnaire in College Students. *Journal of Personality Assessment*, 56(2), 289–307. https://doi.org/10.1207/s15327752jpa5602_9
- Ridner, S. H. (2004). Psychological distress: concept analysis. *Journal of Advanced Nursing*, 45(5), 536–545.
- Riziana, K. F., Fatmawati, F., & Darmawan, A. (2023). Hubungan Tingkat Gejala Depresi Dengan Ide Bunuh Diri Pada Remaja Sekolah Menengah Atas. *Journal of Medical Studies*, 3(1), 39–47.
- Ronningstam, E., Weinberg, I., & Maltzberger, J. T. (2020). *Psychoanalytic theories of suicide*. Oxford Textbook of Suicidology and Suicide Prevention.

- Sabekti, R. (2019). *Hubungan intensitas penggunaan media sosial (jejaring sosial) dengan kecenderungan narsisme dan aktualisasi diri remaja akhir* [Doctoral dissertation]. Universitas Airlangga.
- Saddik, B., Hussein, A., & Sharif-Askari, F. S. (2020). Increased levels of anxiety among medical and non-medical university students during the COVID-19 pandemic in the United Arab Emirates. *Risk Management and Healthcare Policy*, 2395–2406.
- Sa'diyah, M., Naskiyah, N., & Rosyadi, A. R. (2022). Hubungan intensitas penggunaan media sosial dengan kesehatan mental mahasiswa dalam pendidikan agama Islam. *Edukasi Islami: Jurnal Pendidikan Islam*, 11(03), 713–730.
- Salum, R. N., Dahlan, Z., Rifai, A. A., Fahmi, H. H. A., & Panjaitan, Y. Y. A. (2024). Penerapan Wahdatul Ulum Dalam Masyarakat Terhadap Dampak Negative Interaksi Sosial Melalui Sosial Media Yang Berujung Kejahatan. *Sindoro: Cendikia Pendidikan*, 5(8), 52–60.
- Sampogna, G., Del Vecchio, V., Giallonardo, V., & Luciano, M. (2021). What is the role of resilience and coping strategies on the mental health of the general population during the COVID-19 pandemic? Results from the Italian multicentric COMET study. *Brain Sciences*, 11(9), 1231.
- Santosa, E. T. (2015). *Raising Children in Digital Era*. Elex Media Komputindo.
- Santoso, D. Y. (2023). *Hubungan antara kecemasan dan ide bunuh diri pada dewasa awal dengan adverse childhood experiences* [Doctoral dissertation].
- Santrock, R. D., Buchanan, M. M., Lee, T. H., & Berlet, G. C. (2003). Osteochondral lesions of the talus. *Foot and Ankle Clinics*, 8(1), 73–90.
- Sarafino, E. P., & Smith, T. W. (2014). *Health psychology: Biopsychosocial interactions*. John Wiley & Sons.
- Saragih, G., Arneliwati, & Sabrian, F. (2024). Hubungan Resiliensi Akademik Dengan Distres Psikologis Pada Mahasiswa Tingkat Akhir. *Jurnal Keperawatan Widya Gantari Indonesia*, 8(3), 2407–4284.
- Sedgwick, R., Epstein, S., Dutta, R., & Ourgin, D. (2019). Social media, internet use and suicide attempts in adolescents. *Curr Opin Psychiatry*, 32(6), 534–541.
- Seprianasari, A. (2021). Hubungan Cyberbullying di Sosial Media dengan Ide Bunuh Diri pada Remaja di RW 01 Tanjung Barat Tahun 2021: The Relationship of Cyberbullying on Social Media with Suicide Ideas for Teenagers in RW 01 Tanjung Barat in 2021. *Open Access Jakarta Journal of Health Sciences*, 1(8), 283–289.
- Setiyani, R. Y. (2018). Perbedaan Tingkat Kecemasan pada Mahasiswa Baru di Fakultas Ilmu Kesehatan dan Non Fakultas Ilmu Kesehatan Yogyakarta. *Jurnal Psikologi Integratif Prodi Psikologi UIN Sunan Kalijaga*, 6, 18–28.

- Setiyawan, D., & Astutib, K. (2024). Pengaruh Dukungan Sosial Terhadap Ide Bunuh Diri Yang Dimediasi Oleh Resiliensi Pada Mahasiswa Gen Z. *Jurnal Pendidikan Guru*, 5(4), 607–623.
- Setyowati, S., & Suyatno. (2020). Spirituality and Depression with Self-Moving Trends in Adolescents: Empirical Evidence in Yogyakarta, Indonesia. *Indonesian Journal of Global Health Research*, 2(4). <https://doi.org/10.37287/ijghr.v2i4.233>
- Shabrina, F., Sigumonrong, G., Isnandini, N., & Putri, S. (2021). Distres sebagai Mediator antara Resiliensi dan Well-being pada Dewasa di Indonesia. *Psikologika*, 26(2), 319–334.
- Shannon, H., Bush, K., Villeneuve, P. J., Hellemans, K. G., & Guimond, S. (2022). Problematic social media use in adolescents and young adults: systematic review and meta-analysis. *JMIR Mental Health*, 9(4), 33450.
- Shilvina, W. (2023, February 3). *Pengguna Media Sosial di Indonesia sebanyak 167 Juta pada 2023*. DataIndonesia.id.
- Shintia, S. (2021). *Hubungan resiliensi individu dengan psychological distress pada siswa-siswi SMA Jakarta pada masa pandemi covid-19* [Doctoral dissertation]. UNUSIA.
- Shneidman, E. S. (1993). *Suicide as psychache: A clinical approach to self-destructive behavior*. Jason Aronson.
- Siauw, B. P. (2021). *Laporan Perilaku Penggunaan Layanan Kesehatan Mental di Indonesia 2021 – Hasil Awal*. Into The Light. <https://www.intothelightid.org/2021/09/10/laporan-perilaku-penggunaan-layanan-kesehatan-mental-di-indonesia-2021-hasil-awal/>
- Siebert, A. (2005). *The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back from Setbacks*. Berrett-Koehler Publishers.
- Sikumbang, K., Ramadhina, W., Yani, E. R., & Arika, D. (2024). Peranan Media Sosial Instagram terhadap Interaksi Sosial dan Etika pada Generasi Z. *Journal on Education*, 6(2), 11029–11037.
- Silvani, M. I., Werder, R., & Perret, C. (2022). The influence of blue light on sleep, performance and wellbeing in young adults: A systematic review. *Frontiers in Physiology*.
- Sinta, I. B. (2022). *Hubungan Penggunaan Media Sosial Dengan Kualitas Hidup Pada Remaja Di Jawa Timur* [Doctoral dissertation].
- Sinurat, A. B., Aritakarina, N. N. K., Nadhira, S., Pramastyaningtyas, A. D. A., & Wulandari, A. P. J. (2023). Resilience and Well-Being Among Young Adults in Jakarta During the COVID-19 Pandemic: A Correlational Study. *E3S Web of Conferences*, 426. <https://doi.org/10.1051/e3sconf/202342602149>
- Smith, K. J., & Emerson, D. J. (2021). Resilience, psychological distress, and academic burnout among accounting students. *Accounting Perspectives*, 20(2), 227–254.

- Souza, T. P., Rossetto, M., & Almeida, C. P. B. de. (2022). Impact of COVID-19 in nursing professionals: systematic review and meta-analysis. *Trabalho, Educação e Saúde*, 20. <https://doi.org/10.1590/1981-7746-ojs00069>
- Spielberg, J. M., De Leon, A. A., Bredemeier, K., Heller, W., Engels, A. S., Warren, S. L., Crocker, L. D., Sutton, B. P., & Miller, G. A. (2013). Anxiety type modulates immediate versus delayed engagement of attention-related brain regions. *Brain and Behavior*, 3(5), 532–551. <https://doi.org/10.1002/brb3.157>
- Spiers, N., Bebbington, P. E., Dennis, M. S., & Spiers, N. , B. T. S. (2014). Trends in suicidal ideation in England: the National Psychiatric Morbidity Surveys of 2000 and 2007. *Psychological Medicine*, 44(1), 175–183.
- Stark, L., Seff, I., Yu, G., Salama, M., Wessells, M., Allaf, C., & Bennouna, C. (2022). Correlates of suicide ideation and resilience among native-and foreign-born adolescents in the United States. *Correlates of Suicide Ideation and Resilience among Native-and Foreign-Born Adolescents in the United States*, 70(1), 91–98.
- Stillman, D., & Stillman, J. (2017). *Gen Z @ Work: How the Next Generation Is Transforming the Workplace*. HarperCollins.
- Stuart, G. W., & Sundeen, S. (2013). *Stuart, G. W., & Sundeen, S. (2013). Principles & Practice of Psychiatric Nursing, Edisi 9. Philadelphia: Elsevier Mosby. (9th ed.). Elsevier Mosby.*
- Sukmah, E. W., Khalda, N., Arianty, A. F., Aprilianti, V., & Zulkarnain, A. I. (2024). Mengkaji Hubungan Antara Bullying Dan Distress Psikologis Pada Anak Usia Sekolah. In *Informasi Artikel Abstract* (Vol. 1, Issue 5). <https://journal.banjareseapacific.com/index.php/han>
- Supratman, S. H., Rodliyah, K. I., & Suhendi, H. (2022). Efektivitas Dakwah Melalui Media Sosial Tiktok dalam Meningkatkan Nilai-Nilai Keberagamaan. *Umal Riset Komunikasi Penyiaran Islam*, 9–14.
- Supriyadi, S., & Kartini, M. (2022). Intervensi untuk meningkatkan resiliensi pada remaja. *Jurnal Keperawatan Karya Bhakti*, 8(1), 16–25.
- Tambunan, L. O. (2021). *Implementasi Pembelajaran Cooperative Learning dan Locus of Control dalam Meningkatkan Kemampuan Berpikir Kritis*. 05(02), 1051–1061.
- Tan, Y., Deng, J., Zhang, D., Peng, C., & Peng, A. (2024). Social anxiety and suicidal ideation among middle-school students in China: a mediation model of internet addiction. *Frontiers in Psychiatry*, 14, 1337577.
- Taylor, H. O., Taylor, R. J., Nguyen, A. W., & Chatters, L. (2018). Social isolation, depression, and psychological distress among older adult. *Journal of Aging and Health*, 30(2), 229–246.
- Tomiyama, A. J. (2019). Stress and Obesity. *Annual Review of Psychology*, 70, 703–721. <https://doi.org/10.1146/annurev-psych-010418>

- Trimawardani, R. T. (2021). *pengaruh distres psikologis dan persepsi dukungan sosial terhadap ide bunuh diri pada mahasiswa rantau di kota malang* [Doctoral dissertation]. Universitas Negeri Malang.
- Trisnadewi, I. G. A. M. I., Febianti, F., & Suarmana, I. . W. R. (2022). Pengaruh brand image dan iklan media sosial terhadap keputusan pembelian konsumen. *Jurnal Ilmiah Pariwisata Dan Bisnis*, 1(12), 3626–3641.
- Tulgan, B. (2013). Meet Generation Z: The second generation within the giant “Millennial” cohort. *Rainmaker Thinking*, 125(1), 1–13.
- Tunliu, S. K., Aipipidely, D., & Ratu, F. (2019). Dukungan sosial keluarga terhadap resiliensi pada narapidana di Lembaga Pemasyarakatan Klas Ila Kupang. *Journal of Health and Behavioral Science*, 1(2), 68–82.
- Tus, J. (2020). Academic stress, academic motivation, and its relationship on the academic performance of the senior high school students. *Asian Journal of Multidisciplinary Studies*, 8(11), 201–211.
- Ulvi, O., Karamehic-Muratovic, A., Baghbanzadeh, M., Bashir, A., Smith, J., & Haque, U. (2022). *Social Media Use and Mental Health: A Global Analysis*. <https://doi.org/10.3390/epidemiologia>
- Ungar, M., & Theron, L. (2020). Resilience and mental health: How multisystemic processes contribute to positive outcomes. *The Lancet Psychiatry*, 7(5), 441–448.
- Veit, C. T., & Ware, J. E. (1983). The structure of psychological distress and well-being in general populations. *Journal of Consulting and Clinical Psychology*, 51(5), 730–742.
- Venegas-Vera, A. V., Colbert, G. B., & Lerma, E. V. (2020). Positive and negative impact of social media in the COVID-19 era . *Reviews in Cardiovascular Medicine*, 21(4), 561–564.
- Wahyuni, D., Amelia, V., Latiar, H., Prodi, M., Perpustakaan, I., Lancang, U., Pekanbaru, K., & Prodi, D. (2020). Perilaku pencarian informasi generasi z Di SMA Negeri 8 Pekanbaru. *Jurnal Kajian Perpustakaan, Informasi Dan Kearsipan*, 2(2), 21–33.
- Walid, M. B. (2023). *Pesona Crew Millenial (Strategi Pemasaran Perpaduan Crew Generasi X Dan Z Di Biro Perjalanan Wisata Cv Alam Pratama Tour & Travel Jombang* [Doctoral dissertation]. Stie PGRI Dewantara Jombang.
- Wang, P., Liu, D., & Wu, X. (2024). Workplace Mindfulness, Resilience and Subjective Well-Being to College Students with SDT. *Open Journal of Social Sciences*, 12(4), 567–589.
- Wasserman, D. (2020). *Oxford textbook of suicidology and suicide prevention*. Oxford University Press.
- We Are Social. (2023). *The Changing World of Digital in 2023*. We Are Social. <https://wearesocial.com/id/blog/2023/01/the-changing-world-of-digital-in-2023-2/>

- WHO. (2014). *Mental health*. WHO.
- WHO. (2024a). Suicide Rate by Country 2024. In *World Health Organization*. <https://worldpopulationreview.com/country-rankings/suicide-rate-by-country>
- WHO. (2024b, August 29). *Suicide*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/suicide>
- Widianti, E., Septania, S., & Maryam, N. N. S. (2022). Gambaran Kesehatan Jiwa Mahasiswa Keperawatan Di Masa Pandemi COVID-19. *Jurnal Keperawatan'Aisyiyah*, 9(1), 89–95.
- Wijoyo, H., Indrawan, I., Handoko, A. L., Santamoko, R., & Cahyono, Y. (2020). *Generasi Z & Revolusi 4.0*. Pena Persada.
- Windarwati, H. D., Lestari, R., & Wicaksono, S. A. (2022). Relationship between stress, anxiety, and depression with suicidal ideation in adolescents. *Jurnal Ners*, 17(1).
- Wright, M. (2020). *Depression and Anxiety Therapy*. CreateSpace Independent Publishing Platform.
- Wu, Y., Sang, Z., Zhang, X. C., & Margraf, J. (2020). The relationship between resilience and mental health in Chinese college students. *Frontiers in Psychology*, 11(108).
- Wuisang, M., & Lainsamputty, F. (2023). Hubungan perilaku hidup sehat dengan distres psikologis pada mahasiswa keperawatan. *Jurnal Malahayati*, 17(2).
- Wuryaningsih, E. W., HOLIVIA, T. M., & Hadi, E. (2019). Hubungan Resiliensi Dengan Distres Psikologis Pada Petani Tembakau Di Kecamatan Kalisat Kabupaten Jember. *Jurnal Keperawatan*, 10(2), 2443–0900.
- Xu, L., Zhang, H., Zhou, C., & Zhang, Z. (2023). Deficits in psychological resilience and problem-solving ability in adolescents with suicidal ideation. *Child and Adolescent Psychiatry and Mental Health*, 17(1), 31.
- Yang, X., Yip, B., & Mak, A. (2021). The Differential Effects of Social Media on Depressive Symptoms and Suicidal Ideation Among the Younger and Older Adult Population in Hong Kong During the COVID-19 Pandemic: Population-Based Cross-sectional Survey Study. *JMIR Public Health Surveill*, 7(5).
- Yu, Z., Zhu, X., & Li, Y. (2024). The association between problematic short video use and suicidal ideation and self-injurious behaviors: the mediating roles of sleep disturbance and depression. *BMC Public Health*, 24(1), 1689.
- Yue, Z., Zhang, R., & Xiao, J. (2022). Passive social media use and psychological well-being during the COVID-19 pandemic: The role of social comparison and emotion regulation. *Computers in Human Behavior*, 127, 107050.
- Yusuf, K. I. (2021). *Hubungan Strategi Coping Dengan Resiliensi Pada Aparatur Sipil Negara Di kantor Camat Medan Amplas* [Doctoral dissertation]. Universitas Medan Area.

- Zhao, N., & Zhou, G. (2020). Social Media Use and Mental Health during the COVID-19 Pandemic: Moderator Role of Disaster Stressor and Mediator Role of Negative Affect. *Applied Psychology: Health and Well-Being*, 12(4), 1019–1038. <https://doi.org/10.1111/aphw.12226>
- Zhu, P., Liu, X., & Shang, X. (2023). Mindfulness-Based Stress Reduction for Quality of Life, Psychological Distress, and Cognitive Emotion Regulation Strategies in Patients With Breast Cancer Under Early Chemotherapy—a Randomized Controlled Trial. *Holistic Nursing Practice*, 37(3), 131–142.
- Zips, S., & Holendová. (2023). An In-Depth Analysis of Generation Z Selected Motives for Active Tiktok Usage. *ACC JOURNAL*, 29(2), 112–124.
- Zis, S. F., Effendi, N., & Roem, E. R. (2021). Perubahan Perilaku Komunikasi Generasi Milenial dan Generasi Z di Era Digital. *Satwika: Kajian Ilmu Budaya Dan Perubahan Sosial*, 5(1), 69–87. <https://doi.org/10.22219/satwika.v5i1.15550>