

DAFTAR PUSTAKA

- Adil, A., Muhid, A., & Triwijoyo, B. K. (2025). *Digital Marketing: Solusi Pemasaran Produk UMKM*. Media Nusa Creative (MNC Publishing).
<https://books.google.co.id/books?id=5zg-EQAAQBAJ>
- Adryana, N. C., Apriliana, E., & Oktaria, D. (2020). Perbandingan Tingkat Stres pada Mahasiswa Tingkat I , II dan III Fakultas Kedokteran Universitas Lampung A Comparative Study of Stress Level in The First , Second , And Third Year Students of Medical Faculty of University of Lampung. *Jurnal Universitas Pahlawan Tuanku Tambusai*, 9, 142–149.
- Agustiningih, N. (2019). Gambaran Stres Akademik dan Strategi Koping pada Mahasiswa Keperawatan. *JURNAL NERS DAN KEBIDANAN*, 241–250.
<https://doi.org/10.26699/jnk.v6i2.ART.p241>
- Amrullah, M. W., Primanagata, R., & Fachrudin, D. (2025). Hubungan Durasi Menonton Video Pendek Terhadap Keterampilan Berpikir Kritis Mahasiswa Fakultas Kedokteran Universitas Swadaya Gunung Jati. *Jurnal Kesehatan Jompa*, 4(4). <https://doi.org/https://doi.org/10.57218/jkj.Vol4.Iss4.2117>
- Bangsawan. (2024). *Masa Depan Literasi: Minat Baca Di Era Media Sosial*. Pustaka Adhikara Mediatama.
https://books.google.co.id/books?id=W_A_EQAAQBAJ
- Chen, Y., Li, M., Guo, F., & Wang, X. (2023). The effect of short-form video addiction on users' attention. *Behaviour & Information Technology*, 42(16), 2893–2910. <https://doi.org/10.1080/0144929X.2022.2151512>

- Chiossi, F., Haliburton, L., Ou, C., Butz, A. M., & Schmidt, A. (2023). Short-Form Videos Degrade Our Capacity to Retain Intentions: Effect of Context Switching On Prospective Memory. In *Conference on Human Factors in Computing Systems - Proceedings* (Vol. 1, Issue 1). Association for Computing Machinery. <https://doi.org/10.1145/3544548.3580778>
- Christian, D., & Budiarto, Y. (2024). Hubungan Durasi Tiktok dan Rentang Perhatian pada Pengguna Aktif di Usia Dewasa Muda. *Jurnal Ilmu Pendidikan Dan Psikologi*, 4(4), 167–186. <https://doi.org/https://doi.org/10.51878/paedagogy.v4i4.3804>
- D, Derryberry, & Reed, M. A. (2002). Anxiety-related attentional biases and their regulation by attentional control. *Journal of Psychopathology and Clinical Science*. <https://psycnet.apa.org/doi/10.1037/0021-843X.111.2.225>
- De, D., El Jamal, M., Aydemir, E., & Khera, A. (2025). Social Media Algorithms and Teen Addiction: Neurophysiological Impact and Ethical Considerations. *Cureus*, 17(1), 1–7. <https://doi.org/10.7759/cureus.77145>
- Dwi, N., Fadillah, R., & Hidayati, R. W. (2025). Hubungan Tingkat Kesepian Dengan Durasi Penggunaan Media Sosial Pada Mahasiswa Keperawatan Di Universitas Jenderal Achmad Yani Yogyakarta. 3(1), 33–40.
- Eriyanto. (2021). *Analisis Jaringan Media Sosial: Dasar-dasar dan Aplikasi Metode Jaringan Sosial untuk Membedah Percakapan di Media Sosial*. prenada media 1. <https://books.google.co.id/books?id=voM8EAAAQBAJ>
- Fatimah, N. A., Indiraswari, T., Ilmaskal, R., Pratiwi, D. R., Darmawan, D., Sartika, Kartika, I. I., & Hamidiyah, A. (2025). *BUNGA RAMPAI KESEHATAN*

- MASYARAKAT DAN PERILAKU KESEHATAN*. Nuansa Fajar Cemerlang.
<https://books.google.co.id/books?id=0lOTEQAAQBAJ>
- Fatmawati, E. (2017). Dampak Media Sosial Terhadap Perpustakaan. *LIBRARIA: Jurnal Perpustakaan*, 5(1), 1. <https://doi.org/10.21043/libraria.v5i1.2250>
- Fauzi, N. A. (2025). Tiktok Brain: Efek Video Pendek Pada Daya Konsentrasi Mahasiswa Pendidikan Agama Islam Iain Palangka Raya. *Jurnal Multidisiplin Ilmu Akademik*, 2(3), 576–587. <https://doi.org/10.61722/jmia.v2i3.5006>
- Frihatini, F., Putra, J. E., Amaliah, A., Nurvianti, E., Nurhayaty, E., Rahman, A., Widyatiningtyas, R., Yeni, Munir, & Others. (2025). *The Future of Social Media: Tren dan Teknologi Pemasaran Digital*.
<https://books.google.co.id/books?id=UqOeEQAAQBAJ>
- GoodStats. (2025). *Indonesia Digital Report 2025: Social Media Use*.
<https://goodstats.id/publication/indonesia-digital-report-2025-social-media-use-9yFMD>
- Joseph, N., Mallya, A., Rashid, F., Raj, A., Yadav, N., & Garg, A. (2026). Influence of Short-form Video Content on Attention Span and Time Management among Medical Students in Southern India. *Medical Journal of Dr. D.Y. Patil Vidyapeeth*. https://doi.org/10.4103/mjdrdypu.mjdrdypu_165_25
- Jubaeli, A., Oualeng, A., Abit, & Nasution, S. M. (2025). *Pengantar Psikologi: Memahami Perilaku dan Proses Mental Manusia*. CV PUSTAKA INSPIRASI MINANG. https://books.google.co.id/books?id=P6_aEQAAQBAJ
- Kemdiktisaintek, P. (2026). *Dashboard Mahasiswa [Buku Statistik]*.
<https://data.kemdiktisaintek.go.id/dashboard/mahasiswa>

- Lee, Y., & Engle, R. (2026). Beyond Working Memory Capacity : Attention Control as the Underlying Mechanism of Cognitive Abilities. *Journal of Intelligence*, 14(2).
<https://doi.org/https://doi.org/10.3390/jintelligence14020022>
- Lubis, L. A., Simbolon, B. R., Pratiwi, E. R., Sriwati, D., Sayopi, A. R., Syahputra, F., Kaban, F. O., Lubis, A. S., & others. (2025). *Literasi Digital Dan Fenomena Penggunaan Digital*. CV Eureka Media Aksara.
<https://books.google.co.id/books?id=NUWWEQAAQBAJ>
- Mohammed, B., Allampally, S., Sadanandam, P., Harbade, M., & Samayam, S. (2026). Association of Short-Form Video Use With Attention Control and Sleep Quality Among Medical Students: A Cross-Sectional Study. *Cureus*, 18.
<https://doi.org/10.7759/cureus.108156>
- Mohtazul Farid. S. Sos., M. S. (2025). *Sosial Media Terhadap Perubahan Sosial*. Penerbit KBM Indonesia.
<https://books.google.co.id/books?id=pSuLEQAAQBAJ>
- Muthmainnah, M. K. (2023). *Buku Manajemen Keperawatan: Perawat, Kinerja, Motivasi dan Remunerasi*. Penerbit Adab.
<https://books.google.co.id/books?id=nE3LEAAAQBAJ>
- Naganandhini, N. (2026). *An Analytical Study on the Influence of Short Video Consumption on Sustained Attention among Students*. 435–439.
<https://doi.org/10.48175/IJARSCT-31564>
- Politte-corn, M., Nick, E. A., & Kujawa, A. (2025). *Age-related differences in social media use, online social support, and depressive symptoms in*

- adolescents and emerging adults*. 28(4), 497–503.
<https://doi.org/10.1111/camh.12640>. Age-related
- Psychological Association, A. (2018). *APA Dictionary of Psychology*.
<https://dictionary.apa.org/attention>
- Rajeswari, I., Meena, T. S., Selvam, V., & Pavithra, M. (2025). Factors Affecting Concentration and Attentiveness in the Classroom of a Medical College in South India. *Cureus*, 17(6), 2–9. <https://doi.org/10.7759/cureus.86028>
- Salim, I. E., & Jannah, M. (2026). Pengaruh Intensitas Penggunaan Media Sosial Terhadap Attention Span Mahasiswa di Era Digital. *Jurnal Empati Fakultas Psikologi Universitas Diponegoro*, 15(2024), 50–59.
- Sari, R. M., & Nada, T. S. (2025). *Aplikasi Media Sosial*. Serasi Media Teknologi.
<https://books.google.co.id/books?id=CVB0EQAAQBAJ>
- Satani, A., Satani, K. K., Barodja, P., & Joshi, H. (2025). Modern Day High: The Neurocognitive Impact of Social Media Usage. *Cureus*, 17(7), e87496.
<https://doi.org/10.7759/cureus.87496>
- Sekarini, Judijanto, Alita, Pratiwi, Suyami, Hastuti, Karatahe, Efitra, & Putri. (2025). *Kesehatan Mental pada Remaja*. PT. Sonpedia Publishing Indonesia.
<https://books.google.co.id/books?id=F-CZEQAAQBAJ>
- Seneru, W., Tahir, U., Diwyarthi, N. D. M. S., Safrizal, Fitria, Saputro, A. K., Syofya, H., Ismoyo, T., Pramono, E., & Ilham, M. (2024). *DIGITAL SOCIETY 4.0 MENGHADAPI REVOLUSI INDUSTRI KEEMPAT*. Cendikia Mulia Mandiri. <https://books.google.co.id/books?id=8esYEQAAQBAJ>
- Setyawan, D. A. (2022). *Statistika Kesehatan Analisis Bivariat pada Hipotesis*

Penelitian (1st ed.). Tahta Media.

Shawn, T., Judith, E., Schwartz, S., & Zheng, K. (2025). Proceedings of the Annual Meeting of the Cognitive Science Authors environments. *UC Open Access Publications*, 47.

Siregar, T. (2025). *Cognitive Load Theory* (A. M. Pratiwi (ed.); 1st ed.). PT Tujuh Pustaka Penerbit.

Suiraka, P., Budiani, N. N., & Sarihati, I. G. A. D. (2019). *Metodologi Penelitian Kuantitatif Bidang Kesehatan*.

Sukma, D. (2023). *Psikologi Umum - Rajawali Pers*. PT. RajaGrafindo Persada.
<https://books.google.co.id/books?id=IbZ5EQAAQBAJ>

Sukmawati, A. S., Sabur, F., Nur, M., Darmawan, A. R., Sa'dianoor, S., Mahbub, K., Irmawati, I., Silviana, S., Tawil, M. R., Sampurno, C. B. K., & others. (2023). *BUKU AJAR METODOLOGI PENELITIAN*. PT. Sonpedia Publishing Indonesia. <https://books.google.co.id/books?id=vrrIEAAAQBAJ>

Wijianti, K. L. (2023). *Hubungan Kecanduan Media Sosial dengan Kemampuan Perhatian Selama Mengikuti Proses Belajar Pada Mahasiswa Malang* [Universitas Muhamadiyah Malang].
<https://eprints.umm.ac.id/id/eprint/3052/1/Pendahuluan.pdf>

Xie, J., Xu, X., Zhang, Y., Tan, Y., Wu, D., Shi, M., & Huang, H. (2023). The effect of short-form video addiction on undergraduates' academic procrastination: a moderated mediation model. *Frontiers in Psychology*, 14(December), 1–10.
<https://doi.org/10.3389/fpsyg.2023.1298361>

Ye, J., Zheng, J., Nong, W., & Yang, X. (2025). *Potential Effect of Short Video*

Usage Intensity on Short Video Addiction , Perceived Mood Enhancement (‘ TikTok Brain’), and Attention Control among Chinese Adolescents.
<https://doi.org/10.32604/ijmhp.2025.059929>

Yuniarti, Z. (2025). *Benarkah Media Sosial Berpengaruh terhadap Rentang Fokus Remaja?* <https://ihf.or.id/benarkah-media-sosial-berpengaruh-terhadap-rentang-fokus-remaja/>

Zhang, R. (2024). *The Science Behind Short Form Medias Addicting Algorithm.*
<https://www.thecolumbiasciencereview.com/online-articles/exploring-the-science-behind-short-form-medias-addicting-algorithm>

STIKES BETHESDA YAKKUM