

DAFTAR PUSTAKA

- Adhini, Z. A. (2023). *7 Manfaat Olahraga Pound Fit yang Seru dan Membakar Kalori*. Hello Sehat. <https://hellosehat.com/kebugaran/kardio/4-manfaat-pound-fit/>
- Andalibi, N., Ozturk, P., & Forte, A. (2017). Sensitive self-disclosures, responses, and social support on instagram: The case of #depression. *Proceedings of the ACM Conference on Computer Supported Cooperative Work, CSCW*, 1485–1500. <https://doi.org/10.1145/2998181.2998243>
- Anggito, A., & Setiawan, J. (2018). *Metodologi Penelitian Kualitatif* (E. D. Lestari (ed.); Pertama). Jejak Publisher. https://www.google.co.id/books/edition/Metodologi_penelitian_kualitatif/59V8DwAAQBAJ?hl=id&gbpv=0
- Arnet, J. J. (2015). Emerging Adulthood The Winding Road from the Late Teens Through the Twenties. In *Oxford University Press*. <https://doi.org/http://dx.doi.org/10.1093/oso/9780197695937.001.0001>
- Avelina, V., Yakub, E., & Mahdum. (2024). Pengaruh Bimbingan Kelompok dengan Teknik Johari Window terhadap Keterbukaan Diri Siswa Etnis Melayu. *Jurnal Ilmiah Psikologi Insani*, 7(1), 60–79. <https://jurnalhost.com/index.php/jipsi/article/view/465>
- Bazarova, N. N., & Choi, Y. H. (2014). Self-disclosure in social media: Extending the functional approach to disclosure motivations and characteristics on social network sites. *Journal of Communication*, 64(4), 635–657. <https://doi.org/10.1111/jcom.12106>
- Cheng, X., Wang, S., Guo, B., Wang, Q., Hu, Y., & Pan, Y. (2024). How self-disclosure of negative experiences shapes prosociality? *Social Cognitive and Affective Neuroscience*, 19(1). <https://doi.org/https://doi.org/10.1093/scan/nsae003>
- Creswell, J. W. (2016). *Research Design: Pendekatan Metode Kualitatif, Kuantitatif, dan Campuran* (Fourth Edi). Pustaka Pelajar.
- Denzin, N. K., & Lincoln, Y. S. (2009). *Handbook of Qualitative Research* (S. Z. Qudsy (ed.); Terjemahan). Pustaka Pelajar.
- Devito, J. A. (2017). *The Interpersonal Communication Book - Fifteenth Edition* (15th editi). Pearson Education. <https://lccn.loc.gov/2017037905>
- DeVito, J. A. (2021). *Komunikasi Antarmanusia* (L. Saputra et, al. (ed.); Edisi Keli). Karisma Publishing Group. Interpersonal communication is the communication that takes place between people who %0Aare in some way “connected.” Interpersonal communication would thus include what takes %0Aplace between a son and his father, an employer and an employee, two sisters,
- Farady, R., & Monica, D. (2019). Studi Terpaan Media Pemasaran Melalui Posting Instagram Terhadap Ekuitas Merek Pelanggan Sumoboo ! (Analisis Eksplanatif pada Komunitas Food Blogger # WTFoodies). *Jurnal Komunikasi*, 8(1), 68–82. <https://doi.org/https://doi.org/10.24912/jk.v8i1.50>

- Fiantika, F. R., Wasil, M., Jumiayati, S., Honesti, L., Wahyuni, S., Mouw, E., Jonata, Mashudi, I., Hasanah, N., Maharani, A., Ambarwati, K., Noflidaputri, R., Nuryami, & Waris, L. (2022). *Metode Penelitian Kualitatif* (Y. Novita (ed.); First Edit). PT. Global Eksekutif Teknologi.
https://books.google.co.id/books?hl=id&lr=&id=yXpmEAAAQBAJ&oi=fnd&pg=PA1&dq=jenis+wawancara+kualitatif&ots=gC2othE6M2&sig=ZkNN3gckPeVG4ccz68RIMP_i8bE&redir_esc=y#v=onepage&q=jenis+wawancara+kualitatif&f=false
- Fianu, E., Ofori, K. S., Boateng, R., & Ampong, G. O. A. (2019). The Interplay Between Privacy, Trust and Self-disclosure on Social Networking Sites. *IFIP Advances in Information and Communication Technology*, 558, 382–401.
https://doi.org/10.1007/978-3-030-20671-0_26
- Fitrah, M., & Luthfiah. (2017). *Metodologi Penelitian: Penelitian Kualitatif, Tindakan Kelas, dan Studi Kasus* (Ruslan (ed.)). Jejak Publisher.
https://www.google.co.id/books/edition/Metodologi_penelitian_penelitian_kualita/UVRtDwAAQBAJ?hl=id&gbpv=1
- Habil, M., Budiman, D. A., & Makhrian, A. (2023). Instagram Stories Sebagai Media Pengungkapan Diri Mahasiswa Ilmu Komunikasi UNIB (Kajian Pengguna Instagram Stories pada Mahasiswa Jurusan Ilmu Komunikasi Universitas Bengkulu). *Jurnal Kaganga*, 7(1), 69–82.
- Hasya, R. (2022). *Apa Alasan Utama Masyarakat Indonesia Menggunakan Media Sosial?* GoodStat. 4.%09Model pencairan kepuasan dan aktifitas audiens
- Helaluddin, & Wijaya, H. (2019). *Analisis Data Kualitatif: Sebuah Tinjauan Teori & Praktik*. Sekolah Tinggi Theologia Jaffray.
https://www.google.co.id/books/edition/Analisis_Data_Kualitatif_Sebuah_Tinjauan/lf7ADwAAQBAJ?hl=id&gbpv=0
- Hidayat, M. A. (2023). Self - Disclosure Generasi Z pada Media Sosial TikTok. *HUMANUS*, 18(April), 312–323.
<https://doi.org/https://doi.org/10.62180/bq8hax67>
- Honestdocs. (2019). *Pengertian dan Manfaat Olahraga Pound Fit*. Honestdocs.
<https://www.honestdocs.id/pengertian-dan-manfaat-olahraga-pound-fit>
- Jolley, H. K. (2019). I'm human too: Person-centred counsellors' lived experiences of therapist self-disclosure. *European Journal for Qualitative Research in Psychotherapy*, 9, 12–26.
- Kasmani, M. F., Aziz, A. R. A., & Sawai, R. P. (2022). Self-Disclosure on Social Media and Its Influence on the Well-Being of Youth. *Jurnal Komunikasi: Malaysian Journal of Communication*, 38(3), 272–290.
<https://doi.org/10.17576/JKMJC-2022-3803-17>
- Leaver, T., Highfield, T., & Abidin, C. (2020). Instagram: Visual Social Media Cultures. *Communication*, 11(3), 277–278.
<https://doi.org/https://doi.org/10.1515/commun-2020-0029>
- Lee, C. S., Abu Bakar, N. A. B., Muhammad Dahri, R. B., & Joanna Sin, S. C. (2015). Instagram this! sharing photos on Instagram. *Lecture Notes in Computer*

- Science (Including Subseries Lecture Notes in Artificial Intelligence and Lecture Notes in Bioinformatics)*, 9469, 132–141. https://doi.org/10.1007/978-3-319-27974-9_13
- Luo, M., & Hancock, J. T. (2020). Self-disclosure and social media: motivations, mechanisms and psychological well-being. *Current Opinion in Psychology*, 31, 110–115. <https://doi.org/10.1016/j.copsyc.2019.08.019>
- Nasrullah, R. (2015). *Media Sosial: Perspektif Komunikasi, Budaya dan Sosisteknologi* (N. S. Nurbaya (ed.); Cetakan Ke). Simbiosis Rekatama Media. <https://pustaka.pu.go.id/biblio/media-sosial-perspektif-komunikasi-budaya-dan-sosisteknologi/E2K85>
- Nisrina, M. (2015). *Bisnis Online Manfaat Media Sosial Dalam Meraup Uang* (Witita (ed.)). Kobis. <http://balaiyanpus.jogjaprovo.go.id/opac/detail-opac?id=283150>
- Nurdin, A. (2020). *Teori Komunikasi Interpersonal: Disertai Contoh Fenomena Praktis* (Witnasari & E. Nuraini (eds.); Edisi Pertama). Kencana Publisher.
- Prihatiningsih, W. (2017). Motif Penggunaan Media Sosial Instagram Di Kalangan Remaja. *Communication*, 8(1), 51. <https://doi.org/10.36080/comm.v8i1.651>
- Puspitarini, D. S., & Nuraeni, R. (2019). Pemanfaatan Media Sosial Sebagai Media Promosi (Studi Deskriptif pada Happy Go Lucky House). *Jurnal Common*, 3(1), 71–80. <https://doi.org/10.34010/COMMON.V3I1.1950>
- Rakhmat, J. (2022). *Psikologi Komunikasi* (T. Sujarman (ed.); Duapuluh S). PT. REMAJA ROSDAKARYA.
- Records, G. W. (2022). *Largest Pound Class*. 25 September 2022. <https://www.guinnessworldrecords.com/world-records/714396-largest-pound-class>
- Reza, A. (2023). *Mengenal Pound Fit, Olahraga yang Sedang Digandrungi Masyarakat Indonesia*. Good News From Indonesia. Pound Fit digambarkan sebagai olahraga yang menggabungkan gerakan pilates, kardio dengan yoga.
- Rezi, M. (2018). *Psikologi Komunikasi: Pembelajaran Konsep dan Terapan*. Phoenix Publisher. <https://openlibrary.telkomuniversity.ac.id/home/catalog/id/148311/slug/psikologi-komunikasi-pembelajaran-konsep-dan-terapan.html>
- RoccaSpace. (2019). *RoccaSpace*. <https://www.roccaspace.co.id/>
- Sagiyanto, A., Komunikasi, A., Sarana, B., Jakarta, I., & Ardiyanti, N. (2018). *Self Disclosure melalui Media Sosial Instagram (Studi Kasus pada Anggota Galeri Quote)*. 2(1), 81–94. [https://jurnal.umt.ac.id/index.php/nyimak/article/view/687#:~:text=SELF DISCLOSURE MELALUI MEDIA SOSIAL INSTAGRAM %20Studi Kasus,Srinivas R. Melkote and Ahmad Sharif. %202016%29](https://jurnal.umt.ac.id/index.php/nyimak/article/view/687#:~:text=SELF%20DISCLOSURE%20MELALUI%20MEDIA%20SOSIAL%20INSTAGRAM%20Studi%20Kasus,Srinivas%20R.%20Melkote%20and%20Ahmad%20Sharif.%202016%2029).
- Sihombing, L. H., & Aninda, M. P. (2022). Phenomenology Of Using Instagram Close Friend Features For Self Disclosure Improvement. *Professional*, 9(1), 29–34. <https://doi.org/https://doi.org/10.37676/professional.v9i1.2282>
- Sutikno, M. S., & Hadisaputra, P. (2020). Penelitian Kualitatif. In Nurlaeli (Ed.),

Holistica. Holistica.

http://www.academia.edu/download/54257684/Tabrani._ZA_2014-Dasar-dasar_Metodologi_Penelitian_Kualitatif.pdf

Sutriani, E., & Octaviani, R. (2019). Analisis Data dan Pengecekan Keabsahan Data. *INA-Rxiv*, 1–22. <https://doi.org/https://doi.org/10.31227/osf.io/3w6qs>

Suwendra, I. W. (2018). *METODOLOGI PENELITIAN KUALITATIF dalam Ilmu Sosial, Pendidikan, Kebudayaan, dan Keagamaan* (I. M. D. S. Adnyana (ed.); Cetakan Pe). Nilacakra.
<https://books.google.co.id/books?id=8iJtDwAAQBAJ&printsec=frontcover&hl=id#v=onepage&q&f=false>

Tumangkeng, S. Y. L., & Maramis, J. B. (2022). Kajian Pendekatan Fenomenologi : Literature Review. *Jurnal Pembangunan Ekonomi Dan Keuangan Daerah*, 23(1), 14–32.

Uno, H. B. (2023). *Teori Motivasi dan Pengukurannya (Analisis di Bidang Pendidikan)*. Bumi Aksara.
https://www.google.co.id/books/edition/Teori_Motivasi_dan_Pengukurannya/OqoEAAAQBAJ?hl=id&gbpv=0

Zappavigna, M. (2016). Social media photography: construing subjectivity in Instagram images. *Visual Communication*, 15(3), 271–292.
<https://doi.org/10.1177/1470357216643220>