

DAFTAR PUSTAKA

- Ahyar, H., Maret, U. S., Andriani, H., Sukmana, D. J., Mada, U. G., Hardani, S.Pd., M. S., Nur Hikmatul Auliya, G. C. B., Helmina Andriani, M. S., Fardani, R. A., Ustiawaty, J., Utami, E. F., Sukmana, D. J., & Istiqomah, R. R. (2020). *Buku Metode Penelitian Kualitatif & Kuantitatif* (Issue March).
- Anzani, D., Sudjiwanati, & Kristianty, E. (2019). HUBUNGAN KONTROL DIRI DENGAN SMARTPHONE ADDICTION PADA MAHASISWA PENGGUNA SMARTPHONE DI PROGRAM STUDI S1 TEKNIK ELEKTRO UNIVERSITAS NEGERI MALANG. *Jurnal Fakultas Psikologi Universitas Wisnuwardhana Malang 190 P-ISSN:*, 2(1), 1–19.
http://www.scopus.com/inward/record.url?eid=2-s2.0-84865607390&partnerID=tZOtx3y1%0Ahttp://books.google.com/books?hl=en&lr=&id=2LIMMD9FVXkC&oi=fnd&pg=PR5&dq=Principles+of+Digital+Image+Processing+fundamental+techniques&ots=HjrHeuS_
- Azwar, S. (2009). *Metode Penelitian* (Cet.9). Pustaka Belajar.
- Azwar, S. (2021). *Penyusunan Skala Psikologi*. Pustaka Belajar.
- Bian, M., & Leung, L. (2014). Linking Loneliness, Shyness, Smartphone Addiction Symptoms, and Patterns of Smartphone Use to Social Capital. *Social Science Computer Review*, 33(1), 61–79.
<https://doi.org/10.1177/0894439314528779>
- Billieux, J. (2012). Problematic Use of the Mobile Phone: A Literature Review and a Pathways Model. *Current Psychiatry Reviews*, Vol.8, 299–307.
- Billieux, J., Linden, M., & Rochat, L. (2008). The Role of Impulsivity in Actual and Problematic Use of the Mobile Phone. *Applied Cognitive Psychology*, 22(21 Januari 2008), 1195–1210. <https://doi.org/10.1002/acp>
- Billieux, J., Maurage, P., Lopez-Fernandez, O., Kuss, D. J., & Griffiths, M. D. (2015). Can Disordered Mobile Phone Use Be Considered a Behavioral Addiction? An Update on Current Evidence and a Comprehensive Model for Future Research. *Current Addiction Reports*, 2(2), 156–162.

<https://doi.org/10.1007/s40429-015-0054-y>

- Cha, S., & Seo, B. (2018). Smartphone use and smartphone addiction in middle school students in Korea: Prevalence, social networking service, and game use. *Health Psychology Open*, 5(1).
<https://doi.org/10.1177/2055102918755046>
- Chusna, P. (2017). Pengaruh Media Gadget Pada Perkembangan Karakter Anak. *Dinamika Penelitian: Media Komunikasi Sosial Keagamaan*, vol 17(no 2), 318. <https://doi.org/https://doi.org/10.21274/dinamika.2017.17.2.315-330>
- CNN, T. (2020). *Studi: Lebih Sering Main Ponsel Pintar Picu Perilaku Impulsif*. CNN Indonesia. <https://www.cnnindonesia.com/gaya-hidup/20201120064713-284-572168/studi-lebih-sering-main-ponsel-pintar-picu-perilaku-impulsif>
- Elhai, J. D., Dvorak, R. D., Levine, J. C., & Hall, B. J. (2017). Problematic smartphone use: A conceptual overview and systematic review of relations with anxiety and depression psychopathology. *Journal of Affective Disorders*, 207, 251–259. <https://doi.org/10.1016/j.jad.2016.08.030>
- Ellis, D. A., Davidson, B. I., Shaw, H., & Geyer, K. (2019). Do smartphone usage scales predict behavior? *International Journal of Human Computer Studies*, 130(April), 86–92. <https://doi.org/10.1016/j.ijhcs.2019.05.004>
- Fabio, R. A., Stracuzzi, A., & Lo Faro, R. (2022). Problematic Smartphone Use Leads to Behavioral and Cognitive Self-Control Deficits. *International Journal of Environmental Research and Public Health*, 19(12).
<https://doi.org/10.3390/ijerph19127445>
- Faul, F., Erdfelder, E., & Lang, A. (2009). Statistical power analyses using G * Power 3 . 1 : *Behavior Research Methods*, 41(4), 1149–1160.
<https://doi.org/10.3758/BRM.41.4.1149>
- Ghufron, N. M., & Risnawitaq, R. (2010). *Teori-teori Psikologi*. Ar-Ruzz Media.
- Ghufron, N. M., & Risnawitaq, R. (2017). *Teori-teori Psikologi* (R. Kusumaningratri (ed.)). Ar-Ruzz Media.

- Hadi, S. (2000). *Panduan manual seri program statistik (sps 2000)*. Universitas Gajah Mada.
- Horwood, S., & Anglim, J. (2018). Personality and problematic smartphone use: A facet-level analysis using the Five Factor Model and HEXACO frameworks. *Computers in Human Behavior*, *85*, 349–359.
<https://doi.org/10.1016/j.chb.2018.04.013>
- Ifeanyi, I. P., & Chukwuere, J. (2018). The impact of using smartphones on the academic performance of undergraduate students. *Knowledge Management and E-Learning*, *10*(3), 290–308.
<https://doi.org/10.34105/j.kmel.2018.10.017>
- Juraman, S. (2014). PEMANFAATAN SMARTPHONE ANDROID OLEH MAHASISWA ILMU KOMUNIKASI DALAM MENGAKSES INFORMASI EDUKATIF. *Studi Pada Mahasiswa Ilmu Komunikasi Fispol Unsrat*, *III*(1), 1–8.
- Khasanah, D., & Winarti, Y. (2021). Literature Review: Hubungan Kontrol Diri dengan Kecanduan Smartphone pada Remaja. *Borneo Student Research*, *3*(1), 2021.
<https://journals.umkt.ac.id/index.php/bsr/article/download/2820/1078>
- Kominfo. (2014). *Riset Kominfo dan UNICEF Mengenai Perilaku Anak dan Remaja Dalam Menggunakan Internet*. Kominfo.
- Kristina. (2022). 6 Jenis Tugas Kuliah Mahasiswa, Calon Maba Perlu Tahu Nih. Detikedu. https://www-detik-com.cdn.ampproject.org/v/s/www.detik.com/edu/perguruan-tinggi/d-5933298/6-jenis-tugas-kuliah-mahasiswa-calon-maba-perlu-tahu-nih/amp?amp_gsa=1&_js_v=a9&usqp=mq331AQIUAKwASCAAgM%3D#amp_tf=Dari%251%24s&aoh=16964041145548&referrer=https
- Kuss, D., Harkin, L., Kanjo, E., & Billieux, J. (2018). Problematic smartphone use: Investigating contemporary experiences using a convergent design. *International Journal of Environmental Research and Public Health*, *15*(1).
<https://doi.org/10.3390/ijerph15010142>

- Kwon, M., Lee, J. ., Won, W. ., Park, J. ., Min, J. ., Hahn, C., Gu, X., Choi, J. ., & Kim, D. . (2013). Development and Validation of a Smartphone Addiction Scale (SAS). *Journal PLOS ONE*, 8(2).
<https://doi.org/10.1371/journal.pone.0056936>
- Larasati, & Lestari, P. (2021). Hubungan Kontrol Diri Dengan Penggunaan Smartphone Pada Remaja Selama Masa Pandemi Covid-19 Di Desa Puluhan Tengah. *Indonesian Journal of Nursing Research (IJNR)*, 4(1), 1.
<https://doi.org/10.35473/ijnr.v4i1.1004>
- Lestari, I., & Yarmi, G. (2017). Pemanfaatan Handphone di Kalangan Mahasiswa Ika Lestari & 2 Gusti Yarmi PGSD Universitas Negeri Jakarta. *Jurnal Ilmu Pendidikan*, 31(1), 55–59.
- Maiseptian, F., Rosdialena, & Dewita, E. (2021). Self Control Mahasiswa Perempuan Pengguna Smartphone Serta Implikasinya Dalam Bimbingan Konseling Islam. *Kafa`ah: Journal of Gender Studies*, 11(1), 107.
<https://doi.org/10.15548/jk.v11i1.376>
- Marsela, R. D., & Supriatna, M. (2019). Kontrol Diri: Definisi dan Faktor. *Journal of Innovative Counseling* , 3(2), 65–69.
http://journal.umtas.ac.id/index.php/innovative_counseling
- Mumbaasithoh, L., Ulya, F., & Rahmat, K. (2021). Kontrol Diri dan Kecanduan Gadget pada Siswa Remaja. *Jurnal Penelitian Psikologi*, 12(1), 33–42.
<https://doi.org/http://doi.org/10.29080/jpp.v12i1.507>
- Nazir, M. (2009). *Metode penelitian*. Ghalia Indonesia.
- Nebioglu, M., Konuk, N., Akbaba, S., & Eroglu, Y. (2012). The investigation of validity and reliability of the Turkish version of the Brief self-control scale. *Klinik Psikofarmakoloji Bulteni*, 22(4), 340–351.
<https://doi.org/10.5455/bcp.20120911042732>
- Nickerson, R., Isaac, H., & Mak, B. (2008). A multi-national study of attitudes about mobile phone use in social settings. *International Journal of Mobile Communications*, 6(5), 541–563. <https://doi.org/10.1504/IJMC.2008.019321>
- Nugraha, A. (2018). Faktor – faktor yang mempengaruhi penggunaan MKJP

- dienam wilayah Indonesia. *Jurnal Prodi Teknologi Pendidikan*, 7(3), 267–282.
- Nurningtyas, F., & Ayriza, Y. (2021). Pengaruh Kontrol Diri Terhadap Intensitas Penggunaan Smartphone Pada Remaja. *Acta Psychologia*, 3(1), 14–20.
<https://doi.org/10.21831/ap.v3i1.40040>
- Oktaviani, T., & Nailufar, N. (2023). *Pro dan Kontra Membawa HP Ke Sekolah*. Kompas.Com. <https://nasional.kompas.com/read/2023/08/30/01150041/pro-kontra-membawa-hp-ke-sekolah?page=all>
- Palupi, D. A., Sarjana, W., & Hadiati, T. (2018). Hubungan Ketergantungan Smartphone terhadap Kecemasan pada Mahasiswa Fakultas Diponegoro. *Jurnal Kedokteran Diponegoro*, 7(1), 141.
- Paramita, T., & Hidayati, F. (2017). Smartphone Addiction Ditinjau Dari Alienasi Pada Siswa Sman 2 Majalengka. *Jurnal EMPATI*, 5(4), 858–862.
<https://doi.org/10.14710/empati.2016.15456>
- Periantalo, J. (2016). *Penelitian Kuantitatif Untuk Psikologi* (Cetakan 1). Pustaka Belajar.
- Ramaita, Armaita, & Vandelis, P. (2019). Hubungan Ketergantungan Smartphone Dengan Kecemasan (Nomophobia). *Jurnal Kesehatan*, 10(2), 89.
<https://doi.org/10.35730/jk.v10i2.399>
- Roberts, N., & Rees, M. (2014). Student use of mobile devices in university lectures. *Australasian Journal of Educational Technology*, 30(4), 415–426.
<https://doi.org/10.14742/ajet.589>
- Rofiyandi, Y. (2013). *Penelitian: Mahasiswa Pakai Smartphone di Ruang Kuliah*. Tempo.Co. <https://tekno.tempo.co/read/527132/penelitian-mahasiswa-pakai-gadget-di-ruang-kuliah>
- Shirinkam, M., Shahsavarani, A., Toroghi, L., Mahmoodabadi, M., Mohammadi, A., & Sattari, K. (2016). Internet addiction antecedants: Self-control as a predictor. *International Journal of Medical Research & Health Sciences*, 5(S), 143–151. www.ijmrhs.com

- Sugiyono. (2021). *Metode penelitian kuantitatif, kualitatif, dan R&D* (Cetakan Ke). Alfabeta.
- Syaroh, A. U. (2019). Faktor Kontrol Diri Dalam Penggunaan Gadget (Smartphone) Pada Siswa. *EMPATI-Jurnal Bimbingan Dan Konseling*, 6(2). <https://doi.org/10.26877/empati.v6i2.4281>
- Syukri, M., & Jerry, L. (2019). Dampak Penggunaan Gadget Terhadap Interaksi Sosial Pada Remaja Karang Taruna Kelurahan Karet Kuningan. *Jurnal SISTEM INFORMASI*, 1(2), 25–32. www.journal.ibmasmi.ac.id
- Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High Self-Control Predicts Good Adjustment, Less Pathology, Better Grades, and Interpersonal Success. *Journal of Personality*, 2(April 2004), 54.
- Thalib, S. . (2017). *Psikologi pendidikan berbasis analisis, empiris dan aplikatif*. Kencana. <https://books.google.co.id/books?id=gHA-DwAAQBAJ>
- Thompson, L. L., Rivara, F. P., Ayyagari, R. C., & Ebel, B. E. (2013). Impact of social and technological distraction on pedestrian crossing behaviour: An observational study. *Injury Prevention*, 19(4), 232–237. <https://doi.org/10.1136/injuryprev-2012-040601>
- West, R., Ash, C., Dapore, A., Kirby, B., Malley, K., & Zhu, S. (2021). Problematic smartphone use: The role of reward processing, depressive symptoms and self-control. *Addictive Behaviors*, 122(May), 107015. <https://doi.org/10.1016/j.addbeh.2021.107015>
- Willems, Y. E., Boesen, N., Li, J., Finkenauer, C., & Bartels, M. (2019). The heritability of self-control: A meta-analysis. *Neuroscience and Biobehavioral Reviews*, 100(February), 324–334. <https://doi.org/10.1016/j.neubiorev.2019.02.012>
- Yuni, R., & Pierewan, A. (2013). Hubungan Intensitas Penggunaan Smartphone Dengan Disiplin Belajar Siswa. *Jurnal Pendidikan Sosiologi*, 1–16.