

## DAFTAR PUSTAKA

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5 ed.). American Psychiatric Publishing.
- Andreassen, C. S. (2015). Online social network site addiction: A comprehensive review. *Current Addiction Reports*, 2(2), 175-184.
- Aprillia, A. D. (2019). Hubungan antara kontrol diri dengan kecanduan media sosial (instagram) pada remaja di SMA Harapan 1 Medan. *Universitas Medan Area*, 1–112. [http://repository.uma.ac.id/bitstream/123456789/11082/1/158600036 - arista dwi aprillia - fulltext.pdf](http://repository.uma.ac.id/bitstream/123456789/11082/1/158600036-arista%20dwi%20aprillia%20-%20fulltext.pdf)
- Aprilia, R., Sriati, A., & Hendrawati, S. (2020). Tingkat kecanduan media sosial pada remaja. *Journal of Nursing Care*, 3(1), 41-53.
- Arifin, L. A., & Rahmadi, F. A. (2017). *Hubungan tingkat kecanduan gadget dengan prestasi belajar siswa usia 10–11 tahun* (Doctoral dissertation, Faculty of Medicine).
- Awalia, R., Fikrie, F., & Rifandi, A. (2022). Peranan Regulasi Diri Terhadap Kecenderungan Kecanduan Media Sosial Pada Mahasiswa. *Jurnal Psikologi MANDALA*, 6(2), 85-100.
- Azizah, E., & Baharuddin, F. (2021). Hubungan antara fear of missing out (fomo) dengan kecanduan media sosial instagram pada remaja. *Humanistik'45*, 9(1), 15-25.
- Azwar, S. (2015). *Penyusunan skala psikologi edisi 2*. Yogyakarta. Pustaka Pelajar.
- Baumeister, R. F., & Alghamdi, N. G. (2015). Role of self-control failure in immoral and unethical actions. *Current Opinion in Psychology*, 6, 66-69.
- Błachnio, A., Przepiorka, A., Cudo, A., Angeluci, A., Ben-Ezra, M., Durak, M., ... & Benvenuti, M. (2023). Self-Control and Digital Media Addiction: The Mediating Role of Media Multitasking and Time Style. *Psychology Research and Behavior Management*, 2283-2296.
- BPS. 2023. Jumlah Mahasiswa (Negeri dan Swasta). <https://jatim.bps.go.id/statictable/2023/07/20/2959/jumlah-mahasiswa-negeri-dan-swasta-di-bawah-kementerian-agama-menurut-kabupaten-kota-2021-dan-2022.html>. Diakses pada tanggal 14 Desember 2023.
- Brevers, D., & Turel, O. (2019). Strategies for self-controlling social media use: Classification and role in preventing social media addiction symptoms. *Journal of behavioral addictions*, 8(3), 554-563.
- Ekşi, H., Turgut, T., & Sevim, E. (2019). The mediating role of general procrastination behaviors in the relationship between self-control and social

- media addiction in university students. *Addicta: The Turkish Journal on Addictions*, 6(3), 717-745.
- Eynon, R., & Geniets, A. (2016). The digital skills paradox: How do digitally excluded youth develop skills to use the internet?. *Learning, Media and Technology*, 41(3), 463-479.
- Felita, P., Siahaja, C., Wijaya, V., Melisa, G., Chandra, M., & Dahesihsari, R. (2016). Pemakaian media sosial dan self concept pada remaja. *Manasa*, 5(1), 30-41.
- Fitriyah, L., & Jauhar, M. (2014). *Pengantar Psikologi Umum*. Jakarta: Prestasi Pustaka.
- Ghufron, N & Risnawati, R. 2011. Teori-teori Psikologi. Jogjakarta: Ar-Ruzz Media.
- Goldfried, M. R., & Merbaum, M. (1973). *Behavior change through self-control*. Holt, Rinehart & Winston.
- Gottfredson, M. R., & Hirschi, T. (1990). *A general theory of crime*. Stanford University Press.
- Hartinah, S., Sriati, A., & Kosasih, C. E. (2019). Gambaran tingkat gejala kecanduan media sosial pada mahasiswa keperawatan Universitas Padjadjaran. *Jurnal Keperawatan BSI*, 7(1), 123-33.
- Holloway, D., Green, L., & Livingstone, S. (2013). Zero to eight: Young children and their internet use.
- Hurlock, Elizabeth. 1990. Psikologi Perkembangan: Suatu Pendekatan dalam Suatu Rentang Kehidupan. Jakarta: Erlangga.
- Kirik, A., Arslan, A., Çetinkaya, A., & Mehmet, G. Ü. L. (2015). A quantitative research on the level of social media addiction among young people in Turkey. *International Journal of Sport Culture and Science*, 3(3), 108-122.
- Krisnadi, B., & Adhandayani, A. (2022). Kecanduan media sosial pada dewasa awal: Apakah dampak dari kesepian? *JCA of Psychology*, 3(1), 47–55. <https://jca.esaunggul.ac.id/index.php/jpsy/article/view/187>
- Li, D., Zhang, W., Li, X., Zhen, S., & Wang, Y. (2010). Stressful life events and problematic Internet use by adolescent females and males: A mediated moderation model. *Computers in Human Behavior*, 26(5), 1199-1207.
- Lin, M. P., Ko, H. C., & Wu, J. Y. W. (2011). Prevalence and psychosocial risk factors associated with Internet addiction in a nationally representative sample of college students in Taiwan. *Cyberpsychology, Behavior, and Social Networking*, 14(12), 741-746.
- Mei, S., Yau, Y. H., Chai, J., Guo, J., & Potenza, M. N. (2016). Problematic Internet use, well-being, self-esteem and self-control: Data from a high-school survey in China. *Addictive behaviors*, 61, 74-79.

- Mellyna, E.Y.F & Lucy, C. (2019). Penggunaan media sosial berdasarkan gender terhadap prestasi belajar mahasiswa. *Jurnal Benefita*, 4(1) : 162-181.
- Meiliani, A. P., & Fuady, I. (2023). Pengaruh Motivasi Pengguna Aplikasi Kencan Terhadap Kesehatan Mental Pada Mahasiswa. *HUMANUS: Jurnal Sosiohumaniora Nusantara*, 1(1), 43-55.
- Nurdin, I., & Sri, H. (2019). Metodologi Penelitian sosial. Surabaya: Media Sahabat Cendikia.
- Nurmandia, H., Wigati, D., & Masluchah, L. 2013. Hubungan Antara Kemampuan Sosialisasi dengan Kecanduan Jejaring Sosial
- Rao, P. (1996), "Measuring Consumer Perception Through Factor Analysis", *The Asian Manager*, February-March, pp.28-32.
- Renee vanDellen, M. (2008). *Social, personal, and environmental influences on self-control*. Duke University.
- Restubog, S. L. D., Garcia, P. R. J. M., Toledano, L. S., Amarnani, R. K., Tolentino, L. R., & Tang, R. L. (2011). Yielding to (cyber)-temptation: Exploring the buffering role of self-control in the relationship between organizational justice and *cyberloafing* behavior in the workplace. *Journal of Research in Personality*, 45(2), 247-251.
- Riyanto, G. P & Yudha Pratomo (2023). Orang Indonesia Internetan Lebih dari 7 Jam Sehari, Paling Sering Buka WA dan IG. Tim Redaksi Kompas.com. diakses melalui <https://tekno.kompas.com/read/2023/02/14/14020097/orang-indonesia-internetan-lebih-dari-7-jam-sehari-paling-sering-buka-wa-dan-ig>
- Rulli, N. 2015. Teori Media Sosial (Perspektif Komunikasi, Kultur, dan Sosiso Teknologi) Jogjakarta: Simbiosis Rekatama Media.
- Sagar, M. E. (2021). Predictive Role of Cognitive Flexibility and Self-Control on Social Media Addiction in University Students. *International Education Studies*, 14(4), 1-10.
- Siyoto, S. & Sodik, A. 2015. Dasar Metodologi Penelitian, Literasi Media Publishing, Yogyakarta.
- Soliha. 2015. Tingkat Ketergantungan Penggunaan Media Sosial dan Kecemasan Sosial. *Jurnal ilmu komunikasi*, Vol. 4 No. 1.
- Sugiyono. (2017). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta, CV.
- 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*, 72(2), 271-324.
- Tutgun-Ünal, A., & Deniz, L. (2015). Development of the social media addiction scale. *AJIT-e: Academic Journal of Information Technology*, 6(21), 51-70.

- Yolanda, V, Priyanggasari, A. T. S., & Taufiqurrahman, T. (2022). Hubungan Kontrol Diri terhadap Perilaku Konsumtif pada Remaja Akhir Pengguna Shopee. *Seminar Nasional Sistem ...*, September, 3670–3679. <https://www.jurnalfti.unmer.ac.id/index.php/senasif/article/view/449%0Ahttps://www.jurnalfti.unmer.ac.id/index.php/senasif/article/download/449/404>
- Zhao, J., Jia, T., Wang, X., Xiao, Y., & Wu, X. (2022). Risk Factors Associated With Social Media Addiction: An Exploratory Study. *Frontiers in Psychology*, 13(April), 1–7.