

DAFTAR PUSTAKA

- Acocella, J.R., & Calhoun, J.F. (1990). *Psikologi Tentang Penyesuaian dan Hubungan Kemanusiaan* (Alih bahasa: Satmoko, R.S). Semarang: IKIP Press
- AECT, 2004. *Defenisi Teknologi Pendidikan Satuan Tugas Defenisi dan Terminologi*. AECT : Seri Pustaka teknologi pendidikan. Jakarta : PT. Raja Grafindo Persada
- Agusta, D. (2016). Faktor-faktor risiko kecanduan menggunakan smartphone pada siswa di SMK negeri 1 kalasan yogyakarta. *E-Journal Bimbingan dan Konseling*, 3(5). 86-96.
- Ainiyah, N. (2018). Remaja Millenial dan Media Sosial: Media Sosial sebagai Media Informasi Pendidikan bagi Remaja Millenial. *Jurnal Pendidikan Islam Indonesia*, 2(2), 221-236.
- Albarashdi, H. S., Bouazza, A., Jabur, N. H., & Al-Zubaidi, A. S. (2016). *Smartphone addiction reasons and solutions from the perspective of sultan qaboos university undergraduates: a qualitative study*. *International Journal of Psychology and Behavior Analysis*, 2(113), 1-10. doi:10.15344/2455-3867/2016/113.
- Andriani, Wulan Selvia., Sriati, Aat., & Yamin, Ahmad (2019). Gambaran Kontrol Diri Penggunaan Smartphone pada Siswa Sekolah Menengah Atas dan Sederajat. *Jurnal Keperawatan Komprehensif*. 5(2).
- Anjarwati, Julia (2020). *Smartphone* (Ponsel Cerdas): Pengertian, Jenis, Merek, dan Dampak. Diakses 19 November 2021. <https://tekno.foresteract.com/smartphone/>
- Anzani, Dessy Rifa., Sudjiwanati., Esha Paulina Kristianty. (2019). Hubungan Kontrol Diri dengan *Smartphone addiction* Pada Mahasiswa Pengguna Smartphone di Program Studi S1 Teknik Elektro Universitas Negeri Malang. *Psikovidya*. 23(2). P-ISSN: 0853-8050 E-ISSN: 2502-6925
- Aulia, Devy Syafa (2019). *Faktor – faktor yang Mempengaruhi Adiksi Smartphone pada Remaja*. Fakultas Psikologi Universitas Islam Negeri Syarif Hidayatullah Jakarta. Skripsi.
- Averill, J.R. (1973). Personal Control Over Aversive Stimuli and It's Relationship to Stress. *Psychological Buletin*, 80 (4), 286-303.
- Azwar, S. (2015a). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2015b). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar.
- Aydin, B., & Sari, S, V., (2011). Internet addiction among adolescents: the role of *self-esteem*. *Procedia Social and Behavioral Sciences*, 15, 3500-3505.

- Bian, M. & Leung, L (2014) Linking Loneliness, Shyness, *Smartphone addiction* and Patterns of Smartphone Use Capital. *Journal: Social Science Computer Review*, 1-9, DOI: 10.1177/0894439314528779.
- Bianchi, A., & Phillips, J. G. (2005). Psychological predictors of problem mobile phone use. *CyberPsychology & Behavior*, 8(1), 39-51. Doi:10.1089/cpb.2005.8.39
- Bisen, S., & Deshpande, Y. (2016). An analytical study of *Smartphone addiction* among engineering students: a gender differences. *The International Journal of Indian Psychology*, 4(1), 70-83.
- Cha, S-S., & Seo, B-K. (2018). Smartphone use and smartphone addiction in middle school students in Korea: Prevalence, social networking service, and game use. *Health Psychology Open*, 1-15. DOI: <https://doi.org/10.1177/205510291875504>
- Choliz. (2012). Mobile Phone Addiction in Adolescence: The Test of Mobile Phone Dependence (TMD). *Journal Department of Basic Psychology*. 2(1).
- Ehrenberg, A., Juckes, S., White, K. M. & Walsh, S. P. (2008). Personality and *Self-esteem* as Predictors of Young People's Technology Use. *CyberPsychology & Behavior*, 11(6), 739-741
- Fox, N. A., & Calkins, S. D. (2003). The Development of Self – Control Emotion: Intrinsic and Extrinsic Influences. *Motivation and Emotion Journal*, 27(1). 7 – 26.
- Gezgin, D.M., Hamutoglu, N.B., Gultekin, G.S., Ayas, T. (2018). The relationship between nomophobia and loneliness among Turkish adolescents. *International journal of research education and science*. Vol 4 (2).
- Ghufron, M.N., & Risnawati, R.S. (2010). *Teori-Teori Psikologi*. Yogyakarta: Arruzz Media.
- Hadi, S. (2015). *Statistika*. Yogyakarta: Pustaka Pelajar.
- Hanum, Zubaedah. (2021). Kemenkoinfo: 89% Penduduk Indonesia Gunakan Smartphone. Diakses 3 Januari 2022 <https://mediaindonesia.com/humaniora/389057/kemenkoinfo-89-penduduk-indonesia-gunakan-smartphone>
- Hurlock, B.E. (2018). *Psikologi perkembangan suatu pendekatan sepanjang rentang kehidupan*. (5th ed). Jakarta: Erlangga
- Karuniawan, A., & Yuniar, C. (2013). Hubungan antara Academic Stress dengan *Smartphone addiction* pada Mahasiswa Pengguna Smartphone. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 2(1).
- Khafizurrahman (2020). Hubungan antara Kepribadian Introvert dan Kesepian dengan *Smartphone addiction* pada Mahasiswa Universitas Mercu Buana Yogyakarta. Skripsi.

- Khalisa. (2015). Penyakit Berbahaya Itu Bernama Nomophobia. Diakses 15 Juni 2022 <https://justonyx.wordpress.com/2015/03/17/penyakitberbahaya-itu-bernama-nomophobia/>
- Khasanah, Dinda Ni'matul., & Winarti. Y. (2021). *Literature Review: Hubungan Kontrol Diri dengan Kecanduan Smartphone pada Remaja. Borneo Student Research.* 3(01).
- Kompasiana (2015). Ciri – ciri Orang Kecanduan Smartphone. Diakses 15 Oktober 2021. <https://www.kompasiana.com/richardadam/55efc473c4afdbc058d79fe/ciriciri-orang-kecanduan-smartphone>.
- Korucu, A. T., & Alkan, A. (2011). Differences between m-learning (mobile learning) and elearning, basic terminology and usage of m-learning in education. *Procedia - Social and Behavioral Sciences*, 1925–1930. Doi:10.1016/j.sbspro.2011.04.029
- Kwon, M., Kim, D. J., Cho, H., & Yang, S. (2013). *The Smartphone addiction Scale: Development and Validation of a Short Version for Adolescents.* Doi: <https://doi.org/10.1371/journal.pone.0083558>
- Leung, L., & Wei, R. (2007). *Leisure boredom, sensation seeking, self-esteem, addiction symptoms and patterns of mobile phone use.* Diakses dari <https://www.researchgate.net/publication/228388948>
- Lin, Y.-H., Chang, L.-R., Lee, Y.-H., Tseng, H.-W., Kuo, T. B. J., & Chen, S.-H. (2014). Development and validation of the *Smartphone addiction inventory (SPAI)*. *Plos one*, 9(6), e98312. doi:10.1371/journal.pone.0098312
- Logue, A. W. (1995). *Self Control – Waiting Until Tomorrow For What You Want You Want Today.* New Jersey : Practice Hall.
- Marsela, Ramadona Dwi., Supriatna, Mamat. (2019). Kontrol Diri: Definisi dan Faktor. *Journal of Innovative Counseling : Theory, Practice & Research*, 3(2), pp. 65–69. ISSN (Print): 2548-3226
- Maknuni, Jauharil. (2020). Pengaruh Media Belajar Smarphone Terhadap Belajar Siswa Di Era Pandemi Covid-19. *Indonesian Education Administartion and Leadership Journal.* 2(2), 94-106. ISSN 2686-3596 (online).
- Misyaroh, Dewi Ayu. (2016). Hubungan antara Loneliness dengan Mobile Phone Addict pada Mahasiswa Unversiras Negeri di Kota Malang. Skripsi.
- Mruk, Christopher J. 2006. *Self-esteem Research, Theory, and Practice Toward a Positive Psychology of Self-esteem* 3rd Edition. Springer Company.
- Mudiarni, M. (2018). Hubungan antara Kontrol Diri dan *Smartphone addiction* pada Mahasiswa Yogyakarta: Fakultas Psikologi dan Sosial Budaya Universitas Islam Indonesia (Skripsi).

- Mulyana, Sri & Afriani. (2017). Hubungan antara Self Esteem dengan *Smartphone addiction* pada Remaja di Kota Banda Aceh. Skripsi.
- Nurudin, M. Mara, M. N. & Kusnandar, D. (2014). Ukuran Sampel dan Distribusi Sampling dari Beberapa Variabel Random Kontinu. *Buletin Ilmiah Matematika dan Statistika*, 3(1).
- Prasanti, D. (2016). Perubahan media komunikasi dalam pola komunikasi keluarga di era digital. *Jurnal Commed*, 1 (1), 69-81.
- Prastya, Dicky. (2022). Jumlah Perangkat Seluler di Indonesia Capai 370,1 Juta pada 2022. Diakses dari www.suara.com/tekno/2022/02/21/165644/jumlah-perangkat-seluler-di-indonesia-capai-3701-juta-pada-2022.
- Rahmayani, Indah (2021). Indonesia Raksasa Teknologi Digital Asia. Diakses 3 Januari 2022 https://www.kominfo.go.id/content/detail/6095/indonesia-raksasa-teknologi-digital-asia/0/sorotan_media.
- Sadikin, A., & Hamidah, A. (2020). Pembelajaran daring di tengah wabah covid19:(online learning in the middle of the covid-19 pandemic). *Biodik*, 6(2), 214-224.
- Santrock (2003) John W. *Adolescence. Perkembangan Remaja. Edisi Keenam*. Jakarta: Erlangga.
- Sarwono. 2011. *Psikologi Remaja. Edisi Revisi*. Jakarta: Rajawali Pers.
- Shirinkam, S. M, dkk. (2016). Internet Addiction Antecedents : Self-control as a Predictor. *International Journal of Medical Research & Health Sciences*. Vol. 5. No. 5 : 143-151.
- Siregar, Thia Mardiah (2021) Hubungan *Self-esteem* dengan Post Traumatic Growth pada Remaja. Skripsi
- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif*. R&D. Bandung: Alfabeta
- Tafarodi, R.W., & Milne, A.B. (2002), Decomposing Global Self Esteem. *Journal of Personality*, 70 (4), 443-484.
- 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. <https://doi.org/10.1111/j.0022-3506.2004.00263.x>.
- Uba, Ikechukwu, dkk, “Effect of *Self-esteem* in the Relationship between Stress and Substance Abuse among Adolescents: A Mediation Outcome”, *International Journal of Social Science and Humanity*, 3(3).
- Van Deursen, A. J., Bolle, C. L., Hegner, S. M., & Kommers, P. A. M., (2015). Modelling habitual and addictive smartphone behavior the role of smartphone usage types, emotional intelligence,

social stress, self-regulation, age, and gender. *Computers in Human Behavior*, 45, 411–420. DOI:<http://dx.doi.org/10.1016/j.chb.2014.12.039>

Walsh, S. P., White, K. M., & Young, R. M. (2007). Young and Connected: Psychological influences of mobile phone use amongst Australian youth. In Goggin, G & Hjorth, L (Eds.) *Proceedings: International Conference on Social and Cultural Aspects of Mobile Phones, Convergent Media and Wireless Technologies*. University of Sydney, Australia, pp. 125-134.

Websindo. (2019). Indonesia digital 2019: Tinjauan umum. Diakses 3 Januari 2022 <https://websindo.com/indonesia-digital-2019-tinjauan-umum/>

Yuwanto, L. (2010). *Mobile Phone Addict*. Surabaya: Putra Media Nusantara.

Zhang, Y., Mei, S., Chai, J., Li, J., & Du, H. (2015). The Relationship Impulsivity and Internet Addiction in Chinese College Students: A Moderated Mediation Analysis of Eaning in Life and *Self-esteem*. *Plos One*, 10(7), 1-13. doi: 10.1371/journal.pone.0131597.