

DAFTAR PUSTAKA

- Aagaard, J. (2020). Digital akrasia: a qualitative study of phubbing. *Ai & Society*, 35, 237-244.
- Abidin, F. A. (2022). Literasi Kesehatan Mental Dan Status Kesehatan Mental Dewasa Awal Pengguna Media Sosial. *HIGEIA: Journal of Public Health Research and Development*, 6(2).
- Abimanyu, K. A., Sandri, R., & Kartika, F. C. (2023). Kecenderungan Kecanduan Media Sosial pada Dewasa Awal: Ditinjau dari Kontrol Diri. *Seminar Nasional Sistem Informasi (SENASIF)*, 7, 4026-4034.
- Aditia, R. (2021). Fenomena Phubbing: Suatu degradasi relasi sosial sebagai dampak media sosial. *KELUWIH: Jurnal Sosial Dan Humaniora*, 2(1), 8-14.
- Allahverdi, F. Z. (2021). The Relationship between The Items of The Social Media Disorder Scale and Perceived Social Media Addiction. *Current Psychology*, 41(10), 7200-7207.
- Allahverdi, F. Z. (2022). Trait Boredom and Perceived Social Media Addiction Relationship. *Journal of Positive School Psychology*, 6(2), 5024-5036.
- Allahverdi, F. Z. (2023). Relationship between Self-Esteem, Area of Study, Phubbing, and Perceived Social Media Addiction among University Students. *OPUS Journal of Society Research*, 20(53), 340-353.
- Al-Menayes, J. (2016). The fear of missing out scale: Validation of the Arabic version and correlation with social media addiction. *International Journal of Applied Psychology*, 6(2), 41-46.
- Al-Menayes, J. J. (2015). Dimensions of social media addiction among university students in Kuwait. *Psychology and Behavioral Sciences*, 4(1), 23-28.
- Al-Saggaf, Y., & O'Donnell, S. B. (2019). Phubbing: Perceptions, reasons behind, predictors, and impacts. *Human Behavior and Emerging Technologies*, 1(2), 132-140.
- Al-Saggaf, Y., MacCulloch, R., & Wiener, K. (2019). Trait boredom is a predictor of phubbing frequency. *Journal of Technology in Behavioral Science*, 4, 245-252.
- Amiro, Z., & Laka, L. (2023). Pengaruh Boredom Proneness Terhadap Perilaku Phubbing Pada Remaja Di Desa Sekarmojo Kecamatan Purwosari Kab. Pasuruan. *Liberosis: Jurnal Psikologi dan Bimbingan Konseling*, 1(1), 10-20.
- Andreassen, C., & Pallesen, S. (2014). Social network site addiction-an overview. *Current pharmaceutical design*, 20(25), 4053-4061.
- Argan, M., Köse, H., Özgen, C., & Yalinkaya, B. (2019). Do Sports, Take Photo and Share: Phubbing, Social Media Addiction and Narcisism of Body Builders. *European Journal of Physical Education and Sport Science*, 5(9), 79-94.

- Asosiasi Penyelenggara Jasa Internet Indonesia. (2020). Laporan Survei Internet APJII 2019-2020 (Q2). *Survei Internet APJII*.
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2023). Survei Penetrasi dan Perilaku Internet 2023. *Profil Pengguna Internet Indonesia Retail*.
- Ayhan, C., Kaya, H. B., Yalçın, İ., & Karakaş, G. (2021). The mediating effect of social media addiction on the relationship between leisure boredom and loneliness: Serbest zamanda sıkılma algısı ve yalnızlık arasındaki ilişki üzerinde sosyal medya bağımlılığının aracılık etkisi. *Journal of Human Sciences*, 18(4), 749-759.
- Ayuningtyas, R., & Fransiska, R. (2022). Pengaruh Kebosanan Kerja Terhadap Perilaku Cyberloafing Dengan Stres Kerja Sebagai Variabel Mediasi Pada Karyawan Generasi Milenial. *Journal of Economic, Bussines and Accounting (COSTING)*, 6(1), 895-910.
- Azizan, H. (2016). Pengaruh kepercayaan diri terhadap ketergantungan media sosial pada siswa di SMK Negeri 1 Bantul. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 5(6).
- Azka, F., Firdaus, D. F., & Kurniadewi, E. (2018). Kecemasan sosial dan ketergantungan media sosial pada mahasiswa. *Psympathic: Jurnal Ilmiah Psikologi*, 5(2), 201-210.
- Azwar, S. (2020). *Penyusunan Skala Psikologi*. (Edisi ke-2). Yogyakarta: Pustaka Pelajar.
- Balta, S., Emirtekin, E., Kircaburun, K., & Griffiths, M. D. (2020). Neuroticism, Trait Fear of Missing Out, and Phubbing: The Mediating Role of state Fear of Missing Out and Problematic Instagram use. *International Journal of Mental Health and Addiction*, 18, 628-639.
- Bintang, J. M. (2023). Pengaruh Sosial Media Pada Masa Dewasa Awal. *PENSA*, 5(3), 1-9.
- Bitar, Z., Akel, M., Salameh, P., Obeid, S., & Hallit, S. (2023). Phubbing among Lebanese young adults: Scale validation and association with mental health (depression, anxiety, and stress). *Current Psychology*, 42(23), 19709-19720.
- Błachnio, A., & Przepiorka, A. (2019). Be aware! If you start using Facebook problematically you will feel lonely: Phubbing, Loneliness, Self-Esteem, and Facebook intrusion. A cross-sectional study. *Social Science Computer Review*, 37(2), 270-278.
- Bozaci, I. (2020). The Effect of Boredom Proneness on Smartphone Addiction and Impulse Purchasing: A Field Study with Young Consumers in Turkey. *The Journal of Asian Finance, Economics and Business (JAFEB)*, 7(7), 509-517.
- Bulut, S., & Nazir, T. (2019). Phubbing phenomenon: A wild fire, which invades our social communication and life. *Open Journal of Medical Psychology*, 9(01), 1.
- Cannito, L., Ceccato, I., Annunzi, E., Bortolotti, A., D'Intino, E., Palumbo, R., & Palumbo, R. (2023). Bored with boredom? Trait boredom predicts internet

- addiction through the mediating role of attentional bias toward social networks. *Frontiers in Human Neuroscience*, 17, 1179142.
- Chi, L. C., Tang, T. C., & Tang, E. (2022). The phubbing phenomenon: a cross-sectional study on the relationships among social media addiction, fear of missing out, personality traits, and phubbing behavior. *Current Psychology*, 41(2), 1112-1123.
- Chotpitayasunondh, V., & Douglas, K. M. (2016). How “Phubbing” Becomes The Norm: The Antecedents and Consequences of Snubbing via Smartphone. *Computers in human behavior*, 63, 9-18.
- Chotpitayasunondh, V., & Douglas, K. M. (2018). Measuring phone snubbing behavior: Development and validation of the Generic Scale of Phubbing (GSP) and the Generic Scale of Being Phubbed (GSBP). *Computers in Human Behavior*, 88, 5-17.
- Constantin, N., & Setijadi, N. (2023). Phubbing, Komunikasi Interpersonal, dan Etika Komunikasi dalam Masyarakat. *Jurnal Lensa Mutiara Komunikasi*, 7(2), 205-214.
- Coralia, F., Qodariah, S., & Yanuvianti, M. (2017). Studi Mengenai Kepribadian Dan Self-Esteem Pada Pecandu Media Sosial. *Schema: Journal of Psychological Research*, 140-149.
- Corinna, S., Martarelli, Ambroise, Baillifard, Catherine, Audrin. (2022). A Trait-Based Network Perspective on the Validation of the French Short Boredom Proneness Scale. *European Journal of Psychological Assessment*, 1-22.
- Daniati, N., Darliana, E., & Alwina, S. (2022). Korelasi Pengaruh Media Sosial Tik Tok Terhadap Prestasi Belajar Mahasiswa Prodi Pendidikan IPS Semester V STKIP Al-Maksum Langkat. *Jurnal Berbasis Sosial*, 2(1), 38-44.
- Eren, M. Ö., Bayrak, M., & Dokuzoğlu, G. (2023). Investigation Of The Effect Of High School Students'perception Of Boredom In Free Time On Social Media Addiction. *International Journal of Education Technology and Scientific Researches*, 8(25), 3144-3167.
- Ergün, N., Göksu, İ., & Sakız, H. (2020). Effects of phubbing: Relationships with psychodemographic variables. *Psychological reports*, 123(5), 1578-1613.
- Fahlman, S. A., Mercer-Lynn, K. B., Flora, D. B., & Eastwood, J. D. (2013). Development and Validation of The Multidimensional State Boredom Scale. *Assessment*, 20(1), 68-85.
- Fang, J., Wang, X., Wen, Z., & Zhou, J. (2020). Fear of missing out and problematic social media use as mediators between emotional support from social media and phubbing behavior. *Addictive behaviors*, 107, 106430.
- Goetz, T., Frenzel, A. C., Hall, N. C., Nett, U. E., Pekrun, R., & Lipnevich, A. A. (2014). Types of Boredom: An Experience Sampling Approach. *Motivation and Emotion*, 38, 401-419.
- Griffiths, M. (2005). A ‘components’ model of addiction within a biopsychosocial framework. *Journal of Substance use*, 10(4), 191-197.
- Griffiths, M. D. (2013). Social Networking Addiction: Emerging Themes and Issues. *Journal of Addiction Research & Therapy*, 4(5).

- Hafizah, N., Adriansyah, M. A., & Permatasari, R. F. (2021). Kontrol Diri dan Komunikasi Interpersonal Terhadap Perilaku Phubbing. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(3), 630-645.
- Hamidah, M. (2020). Religiusitas dan perilaku bullying pada santri di pondok pesantren. *Psycho Holistic*, 2(1), 141-151.
- Harnata, A. A., & Prasetya, B. E. A. (2022). Gambaran Perasaan Insecure di Kalangan Mahasiswa yang Mengalami Kecanduan Media Sosial Tiktok. *Bulletin of Counseling and Psychotherapy*, 4(3), 823-830.
- Hartinah, S., Sriati, A., & Kosasih, C. E. (2019). Gambaran tingkat gejala kecanduan media sosial pada mahasiswa keperawatan Universitas Padjadjaran. *Jurnal Keperawatan BSI*, 7(1), 123-133.
- Hurlock, Elizabeth B. (1999). *Psikologi Perkembangan*. Jakarta: Erlangga.
- Isrofin, B. (2020). Validasi generic scale of phubbing (GSP) versi bahasa indonesia dengan rasch model. *Nusantara of Research: Jurnal Hasil-hasil Penelitian Universitas Nusantara PGRI Kediri*, 7(1), 9-18.
- Janie, D. N. A. (2012). Statistik deskriptif & regresi linier berganda dengan SPSS. *Jurnal*, 52.
- Kara, F. M., Sarol, H., Gürbüz, B., & GÜRKAN, R. K. (2023). Boreout at the office: The role of leisure boredom in predicting job burnout and social media addiction. *Journal of Education and Recreation Patterns*, 4(2), 400-414.
- Karadağ, E., Tosuntaş, Ş. B., Erzen, E., Duru, P., Bostan, N., Şahin, B. M., ... & Babadağ, B. (2015). Determinants of phubbing, which is the sum of many virtual addictions: A structural equation model. *Journal of behavioral addictions*, 4(2), 60-74.
- Karaman, H. B., & Arslan, C. (2024). The mediating role of social media addiction and phubbing in basic psychological needs in relationships and relationship satisfaction. *Frontiers in Psychology*, 15, 1291638.
- Kosasih, A. V. N. A., Sarbini, S., & Mulyana, A. (2021). Leisure Boredom dan Religiusitas: Pengaruhnya terhadap Kecenderungan Adiksi Internet. *Psypathic: Jurnal Ilmiah Psikologi*, 8(1), 47-56.
- Krisnadi, B., & Adhandayani, A. (2022). Social Media Addiction pada Dewasa Awal: Apakah Dampak dari Kesepian?. *JCA of Psychology*, 3(01).
- Latifa, R., Mumtaz, E. F., & Subchi, I. (2019). Psychological explanation of phubbing behavior: Smartphone addiction, empathy and self control. In *2019 7th International Conference on Cyber and IT Service Management (CITSM)*, 7, 1-5. IEEE.
- Li, C., Dewaele, J. M., & Hu, Y. (2023). Foreign Language Learning Boredom: Conceptualization and Measurement. *Applied Linguistics Review*, 14(2), 223-249.
- Malik, L., Shahnawaz, M. G., Rehman, U., Pragyendu, Uniyal, R., & Griffiths, M. D. (2023). Mediating Roles of Fear of Missing Out and Boredom Proneness on Psychological Distress and Social media addiction Among Indian Adolescents. *Journal of Technology in Behavioral Science*, 1(1), 1-11.

- Mawardah, M. (2019). Adiksi internet pada masa dewasa awal. *Jurnal Ilmiah Psyche*, 13(2), 108-119.
- Muna, R. F., & Astuti, T. P. (2014). Hubungan antara Kontrol Diri dengan Kecenderungan Social Media Addiction pada Remaja Akhir. *Jurnal Empati*, 3(4), 481-491.
- Najah, M., Fadilah, A. F., Rachmi, I., & Iskandar, I. (2023). Perilaku Phone Snubbing (Phubbing) pada Generasi X, Y, dan Z. *Intuisi: Jurnal Psikologi Ilmiah*, 14(2), 25-38.
- Nurhanifa, A., Widiani, E., & Yamin, A. (2020). Kontrol diri dalam penggunaan media sosial pada remaja. *Jurnal Ilmu Keperawatan Jiwa*, 3(4), 527-540.
- Nurrizka, A. F. (2016). Peran Media Sosial di Era Globalisasi pada Remaja di Surakarta (suatu Kajian Teoritis dan Praktis terhadap Remaja dalam Perspektif Perubahan Sosial). *Jurnal analisa sosiologi*, 5(1).
- Pawar, T., & Shah, J. (2019). The Relationship Between Social media addiction, Self Esteem, Sensation Seeking and Boredom among College students. *Indian Journal of Mental Health*, 6(4), 1-7.
- Praditha, K. S. G., & Wulanyani, N. M. S. (2024). Faktor-Faktor Yang Memengaruhi Adiksi Media Sosial Pada Mahasiswa: Literature Review. *Innovative: Journal Of Social Science Research*, 4(2), 2506-2524.
- Pratama, B. A., & Sari, D. S. (2020). Dampak Sosial Intensitas Penggunaan Media Sosial Terhadap Kesehatan Mental Berupa Sikap Apatis di SMP Kabupaten Sukoharjo. *Gaster*, 18(1), 65-75.
- Pratiwi, A., Fazriani, A., & Tangera, D. S. Y. (2020). Hubungan antara Fear of Missing Out (FoMO) dengan Social Media Addiction pada Remaja Pengguna Media Sosial. *Jurnal Kesehatan*, 9(1), 1-13.
- Pratiwi, R., Putri, M. N. A. K., Rahmatullah, A. R., Dewi, N. P. P. A. T., & Sari, N. K. D. P. (2023). Social Media Engagement as a Mediator of Fear of Missing Out and Self-esteem in Adolescents. *Atlantis Press International Conference of Psychology: International Conference on Indigenous Treatment and Contemporary Psychology (ICoP 2022)* (pp. 53-59).
- Putri, A. F. (2019). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, 3(2), 35-40.
- Putri, J. A., & Afdal, A. (2024). Phubbing Behavior Pada Mahasiswa yang Terlambat Studi. *Jurnal Pendidikan Tambusai*, 8(1), 10872-10880.
- Putri, U. L. N., Pratitis, N. T., & Arifiana, I. Y. (2024). Phone Snubbing pada Dewasa Awal: Bagaimana Peranan Kontrol Diri?. *INNER: Journal of Psychological Research*, 3(4), 571-585.
- Rahardjo, L. K. D., & Soetjiningsih, C. H. (2022). Fear of Missing Out (FoMO) dengan Social Media Addiction pada Mahasiswa. *Bulletin of Counseling and Psychotherapy*, 4(2), 456-461.
- Sarol, H., & Çimen, Z. (2017). Why people participate leisure time physical activity: a Turkish perspective. *Pamukkale Journal of Sport Sciences*, 8(1).

- Schou Andreassen, C., & Pallesen, S. (2014). Social Network Site Addiction-An Overview. *Current pharmaceutical design*, 20(25), 4053-4061.
- Silmi, A., & Novita, E. (2022). Dampak Psikologis Perilaku Phubbing Dalam Berinteraksi Sosial Pada Mahasiswa. *JOUSKA: Jurnal Ilmiah Psjikologi*, 1(1), 25-35.
- Sitorus, H. J. (2024). Fenomena Phubbing: Peran Teknologi Komunikasi Dalam Perubahan Interaksi Sosial. *Jurnal Ilmu Komunikasi Dan Media Sosial (JKOMDIS)*, 4(1), 193-203.
- Stănculescu, E., & Griffiths, M. D. (2022). Social Media Addiction Profiles and Their Antecedents using Latent Profile Analysis: The Contribution of Social Anxiety, Gender, and Age. *Telematics and Informatics*, 74, 101879.
- Struk, A. A., Carriere, J. S., Cheyne, J. A., & Danckert, J. (2015). A short boredom proneness scale: Development and psychometric properties. *Assessment*, 24(3), 346-359.
- Stockdale, L. A., & Coyne, S. M. (2020). Bored and Online: Reasons for using Social Media, Problematic Social Networking Site use, and Behavioral Outcomes Across The Transition from Adolescence to Emerging Adulthood. *Journal of adolescence*, 79, 173-183.
- Sugiyono. (2018). *Metode Penelitian*. Bandung: Alfabeta.
- Ugurlu, A. (2023). Predictive Power of Leisure Boredom on Social media addiction in University Students. *Akdeniz Spor Bilimleri Dergisi*, 6(3), 939-951.
- Wahyunindya, BP, & Silaen, SMJ (2021). Kontrol diri dengan Fear of Missing Out terhadap Kecanduan Media Sosial pada Remaja Karang Taruna Bekasi Utara. *Ikra-Ith Humaniora: Jurnal Sosial dan Humaniora* , 5 (1), 1-8.
- We Are Social. (2023). Indonesian Digital Report 2023. <https://wearesocial.com/wp-content/uploads/2023/03/Digital-2023-Indonesia.pdf>
- Weiss, E. R., Todman, M., Pazar, Ö., Mullens, S., Maurer, K., & Romano, A. C. (2021). When Time Flies: State and Trait Boredom, Time Perception, and Hedonic Task Appraisals. *Psychological Thought*, 14(1), 150.
- Whelan, E., Najmul Islam, A. K. M., & Brooks, S. (2020). Is boredom proneness related to social media overload and fatigue? A stress-strain-outcome approach. *Internet Research*, 30(3), 869-887.
- Wolff, W., Bieleke, M., & Keller, L. (2022). Boredom proneness predicts self-assessed decision errors in sports but is unrelated to risk taking in general. *International journal of environmental research and public health*, 19(6), 3479.
- Xu, X. P., Liu, Q. Q., Li, Z. H., & Yang, W. X. (2022). The mediating role of loneliness and the moderating role of gender between peer phubbing and adolescent mobile social media addiction. *International Journal of Environmental Research and Public Health*, 19(16), 10176.
- Young, K. S. (1996). Internet Addiction: The Emergence of a New Clinical Dosirder. *Cyber Psychology and behavior*, 1(3), 237-244.
- Zanah, F. N., & Rahardjo, W. (2020). Peran Kesepian dan Fear of Missing Out terhadap Social Media Addiction: Analisis Regresi pada Mahasiswa. *Persona: Jurnal Psikologi Indonesia*, 9(2), 286-301.