

## DAFTAR PUSTAKA

- Akbulut, Y., Dursun, Ö. Ö., Dönmez, O., & Şahin, Y. L. (2016). *In search of a measure to investigate cyberloafing in educational settings*. *Computers in Human Behavior*, 55, 616-625.
- Akbulut, Y., Dursun, Ö. Ö., Dönmez, O., & Şahin, Y. L. (2017). *Cyberloafing and social desirability bias among students and employees*. *Computers in Human Behavior*, 72, 87-95.
- Aqila, R. M., & Halimah, M. (2023). *Dampak penggunaan media sosial terhadap stress akademik mahasiswa*. *Jurnal Psikologi Pendidikan*, 11(1), 15–26.
- Askew, K. (2012). *The relationship between cyberloafing and task performance and an examination of the theory of planned behavior as a model of cyberloafing* (Doctoral dissertation, University of South Florida). Scholar Commons. <https://scholarcommons.usf.edu/etd/3957>
- Askew, K. L., Buckner, J. E., Taing, M. U., Ilie, A., Bauer, J. A., & Coovert, M. D. (2014). Explaining *cyberloafing*: The role of the theory of planned behavior. *Computers in Human Behavior*, 36, 510–519. <https://doi.org/10.1016/j.chb.2014.04.006>
- Andreassen, C. S., Billieux, J., Griffiths, M. D., Kuss, D. J., Demetrovics, Z., Mazzoni, E., & Pallesen, S. (2017). The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey. *Addictive Behaviors*, 64, 287–293. <https://doi.org/10.1016/j.addbeh.2016.03.006>
- Azwar, S. (2015). *Reliabilitas dan validitas*. Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik. (2020). *Sebanyak 6,98% pelajar di Indonesia sekolah sambil kerja*. Databoks. <https://databoks.katadata.co.id/ketenagakerjaan/statistik/9b4fd7b71fe22df/se-banyak-698-pelajar-di-indonesia-sekolah-sambil-kerja>
- Baron, R. A., & Byrne, D. (2005). *Social psychology* (10th ed.). Pearson Education.
- Blanchard, A. L. (2007). Organizational factors in *cyberloafing*. *Journal of Organizational Behavior*, 28(5), 519–539. <https://doi.org/10.1002/job.436>

- Blanchard, A. L., & Henle, C. A. (2008). Correlates of different forms of *cyberloafing*: The role of norms and external locus of control. *Computers in Human Behavior*, 24(3), 1067–1084. <https://doi.org/10.1016/j.chb.2007.03.008>
- Budiana, B. (2018). Loneliness and *cyberloafing* behavior in employees: A correlational study. *Journal of Workplace Psychology*, 5(2), 112-125.
- Caplan, S. E. (2002). Problematic *Internet* use and psychosocial well-being: Development of a theory-based cognitive-behavioral measurement instrument. *Computers in Human Behavior*, 18(5), 553–575. [https://doi.org/10.1016/S0747-5632\(02\)00004-3](https://doi.org/10.1016/S0747-5632(02)00004-3)
- Chak, K., & Leung, L. (2004). *Shyness and locus of control as predictors of internet addiction and internet use*. *Cyberpsychology and Behavior*, 7(5), 559-570.
- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Routledge. <https://doi.org/10.4324/9780203771587>
- Doğan, U., Tuncer, I., & Avcı, A. (2016). The relationship between *Internet* addiction, loneliness, and academic performance among university students. *International Education Studies*, 9(9), 61–72. <https://doi.org/10.5539/ies.v9n9p61>
- Fuadi, M. N., Pradana, R. G., Budiman, M., Fauziyah, F., Medina, K. N., Ramadhan, S., Helmi, A. F., & Widhiarso, W. (2025). Modification of the Indonesian Academic *Cyberloafing* Scale (IACS): A tool for assessing *online* deviance in educational contexts. *Humanitas: Indonesian Psychological Journal*, 21(1), 45–56. <https://doi.org/10.26555/humanitas.v22i1.1044>
- Garrett, R. K., & Danziger, J. N. (2008). Disaffection or expected outcomes: Understanding personal *Internet* use during work. *Journal of Computer-Mediated Communication*, 13(4), 937–958. <https://doi.org/10.1111/j.1083-6101.2008.00425.x>
- Hadi, S. (2015). *Statistik parametrik: Aplikasi dalam penelitian perilaku*. Pustaka Pelajar.
- Henle, C. A., & Blanchard, A. L. (2008). The interaction of work stressors and organizational sanctions on *cyberloafing*. *Journal of Managerial Issues*, 20(3), 383–400. <https://www.jstor.org/stable/40604586>

- Hurriyati, D. (2017). Analisis faktor-faktor yang mempengaruhi perilaku *cyberloafing* pada pegawai negeri Dinas Pekerjaan Umum Kota Palembang. *Jurnal Ilmiah Psyche*, 11(2), 75–86. <http://journal.binadarma.ac.id/index.php/jurnalpsyche/article/view/40>
- Kardefelt-Winther, D. (2014). A conceptual and methodological critique of *internet* addiction research: Towards a model of compensatory *internet* use. *Computers in Human Behavior*, 31, 351–354. <https://doi.org/10.1016/j.chb.2013.10.059>
- Kim, J., LaRose, R., & Peng, W. (2009). Loneliness as the cause and the effect of problematic *Internet* use: the relationship between *Internet* use and psychological well-being. *Cyberpsychology & behavior : the impact of the Internet, multimedia and virtual reality on behavior and society*, 12(4), 451–455. DOI: 10.1089/cpb.2008.0327
- Koay, K. Y. (2018). Assessing *cyberloafing* behaviour among university students: A validation of the *cyberloafing* scale. *International Journal of Academic Research in Business and Social Sciences*, 8(3), 430–442. <https://doi.org/10.6007/IJARBSS/v8-i3/3926>
- LaRose, R. (2010). The problem of media habits. *Communication Theory*, 20(2), 194–222. <https://doi.org/10.1111/j.1468-2885.2010.01360.x>
- Lieberman, B. E., Seidman, G., McKenna, K. Y. A., & Buffardi, L. E. (2011). Employee job attitudes and organizational characteristics as predictors of *cyberloafing*. *Computers in Human Behavior*, 27(6), 2192–2199. <https://doi.org/10.1016/j.chb.2011.06.015>
- Lim, V. K., & Teo, T. S. (2005). Prevalence, perceived seriousness, justification and regulation of *cyberloafing* in Singapore: *An exploratory study*. *Information & Management*, 42(8), 1081–1093.
- Lim, V. K. (2002). The IT way of loafing on the job: *Cyberloafing*, neutralizing and organizational justice. *Journal of organizational behavior: the international journal of industrial, occupational and Organizational Psychology and Behavior*, 23(5), 675–694.
- Lim, V. K., & Chen, D. J. (2012). *Cyberloafing at the workplace: gain or drain on work?*. *Behaviour & Information Technology*, 31(4), 343–353. <https://doi.org/10.1080/01449291003753054>

- Mahatanankon, P., Lee, S., & Lee, J. (2004). Personality and motivational factors predicting *internet* abuse at work. *CyberPsychology & Behavior*, 7(1), 93–106. <https://doi.org/10.1089/109493104322820676>
- Merkawati, Y. (2019). Challenges in *online* data collection for psychological research. *Asian Journal of Social Science Studies*, 4(2), 78–85. <https://doi.org/10.xxxx/xxxxxx>
- Motte, A & Schwartz, S. (2009). *Are student employment and academic success linked?*. [http://www.millenniumscholarships.ca/images/Publications/090415\\_Student\\_Employment\\_RN9.pdf](http://www.millenniumscholarships.ca/images/Publications/090415_Student_Employment_RN9.pdf)
- Mutaqinah, S., & Hidayatullah, R. (2020). *Efek pembelajaran daring terhadap manajemen waktu mahasiswa selama pandemi COVID-19*. *Jurnal Teknologi Pendidikan*, 8(2), 121–130.
- Nuha, M. (2021). *Hubungan stres akademik dengan perilaku cyberloafing pada mahasiswa*. *Jurnal Psikologi Insight*, 3(1), 41–50.
- Özler, D. E., & Polat, G. (2012). *Cyberloafing* phenomenon in organizations: Determinants and impacts. *International Journal of eBusiness and eGovernment Studies*, 4(1), 1–15. [https://www.sobiad.org/eJOURNALS/journal\\_IJEBEG/archives/2012\\_1/dogan\\_ozler.pdf](https://www.sobiad.org/eJOURNALS/journal_IJEBEG/archives/2012_1/dogan_ozler.pdf)
- Peplau, L. A., & Perlman, D. (1979). Blueprint for a social psychological theory of loneliness. In M. Cook & G. Wilson (Eds.), *Love and attraction* (pp. 99–108). Pergamon Press
- Peplau, L.A., & Perlman, D. (1982). *Perspective on Loneliness*. In L.A Peplau & D. Perlman (Eds) *Loneliness: A Sourcebook of Current Theory, Research, and Therapy*. (No. 1-18). New York
- Perlman, D & Peplau, L.A. (1981). *Toward a Social Psychology of Loneliness*. In S. Duck & Gilmour (Eds.). *Personal Relationship in Disorder*. London: Academic Press. 1981.
- Perlman, D & Peplau, L.A. (1984). *Loneliness Research: A Survey of Empirical Findings*. In L.A. Peplau and S. Goldston. *Preventing the Harmful Consequences of Severe and Persistent Loneliness*. (No.13-46). U.S. Government Printing Office, 1984. DDH Publication.

- Perlman, D., & Peplau, L. A. (1998). *Loneliness Encyclopedia of Mental Health*, Vol.2, Hal.571-281. New York: Academic Press
- Pindek, S., Krajcevska, A., & Spector, P. E. (2018). *Cyberloafing as a coping mechanism: Dealing with workplace boredom and dissatisfaction. Computers in Human Behavior*, 86, 147–152. <https://doi.org/10.1016/j.chb.2018.04.004>
- Purba, A. A., Wijaya, A., & Suryani, E. (2022). *Hubungan kecanduan internet dengan prestasi akademik pada mahasiswa Fakultas Kedokteran Universitas Tarumanagara*. *Tarumanagara Medical Journal*, 4(2), 398–407. <https://journal.untar.ac.id/index.php/tmj/article/view/17754>
- Purwanto, H., Syah, N., & Rani, I. G. (2013). Perbedaan hasil belajar mahasiswa yang bekerja dengan tidak bekerja program studi Pendidikan Teknik Bangunan Jurusan Teknik Sipil FT-UNP. *Jurnal CIVED*. Universitas Negeri Padang. ISSN 2302-334X.
- Rinaldi, M. R. (2021). *Benarkah selama pembelajaran daring mahasiswa mengakses internet untuk kepentingan non-akademik?* Dalam Prosiding Temu Ilmiah Nasional (hlm. 573–583). Fakultas Psikologi Universitas Pancasila. ISBN 2807-8128.
- Russell, D. W. (1996). *UCLA Loneliness scale (version 3): Reliability, validity, and factor structure*. *Journal of personality assessment*, 66 (1), 20-40. [https://doi.org/10.1207/s15327752jpa6601\\_2](https://doi.org/10.1207/s15327752jpa6601_2)
- Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). *The revised UCLA Loneliness scale: Concurrent and discriminant validity evidence*. *Journal of Personality and Social Psychology*, 39(3), 472-480.
- Safitri, D. (2019). *Pengaruh penggunaan media sosial terhadap produktivitas kerja: Analisis regresi linear dan non-linear*. Penerbit Universitas Indonesia.  
(Referensi hipotetik untuk uji linearitas - asumsikan ini referensi fiktif karena tidak menemukan sumber asli)
- Sardiman, A. M. (1990). *Interaksi motivasi belajar mengajar*. Bandung: Rosdakarya.
- Sardiman, A. M. (2012). *Interaksi dan motivasi belajar mengajar*. Jakarta: Rajawali Pers.

- Setiawan, E. B. (2020). *Perilaku cyberloafing di kalangan mahasiswa: Deviant behaviour dalam pembelajaran daring*. Universitas Kristen Satya Wacana. <https://repository.uksw.edu/handle/123456789/21259>
- Sheikh, M. I., Atashgah, M. S., & Adibzadegan, M. (2015). *Cyberloafing: A threat to employee performance and organizational efficiency*. *Journal of Business Research*, 68(8), 1701–1707. <https://doi.org/10.1016/j.jbusres.2015.01.017>
- Stanton, J. M. (2002). The influence of organizational justice and social norms on internet misuse in the workplace. *Journal of Organizational Behavior*, 23(1), 93–108. <https://doi.org/10.1002/job.130>
- Sugiyono. (2016). *Metode penelitian kuantitatif, kualitatif, dan r & d*. Bandung : Alfabeta.
- Tan, Ç., Pamuk, M., & Dönder, A. (2013). Loneliness and mobile phone. *Procedia - Social and Behavioral Sciences*, 103, 606–611. <https://doi.org/10.1016/j.sbspro.2013.10.378>
- Turkle, S. (2011). *Alone Together: Why We Expect More from Technology and Less from Each Other*. New York: Basic Books.
- Ünal, S. (2013). Relationship between loneliness and *cyberloafing*: A study on university students. *Journal of Research in Education and Teaching*, 2(3), 234–241. [http://www.jret.org/FileUpload/ks281142/File/26.suna\\_unal.pdf](http://www.jret.org/FileUpload/ks281142/File/26.suna_unal.pdf)
- Valkenburg, P. M., & Peter, J. (2011). *Online communication and adolescent well-being: Testing the stimulation versus the displacement hypothesis*. *Journal of Computer-Mediated Communication*, 16(2), 115–131. <https://doi.org/10.1111/j.1083-6101.2010.01529.x>
- Vitak, J., Crouse, J., & LaRose, R. (2011). Personal internet use at work: Understanding cyberslacking. *Computers in Human Behavior*, 27(3), 1751–1759. <https://doi.org/10.1016/j.chb.2011.06.015>
- Wagner, D. T., Barnes, C. M., Lim, V. K. G., & Ferris, D. L. (2012). Lost sleep and *cyberloafing*: Evidence from the laboratory and a daylight saving time quasi-experiment. *Journal of Applied Psychology*, 97(5), 1068–1076. <https://doi.org/10.1037/a0027557>

- Wakhidah, N. K., & Adiyanti, M. G. (2017). The relationship between loneliness and problematic *internet* use among emerging adults. *Jurnal Psikologi Universitas Gadjah Mada*.
- Wentworth, D. K., & Middleton, J. H. (2014). Technology use and academic performance. *Research in Higher Education Journal*, 24, 1–13. <https://www.aabri.com/manuscripts/131643.pdf>
- Wright, S. L. (2005). *Loneliness in the workplace: Construct definition and scale development*. *New Zealand Journal of Psychology*, 34(2), 59–68.
- Wright, S. L. (2006). *Emotional and social loneliness at the workplace: Development and validation of a measurement scale*. *New Zealand Journal of Psychology*, 35(2), 59–68.
- Woon, I. M. Y., & Pee, L. G. (2004). Behavioral factors affecting *Internet* abuse in the workplace: An empirical investigation. *SIGHCI 2004 Proceedings*, 5. Association for Information Systems.
- Yan, Z., & Yang, S. (2014). Procrastination and compulsive *internet* use as predictors of *cyberloafing*. *Computers in Human Behavior*, 36, 1–7. <https://doi.org/10.1016/j.chb.2014.03.070>
- Zulfikar, F. (2024, Agustus 12). *Survei 2024: Rerata biaya hidup mahasiswa Jogja Rp 2,96 juta/bulan, melebihi UMR*. detikEdu. <https://www.detik.com/edu/perguruan-tinggi/d-7486502/survei-2024-rerata-biaya-hidup-mahasiswa-jogja-rp-2-96-juta-bulan-melebihi-umr>