

DAFTAR PUSTAKA

- Agusman, R. (2019). *The Relation of Academic Strees to Intensity of Playing Online Games*. 1(3), 1–5. <https://doi.org/10.24036/00134kons2019>
- Akpur, U. (2019). *Predictive and Explanatory Relationship Model between Procrastination, Motivation, Anxiety and Academic Achievement*. 69, 221–240.
- Akbar, A. & Ahmad, M. R.S.(2018). Pengaruh *game online* terhadap motivasi belajar siswa di kelas X Negeri 16 Makasar. *Sosialisasi Pendidikan Sosiologi-FIS UNM*, 8-11.
- Altintas, E., Karaca, Y., Hullaert, T., & Tassi, P. (2019). *Sleep quality and video game playing : Effect of intensity of video game playing and mental health*. *Psychiatry Research*, 273(January), 487–492. <https://doi.org/10.1016/j.psychres.2019.01.030>
- Anggraeni, N., Agustiani, H., Novianti, L. E., & Ninin, R. H. (2021). The Description of Internet Game Online Addiction Among Teenagers. *JPPP - Jurnal Penelitian Dan Pengukuran Psikologi*, 10(1), 5–17. <https://doi.org/10.21009/jppp.101.02>
- Anggraeni, S. (2023). Kontrol diri Akademik dengan Prokrastinasi Akademik pada Siswa SMA di Kota X yang kecanduan Bermain *Game Online*. 2(5), 1857–1866.
- Astuti, Y., Nisa, H., Sari, K., & Kumala, I. D. (2021). Perbedaan Prokrastinasi Akademik Ditinjau Dari Jenis Kelamin Pada Mahasiswa. *Seurune : Jurnal Psikologi Unsyiah*, 4(2), 169–184. <https://doi.org/10.24815/s-jpu.v4i2.22108>

- Asyaktur, M., & Puspitadewi, N. (2017). Hubungan Antara Intensitas Bermain *Game Online* Dengan Kecenderungan Agresivitas Pada Komunitas *Gaming* Surabaya. *Psikologi Pendidikan*, 4, 1–6.
- Azzaniar, Qorina. 2010. Hubungan Antara Prokrastinasi Dan Stres Kerja Pada Pegawai Negeri Sipil. Skripsi.Fakultas Psikologi Universitas Sumatera Utara
- Azwar, S. (2012). Penyusunan Skala Psikologi. Pustaka Belajar.
- Beutel, M. E., Klein, E. M., Aufenanger, S., Brähler, E., Dreier, M., Müller, K. W. et al. (2016). Procrastination, Distress and Life Satisfaction across the Age Range – A German Representative Community Study. *Plos One*, 11(2). <http://dx.doi.org/10.1371/journal.pone.0148054>
- Balkis, M., & Duru, E. (2017). Gender differences in the relationship between academic procrastination, satisfaction with academic life and performance. *Electronic Journal of Research in Educational Psychology*, 15(1), 105–125. <https://doi.org/10.14204/ejrep.41.16042>
- Be, O., Fak, S. B., & Yi, A. (2020). *The Relationship Between Academic Procrastination, Academic Self-Efficacy, And Academic Achievement Among Undergraduates*. 57–68.
- Burhan, M. N. I., & Herman. (2019). Perilaku Prokrastinasi Akademik Mahasiswa (Studi pada Mahasiswa Prodi Pendidikan Ilmu Pengetahuan Sosial Fakultas Ilmu Sosial Universitas Negeri Makassar). *Social Landscape Journal Pendidikan Ilmu Pengetahuan Sosial*, 1–10.

- Cahyono, T. (2020). Dampak Negatif Academic Procrastination terhadap Rendahnya Tingkat Kelulusan Mahasiswa Universitas Borneo Tarakan. *Prophetic : Professional, Empathy and Islamic Counseling Journal*, 3(2),135. <https://doi.org/10.24235/prophetic.v3i2.7589>
- Caratiquit, K. D., & Caratiquit, L. J. C. (2023). Influence of Social Media Addiction on Academic Achievement in Distance Learning: Intervening Role of Academic Procrastination. *Turkish Online Journal of Distance Education*, 24(1), 1–19. <https://doi.org/10.17718/tojde.1060563>
- Chen, Z., Zhang, R., Xu, T., Yang, Y., Wang, J., & Feng, T. (2020). Computers in Human Behavior Emotional attitudes towards procrastination in people : A large-scale sentiment-focused crawling analysis. *Computers in Human Behavior*, 110(2), 106391. <https://doi.org/10.1016/j.chb.2020.106391>
- Coyne, S. M., Dyer, W. J., Densley, R., Money, N. M., Day, R. D., & Harper, J. M. (2015). Physiological indicators of pathologic video game use in adolescence. *Journal of Adolescent Health*, 56(3), 307–313. <https://doi.org/10.1016/j.jadohealth.2014.10.271>
- Dahlia Novarianing Asri, (2018). Prokrastinasi Akademik (teori dan riset perspektif pembelajaran berbasis proyek dan *self-regulated learning*) UNIPMA Press: Madiun, Universitas PGRI Madiun
- Erik, S., & Syenshie, W. V. (2020). Hubungan Durasi Bermain Game Online Dengan Kesehatan Mental Pada Remaja Pria. *Jurnal Ilmiah Kesehatan Jiwa*,academic 2(2), 69–75.
- Fahrizal, Y., & Faiga, N. (2021). Interest in Learning of Indonesian Students with

Online Gaming Addiction In The Academic Learning Process. *Media Keperawatan Indonesia*, 4(1), 36. <https://doi.org/10.26714/mki.4.1.2021.36-46>

Fentaw, Y., Moges, B. T., & Ismail, S. M. (2022). Academic Procrastination Behavior among Public University Students. *Education Research International*, 2022. <https://doi.org/10.1155/2022/1277866>

Ferrari, J. R., Johnson, J. L., & McCown, W. G. (1995). Procrastination and Task Avoidance. *Procrastination and Task Avoidance*, January 1995. <https://doi.org/10.1007/978-1-4899-0227-6>

Ferrari, J.R., & Tice, D. (2000). Procrastination As A Self-Handicap For Men & Women: A Task- Avoidance Strategy In A Laboratory Setting. *Journal of research in Personality*, Vol.34.

Fitri, E., Erwinda, L., & Ifdil, I. (2018). Konsep Adiksi *Game Online* dan Dampaknya terhadap Masalah Mental Emosional Remaja serta Peran Bimbingan dan Konseling. *Jurnal Konseling Dan Pendidikan*, 6(2), 211–219. <https://doi.org/10.29210/127200>

Fransisco Paul Kusoy, Mardan Umar, J. A. R. (2020). Dampak Negatif *Game Online* Terhadap Karakter Disiplin Siswa di SMP Katolik Don Bosco Bitung. *Jurnal PPKn: Media Kajian Pancasila Dan Kewarganegaraan*, 7–16.

Gareau, A., Chamandy, M., Kljajic, K., Gaudreau, P., Gareau, A., Chamandy, M., Kljajic, K., Gaudreau, P., Chamandy, M., Kljajic, K., & Gaudreau, P. (2019). *The detrimental effect of academic procrastination on subsequent grades : the mediating role of coping over and above past achievement and*

working memory capacity achievement and working memory capacity. Anxiety, Stress, & Coping, 32(2), 141–154.
<https://doi.org/10.1080/10615806.2018.1543763>

Ghufron, M. dan Risnawati, N.R. (2014). *Teori - Teori Psikologi*. Yogyakarta: Ar-Ruzz Media.

Gracelyta, T., & Harlina, H. (2021). Tingkat Prokrastinasi Akademik Siswa Di Masa Pandemi. *Jurnal Konseling Komprehensif: Kajian Teori Dan Praktik Bimbingan Dan Konseling, 8(1), 46–54.*
<https://doi.org/10.36706/jkk.v8i1.14511>

Gunawinata, V. anita ria, Nanik, & Lasmono, H. K. (2008). Perfeksionisme, Prokrastinasi Akademik, dan Penyelesaian Skripsi Mahasiswa. *Anima, Indonesian Psychological Journal, 23(7), 579.* [https://doi.org/10.1016/S1474-4422\(08\)70132-7](https://doi.org/10.1016/S1474-4422(08)70132-7)

Hussain, Z., & Griffiths, M. D. (2009). *Excessive use of massively multi-player online role-playing games: A pilot study. International Journal of Mental Health and Addiction, 7(4), 563–571.* <https://doi.org/10.1007/s11469-009-9202->

Huwae, L. B. S., & Sababalat, R. F. (2021). Tingkat Kecanduan Game Online dengan Gejala Gangguan Jiwa pada Mahasiswa Fakultas Teknik Universitas Pattimura. *PattImura Medical Review, 3(1), 2.*
<https://ojs3.unpatti.ac.id/index.php/pameri/article/view/3731>

- Hr, V. S., & Fikry, Z. (2023). Hubungan Intensitas Bermain Game Online Slot dengan Prokrastinasi Akademik pada Remaja di Kota Padang Panjang. *05(04)*, 14501– 14509.
- Ibrahim, A. S., & Ertina, S. (2019). *The Influence of Peer Support and Self-Efficacy Against Academic Procrastination on Teenagers' Online Game Addiction*. *304(Acpch 2018)*, 35–38. <https://doi.org/10.2991/acpch-18.2019.8>
- Ismi, N., & Akmal, A. (2020). Dampak Game Online Terhadap Perilaku Siswa di Lingkungan SMA Negeri 1 Bayang. *Journal of Civic Education*, *3(1)*, 1–10. <https://doi.org/10.24036/jce.v3i1.304>
- Jap, T., Tiatri, S., Jaya, E. S., & Suteja, M. S. (2013). The Development of Indonesian Online Game Addiction Questionnaire. *PLoS ONE*, *8(4)*, 4–8. <https://doi.org/10.1371/journal.pone.0061098>
- Johan, R. (2019). Pengaruh Game Online Terhadap Minat Untuk Belajar Peserta Didik Kelas X Di Ma Al Hidayah Depok. *Research and Development Journal of Education*, *5(2)*, 12. <https://doi.org/10.30998/rdje.v5i2.3748>
- Kandemir, M. (2014). Academic functional procrastination : Validity and reliability study. *Procedia - Social and Behavioral Sciences*, *152*, 194–198. <https://doi.org/10.1016/j.sbspro.2014.09.180>
- Khairiah, & Nurdin, S. (2019). Kontrol diri Remaja yang kecanduan game online di asrama kaway. *Jurnal Kajian Pendidikan Ekonomi Dan Ilmu Ekonomi*, *2(1)*, 1–19. <http://www.scopus.com/inward/record.url?eid=2-s2.0->
- king, D. L., & Delfabbro, P. H. (2018). *Internet gaming disorder: Theory, assess-*

ment, treatment and prevention. New York: *Academic Press*

Kurniawan, D. E. (2017). Pengaruh Intensitas Bermain Game Online Terhadap Perilaku Prokrastinasi Akademik Pada Mahasiswa Bimbingan Dan Konseling Universitas PGRI Yogyakarta. *Jurnal Koseling Gusjigang*, 3(1), 97–103.
<http://jurnal.umk.ac.id/index.php/gusjigang/article/download/1120/1071>

Latipah, E., Adi, H. C., & Insani, F. D. (2021). Academic Procrastination of High School Students During the Covid-19 Pandemic: Review from Self-Regulated Learning and the Intensity of Social Media. *Dinamika Ilmu*, 21(2), 293–308. <https://doi.org/10.21093/di.v21i2.3444>

Lebho, M. A., Lerik, M. D. C., Wijaya, R. P. C., & Littik, S. K. A. (2020). Perilaku Kecanduan Game Online Ditinjau dari Kesepian dan Kebutuhan Berafiliasi pada Remaja. *Journal of Health and Behavioral Science*, 2(3), 202–212.
<https://doi.org/10.35508/jhbs.v2i3.2232>

Lemmens, J. S., Valkenburg, P. M., & Peter, J. (2009). Development and validation of a game addiction scale for adolescents. *Media Psychology*, 12(1), 77–95. <https://doi.org/10.1080/15213260802669458>

Lemmens, J. S., Valkenburg, P. M., & Gentile, D. A. (2015). *The Internet Gaming Disorder Scale The Internet Gaming Disorder Scale.*

Limianto, R. B. (2020). Pengaruh Bermain Game Online Terhadap Disiplin Belajar Siswa. *1(2)*, 49–54.

- Lukman, F. F. (2021). Pengaruh Kontrol Diri Terhadap Kecanduan Game Online Pada Pemain PUBG. *Pinisi Journal of Art, Humanty & Socialstudies*, 1(1), 31–48.
- Lukman. (2021). Motivasi Berprestasi dengan Prokrastinasi Akademik Pada Mahasiswa Demau UIN Raden Fatah Palembang Periode 2017/2018.
- Mandasari, D., & Nirwana, H. (2019). *Relationship Of Self-Control With Student Academic Procrastination*. 1(2), 1–7.
<https://doi.org/10.24036/00103kons2019>
- Mandap, C. M. (2016). Examining the differences in procrastination tendencies among University Students. *International journal of education and research*, 4(4)
- Mubarak, Z. (2022). *Intensitas Bermain Game Mobile Legends Bersama Penundaan Akademik Mahasiswa Intensitas Bermain Game Mobile Legends Bersama Penundaan Akademik Mahasiswa Perkenalan*. 40–45.
- Munawaroh, M., Alhadi, S., & Saputra, W. (2019). Tingkat Prokrastinasi Akademik Siswa Sekolah Menengah Pertama Muhammadiyah 9 Yogyakarta. *Jurnal Kajian Bimbingan Dan Konseling*, 2(1), 26–31.
<https://doi.org/10.17977/um001v2i12017p026>
- Novrialdy, E., Nirwana, H., & Ahmad, R. (2019). High School Students Understanding of the Risks of Online Game Addiction. *Journal of Educational and Learning Studies*, 2(2), 113.
<https://doi.org/10.32698/0772>
- Peraturan Kepala Badan Kependudukan dan Keluarga Berencana Nasional

Nomor : 88/PER/F2/2012 Tahun 2012 tentang Pedoman Pengelolaan Informasi dan Konseling Remaja – Mahasiswa (PIK-RM)

Permana, B. (2019). Gambaran prokrastinasi akademik siswa SMA Darul Falah Cilicin Bayu Permana. *FOKUS*, 2(3), 87–94.

Pratama, A. A., Made Yos Kresnayana, & Sundayana, I. M. (2021). Factors Affecting Teenage Addiction To Games: a Literatur Review. *Jurnal Ilmu Keperawatan Jiwa*, 4(4), 771–778.
<https://journal.ppnijateng.org/index.php/jikj>

Putri, R. C. S., Budiyono, & Kokotiasa, W. (2021). Dampak Game Online Mobile Legends terhadap Perilaku Remaja. *Antropocene : Jurnal Penelitian Ilmu Humaniora*, 1(1), 1–7. <https://journal.actual-insight.com/index.php/antropocene/article/view/16>

Rahmania, A. M., Budi, W., & Utami, D. N. (2021). Gambaran Prokrastinasi Akademik Siswa SMP di Daerah Pesisir Surabaya. *Jurnal Psikologi : Media Ilmiah Psikologi*, 19(1), 44–49.
<https://jpsikologi.esaunggul.ac.id/index.php/JPSI/article/view/86>

Rangkuti, R. P., Nasution, I. K., & Yurliani, R. (2021). Kecenderungan kecanduan game online pada remaja selama masa pandemi COVID-19. *Prosiding Temu Ilmiah Nasional*, 2(1), 1–48.
<https://ojs.unm.ac.id/Temilnas/article/view/20039>

Rapee, R. M., Oar, E. L., Johnco, C. J., Forbes, M. K., Fardouly, J., Magson, N. R., & Richardson, C. E. (2019). Adolescent development and risk for the onset of social-emotional disorders: A review and conceptual model.

- Behaviour Research and Therapy*, 123(October), 103501.
<https://doi.org/10.1016/j.brat.2019.103501>
- Riyadi, M. E. (2021). Hubungan Intensitas Penggunaan Game Online Dengan Kualitas Tidur Pada Remaja. *Jakiyah: Jurnal Ilmiah Umum Dan Kesehatan Aisyiyah*, 6(1), 1–8. <https://doi.org/10.35721/jakiyah.v6i1.63>
- Rozgonjuk, D., Kattago, M., & Täht, K. (2018). Social media use in lectures mediates the relationship between procrastination and problematic smartphone use. *Computers in Human Behavior*.
<https://doi.org/10.1016/j.chb.2018.08.003>
- Sabella, A. A., Romiaty, R., (2021). Pengaruh Penggunaan Game Online Terhadap Prokrastinasi Akademik Siswa Sma Muhammadiyah 1 Palangka Raya Tahun Ajaran 2020 *Jurnal Education*, 9(2), 501–505.
- Salmela-Aro, K. (2011). Stages of Adolescence. In *Encyclopedia of Adolescence* (Vol. 1). Elsevier Inc. <https://doi.org/10.1016/B978-0-12-373951-3.00043->
- Sandya, S. N., & Ramadhani, A. (2021). Pengaruh Intensitas Bermain Game Online Terhadap Prokrastinasi Akademik Mahasiswa. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(1), 202. <https://doi.org/10.30872/psikoborneo.v9i1.5680>
- Solomon, L. J., & Rothblum, E. D. Academic procrastination: Frequency and cognitive-behavioral correlates. (*Journal of Counseling Psychology*, 31(4), 1984.
- Suhadianto, S., & Pratitis, N. (2020). Eksplorasi Faktor Penyebab, Dampak dan Strategi Untuk Penanganan Prokrastinasi Akademik pada Mahasiswa. *Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang)*, 10(2), 204.

<https://doi.org/10.24036/rapun.v10i2.106672>

Silfiana, A. (2022). Hubungan Kecanduan Game Online dengan Tingkat Stres pada Remaja. *Jurnal Kesehatan Luwu Raya*, 8(2), 70–74.

Syahrin, M. A., & Ardi, Z. (2020). The Contribution of Mobile Game Addiction To Student Academic Procrastination. *Jurnal Aplikasi IPTEK Indonesia*, 4(3), 176–180. <https://doi.org/10.24036/4.34370>

Tamiru&Tiruwork. (2008). Academic Procrastination and Causal Perception of Tabor Senior Secondary Students Ethiopia. *Journals African Research Review (AFRREV)*. 2(2).

Tice, D. M., & Baumeister, R. F. Longitudinal study of procrastination, performance stress, and health: The costs and benefits of dawdling. *Psychological Science*, 8, 1997.

Tuckman, B. W. (*The Journal of Group Versus Goal-Setting Effects on the Self-Regulated Performance of Students Differing in Self- Efficacy*. March 2015, 37–41. <https://doi.org/10.1080/00220973.1990.10806543>

Tuckman, B. W. (1991). The development and concurrent validity of the procrastination scale. *Educational and Psychological Measurement*, 51(2), 473–480. <https://doi.org/10.1177/0013164491512022>

Triyono, & Alfin, M. (2018). (*Dampak Psikologis Dan Solusi Pemecahannya Dalam Perspektif*. 19.

Tisocco, F.(2021) The Tuckman Procrastination Scale : Psychometric Features among Buenos Aires Undergraduates. November. <https://doi.org/10.37708/psyct.v14i2.603>

- Utami, N. & Afwa, U. (2019). Peningkatan program pendewasaan usia perkawinan melalui pusat informasi konseling remaja, Universitas Jenderal Soederman. *Preseding seminar nasional dan call for papers*
- Ursia, N. R., Siaputra, I. B., & Sutanto, N. (2013). Academic Procrastination and Self-Control in Thesis Writing Students of Faculty of Psychology, Universitas Surabaya. *Makara Human Behavior Studies in Asia*, 17(1), 1. <https://doi.org/10.7454/mssh.v17i1.1798>
- Xu, S. (2021). Academic Procrastination of Adolescents: A Brief Review of the Literature. *Psychology and Behavioral Sciences*, 10(6), 198. <https://doi.org/10.11648/j.pbs.20211006.12>
- Yockey, R. D. (2016). Validation of the short form of the academic procrastination scale. *Psychological Reports*, 118(1), 171–179. <https://doi.org/10.1177/0033294115626825>
- Zacks, S., & Hen, M. (2018). Academic interventions for academic procrastination : A review of the literature. *Journal of Prevention & Intervention in the ED Community*, 46(2), 117–130. <https://doi.org/10.1080/10852352.2016.1198154>
- Zelin Eka Septia dan Endang Sri Indrawati, 2018, “Hubungan Antara Kecerdasan Emosional dengan Intesitas Bermain Game online pada Komunitas Game Ingres di Bandung”, *Jurnal Empati*, Vol. 7, No. 4.
- Zhou, M. (2018). Effects Of Personality On Procrastination: Does It Vary By Gender?. *International Journal of Management and Applied Science*, 4