

## DAFTAR PUSTAKA

- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., Munthe, S. A., Hulu, V. T., Budiastutik, I., Ramdany, A. F. R., Fitriani, R. J., Tania, P. O. A., Rahmiati, B. F., Lusiana, S. A., Susilawaty, A., Sianturi, E., & Suryana. (2021). Metodologi penelitian kesehatan. In *In Yayasan Kita Menulis*. [https://books.google.co.id/books/about/Metodologi\\_Penelitian\\_Kesehatan.html?id=DDYtEAAAQBAJ&redir\\_esc=y%0A](https://books.google.co.id/books/about/Metodologi_Penelitian_Kesehatan.html?id=DDYtEAAAQBAJ&redir_esc=y%0A)
- Afifah, & Wardani, I. Y. (2018). Stres akademik dan gejala gastrointestinal pada mahasiswa keperawatan. *Jurnal Keperawatan*, 6(2), 121–127. <https://doi.org/https://doi.org/10.26714/jkj.6.2.2018.121-127>
- Agesti, L., Fitryasari, R., Armini, N., & Yusuf, A. (2019). Hubungan smartphone addiction dan self efficacy dengan prestasi akademik pada remaja. *Jurnal Keperawatan Jiwa*, 1(1), 1–6. <https://doi.org/DOI:10.20473/pnj.v1i1.12302>
- Akturk, U., & Budak, F. (2019). The Correlation Between the Perceived Social Support of Nursing Students and Smartphone Addiction. *International Journal of Caring Sciences*, 12(3), 1825–1836. <https://search.ebscohost.com/login.aspx?direct=true&AuthType=shib&db=jlh&AN=139544907&site=ehost-live&scope=site&custid=s8849760%0A>
- App Annie. (2021). *Daily time spent in apps reached new heights in Q3 2021*. (p. Diakses pada tanggal 20 Oktober 2023 dari). <https://www.data.ai/en/insights/market-data/consumers-in-five-countries->

now-spend-more-than-5-hours-a-day-in-apps.

Audina, D. T. (2019). *Hubungan kecanduan smartphone dengan kecemasan nomophobia pada mahasiswa keperawatan Universitas Andalas*. Universitas Andalas Kota Padang.

Aulyah, I., & Isrofin, B. (2021). Hubungan harga diri dan fear of missing out dengan smartphone addiction mahasiswa Universitas Negeri Semarang. *Indonesian Journal of Counseling and Development*, 2(2), 132–142. <https://doi.org/10.32939/ijocd.v2i2.596>

Avianti, D., Setiawati, O. R., Lutfianawati, D., & Putri, A. M. (2021). Hubungan efikasi diri dengan stres akademik pada mahasiswa fakultas kedokteran Universitas Malahayati program studi pendidikan dokter. *PSYCHE: Jurnal Psikologi*, 3(1), 83–93. <https://doi.org/10.36269/psyche.v3i1.283%0A>

BPS. (2022a). Badan Pusat Statistik. In *Jumlah penduduk menurut kelompok umur dan jenis kelamin* (p. Diakses pada tanggal 20 Oktober 2023 dari). [https://www.bps.go.id/indikator/indikator/view\\_data\\_pub/0000/api\\_pub/YW40a21pdTU1cnJxOGt6dm43ZEdoZz09/da\\_03/1](https://www.bps.go.id/indikator/indikator/view_data_pub/0000/api_pub/YW40a21pdTU1cnJxOGt6dm43ZEdoZz09/da_03/1)[https://www.bps.go.id/indikator/indikator/view\\_data\\_pub/0000/api\\_pub/YW40a21pdTU1cnJxOGt6dm43ZEdoZz09/da\\_03/1](https://www.bps.go.id/indikator/indikator/view_data_pub/0000/api_pub/YW40a21pdTU1cnJxOGt6dm43ZEdoZz09/da_03/1)

BPS. (2022b). *Persentase pengguna smarphone di Sumatera Barat* (p. Diakses pada 20 Oktober 2023 dari). <https://padangkota.bps.go.id/indicator/12/664/1/persentase-penggunasmartphone-sumbar.html%0A>

Busari A O. (2014). Academic stress among undergraduate students: measuring the effects of stress inoculation techniques. *Mediterranean Journal of Social Sciences*, 5(27), 599–609. <https://doi.org/10.5901/mjss.2014.v5n27p599>

Celikkalp, U., Bilgic, S., Temel, M., & Varol, G. (2020). The smartphone addiction levels and the association with communication skills in nursing and medical school students. *J Nurs Res*, 28(3), 93. <https://doi.org/10.1097/jnr.0000000000000370>

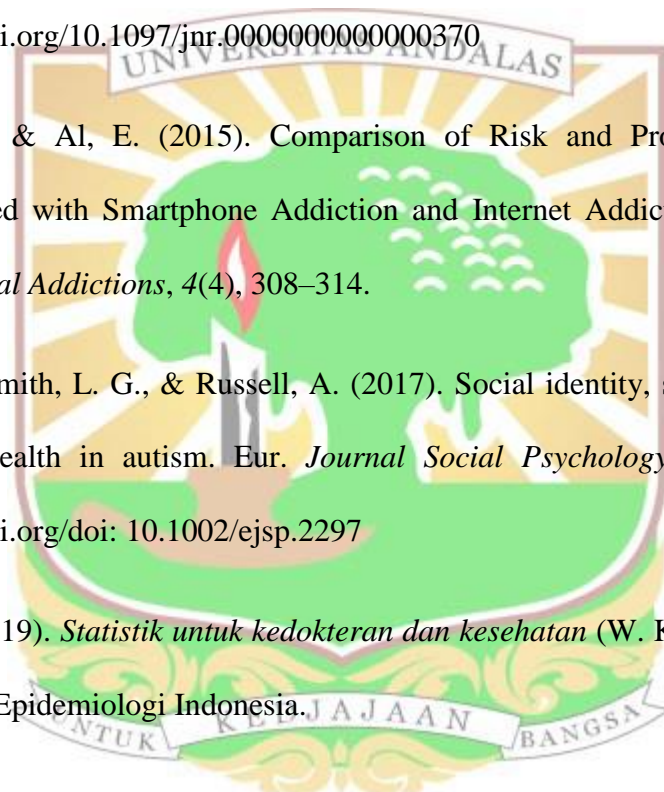
Choi, S. W., & Al, E. (2015). Comparison of Risk and Protective Factors Associated with Smartphone Addiction and Internet Addiction. *Journal of Behavioral Addictions*, 4(4), 308–314.

Cooper, K., Smith, L. G., & Russell, A. (2017). Social identity, self-esteem, and mental health in autism. *Eur. Journal Social Psychology*, 47, 844–854. <https://doi.org/doi:10.1002/ejsp.2297>

Dahlan, S. (2019). *Statistik untuk kedokteran dan kesehatan* (W. Kurniawan (ed.); 6th ed.). *Epidemiologi Indonesia*.

Dikdok. (2018). *Berapa Lama Waktu Ideal untuk Menggunakan Gadget?*. (p. Diakses pada Maret 2023 dari). <https://jurnalapps.co.id/berapa-lama-waktu-yangideal-untuk-menggunakan-gadget-13046%0A>

Ding, Y., Wan, X., Lu, G., Huang, H., Liang, Y., Yu, J., & Chen, C. (2022a). The associations between smartphone addiction and self-esteem, self-control, and social support among Chinese adolescents: A meta-analysis. *Frontiers in*



*Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1029323>

Ding, Y., Wan, X., Lu, G., Huang, H., Liang, Y., Yu, J., & Chen, C. (2022b). The associations between smartphone addiction and self-esteem, self-control, and social support among Chinese adolescents: A meta-analysis. *Journal Frontiers in Psychology*, 13.

Ding, Y., Wan, X., Lu, G., Huang, H., Liang, Y., Yu, J., & Chen, C. (2022c). The associations between smartphone addiction and self-esteem, self-control, and social support among Chinese adolescents: A meta-analysis. *Journal Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1029323>

Dugue, M., Sirost, O., & Dosseville, F. (2021). A literature review of emotional intelligence and nursing education. *Nurse Education in Practice*, 54, 1–41. <https://doi.org/10.1016/j.nepr.2021.103124>

Elhai, J. D., Levine, J. C., Dvorak, R. D., & Hall, B. J. (2016). Non-social features of smartphone use are most related to depression, anxiety and problematic smartphone use. *Journal of Computer Human Behavior*, 69, 75–82.

Feist, J., Feist, G. J., & Feist, J. (2018). Theories of personality (9th ed.). Colorado. *Mc Graw Hill Education*.

Freire, C., Ferradás, M. D. M., Núñez, J. C., Valle, A., & Vallejo, G. (2019). Eudaimonic well-being and coping with stress in university students: The mediating/moderating role of self-efficacy. *International Journal of Environmental Research and Public Health*, 16(1), 1–15.

<https://doi.org/10.3390/ijerph16010048>

Gustilawati, B., Utami, D., & Farich, A. (2020). The Level of smartphone addiction and self efficacy with student achievements in the faculty of medicine at Malahayati university. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(1), 109–115. <https://doi.org/10.35816/jiskh.v10i2.230>

Guti'errezz, M., & Tomas, J. M. (2019). The role of perceived autonomy support in predicting university students' academic success mediated by academic self efficacy and school engagement. *Journal Educational Psychology*, 39(6), 729–748.

<https://doi.org/10.1080/0A01443410.2019.1566519.0Ahttps://doi.org/10.1080/0A01443410.2019.1566519.0A>

Halawa, A. (2020). Self-efficacy mahasiswa dalam belajar pada masa pandemi covid-19 di STIKes William Booth. *Jurnal Keperawatan*, 9(2), 26–32. <https://doi.org/10.47560/kep.v9i2.262>

Hefner, D., Knop, K., Schmitt, S., & Vorderer, P. (2019). Rules? Role? Relationship?The impact of parent on their children's problematic mobile phone involvement. *Journal Media Psychology*, 22(1), 82–108. <https://doi.org/10.1080/15213269.2018.1433544>

Herliana, S., Didi, K., & Agrina. (2022). Hubungan durasi penggunaan smartphone dengan kualitas tidur mahasiswa tingkat akhir dimasa pandemi COVID-19. *Riau Nursing Journal*, 1(1), 115–128. <https://www.researchgate.net/publication/366332362>

Hilty, D. M., Chan, S., Torous, J., Luo, J., & Boland, R. J. (2019). Mobile health, Smartphone/ Device, and apps for psychiatry and medicine: competencies, training, and faculty development issues. *Psychiatr. Clin. North Am*, 42(3), 513–534. <https://doi.org/10.1016/j.psc.2019.05.007>.

Intan, F. (2019). *Hubungan antara intensitas penggunaan gadget dengan prestasi belajar siswa MAN 1 Bengkulu* [Universitas Islam Negeri Sultan Syarif Kasim]. [http://repository.uin-suska.ac.id/25601/1/GABUNGAN.pdf&ved=2ahUKEwjKuY7h36-CAxW8zDgGHeQAC00gQFnoECAsQAQ&usg=AOvVaw34v\\_H\\_S1s\\_XxZC6Jo0hoUx](http://repository.uin-suska.ac.id/25601/1/GABUNGAN.pdf&ved=2ahUKEwjKuY7h36-CAxW8zDgGHeQAC00gQFnoECAsQAQ&usg=AOvVaw34v_H_S1s_XxZC6Jo0hoUx)

Irfan, Aswar, & Erviana. (2020). Hubungan smartphone dengan kualitas tidur remaja di SMA negeri 2 Majene. *Journal of Islamic Nursing*, 5(2), 95–100.

Jniene, A., Errguig, L., Hangouche, A. J. El, Rkain, H., Aboudrar, S., Ftouh, E., & Dakka, M. T. (2019). Perception of sleep disturbances due to bedtime use of blue light emitting devices and its impact on habits and sleep quality among young medical students 2019. *BioMed Research International*, 14–18. <https://doi.org/10.1155/2019/7012350>

Kardefelt-Winther, D. A. (2014). Conceptual and methodological critique of internet addiction research: towards a model of compensatory internet use. *Journal of Computer Human Behavior*, 31, 351–354. <https://doi.org/10.1016/j.chb.2013.10.059>

Katadata. (2022). *Kepemilikan ponsel di Indonesia melonjak 68% dalam 1 dekade*

terakhir (p. . Diakses pada tanggal 20 Oktober 2023 dari).  
<https://databoks.katadata.co.id/datapublish/2022/09/08/kepemilikan-ponseldi-indonesia-melonjak-68-dalam-1-dekade-terakhir%0A>

Kaviani, F., Robards, B., Young, K. L., & Koppel, S. (2020). Nomophobia: is the fear of being without a smartphone associated with problematic Use. *International Journal of Environmental Research and Public Health*, 17(17), 6024. <https://doi.org/10.3390/ijerph17176024%0A>

Kim, J. H. (2021a). Factors associated with smartphone addiction tendency in korean adolescents. *IJERPH (International Journal of Environmental Research and Public Health)*, 18(21). <https://doi.org/10.3390/ijerph182111668%0A>

Kim, J. H. (2021b). Factors associated with smartphone addiction tendency in korean adolescents. *International Journal of Environmental Research and Public Health*, 18(21). <https://doi.org/10.3390/ijerph182111668>

Kominfo. (2017). *Survey penggunaan TIK 2017* (p. Diakses pada 20 Oktober 2023 dari). <https://literasidigital.id/books/797-2>

Kusumasari, K. H. D., Erlina, A., Efan, Y. W., & Muhamad, F. F. (2021). Confirmatory factor analysis of the academic self efficacy scale: an Indonesian version. *JP3I (Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia)*, 10(2), 118–132. <http://dx.doi.org/10.15408/jp3i.v10i2.19777>

Kwon, M., Lee, J. Y., Won, W. Y., Park, J. W., Min, J. A., Hahn, C., Gu, X., &

Choi, J. H., & Kim, D. J. (2013a). Development and validation of a smartphone addiction scale (SAS). *Journal PLoS ONE*, 8(2).  
<https://doi.org/10.1371/journal.pone.0056936>

Kwon, M., Lee, J. Y., Won, W. Y., Park, J. W., Min, J. A., Hahn, C., Gu, X., & Choi, J. H., & Kim, D. J. (2013b). Development and Validation of a Smartphone Addiction Scale (SAS). *PLoS ONE*, 8(2).  
<https://doi.org/10.1371/journal.pone.0056936>

Lei, L. Y., Ismail, M. A., Mohammad, J. A., & Yusoff, M. S. B. (2020). The relationship of smartphone addiction with psychological distress and neuroticism among university medical students. *BMC Psychol*, 8(1), 97.  
<https://doi.org/10.1186/s40359-020-00A00466-6>

Liu, X., Wang, S., Zhou, J., & Cai, H. Q. (2020). Attention bias training for reducing smartphone addiction in chinese college students. *Journal of Evidence Based Psychotherapies*, 20(1), 1–24.  
<https://doi.org/10.1007/s10608-014-9606-z%0A>

Marhamad, S. (2021). Hubungan efikasi diri dan pengetahuan dengan kecemasan mahasiswa dalam praktik klinik keperawatan. In *Universitas Medan Area*.  
<https://repositori.uma.ac.id/handle/123456789/17834%0A>

Martiyarini. (2018). *Stres, stresor dan koping stres pada mahasiswa keperawatan dan kebidanan di STIKES Harapan Bangsa*. STIKES Harapan Bangsa Purwokerto.



Mohamed, S. M., & Mostafa, M. H. (2020). Impact of smartphone addiction on depression and self-esteem among nursing students. *Nursing Open*, 7(5), 1346–1353.

Notoatmodjo, S. (2018). *Metodologi penelitian kesehatan* (3rd ed). Jakarta: PT Rineka Cipta.

Oktavia, W. K. O., Fitroh, R., Wulandari, H., & Feliana, F. (2019). Faktor-faktor yang mempengaruhi stres akademik. *Prosiding Seminar Nasional Magister Psikologi Universitas Ahmad Dahlan*, 142–149. <https://doi.org/10.35134/jpsy165.v13i2.84>

Ören, B., & Zengin, N. (2019). Assessing health threatening problems among nursing or midwifery students during the clinical education course in Turkey. *Iranian Journal of Public Health*, 48(1), 85–94. <https://doi.org/10.18502/ijph.v48i1.786>

Osorio-molina, C., Cabrera-Martos, M. B., M J Membrive-Jiménez K Vargas-Roman, K., & Suleiman-Martos, N., Ortega-Campos, E., J. L. G.-U. (2021). Smartphone addiction, risk factors and its adverse effects in nursing students: a systematic review and meta-analysis.. *Nurse Education Today*, 98 (104741). <https://doi.org/10.1016/j.nedt.2020.104741>.

Parker, Lisa, Karliychuk, Tanya, Gillies, Donna, Mintzes, Barbara, Raven, Melissa, Grundy, & Quinn. (2017). A health app Developer's guide to law and policy: a MultiSector policy analysis. *BMC Med. Inform. Decis. Mak*, 17(1), 141.

Passanisi, A., Gervasi, A. M., Madonia, C., Guzzo, G., & Greco, D. (2015). Attachment, self-esteem and shame in emerging adulthood. *Journal Procedia-Social and Behavioral Sciences*, 191, 342--346. <https://doi.org/doi:10.1016/j.sbspro.2015.04.552>

Pawestri, F., Rahmat, I., & Effendy, C. (2020). *Perbedaan tingkat stres mahasiswa pada tahap akademik dan profesi di program studi ilmu keperawatan fakultas kedokteran, kesehatan masyarakat dan keperawatan Universitas Gadjah Mada* [Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/188962>

Prabowo, W., Yusuf, M., & Setyowati, R. (2019). Pengambilan keputusan menentukan jurusan kuliah ditinjau dari student self-efficacy dan persepsi terhadap harapan orang tua. *Jurnal Psikologi Pendidikan Dan Konseling: Jurnal Kajian Psikologi Pendidikan Dan Bimbingan Konseling*, 5(1), 42–48. <https://doi.org/10.26858/jppk.v5i1.7460>

Pramesta, D. K., & Dewi, D. K. (2021). Hubungan antara efikasi diri dengan stres akademik pada siswa di SMA X. *Jurnal Penelitian Psikologi*, 8(7), 23–33. <https://ejournal.unesa.ac.id/index.php/character/article/view/41594><https://ejournal.unesa.ac.id/index.php/character/article/view/41594>

Pratiwi, I. N., Setiawan, H. W., Nimah, L., Fauziniatyas, R., & Pawanis, Z. (2020). Upaya Peningkatan Kapasitas Mahasiswa Keperawatan dalam Menghadapi Pandemi COVID-19. *Journal of Community Engagement*, 1(3), 94–108. <https://doi.org/https://doi.org/10.26740/abi.v1i3.11351>

Putri, G. A. N., & Ariana, A. D. (2021). Pengaruh self-efficacy terhadap stres akademik mahasiswa dalam pembelajaran jarak jauh selama pandemi covid-19. *Buletin Riset Psikologi Dan Kesehatan Menta*, 1(1), 104–111. <https://doi.org/https://doi.org/10.20473/brpkm.v1i1.24573%0A>

Rahmadani, A. F., & Dinar, S. E. D. (2021a). Efikasi diri dengan kecenderungan kecanduan internet pada remaja dimasa pandemi COVID-19. *Jurnal PSIMPONI*, 1(1). <https://jurnalnasional.ump.ac.id/index.php/psimphoni/article/view/11353>

Rahmadani, A. F., & Dinar, S. E. D. (2021b). Efikasi diri dengan kecenderungan kecanduan internet pada remaja dimasa pandemi COVID-19. *Journal PSIMPONI*, 1(1). <https://jurnalnasional.ump.ac.id/index.php/psimphoni/article/view/11353>

Rahmili, F. T. (2022). *Hubungan efikasi diri dengan stres akademik pada mahasiswa tahun awal di fakultas keperawatan Universitas Andalas* [Universitas Andalas]. <http://scholar.unand.ac.id/109408/>

Ramjan, L. M., Salamonson, Y., Batt, S., Kong, A., McGrath, B., Richards, G., Roach, D., & Wall, P., Crawford, R. (2021). The negative impact of smartphone usage on nursing students: an integrative literature review. *Journal Nurse Education*, 102, 104909.

Razzaq, A., Samiha, Y. T., & Anshari, M. (2018). Smartphone habits and behaviors in supporting students self efficacy. *International Journal of Emerging Technologies in Learning*, 13(2), 94–109.

<https://doi.org/10.3991/ijet.v13i02.7685>

Reportal, D. (2023). . *Digital 2023: Global overview report*. (p. Diakses pada 20 Oktober 2023 dari). <https://datareportal.com/reports/digital-2023-globaloverview-report>

Riyanto, S., & Andi. (2022). *Metode riset penelitian kesehatan & sains*. Yogyakarta: Deepublish.

Sagone, E., & Caroli, M. E. De. (2014). Locus of control and academic self-efficacy in university students: The effects of Self-concepts. *Procedia-Social and Behavioral Sciences*, 114, 222–228.

Salam, A., Suharnan, & Matulesy, A. (2019). Hubungan antara efikasi diri dan dukungan sosial dengan stres akademik pada siswa. *Jurnal Bimbingan Konseling Islam*, 1(2), 325–342.  
<https://doi.org/https://doi.org/10.24952/bki.v1i2.2162>

Salim, F., & Fakhurrozi, M. (2020). Efikasi diri akademik dan resiliensi pada mahasiswa. *Jurnal Psikologi*, 16(2), 175.  
<https://doi.org/10.24014/jp.v16i2.9718>

Santoso, S. (2001). *Statistik non parametrik*. Alex Media Komputindo.

Setiana, A., & Rina, N. (2018). *Riset Keperawatan*. Cirebon: LovRinz Publishing.

Shaj, A. S. (2021). Relationship between academic stress and self-efficacy among school student. *Christ College (Autonomous), Irinjalakuda*.

<http://dspace.christcollegeijk.edu.in:8080/jspui/bitstream/123456789/1183/8/CCASSPY007.pdf>

Sims, D. C., & Skarbek, A. J. (2019). Parental self-efficacy : A concept analysis related to teen parenting and implications for school nurses. *The Journal of School Nursing*, 35(1), 8–14.

Solopos.Com. (2023). *Indonesia posisi ke-4 dunia paling banyak pengguna HP* (p. Diakses pada 15 Oktober 2023 dari).  
<https://teknologi.solopos.com/indonesia-posisi-ke-4-dunia-paling-banyak-pengguna-hp-1768104>

Stats, I. W. (2021). *World internet users and 2021 population stats*. (p. Diakses pada 20 Februari 2023 dari). <https://www.internetworldstats.com/stats.htm>.

Sugiyono. (2019). *Statistika untuk penelitian*. Bandung: Alfabeta.

Sugiyono. (2021). *Metode penelitian kuantitatif kualitatif dan r&d*. . Bandung: Alfabeta.

Suha, Y., Nauli, F. A., & Karim, D. (2022). Gambaran burnout pada mahasiswa jurusan keperawatan. *Coping: Community of Publishing in Nursing*, 10(3), 282–290. <https://doi.org/10.24843/coping.2022.v10.i03.p07>

Sumarni, T., & Hikmanti, A. (2021). Tipe kepribadian dan perilaku caring mahasiswa sarjana keperawatan di Universitas Harapan Bangsa. *Jl-KES (Jurnal Ilmu Kesehatan)*, 5(1), 1–7.  
<https://doi.org/https://doi.org/10.33006/ji-kes.v5i1.192>

Sutriyawan. (2021). *Metodologi penelitian kedokteran dan kesehatan* (1st.ed). (1st.ed). Bandung. PT. Refika Aditama.

Syafitri, H., & Kurniawan, D. (2022). *Kualitas tidur mahasiswa tingkat akhir di masa pandemi* (p. 1(1)).

Syalviana, E. (2021). *Efikasi diri akademik dalam menghadapi tuntutan perkuliahan pada mahasiswa*. 2(2), 211–218.

Tabroni, I., Athra, A. ., & Arneliwati. (2021). Gambaran tingkat stres dan stresor pada mahasiswa keperawatan universitas negeri. *Jurnal Keperawatan*, 13(1), 150. <http://journal.stikeskendal.ac.id/index.php/Keperawatan>

Toharudin, U., Rahmat, A., & Kurniawan, I. S. (2019). The important of self efficacy and self regulation in learning: How should a student be? *Journal of Physics: Conference Series*, 1157(2), 1–7. <https://doi.org/10.1088/1742-6596/1157/2/022074>

Uzuncakmak, T., Ayaz-Alkaya, S., & Akca, A. (2022). Prevalence and predisposing factors of smartphone addiction, sleep quality and daytime sleepiness of nursing students: A cross-sectional design. *Nurse Education in Practice*, 65(2). <https://doi.org/https://doi.org/10.1016/j.nepr.2022.103478>

Uzunçakmak, T., Ayaz-Alkaya, S., & Akca, A. (2022). Prevalence and predisposing factors of smartphone addiction, sleep quality and daytime sleepiness of nursing students: A cross-sectional design. *Nurse Education in Practice*, 65(2).

Wang, J., Bu, L., Li, Y., Song, J., & Li, N. (2021). The mediating effect of academic engagement between psychological capital and academic burnout among nursing students during the COVID-19 pandemic: A cross-sectional study 102(April),. *Nurse Education Today*, 102, 104938. <https://doi.org/10.1016/j.nedt.2021.104938%0A>

Wilde, N., & Hsu, A. (2019). The influence of general self-efficacy on the interpretation of vicarious experience information within online learning. *International Journal of Educational Technology in Higher Education*, 16(1), 1–20. <https://doi.org/10.1186/s41239-019-0158-x>

Woyke, E. (2014). *The smartphone: Anatomy of an industry*. New York: The new Press, (pp. 2).

Yim, S. J., Lui, L. M. W., Lee, Y., Rosenblat, J. D., Raguett, R. M., Park, C., Subramaniapillai, M., Cao, B., Zhou, A., Rong, C., Lin, K., Ho, R. C., Coles, A. S., & Majeed, A., Wong, E.R., Phan, L., Nasri, F., McIntyre, R. S. (2020). The utility of smartphone-based, ecological momentary assessment for depressive symptoms. *J Affect Disord.*, 274, 602–609.

You, J. W. (2018). Testing the three-way interaction effect of academic stress, academic self-efficacy, and task value on persistence in learning among Korean college students. , 76(5),. *Higher Education*, 76(5), 921–935. <https://doi.org/10.1007/s10734-018-0255-0>

Young, K. S., & Abreu, C. N. De. (2017). *The evolution of internet addiction disorder*. . In C. Montag & M. Reuter, eds. *Internet Addiction:*

Neuroscientific.

Yudiana, M., & Kokasih, C. E. (2019). Gambaran kesadaran diri diabetes mellitus mahasiswa Fakultas Keperawatan Universitas Padjadjaran. *Jurnal Keperawatan*, *10*(2), 184–191.

<https://doi.org/https://doi.org/10.22219/jk.v10i2.6677>

Zarandona, J., Carinanos-Ayala, S., Cristobal-Domínguez, E., Martín-Bezoz, J., Mitxelena, Y., & Hoyos, C. I. (2019). Dengan smartphone di saku: deskriptif studi cross-sectional tentang penggunaan ponsel pintar, gangguan dan kebijakan pembatasan pada mahasiswa keperawatan. *Jurnal Pendidikan Perawat*, *82*, 67–73. <https://doi.org/10.1016/j.nedt.2019.08.001>

Zhang, M. W., Ho, R. C., & McIntyre, R. S. (2016). The 'WikiGuidelines' smartphone application: bridging the gaps in availability of evidence-based smartphone mental health applications. *Technol. Health Care*, *24*(4), 587–590. <https://doi.org/10.1093/ijnp/pyw043.239>

Zhao, F. F., Lei, X. L., He, W., Gu, Y. H., & Li, D. W. (2015). The study of perceived stress, coping strategy and self-efficacy of Chinese undergraduate nursing students in clinical practice. *IJNP (International Journal of Nursing Practice)*, *21*(4), 401–409. <https://doi.org/10.1111/ijn.12273>

Zulfa, N. A., & Mujazi, M. (2022). Pengaruh penggunaan smartphone terhadap konsentrasi belajar siswa. *JRTI (Jurnal Riset Tindakan Indonesia)*, *7*(3), 574.