

DAFTAR PUSTAKA

- Asih, A & Fauziah, N. (2017). Hubungan antara kontrol diri dengan kecemasan jauh dari smartphone (nomophobia) pada mahasiswa jurusan ilmu komunikasi fakultas ilmu sosial dan politik Universitas Diponegoro Semarang. *Jurnal Empati*, 6 (2), 15-20.
- Averill, J .(1973). Personal control over aversive stimuli and its relationship to stress. *Psychological Bulletin*, 80(4), 286-303.
- Azwar, S. (2012). *Penyusunan skala psikologi*. Yogyakarta: Pustaka Pelajar.
- _____. (2013). *Metode penelitian*.Yogyakarta:Pustaka Pelajar.
- _____. (2014). *Metode penelitian*.Yogyakarta:Pustaka Pelajar.
- _____.(2015). *Penyusunan skala psikologi (Edisi II)*.Yogyakarta : Pustaka Pelajar.
- _____.(2015). *Sikap manusia teori dan pengukurannya*. Yogyakarta: Pustaka Pelajar.
- _____.(2018). *Dasar-dasar psikometrika (Edisi II)*.Yogyakarta: Pustaka Pelajar.
- Bianchi, A & Phillips, J. (2005). Psychological predictors of problem mobile phone use. *Journal cyberpsychology & behavior*,8(1),39-51.
- Billieux, Maurage, Lopez-Fernandez, Kuss, dan Griffiths.(2015). Can disordered mobile phone use be considered a behavioral addiction? an update on current evidence and a comprehensive model for future research. *Current Addiction Reports*,2(2),156–162.
- Cannor, Whitehill, King, Kernic, Boyle, Bresnahan, Mack, dan Ebel, (2013). Compulsive mobile phone use and history of motor vehicle crash. *Journal Adolescent Health*, 13(53), 512–520.
- Chuzaimah, Mabruroh, Fereshti Nurdiana Dihan. (2010). Smartphone: Antara kebutuhan dan life style. *Jurnal UPN "Veteran" Yogyakarta*, 1(5), 312-321.
- Costa, R. M., Patrão, I., dan Machado, M. (2018). Problematic internet use and feelings of loneliness. *International Journal of Psychiatry in Clinical Practice*, 0(0), 1–3. <https://doi.org/10.1080/13651501.2018.1539180>.
- Elhai, J, Hall,B , Levine,J, & Robert D. Dvorak. (2017). Types of smartphone usage and relations with problematic smartphone behaviors: The role of content consumption vs. social smartphone use. *Cyberpsychology: Journal*

of Psychosocial Research on Cyberspace Cyberpsychology, 11(2), 1-10. DOI: 10.5817/CP2017-2-3.

Elhai, Yang, Fang, Bai, dan Hall. (2019). Depression and anxiety symptoms are related to problematic smartphone use severity in Chinese young adults: Fear of missing out as a mediator. *International Journal of Addictive Behaviors*, 3(19), 306-460. DOI: <https://doi.org/10.1016/j.addbeh.2019.04.020>

Emirtekin, Balta, Sural, Kircaburun, Griffiths, dan Billieux. (2019). The role of childhood emotional maltreatment and body image dissatisfaction in problematic smartphone use among adolescents. *Journal Psychiatry Research*, 271(19), 634-639. DOI: <https://doi.org/10.1016/j.psychres.2019.12.059>.

Fachrurrozi, Firman, Ibrahim. (2018). Hubungan kontrol diri dengan disiplin siswa dalam belajar. *Jurnal neo konseling*, 1(1), 1-10.

Fernandez, L. (2013). Problematic internet and mobile phone use in adolescents in Barcelona and London. Doctoral thesis. Department of Methodology of the Behavioural Sciences Faculty of Psychology University of Barcelona.

Fernandez, L, Honrubia-Serrano, Freixa-Blanxart, dan Gibson. (2013). Prevalence of poroblematic mobile phone use in british adolescents. *Journal Cyberpsychology, Behavior, and Social Networking*, 10(10), 1-8. DOI: 10.1089/cyber.2012.0260.

Fernandez, L., Honrubia-Serrano, M.L., Gibson, W. dan Griffiths, M.D. (2014). Problematic internet use in British adolescents: An exploration of the addictive symptomatology. *Computers in Human Behavior*, 35(4), 224-233.

Firat, Gulb, Sertcelikc, Guld, Gurele, dan Kilic.(2018). The relationship between problematic smartphone use and psychiatric symptoms among adolescents who applied to psychiatry clinics. *Journal Psychiatry Research*, 1(18), 97-103. DOI : <https://doi.org/10.1016/j.psychres.2018.09.015>.

Foerster, M., Roser,K, Schoeni, A., dan Martin R (2015). Problematic mobile phone use in adolescents: derivation of a short scale MPPUS-10. *Swiss School of Public Health*, 60(2), 277-286. DOI 10.1007/s00038-015-0660-4.

Ghufron, M Nur dan Rini R S. (2011). *Teori-teori psikologi*. Yogyakarta: Ar-ruzz Media.

Gibson, C. L. dan Shekarkhar, Z.(2011). Gender, self-control, and offending behaviors among Latino youth. *Journal of Contemporary Criminal Justice*, 27(1), 63-80. DOI: <https://doi.org/10.1177/1043986211402224>.

- Golfried, M. R dan Merbaum, M. (1973). *Behavior change through self-control*. New York: Holt, Rinehart and Winston, Inc.
- Ha, Chin, Doo-Heum Park, Seung-Ho Ryu, Jaehak Yu. (2008). Characteristics of excessive cellular phone use in Korean adolescents. *Journal Cyberpsychology and Behavior*, 11(6),1-15.
- Hasan, I. (2013). *Pokok-pokok materi statistik 1 (statistik deskriptif):Edisi kedua*. Jakarta: Bumi Aksara.
- Huda, Basuki, Pambudi. (2009). Kontrol diri dan kecemasan komunikasi interpersonal pada pramuwisata. *Jurnal Ilmu komunikasi*, 7(2),171-182.
- Hurlock, B.E .(1973). *Psikologi perkembangan*. Jakarta; Erlangga.
- Hussain, Z, Griffiths, M, dan Sheffield,D. (2017). An investigation into problematic smartphone use: The role of narcissism, anxiety, and personality factors. *Journal of Behavioral Addictions*, 6(3),378–386. DOI: 10.1556/2006.6.2017.052 .
- Iskandar. (2013). Ponsel berevolusi, dari besar dan berat hingga mudah dibawa. Diakses pada 16 Januari 2019, dari <https://www.liputan6.com/teknologi/read/753522/ponsel-berevolusi-dari-besar-amp-berat-hingga-mudah-dibawa>.
- Karuniawan,A dan Cahyanti,I. (2013). Hubungan antara academic stress dengan smartphone addiction pada mahasiswa pengguna smartphone. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 2(1), 16-21.
- Kurniawan. (2017). Pengaruh intensitas bermain game online terhadap perilaku prokastinasi akademik pada mahasiswa bimbingan dan konseling Universitas PGRI Yogyakarta. *Jurnal Konseling Gusjigang*, 3(1),1-8.
- Luxton D, McCann R, Bush N, Mishkind M, and Reger G. (2011). mHealth for Mental Health: Integrating smartphone technology in behavioral healthcare. *Professional Psychology: Research and Practice In the public domain*, 42(6),505–512.
- Marlatt GA, Baer JS, Donovan DM, Kivlahan DR. (1988). Addictive behaviors: etiology and treatment. *Journal Annu Rev Psychology*, 39(1),223–252.
- Martono, N. (2011). *Metode penelitian kuantitatif:Analisis isi dan analisis data sekunder*. Jakarta: RajaGrafindo Persada.
- Mokalu, J.V. (2016). Dampak teknologi smartphone terhadap perilaku orang tua di Desa Touure Kecamatan Tompaso. *e-journal "Acta Diurna"*,5(1),1-15.

- Muflih, Hamzah, dan Puniawan. (2017). Penggunaan smartphone dan interaksi sosial pada remaja di SMA Negeri 1 Kalasan Sleman Yogyakarta. *Idea Nursing Journal*, 8(1), 12-18.
- Nahas, Hlais, Saberian, dan Antoun. (2018). Problematic smartphone use among Lebanese adults aged 18–65 years using MPPUS-10. *Journal Computers in Human Behavior*, 87(18), 348–353.
- Noviana, A. (2015). Dampak penggunaan smartphone terhadap komunikasi interpersonal remaja. Thesis. Departemen Sains Komunikasi dan Pengembangan Masyarakat Fakultas Ekologi Manusia Institut Pertanian Bogor.
- Nugraha, F. (2011). Perkembangan pasar handphone di Indonesia dari tahun 2005 hingga 2010. Diakses pada tanggal 16 Januari 2019, dari <https://teknojurnal.com/perkembangan-pasar-handphone-di-indonesia-dari-tahun-2005-hingga-2010/>.
- Oulasvirta A, Rattenbury T, Ma Lingyi, Raita E, (2012). Habits make smartphone use more pervasive. *Journal Pers Ubiquit Comput*, 16(12), 105–114.
- Papalia, D.E, Olds, S.W., & Feldman, R.D. (2004). *Human development (9th ed)*. New York: McGraw Hill.
- Periantalo, J. (2016). Penelitian kuantitatif untuk psikologi. Yogyakarta : Pustaka Pelajar
- Priyatno, D. (2013). *Analisis korelasi regresi dan multivariate dengan SPSS*. Yogyakarta: Gava Media.
- Prasetya, B & Jannah, L. (2012) *Metode penelitian kuantitatif : Teori dan aplikasi*. Jakarta: RajaDrafindo Persada.
- Rachdianti, Y. (2011). Hubungan antara self-control dengan intensitas penggunaan internet remaja akhir. Skripsi. Fakultas Psikologi Non Reguler Universitas Islam Negeri Syarif Hidayatullah, Jakarta.
- Rahma, A. (2015). Pengaruh penggunaan smartphone terhadap aktivitas kehidupan siswa (studi kasus MAN 1 Rengat Barat). *Jurnal Fakultas Ilmu Sosial Dan Ilmu Politik Universitas Riau. Jom Fisip*, 2(2), 1-12.
- Resti (2015). Penggunaan smartphone di kalangan mahasiswa Fakultas Ilmu Sosial dan Ilmu Politik Universitas Riau. *Jurnal FISIP*, 2(1), 1-15.
- Rho , Park, Na, Jeong, Kim, dan Choi. (2019). Types of problematic smartphone

- use based on psychiatric symptoms. *Journal Psychiatry Research*, 275(1)46-52. DOI: <https://doi.org/10.1016/j.psychres.2019.02.071>.
- Rosidah & Erni, Herawati. (2013). Pola komunikasi mahasiswa dalam penggunaan smartphone: Studi pada mahasiswa Binus University. *Jurnal Humaniora*, 4(2), 883-893.
- Rozgonjuk, D, Saal, K, dan That,K. (2018). Problematic smartphone use, deep and surface approaches to learning, and social media use in lectures. *International Journal of Environmental Research and Public Health*, 15(1), 191-198. DOI: <https://doi.org/10.3390/ijerph15010092>.
- Sarafino, E.P. (2002). *Health psychology: Biopsychosocial interactions. 5th edition*. New York: John Wiley & Sons, Inc.
- Sarwar, M, dan Soomro, T . (2013). Impact of smartphone's on society. *European Journal of Scientific Research*, 98(2), 216-226.
- Sarwono, J. (2006). *Metode penelitian kuantitatif dan kualitatif*. Yogyakarta: Graha Ilmu.
- Starsburger. (2011). Policy Statement—Children, Adolescents, Obesity, and the Media. *Journal American Academy of Pediatrics*, 128(1), 1-12.
- Sujarweni, W. (2014). *SPSS untuk penelitian*. Yogyakarta: Pustaka Baru Press.
- Sunanjar, E. M., & Purwanto, E. (2019). The impact of loneliness to problematic smartphone use with self perception as a mediator. *Jurnal Bimbingan Konseling*, 8(1), 32-36.
- Tan, C., Pamuk, M., Donder, A. (2013). Loneliness and mobile phone. *Journal Social and Behavioral Sciences*, 103(13), 606-611.
- Tangney, J.P., Baumeister, R.F., & Boone, A.L. (2004). Hight self-control predict good adjustment, less pathology, better grades, and interpersonal success. *Journal of Personality*, 1(4), 271-322.
- Thomee, Harenstam, dan Hagberg.(2011). Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults--a prospective cohort study. *Journal BMC Public Health*, 11(11), 185–192.
- Ursia, Siaputra, dan Sutanto. (2013). Prokastinasi akademik dan self-control pada mahasiswa skripsi Fakultas Psikologi Universitas Surabaya. *Jurnal Makara Seri Sosial Humaniora*, 17(1):1-8.

Van Deursen, A. J. A. M., Bolle, C. L., Heghner, S. M. & Kommers, P. A. M. (2015). Modelling habitual and addictive smartphone behaviour the role of smartphone usage types, emotional intelligence, social stress self regulation, age and gender. *Journal Computer in Human Behaviour*, 45(15), 411- 420.

Widiartanto, Y. (2016). Apa yang diakses orang Indonesia di ponsel 5,5 jam sehari?. Diakses pada tanggal 21 Januari 2019, dari <https://tekno.kompas.com/read/2016/02/25/12161537/Apa.yang.Diakses.Orang.Indonesia.di.Ponsel.5.5.Jam.Sehari>.

Winarsunu, T. (2004). *Statistik dalam penelitian psikologi dan pendidikan*. Malang: UMM Press.

Yu, Fuxin. (2012). *Mobile/smartphone use in higher education*. University of Central Arkansas, Conway.

Yuni,R dan Pierewan,A. (2016). Hubungan intensitas penggunaan smartphone dengan disiplin belajar siswa. *Jurnal Pendidikan Sosiologi Fakultas Ilmu Sosial Universitas Negeri Yogyakarta*, 1(1), 1-12.

