

**DAFTAR PUSTAKA**

- A, N. R., Razak, A., Ahmad, A. T., Psikologi, F., Negeri, U., & Makassar, M. (2024). *Smartphone addiction dan Perilaku Cyberslacking pada Mahasiswa. Jurnal Psikologi Talenta Mahasiswa*, 4(2), 10–19.
- Abelia, T., Dineva, F. R., & Marthoenis. (2025). *Hubungan stres akademik dengan motivasi belajar pada mahasiswa Fakultas Keperawatan. Jurnal Ilmu Keperawatan*, 12(2), 17–27.
- Agrawal, S., & Krishna, S. M. (2025). *Breaking the Cycle: How Fatigue, Cyberloafing, and Self-Regulation Influence Learning Satisfaction in Online Learning. Education Sciences*, 15(3). <https://doi.org/10.3390/educsci15030373>
- Ahmad, M., & Nasreen, R. (2018). *Cyberloafing in academic settings: Scale development and validation. International Journal of Educational Management*, 32(3), 398-414.
- Akbulut, Y., & Eristi, B. (2021). *Cyberloafing behaviors of students in technology-enhanced learning environments: The roles of self-regulation and motivation. Educational Technology Research and Development*, 69(2), 873–895. <https://doi.org/10.1007/s11423-020-09859-4>
- Akbulut, Y., & Sahin, Y. L. (2016). *Computers in Human Behavior In search of a measure to investigate Cyberloafing in educational settings a. 55*, 616–625. <https://doi.org/10.1016/j.chb.2015.11.002>
- Akram, M., & Batool, I. (2016). *Impact of Cyberloafing on employee's task performance and counterproductive work behavior. Pakistan Journal of Commerce and Social*

*Sciences, 10(1), 143-157.*

*Alqahtani, N. (2022). Cyberloafing behaviours in nursing : The role of nursing stressors.*

*Internasional Jurnal of Nursing Practice, April, 1–10.*

*<https://doi.org/10.1111/ijn.13079>*

*Asghar, A. (2025). Perceived Academic Stress , Cyberloafing and Academic*

*Procrastination in University Students. 6(3), 49–61.*

*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>*

*Assoc. Prof. Dr. Jufrizen, S. E. M. S. V. G. A. (2024). Monograf: Penerapan Organizational*

*Commitment dan Cyberloafing Behavior Terhadap Employee Performance dengan*

*Self Control sebagai Variabel Moderating Karyawan Rumah Sakit di Kota Medan.*

*umsu press. <https://books.google.co.id/books?id=VikREQAAQBAJ>*

*Astuti, S. D., Perdana, T. A., Samasta, A. S., & Sijabat, R. (2023). Work Deviance:*

*Fenomena Perilaku Cyberloafing. Penerbit NEM.*

*<https://books.google.co.id/books?id=tQTrEAAAQBAJ>*

*Aziz, M. N., & Mardiawan, O. (2025). Hubungan Stres Akademik dengan Perilaku*

*Cyberloafing pada Mahasiswa. Jurnal Riset Psikologi (JRP), 51–58.*

*Bandura, A. (1997). Self-efficacy: The exercise of control. New York: W. H. Freeman and*

*Company.*

*Bedewy, D., & Gabriel, A. (2015). Examining perceptions of academic stress and its*

*sources among university students : The Perception of Academic Stress Scale.*

<https://doi.org/10.1177/2055102915596714>

Bektur, M. (2021). *Perceived academic stress and academic burnout among university students. Eurasian Journal of Educational Research, 94*, 257-274.

Bilik, Ö., Vural, F., & Özer Özlü, N. G. (2024). *Uzaktan Eğitimle Yürütülen Cerrahi Hastalıkları Hemşireliği Dersi Öğrencilerinin Siber Aylaklık ve Dijital Bağımlılık Düzeylerinin Ders Başarısına Etkisi. Bilecik Şeyh Edebali University Faculty of Health Sciences Journal, 2(2)*, 89-101. <https://doi.org/10.61535/bseusbfd.1372643>

Blanchard, A. L., & Henle, C. A. (2008). *Correlations between Cyberloafing and counterproductive work behavior. CyberPsychology & Behavior, 11(6)*, 678-685.

Cakir, E., & Akbay, T. (2021). *Cyberloafing behavior scale adaptation for university students. Journal of Educational Sciences, 50(2)*, 527-548.

Chen, Y., Chen, H., & Andrasik, F. (2021). *Perceived Stress and Cyberloafing among College Students : The Mediating Roles of Fatigue and Negative Coping Styles. 1–12.*

Chrisnatalia, M., Leoniharza, D., & Bera Liwun, S. B. (2023). *Self-Control dan Cyberslacking Pada Mahasiswa. Scholaria: Jurnal Pendidikan Dan Kebudayaan, 2*, 128–137. <https://doi.org/10.24246/j.js.2023.v13.i2.p128-137>

Demirtepe-saygılı, D. (2020). *An Investigation of Cyberloafing in Relation to Coping Styles and Psychological Symptoms in an Educational Setting. Psychological Reports. https://doi.org/10.1177/0033294120950299*

Dewi, D. K., & Darmawanti, I. (2020). *Confirmatory Factor Analysis of the Perceptions of Academic Stress Scales. 10*, 64–78.

- Dewi, D. K., Meylana, E. H., Widiarti, F. P., & Safitri, R. I. (2020). *The Profile of Perceived Academic Stress in Higher Education*. 491(Ijcah), 165–169.
- Dewi, D. K., Savira, S. I., Satwik, Y. W., & Noviana, R. (2022). *Profil Perceived Academic Stress pada Mahasiswa Profile of Perceived Academic Stress in Students Fakultas Ilmu Pendidikan , Universitas Negeri Surabaya , Surabaya , Indonesia*.
- Dinarti, L. K. (2022). *HUBUNGAN STRES AKADEMIK DENGAN PERILAKU CYBERLOAFING PADA MAHASISWA Liya Kusumawardani Dinarti Yohana Wuri Satwika*. *Jurnal Penelitian Psikologi*, 84–95.
- Dinarti, L. K., & Satwika, Y. W. (2022). *Hubungan Stres Akademik dengan Perilaku Cyberloafing pada Mahasiswa*. *Character Jurnal Penelitian Psikologi*, 9(7), 84–95.
- Dursun, F., & Turan, A. H. (2025). *Investigation of Cyberloafing Behaviours of University Students : Sakarya University*. *Sakarya University Journal of Education*, 15(2), 252–270.
- Fadli, Z., Cholili, A. H., Rahayu, A. H., Feoh, N. C., Ikhwan, M. N., Misnawati, D., Sampe, P. D., Pratama, R. C., Souhoka, S., & Mardika, N. H. (2024). *Pengantar Psikologi Industri dan Organisasi: Konsep dan Teori*. CV. Gita Lentera. <https://books.google.co.id/books?id=8QogEQAAQBAJ>
- Fajri, M. R., & Wangi, E. N. (2024). *Pengaruh Stres Akademik terhadap Perilaku Cyberloafing pada Mahasiswa Universitas Islam Bandung*. *Psikologi Science*, 4, 120–128.
- 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*. 21(February), 45–56.
- Gnilka, P. B., et al. (2021). *The role of social support in academic stress and psychological well-being*. *Journal of Counseling & Development*, 99(1), 59-70.
- Gökçearslan, Ş., Uhuyol, Ç., & Şahin, S. (2018). *Smartphone addiction, Cyberloafing, stress, and social support among university students: A path analysis*. *Children and Youth Services Review*, 91, 47–54.
- Hamrat, H., Ramadhan, A. R., Nabilah, S. A., & Handayani, N. (2019). *Cyberloafing dan Kesejahteraan Psikologis pada Mahasiswa. Dalam Jurnal Seminar Nasional Psikologi Pendidikan*, 25-33.
- Hasanagi, A., & Andri, A. (2020). *Provjera psihometrijskih karakteristika skale akademskog stresa na uzorku srednjoškolaca*. 4(13), 347–364.
- Hibrian, H., Baihaqi, M., & Ihsan, H. (2022). *Relationship between academic stress and Cyberloafing behavior among Psychology Department Students at Universitas Pendidikan Indonesia*. *PSIKOPEDAGOGIA Jurnal Bimbingan dan Konseling*, 10(2), 89–96.
- Info, A. (2023). *Jurnal Aisyah : Jurnal Ilmu Kesehatan*. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, 8(2), 1113–1116. <https://doi.org/10.30604/jika.v8i2.2100>
- Kim, I., Kim, R., Kim, H., Kim, D., Han, K., Lee, P. H., Mark, G., & Lee, U. (2019). *Computers & Education Understanding smartphone usage in college classrooms :*

- A long- term measurement study. Computers & Education, 141(March), 103611.*  
<https://doi.org/10.1016/j.compedu.2019.103611>
- Kim, Y. M., & Hong, Y. Y. (2020). *The moderating effect of self-efficacy on the relationship between academic stress and school adjustment. Asia Pacific Education Review, 21(2), 241-251.*
- Levkov, N., Levkov, N., & Kitanovikj, B. (2024). *How Cyberloafing Affects Students ' Cognitive Engagement and Psychological Detachment in Higher Education Classes International Journal of Technology in Education 2024, 7, 870–882.*
- Lim, V. K. G. (2002). *The IT way of loafing on the job: Cyberloafing, neutralizing and organizational justice. Journal of Organizational Behavior, 23(5), 675–694.*  
<https://doi.org/10.1002/job.161>
- Lim, V., & Teo, T. (2022). *Cyberloafing: A review and research agenda. Applied Psychology, 73, 441–484.* <https://doi.org/10.1111/apps.12452>
- Mahamood, A. F., Abdullah, S. Bin, Kastriafuddin, T., Tengku, S., & Mokhdzar, Z. A. (2021). *Cyberloafing Behavior and Its Effects Towards Academic Achievement Among Students in Higher Education Institution Cyberloafing Behavior and Its Effects Towards Academic Achievement Among Students in Higher Education Institution. December.*
- Maulida Nur, M. P., Novita Sari, M. P., Havid Surya, M. P., & Pustaka, S. K. (2023). *Coping Stress Guru PAUD: Penanganan Anak Berkebutuhan Khusus di Sekolah PAUD Regular. Sada Kurnia Pustaka.*  
<https://books.google.co.id/books?id=9KLpEAAAQBAJ>

- Megananda, D. K., & Hertinjung, W. S. (2021). *Cyberloafing Mahasiswa pada Pembelajaran Daring di Masa Pandemi Covid-19 Ditinjau dari Kontrol Diri*. 1998, 118–129.
- Metin, I., Dilek, O., & Saygılı, D. (2023). *Cyberloafing behaviors among university students: Their relationships with positive and negative affect*. *Current Psychology*, 42(13), 11101–11114. <https://doi.org/10.1007/s12144-021-02374-3>
- Mihelič, K. K., Lim, V. K. G., & Culiberg, B. (2023). *Cyberloafing among Gen Z students: the role of norms, moral disengagement, multitasking self-efficacy, and psychological outcomes*. *European Journal of Psychology of Education*, 38(2), 567–585. <https://doi.org/10.1007/s10212-022-00617-w>
- Mishra, D., & Tajeja, N. (2022). *Cyberslacking for Coping Stress? Exploring the Role of Mindfulness as Personal Resource*. *International Journal of Global Business and Competitiveness*, 17(s1), 56–67. <https://doi.org/10.1007/s42943-022-00064-w>
- Misra, R., & McKean, M. (2000). *College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction*. *American Journal of Health Studies*, 16(1), 41-51.
- Misra, R., & McKean, M. (2000). *College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction*. *American Journal of Health Studies*, 16(1), 41-51.
- Mohamed, Sara A.A.<sup>a</sup>; Al- Fattah, Magda A. A.-H. A.<sup>b</sup>; Ragab, Om Hashem G.<sup>c</sup>. *The effect of digital citizenship and Cyberloafing on under graduate nursing students academic performance*. *Egyptian Nursing Journal* 20(3):p 414-424, September-

December 2023. | DOI: 10.4103/enj.enj\_28\_23

- Mubarok, A. S., Opier, N. M., Ramopoly, I. H., Judijanto, L., Junizar, J., Efitra, E., & Uzma, I. (2025). *Psikologi: Stres Akademik dan Penanganannya*. PT. Sonpedia Publishing Indonesia. <https://books.google.co.id/books?id=Km9-EQAAQBAJ>
- Muharammi, N. (2025). *The relationship between academic stress and Cyberloafing behavior in guidance and counseling students of PGRI University of West Sumatra*. *Jurnal Konseling Pendidikan Islam*, 6(1).
- Murdhiono, W. R., & Vidayanti, V. (2022). *EXAMINING ACADEMIC STRESS AMONG CO-ASSISTANT NURSING STUDENTS USING THE MODIFIED PERCEPTION OF ACADEMIC STRESS SCALE ( PAS )*. 2–15. <https://doi.org/10.24990/injec.v7i1.441>
- Ningrum, W. O. N., Kusumawardhani, A., Yulindrasari, H., Budiman, N., & Sardin. (2025). *Navigating Stress in the School Environment: Challenges, Coping Strategies and Students' Well-being*. *International Journal of Science and Society*, 7(1), 125-139. <https://doi.org/10.54783/ijsoc.v7i1.1365>
- Ningtias, Y. C. (2023). *Hubungan Antara Stres Akademik Dengan Perilaku Cyberloafing Pada Mahasiswa Universitas Negeri Padang*. *INNOVATIVE: Journal Of Social Science Research Volume*, 3(2022), 10054–10062.
- Notoatmodjo, S. (2012). *Metodologi penelitian kesehatan*. Rineka Cipta.
- Nurul Fitri Ainun\*, Nurhikmah, A. M. A. (2024). *Hubungan Antara Kecenderungan Tipe Kepribadian Extraversion dengan Cyberloafing pada Mahasiswa di Kota Makassar*. *Jurnal Psikologi Karakter*, 4(2), 420–427.

<https://doi.org/10.56326/jpk.v4i2.3725>

Nweke, G. E., Jarrar, Y., & Horoub, I. (2024). *Academic stress and Cyberloafing among university students: the mediating role of fatigue and self-control*. *Humanities & Social Science Communication*, 2024, 1–8. <https://doi.org/10.1057/s41599-024-02930-9>

Ozdamli, F., & Ercag, E. (2021). *Cyberloafing Among University Students*. *TEM Journal*, 10, 421–426. <https://doi.org/10.18421/TEM101-53>

Pajares, F., & Urdan, T. (2006). *Self-efficacy beliefs of adolescents*. Greenwich, CT: Information Age Publishing.

Prasad, A., Lim, V. K. G., & Chen, D. (2018). *Cyberloafing in the classroom: Antecedents and consequences*. *First Monday*, 23(4).

Pratama, M. Y. A. (2022). *Hubungan Antara Regulasi Diri Dengan Perilaku Cyberloafing Pada Mahasiswa Psikologi Universitas Negeri Surabaya*. *Character : Jurnal Penelitian Psikologi Mengalami*, 9.

Restubog, S. L. D., et al. (2011). *The impact of job embeddedness on employee counterproductive work behaviors: The mediating role of emotional exhaustion*. *Journal of Vocational Behavior*, 78(2), 269-278

Ribeiro, C. E., et al. (2022). *The impact of perceived teacher support on student academic stress and engagement*. *Teaching and Teacher Education*, 114, 103700.

Rinaldi, M. R., Hardika, J., Wiyonanti, R., Mercu, U., & Yogyakarta, B. (2024). *Academic Stress and Cyberslacking in Students : The Moderating Role of Emotion*

*Regulation. 12(2), 216–228.*

Rohita, T. (2025). *Academic Cyberloafing and Learning Concentration Among Nursing Students : A Case Study. Jurnal Pendidikan Keperawatan Indonesia, 11(2), 157–168.*

Rohmah, N., Barokah, U., Ziyah, M. A., Syabania, M. Z., & Apriandi, R. M. (2025). *Escape in the Scroll : Academic Stress and Cyberloafing Behavior among University Students. 6(September), 412–419.*

Rosen, L. D., Lim, A., Carrier, L. M., & Cheever, N. A. (2013). *An empirical examination of the educational impact of text message interruptions during college lectures. Educational Psychology, 33(8), 995–1015.*  
<https://doi.org/10.1080/01443410.2013.785051>

Salsabila, D. F., Hidayat, I. N., & Ramdani, Z. (2022). *Peran Stres Akademik dan Perceived Social Support dalam Memprediksi Kesehatan Mental Remaja Akhir di Kota Bandung. 8(2), 173–190.* <https://doi.org/10.22146/gamajpp.76711>

Saputra, I. (2024). *Cyberloafing Behaviors in Students ' Learning Process : EFL Teachers ' Efforts to Create Productive Learning Environment. Journal of Language and Literature Studies, 4(2), 313–329.*

Selin, F., Tosun, S., & Meltem, S. (2024). *Determination of Cyberloafing level of speech and Language Therapy Department students. Heliyon, 10(May).*  
<https://doi.org/10.1016/j.heliyon.2024.e31068>

Silalahi, D. F., & Eliana, R. (2020). *Fear of missing out and Cyberloafing among college students Fear of missing out dan Cyberloafing pada mahasiswa-mahasiswi.*

- Psikologia: Jurnal Pemikiran Dan Penelitian Psikologi*, 15(7).
- Simanjuntak, E., Darmawan, D., & Agustin, M. (2019). Pengembangan skala cyberslacking pada mahasiswa. *Jurnal Psikologi Undip*, 18(1), 28–38. <https://ejournal.undip.ac.id/index.php/psikologi/article/view/20243>
- Skeja, A. ; (2022). ScienceDirect Relation of of Three Three Phenomena : Relation Relation of of Three Three Phenomena : Phenomena : IFAC PapersOnLine, 55(39), 247–252. <https://doi.org/10.1016/j.ifacol.2022.12.029>
- Sriwahyuningsih, V. (2023). The Impact of Academic Stress and Cyberloafing on Students ' Smartphone addiction. *Enlighten: Jurnal Bimbingan Konseling Islam*, 6(2), 90–99.
- Sugiyono. (2018). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta
- Talan, K., Guler, M., & Yildiz, B. (2023). Examination of the Relationship between Academic Stress and Cyberloafing: The Mediating Role of Academic Procrastination. *International Journal of Modern Education Studies*, 7(1), 183–198.
- Talan, T., & An, Y. (2022). An Investigation of the Cyberloafing and Nomophobia Levels of University Students. *International Journal of Research in Education and Science (IJRES)*.
- Talavera, N. M., et al. (2023). Academic stress and maladaptive coping strategies: A systematic review. *International Journal of Educational Research*, 120, 102213.
- Tasalim, R., & Cahyani, A. R. (2021). *Stres Akademik dan Penanganannya (Guepedia (ed.); Ist ed.). Guepedia.*

[https://www.google.co.id/books/edition/Stres\\_Akademik\\_dan\\_Penanganannya/Sq\\_pMEAAAQBAJ?hl=id&gbpv=0](https://www.google.co.id/books/edition/Stres_Akademik_dan_Penanganannya/Sq_pMEAAAQBAJ?hl=id&gbpv=0)

- Taufik, T., Hayati, E. N., & Na'imah, T. (2024). *ISPsy 2023: Proceedings of the 6th International Seminar on Psychology, ISPsy 2023, 18-19 July 2023, Purwokerto, Central Java, Indonesia. European Alliance for Innovation.* <https://books.google.co.id/books?id=6PEMEQAAQBAJ>
- Yanti, F. P., Nasution, I. N., & Aiyuda, N. (2022). *Berselancar di Internet untuk Menghilangkan Rasa Bosan Ketika Melakukan Pembelajaran Daring. Jurnal Riset Psikologi Unisba, 2, 10–15.*
- Yildirim, M., & Kaplan, Y. (2021). *Academic workload, burnout, and engagement among undergraduate students: The mediating role of perceived stress. Educational Psychology, 41(8), 957-975.*
- Yulianti, I., Hermayanti, Y., & Maryati, I. (2025). *Stres akademik dan siklus menstruasi pada mahasiswi. 19(4), 621–633.*
- Zahra, Q. A., & Setyawan, D. (2022). *Fenomena cyberslacking pada mahasiswa dalam perspektif psikologi pendidikan. INTUISI: Jurnal Psikologi Ilmiah, 14(1), 43–52.* <https://journal.unnes.ac.id/nju/index.php/INTUISI/article/view/23378>
- Zhou, B., Li, Y., Tang, Y., & Cao, W. (2021). *An Experience-Sampling Study on Academic Stressors and Cyberloafing in College Students: The Moderating Role of Trait Self-Control. Frontiers in Psychology, 12(May), 1–10.* <https://doi.org/10.3389/fpsyg.2021.514252>

*Zulfa, W., Astuti, W., & Muna, Z. (2025). Gambaran Cyberslacking pada Mahasiswa Universitas Malikussaleh. IJPP, Unima*

