

DAFTAR PUSTAKA

- Abadi, D. P., & Hotifah, Y. (2025). *Pornography addiction among 7 th grade students in the urban community : mixed-method research*. 9(1), 138–147.
- Abduloh, Suntoko, T. P. (2022). *Peningkatan dan pengembangan prestasi belajar peserta didik*. Uwais Inspirasi Indonesia.
- Afifah, N., & Wardani, I. (2023). Hubungan resiliensi akaddemik dengan stres, kecemasan, dan depresi remaja sma di masa pandemi covid-19. *JPPNI*, 08(01).
- Afriani, D. (2022). *Pendidikan seks bagi remaja*. Penerbit NEM: Jakarta
- Afriliani, C., Azzura, N. A., & Sembiring, J. R. B. (2023). Faktor penyebab dan dampak dari kecanduan pornografi di kalangan anak remaja terhadap kehidupan sosialnya. *Harmony: Jurnal Pembelajaran IPS Dan PKN*, 8(1), 7–14. <https://doi.org/10.15294/harmony.v8i1.61470>
- Akbar, R., Sukmawati, U. S., & Katsirin, K. (2024). Analisis data penelitian kuantitatif. *Jurnal Pelita Nusanara*, 1(3), 430–448. <https://doi.org/10.59996/jurnalpelitanusantara.v1i3.350>
- Alimoradi, Z., Broström, A., Tsang, H. W. H., Griffiths, M. D., Haghayegh, S., Ohayon, M. M., Lin, C. Y., & Pakpour, A. H. (2021). Sleep problems during COVID-19 pandemic and its' association to psychological distress: A systematic review and meta-analysis. *EClinicalMedicine*, 36. <https://doi.org/10.1016/j.eclinm.2021.100916>

- Alini, Z. (2023). Hubungan kecemasan, kesepian, dan gangguan tidur dengan kecanduan media sosial pada remaja di sman 9 padang. *Accident Analysis and Prevention*, 183(2), 153–164.
- Amalia, H., Ulfa, M., Yanti, D., & Zainab, S. (2022). *Psikopatologi anak dan remaja*. Syiah Kuala University Press.
- Andriani, L., Simbolon, D., & Riastuti, F. (2022). *Kesehatan reproduksi remaja dan perencanaan masa depan*. Penerbit NEM.
- Andrie, E. K., Sakou, I. I., Tzavela, E. C., & Richardson, C. (2021). Adolescents ' Online Pornography Exposure and Its Relationship to Sociodemographic and Psychopathological Correlates : A Cross-Sectional Study in Six European Countries. *Children Journal*, 925(8).
- Asmadi. (2008). *Teknik Prosedural Konsep & Aplikasi Kebutuhan Dasar Klien*. Penerbit Salemba.
- Aun, S., Tan, Jie, X., & Tay. (2024). Problematic Pornography Use and Sexual Shame : A Moderated Mediation Model of Perceived Social Realism and Gender. *Proceedings of International Conference Multidisciplinary Behavioral Studies*, 1(1), 22–35.
- Awwaliyah, F., Isti'adah, F., & Muhajirin, M. (2025). Pengaruh Dukungan Sosial Teman Sebaya Terhadap Kesejahteraan Psikologis (Psychological Well-Being) Remaja di SMKN 4 Tasikmalaya. *Jurnal Bimbingan Konseling Dan Psikologi*, 5(1), 27–38.

Badaruddin, B., Harahap, R. H., Malik, R., Sismudjito, S., & Hafi, B. (2025). *Sosiologi Ekonomi*. Star Digital Publishing.

Bungin, B. (2001). *Erotika media massa*. Muhammadiyah University Press.

Bustomi, S., & Puspitasari, Y. (2024). *Factors that Affect Mental Health in Adolescents : A Literature Review*. 02(04), 398–404.

Butler, N., Quigg, Z., Bates, R., Jones, L., Ashworth, E., Gowland, S., & Jones, M. (2022). The Contributing Role of Family , School , and Peer Supportive Relationships in Protecting the Mental Wellbeing of Children and Adolescents. *School Mental Health*, 14(3), 776–788. <https://doi.org/10.1007/s12310-022-09502-9>

Buyse, D. J., Reynolds III, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research. In *Psychiatry research* (Vol. 2, Issue 2, pp. 193–213).

Cahyani, P. A., & Firmansyah, H. (2023). Penerapan Hukum Indonesia Terhadap Tindak Pidana Pornografi bagi Pelaku dengan Eksibisionisme. *Unes Law Review*, 6(2), 6564–6570. <https://review-unes.com/https://creativecommons.org/licenses/by/4.0/>

Calatrava, M., Mestre-Bach, G., Osorio, A., & López-Del Burgo, C. (2025). Parenting Style, Differentiation of Self, and Pornography Use Among Adolescents: Exploring the Links. *Journal of Sex Research*, 00(00), 1–10.

<https://doi.org/10.1080/00224499.2024.2446639>

Casey, B. J., & Jones, R. M. (2015). Neurobiology of the adolescent brain and behavior: Implications for substance use disorders. *Journal of the American Academy of Child and Adolescent Psychiatry*, 49(12), 1189–1201.

<https://doi.org/10.1016/j.jaac.2010.08.017>

Chi, S., Ko, M., Lee, J., Yi, H., & Lee, M. (2022). *Smartphone Usage and Sleep Quality in Korean Middle School Students During the COVID-19 Pandemic*. 722–728.

Damayanti, A. (2020). Hubungan Antara Kontrol Diri dengan Cybersex Pada Remaja di Pekanbaru. *SSRN Electronic Journal*, 1(1), 1689–1699.

Dibben, G. O., Martin, A., Shore, C. B., Johnstone, A., McMellon, C., Palmer, V., Pugmire, J., Riddell, J., Skivington, K., Wells, V., McDaid, L., & Simpson, S. A. (2023). Adolescents' interactive electronic device use, sleep and mental health: a systematic review of prospective studies. *March*, 1–18. <https://doi.org/10.1111/jsr.13899>

Dimas Maulana, M. (2024). Pengaruh PMO (pornografi, masturbasi, dan orgasme) terhadap kesehatan mental dan kepribadian pemuda. *Maliki Interdisciplinary Journal (MIJ) EISSN*, 2(11), 696–702. <http://urj.uin-malang.ac.id/index.php/mij/index>

Dresp-Langley, B., & Hutt, A. (2022). Digital Addiction and Sleep. *International Journal of Environmental Research and Public Health*, 19(11).

<https://doi.org/10.3390/ijerph19116910>

Ernyasih, A. H. A. (2025). Faktor-Faktor Yang Berhubungan Dengan Kesehatan Mental Remaja: Literature Review. *AN-NUR: Jurnal Kajian Dan Pengembangan Kesehatan Masyarakat*, 6(2), 131–145.

<https://jurnal.umj.ac.id/index.php/AN-NUR/article/view/27450>

Fa'ida, S. A., & Noorrizki, R. D. (2023). Dampak Adiktif Pornografi pada Remaja. *Jurnal Flourishing*, 3(7), 278–285.

<https://doi.org/10.17977/10.17977/um070v3i72023p278-285>

Faisal, M. A., & Dian Rosadi, dkk. (2024). *Peer Group Anxiety Disorder Dalam Upaya Pencegahan Gangguan Kecemasan Remaja*. Uwais Inspirasi Indonesia .

Fauziyyah, Z. K., Rosady, D. S., & Zulmansyah. (2023). Coping strategy , tingkat kecemasan sosial , dan remaja pengguna media sosial. *Jurnal Riset Kedokteran*, 3(2), 91–96.

Freska, W., & Mahathir. (2023). *Gangguan Perilaku Remaja*. CV. Mitra Edukasi Negeri.

Ginting, M. T. (2022). *Hubungan Penggunaan Media Sosial dengan Kualitas Tidur Pada Remaja Tahun 2022*.

Gola, M., Wordecha, M., Sescousse, G., Lew-Starowicz, M., Kossowski, B., Wypych, M., Makeig, S., Potenza, M. N., & Marchewka, A. (2017). Can Pornography be Addictive? An fMRI Study of Men Seeking Treatment for

Problematic Pornography Use. *Neuropsychopharmacology*, 42(10), 2021–2031. <https://doi.org/10.1038/npp.2017.78>

Greenfield, P. M. (2004). Inadvertent exposure to pornography on the Internet: Implications of peer-to-peer file-sharing networks for child development and families. *Journal of Applied Developmental Psychology*, 25(6 SPEC. ISS.), 741–750. <https://doi.org/10.1016/j.appdev.2004.09.009>

Handayani, A., Yulianti, P. D., & Menarianti, I. (2025). *Merawat Keluarga di Era Digital: E-Parenting dan Mindful Parenting dalam Setiap Tahap Kehidupan*. Deepublish. <https://books.google.co.id/books?id=CZF-EQAAQBAJ>

Hastono, P. S. (2006). *Analisis Data*.

Haswita, S. K. M. K., Ni Ketut Sujati, S. S. M. K., & Asni Hasaini., S. K. N. M. K. (2025). *BUKU AJAR KEPERAWATAN MEDIKAL BEDAH II*.

Havighurst, R. J., & Development, U. of C. C. on H. (1949). *Developmental Tasks and Education*. University of Chicago Press.

Hutahaean, M. M. (2023). *Eksplorasi Perilaku Seksual Remaja: Faktor yang Berpengaruh*. CV Jejak (Jejak Publisher).

Hutul, T.-D., & Adina, K. H. (2024). The Roles of Frequency of Pornography Use, and Moral Incongruence in the Relationship Between Sexual Satisfaction, and Psychological Distress Related to the Use of Pornography: A Moderated Mediation Model. *International Journal of Sexual Health*, 36(3).

Iis Sopiya Suryani., Meti Sulastri., Eneng Daryanti., & Kafkaylea, A. (2021).

Konseling anemia remaja. EDU PUBLISHER.

Ince, C., Fontenelle, L. F., Carter, A., Albertella, L., Tiego, J., Chamberlain, S. R.,

& Rotaru, K. (2023). Clarifying and extending our understanding of problematic pornography use through descriptions of the lived experience.

Scientific Reports, 1–12. <https://doi.org/10.1038/s41598-023-45459-8>

Intan Prawitasari. (2020). Faktor-faktor narkolema (kecanduan pornografi) dan

implikasinya pada remaja. *Jurnal Guru Indonesia*, 2779, 1–10.

Iskandar, A., M, A. R. J., Fitriani, R., Ida, N., & Sitompul, P. H. S. (2023). *Dasar*

Metode Penelitian. Yayasan Cendekiawan Inovasi Digital Indonesia.

Jahja, Y. (2015). *Psikologi Perkembangan*. Kencana.

Jha, A., & Banerjee, D. (2022). Neurobiology of Sex and Pornography

Addictions: A Primer. *Journal of Psychosexual Health*, 4(4), 227–236.

<https://doi.org/10.1177/26318318221116042>

Jimmy Chang, M. P. M., Wician, F., & Angelia, F. (2021). *Hidup Dalam*

Kesehatan Ilahi: Meraih Kesempurnaan Dalam Kesehatan Tubuh, Jiwa, Dan

Roh, Baik Secara Medis maupun Alkitabiah. PBMR ANDI.

Kalmbach, D. A., Buysse, D. J., Cheng, P., Roth, T., Yang, A., & Drake, C. L.

(2021). Nocturnal cognitive arousal is associated with objective sleep

disturbance and indicators of physiologic hyperarousal in good sleepers and

individuals with insomnia disorder. *Sleep Med*, 71(1), 151–160.

<https://doi.org/10.1016/j.sleep.2019.11.1184>.Nocturnal

Karim, N. A. H. A., Osman, M. A., Abdelmonaem, Y. M. M., & El-Ashry, A. M. (2025). Effects of porn addiction on mental health and personality of nursing students: a cross-sectional study in Egypt. *BMC Nursing*, 24(1).

<https://doi.org/10.1186/s12912-025-02918-z>

Kayyis, F. A. (2019). Psikologi Perkembangan Pendekatan Sepanjang Rentang Kehidupan. In *Psikologi Perkembangan Pendekatan Sepanjang Rentang Kehidupan*.

Khasanah, R. A. N., & Mubarakah, K. (2024). Studi Komparatif: Konsumsi Pornografi Online pada Remaja di Sekolah Umum dan Berbasis Agama, Semarang, Indonesia. *Media Kesehatan Masyarakat Indonesia*, 23(4), 337–343. <https://doi.org/10.14710/mkmi.23.4.337-343>

Koob, G. F., & Volkow, N. D. (2016). Neurobiology of addiction: a neurocircuitry analysis. *The Lancet Psychiatry*, 3(8), 760–773. [https://doi.org/10.1016/S2215-0366\(16\)00104-8](https://doi.org/10.1016/S2215-0366(16)00104-8)

Kühn, S., & Gallinat, J. (2014). Brain structure and functional connectivity associated with pornography consumption the brain on porn. *JAMA Psychiatry*, 71(7), 827–834. <https://doi.org/10.1001/jamapsychiatry.2014.93>

Kusumaningrum, T. (2022). *Hubungan Tingkat Pengawasan Orang Tua Dengan Tingkat Narkolema Pada Remaja Dalam Menggunakan Media Internet Di Desa Gedong*. 1–23.

Lee, Y., Hong, J., Shin, J., Mo, C., & Park, E. (2023). Association between smartphone overdependence and generalized anxiety disorder among Korean adolescents. *Journal of Affective Disorders*, 321(August 2022), 108–113. <https://doi.org/10.1016/j.jad.2022.10.018>

Lela Zakiah, Shanti Ariandini, Marsanda Syalum Juliani, Riski Septiani, Siti Sumayah, & Sri Dina. (2025). Pengaruh Penggunaan Gadget terhadap Perilaku Seksual Remaja. *Jurnal Riset Rumpun Ilmu Kesehatan*, 4(2), 259–268. <https://doi.org/10.55606/jurrikes.v4i2.5466>

Lestari, N. E., Arofi, T. M., Hidayah, H., Mahihody, A. J., Laksono, R. D., Sepriano, S., Efitra, E., & Sari, I. K. (2024). *Keperawatan Anak : Teori & Pedoman Praktis Asuhan dalam Keperawatan Anak*. PT. Sonpedia Publishing Indonesia.

Lewis, R. G., Florio, E., Punzo, D., & Borrelli, E. (2021). The Brain's Reward System in Health and Disease. *Advances in Experimental Medicine and Biology*, 1344, 57–69. https://doi.org/10.1007/978-3-030-81147-1_4

Li, L., Feng, R., Yang, L., Lang, R., Ince, C., Liu, C., Ren, L., Feng, Z., & Li, K. (2025). Unraveling the impact of cyberporn motivations on mental health: insights from Chinese college students. *BMC Psychology*, 13(1). <https://doi.org/10.1186/s40359-025-02901-y>

Love, T., Laier, C., Brand, M., Hatch, L., & Hajela, R. (2015). Neuroscience of internet pornography addiction: A review and update. *Behavioral Sciences*, 5(3), 388–433. <https://doi.org/10.3390/bs5030388>

Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343. [https://doi.org/https://doi.org/10.1016/0005-7967\(94\)00075-U](https://doi.org/10.1016/0005-7967(94)00075-U)

Lovibond, S. H., & Lovibond, P. F. (1996). *Manual for the Depression Anxiety Stress Scales*. Psychology Foundation of Australia.

Maftukhah, W., & Khadijah. (2025). Lembaga Penelitian dan Pengabdian kepada Masyarakat (LPPM) Sekolah Tinggi Islam Blambangan (STIB) Banyuwangi MOMENTUM Pengaruh Konsumsi Pornografi Terhadap Perkembangan Kognitif, Sosial dan Emosional Remaja. *Momentum*, 14(1), 46–56.

Maria, I., Benzi, A., Gallus, S., Santoro, E., & Barone, L. (2023). *Psychosocial determinants of sleep difficulties in adolescence: the role of perceived support from family, peers, and school in an Italian HBSC sample*. 2625–2634. <https://doi.org/10.1007/s00431-023-04934-0>

Mariyati, N. H. C. D. M. (2021). Menurunkan kecemasan pada remaja yang kecanduan pornografi. *Jurnal Ners Widya Husada*, 4(3), 78. <http://journal.uwhs.ac.id/index.php/jners/article/view/320>

Mattebo, M., Tydén, T., Häggström-Nordin, E., Nilsson, K. W., & Larsson, M. (2018). Pornography consumption and psychosomatic and depressive symptoms among Swedish adolescents: a longitudinal study. *Upsala Journal of Medical Sciences*, 123(4), 237–246.

<https://doi.org/10.1080/03009734.2018.1534907>

Maulidya Niasul Karimah, dkk, & Murtikusuma, R. P. (2024). *Bunga rampai: lombok writing festival*. Penerbit P4I.

Maulita, M., Etrawati, F., & Nasution, N. (2024). Exposure to Ponographic Media Among Adolescents Aged (20-24 Years). *Contagion: Scientific Periodical Journal of Public Health and Coastal Health*, 6(2), 1243.
<https://doi.org/10.30829/contagion.v6i2.21768>

Mediawati, A. S., Yosep, I., & Mardhiyah, A. (2022). Life skills and sexual risk behaviors among adolescents in Indonesia: A cross-sectional survey. *Belitung Nursing Journal*, 8(2), 132–138. <https://doi.org/10.33546/bnj.1950>

Moerdijat, L. (2023). *Ancaman Kesehatan Mental Remaja Harus Ditangani Secara Serius*. Sekretariat Jenderal MPR RI.
https://mpr.go.id/berita/Ancaman-Kesehatan-Mental-Remaja-Harus-Ditangani-Secara-Serius?utm_

Musetti, A., Gori, A., Alessandra, A., Topino, E., Terrone, G., Plazzi, G., Cacioppo, M., & Franceschini, C. (2022). The Interplay Between Problematic Online Pornography Use, Psychological Stress, Emotion Dysregulation and Insomnia Symptoms During the COVID-19 Pandemic: A Mediation Analysis. *Nature and Science of Sleep*, 14(January), 83–92.
<https://doi.org/10.2147/NSS.S348242>

Musrifah. (2024). *Konsep Mental Health di Era Globalisasi: Pendekatan*

Psikoterapi

Islam.

Penerbit

NEM.

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

Nashori, F. & W. D. E. (2017). Psikologi Tidur. *Nucl. Phys.*, 13(1), 1–15.

Nasution IK. (2018). Stres pada remaja. *Medan: USU Repository*, 15.

National Sleep Foundation. (2015). *Sleep Time Duration Recommendations: Methodology and Results Summary*.

Nazia, M. Z., & Wijaya, S. M. (2024). Hubungan Penggunaan Gadget Dengan Kualitas Tidur Remaja. *Journal of Language and Health*, 5(2), 561–570.
<http://jurnal.globalhealthsciencegroup.com/index.php/JLH>

Nexus, P. (2025). *Exercise and Sleep during Adolescence: Examining the Effects of Different Types of Physical Activity on Sleep Quality*. May, 1–19.

Nie, X. (2023). *Factors associated with sleep disorders among adolescent students in rural areas of China*. April, 1–8.
<https://doi.org/10.3389/fpubh.2023.1152151>

Noel, J. K., Jacob, S., Hicks, S. L., Gately, K. A., Otr, L., & Rosenthal, S. R. (2025). *Insomnia and Pornography Addiction in Rhode Island Young Adults*. June, 16–21.

Noel, J. K., Jacob, S., Swanberg, J. E., & Rosenthal, S. R. (2023). Pornography: A Concealed Behavior with Serious Consequences. *Rhode Island Medical Journal* (2013), 106(3), 29–34.

Notoatmodjo. (2020). Metodologi Penelitian Kuantitatif dan Kualitatif Pada penelitian Kesehatan. In *Cv Science Techno Direct*.

Nugraha, M. A., Handayani, F., & Darni. (2025). Pornography Addiction is Related to the Mental Status of Coastal Adolescents. *Jurnal Ilmiah Ners Indonesia*, 6(2), 105–114.

Nuraini, S. (2025). *Kesehatan Mental dan Prilaku Remaja*. Ganesha Kreasi Semesta.

Octavia, S. A. (2020). *Motivasi Belajar Dalam Perkembangan Remaja*. Deepublish.

Panggalo, I. S., Arta, S. K., Qarimah, S. N., Adha, M. R. F., Laksono, R. D., Aini, K., Kirana, S. A. C., Judijanto, L., Daryaswanti, P. I., & Juansa, A. (2024). *Kesehatan Mental*. PT. Sonpedia Publishing Indonesia.

Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2014 (2014).

Phiter, I. (2022). *BRAIN SCULPTOR: Seni Membentuk dan Melatih Otak Anak*. Elex Media Komputindo.

Piaget, J. (1952). When thinking begins. In *The origins of intelligence in children*. (pp. 25–36).

Potter, P. A., Perry, A. G., Stockert, P. A., Hall, A., Novieastari, E., Ibrahim, K., & Deswani, D. (2019). *Fundamentals of Nursing Vol 2- 9th Indonesian edition: Fundamentals of Nursing Vol 2- 9th Indonesian edition*. Elsevier

(Singapore) Pte Limited.

Prabowo, D. A. (2021). *Pengembangan dan Uji Psikometri Instrumen Pornography Addiction Scale Indonesia*.

<https://repository.uinjkt.ac.id/dspace/handle/123456789/81580>

Pradono, J., Hapsari, D., Supardi, S., & Budiarto, W. (2018). Panduan Manajemen Penelitian Kuantitatif. *Kementerian Kesehatan Republik Indonesia*.

Prihayanti, N. K. T., Swedarma, K. E., & Nurhesti, P. O. Y. (2021). Hubungan kecanduan dengan gejala depresi pada remaja di sman 2 denpasar. *Community of Publishing In Nursing*, 9(3), 347–356.

Privara, M., & Bob, P. (2023). Pornography Consumption and Cognitive-Affective Distress. *Journal of Nervous and Mental Disease*, 211(8), 641–646. <https://doi.org/10.1097/NMD.0000000000001669>

Puspita, K. (2024). *Terapi Alamiah dalam Menghadapi Depresi*. Victory Pustaka Media.

Puspitasari, D., & Halimah, L. (2023). Hubungan Antara Perilaku Cybersex dengan Sleep Quality. *Seri Konferensi Bandung Ilmu Psikologi*.

Putri Elise, U. H. I. (2024). Hubungan Antara Pengetahuan Remaja Putri (Pubertas) Dengan Perilaku Kesehatan Reproduksi Siswa Kelas VII (A-F) Di SMP Negeri 1 Sungai Raya Tahun 2024. *Angewandte Chemie International Edition*, 6(11), 951–952., 14(Mei), 14–25.

- Putu Suparna, S. E. M. I. K., & Ida Bagus Gde Agung Yoga Pramana, S. P. M. P. (2023). *Buku Ajar Psikologi Komunikasi*. Nilacakra.
- Rachmaniar, Prihandini, P., & Janitra, P. (2022). *Perilaku penggunaan smartphone dan akses pornografi di kalangan remaja perempuan*. 7, 1–11.
- Rahmadani, P. (2021). *Faktor-Faktor yang Berhubungan dengan Nyeri Dismenorea Primer Pada Remaja Perempuan di SMAN 5 Padang*. September, 167–186.
- Ramadhan, A. D. D., Rohim, A. T., Maulidiyah, N., Pratiwi, A., & Firdausi, F. (2025). *Psikologis Agama Pada Remaja*. Penerbit: Kramantara JS.
- Rara Rizana, & Nanda Sari Nuralita. (2024). Perbandingan Tingkat Kecemasan pada Siswa yang Terpapar dan Tidak Terpapar Pornografi di SMA X Kota Medan. *The Journal General Health and Pharmaceutical Sciences Research*, 2(4), 12–19. <https://doi.org/10.57213/tjghpsr.v2i4.473>
- Rasmita, D., Khodijah, K., Mahihody, A. J., Sandhi, A., Riyantini, Y., Indriani, N., Sepriano, S., & Dihniah, N. (2025). *Buku Ajar Keperawatan Anak*.
- Ria Amanda Putri, & Aqeela Adhyanie Hernowo. (2024). Pengaruh Konten Pornografi Terhadap Kesehatan Otak dan Mental dalam Perspektif Islam. *IHSANIKA : Jurnal Pendidikan Agama Islam*, 2(4), 90–100. <https://doi.org/10.59841/ihsanika.v2i4.1887>
- Rima Wirenviona, S. S. T. M. K., Anak Agung Istri Dalem Cinthya Riris, S. S. T. M. K., & Dr. Rr. Iswari Hariastuti, D. M. K. (2020). *Edukasi Kesehatan*

Reproduksi Remaja. Airlangga University Press.

Romi Fajar Tanjung, M. P., & Sigit Dwi Sucipto, M. P. (2024). *Tinjauan Komprehensif Psikologi Perkembangan dari Janin hingga Dewasa*. Bening Media Publishing.

Saleh, A. S., Arifin, A. D. R., & Nuimkhayat. (2025). Analysis of the Relationship between Physical Activity, Sleep Quality, and Nutritional Status in Adolescents. *Media Gizi Kesmas*, 14(1), 77–86. <https://doi.org/10.20473/mgk.v14i1.2025.77-86>

Salsabila, S., & Okta Sari, R. (2023). Dampak Adiksi Pornografi Terhadap Kehidupan Sosial Remaja. *JUDIKA : Jurnal Pendidikan Dan Bahasa*, 1(4), 149–154. <https://doi.org/10.59696/judika.v1i4.27>

Sandy Ardiansyah, Tribakti, I., Suprpto, Yunike, Febriani, I., Saripah, E., Kuntoadi, G. B., Zakiyah, Kusumawaty, I., Rahayu, M., Putra, E. S., Kurnia, H., Narulita, S., Juwariah, T., & Akhriansyah, M. (2023). *Kesehatan Mental*.

Sari, P., Hilmanto, D., Herawati, D. M. D., Dhamayanti, M., & Ma'ruf, T. L. H. (2022). *Buku Saku Pelayanan Kesehatan Remaja*. Penerbit NEM. <https://books.google.co.id/books?id=hvp7EAAAQBAJ>

Sarwendah Indrarani, M. P. P. (2023). *Merawat Hati, Merawat Diri*. Stiletto

Setyawati, R., Hartini, N., & Suryanto, S. (2020). The Psychological Impacts of Internet Pornography Addiction on Adolescents. *Humaniora*, 11(3), 235–244. <https://doi.org/10.21512/humaniora.v11i3.6682>

Shu, Q., Tang, S., Wu, Z., Feng, J., Lv, W., Huang, M., & Xu, F. (2025). The impact of internet pornography addiction on brain function: a functional near-infrared spectroscopy study. *Frontiers in Human Neuroscience*, 19(April), 1–12. <https://doi.org/10.3389/fnhum.2025.1477914>

Simak, V. F., Lupita, M., & Meo, N. (2023). *Caring : Indonesian Journal of Nursing Science The Prevalence of Pornography Addiction , Self-Control , and Its Relationship with Dating Behaviour in Adolescents : A Cross-Sectional Study*. 5(2), 101–107.

Sinthania, D., Yessi, H., Lufianti, A., Suryati, Y., Ningsih, O. S., Budi, S., Syahfitri, R. D., Agustin, W. R., & N, E. G. Z. (2022). *Ilmu Dasar Keperawatan I*. Pradina Pustaka.

Siswanto, & Wahyu Purwaningsih. (2020). Faktor-Faktor Determinasi Narkolema Pada Remaja. *Intan Husada Jurnal Ilmu Keperawatan*, 8(1), 36–47. <https://doi.org/10.52236/ih.v8i1.174>

Siti Difta Rahmatika, C. M. S. (2025). *Buku Perilaku Seksual Remaja dan Permasalahan Kehamilan di Luar Nikah serta Aborsi*. Mahakarya Citra Utama Group.

Sopandi, D., & Sopandi, A. (2021). *Perkembangan Peserta Didik*. Deepublish.

Sugiyono. (2023). *Metode Penelitian Kuantitatif Kualitatif*. Bandung: Alfabeta

Sulaeman, S., Nurjanah, N., Nurteti, L., Bariah, S., Rodiah, I., Puspitasari, S. R., Fatimah, I. F., Santika, T., Herlina, N. H., & Masturoh, imas. (2024). *Buku*

Ajar Perkembangan Peserta Didik. PT. Sonpedia Publishing Indonesia.

Suriyanti. (2022). *Faktor-Faktor Penyebab Anak di Bawah Umur Mengonsumsi Pornografi Melalui Internet*. 8.5.2017, 2003–2005.

Suryana, E., Hasdikurniati, A. I., Harmayanti, A. A., & Harto, K. (2022). Perkembangan Remaja Awal, Menengah Dan Implikasinya Terhadap Pendidikan [Early and Middle Adolescent Development and Its Implications for Education]. *Jurnal Ilmiah Mandala Education*, 8(3), 1917–1928.

Suwarjana, I. K., & Bali, S. (2016). *Statistik Kesehatan*. Penerbit Andi.

Syifa, F. N., & Purwandari, E. (2024). Stres remaja. *Jurnal Ilmiah Psikologi Mind Set*, 15(2), 90–101.

Tan, S. A., Ng, S. H. L., Hoo, J. J. Y., Gan, S. W., Nainee, S., Yap, C. C., Lee, L. K., Zaharim, N. M., & Goh, Y. S. (2022). The pornography use and its addiction among emerging adults in Malaysia: Perceived realism as a mediator. *PLoS ONE*, 17(5 May), 1–11.
<https://doi.org/10.1371/journal.pone.0268724>

Tri PuspaKusumaningsih, Fanni Hanifa., Elisya Handayani Sodikin, M. K., & Dr. Budi Astyandini. (2025). *Buku Asuhan Kebidanan Pada Masa Remaja, Pranikah dan Prakonsepsi*. Mahakarya Citra Utama Group.

Ugese, I. J., Chinonso, U., Gandi, J. C., Shaapera, P. T., Mgbeanuli, C. C., Ubani, C. A., Sedi, P. U., Kigbu, J. G., Idoko, L., & Balarabe, M. B. (2024). Pornography Addiction in the Emerging Adults: The Role of Social

Isolation, Self-Control and Stress Coping. *British Journal of Psychology Research*, 12(1), 26–36. <https://doi.org/10.37745/bjpr.2013/vol12n12636>

Utama, I. K. R. M., & Susilawati, L. K. P. A. (2025). Dampak kecanduan pornografi pada kalangan remaja: Literature Review. *Jurnal Ilmiah Wahana Pendidikan*, 11(5), 162–169. <https://jurnal.peneliti.net/index.php/JIWP>

Utami. (2025). Sosial Generasi Muda. *Jurnal Pendidikan Sosiologi*, 7, 102–111.

Utami Ni Kadek Ayu Dwi, Komang, A. S., Agustini Ni Rai Sintya, & Bainuan Lina Darmayanti. (2025). Peran Media Sosial Terhadap Perilaku Remaja Dalam Mengakses Konten Pornografi. *Jurnal Kebidanan Kestra (Jkk)*, 7(2), 135–140. <https://ejournal.medistra.ac.id/index.php/JKK/article/view/2569>

Wahyudi, S. S., Aziz, A. M., & Fakhriyah, A. K. (2021). Hubungan Kualitas Tidur dengan Tinggi Badan Pada Remaja Usia 10-15 Tahun. *Majalah Kedokteran Andalas*, 44(2), 93–103.

Wang, W., Zhu, Y., Yu, H., Wu, C., Li, T., Ji, C., Jiang, Y., & Ding, D. (2024). The impact of sleep quality on emotion regulation difficulties in adolescents: a chained mediation model involving daytime dysfunction, social exclusion, and self-control. *BMC Public Health*, 24(1), 1–10. <https://doi.org/10.1186/s12889-024-19400-1>

Wang, Y., Zhao, Y., Liu, L., Chen, Y., Ai, D., Yao, Y., & Jin, Y. (2020). The current situation of internet addiction and its impact on sleep quality and self-injury behavior in Chinese medical students. *Psychiatry Investigation*, 17(3),

237–242. <https://doi.org/10.30773/pi.2019.0131>

Wong, S.K., Bonghyun S., & Kim W.J. (2021). *Mental Health, smartphone use type, and screen time among adolescents in south korea*. 14(4).

World Health Organization. (2025). *Mental Health of Adolescents*. WHO. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

Yang, H., Luan, L., Xu, J., Xu, X., Tang, X., & Zhang, X. (2024). Prevalence and correlates of sleep disturbance among adolescents in the eastern seaboard of China. *BMC Public Health*, 1–10.

Yasinta Dewi Kristianti. (2024). *Buku Ajar Asuhan Kebidanan Pada Remaja dan Prakonsepsi*. Mahakarya Citra Utama Group.

Yolanda, S. (2021). Gambaran tingkat stres, kecemasan dan depresi pada mahasiswa Fakultas Keperawatan Universitas Andalas selama pembelajaran tatap muka di masa pandemi covid-19. *Skripsi*, 132.

Yorita, E., & Efriani, R. (2024). *Anemia pada Remaja dan Cara Mengatasinya*. Penerbit NEM.

Yulivantina, E. V., Gina Muthia, Heni Nurakilah, N. R. N., & Linros Susanti Noldi Tanu, Dafrosa Luni, Nuari Andolina, Yustina Ananti, Annesya Atma Batty, N. N. (2025). *Buku Ajar Prakonsepsi Pranikah*. Mahakarya Citra Utama Group.

Z, K., Wilson, & Tejuyowono, A. (2024). Hubungan Tingkat Stres , Kecemasan ,

dan Depresi dengan Konstipasi Fungsional pada Mahasiswa Kedokteran.
Jurnal Penyakit Dalam Indonesia, 11(1).
<https://doi.org/10.7454/jpdi.v11i1.1529>

Zablotsky, B., Ng, A. E., Black, L. I., Haile, G., Bose, J., Jones, J. R., &
Blumberg, S. J. (2025). Associations Between Screen Time Use and Health
Outcomes Among US Teenagers. *Preventing Chronic Disease*, 22, E38.
<https://doi.org/10.5888/pcd22.240537>

Zohor Ali, A. A., Muhammad, N. A., Jamil, T. R., Ahmad, S., & Abd Aziz, N. A.
(2021). Internet pornography exposures amongst young people in Malaysia:
A cross-sectional study looking into the role of gender and perceived realism
versus the actual sexual activities. *Addictive Behaviors Reports*, 14, 100350.
<https://doi.org/10.1016/j.abrep.2021.100350>

