

DAFTAR PUSTAKA

- Afriani, & Lestari, N. M. (2017). Pengaruh Jenis Kelamin, Usia dan Religiusitas Terhadap Kesehatan Mental Remaja. *Philanthropy Journal of Psychology*, 1, 85–102.
- Aguilera-Manrique, G., Márquez-Hernández, V.V., Alcaraz-Córdoba, T., Granados-Gámez, G., Gutiérrez-Puertas, V., Gutiérrez-Puertas, L., (2018). The relationship between nomophobia and the distraction associated with Smartphone use among nursing students in their clinical practicum. *PLoS ONE*. 13(8), e0202953. <https://doi.org/10.1371/journal.pone.0202953>
- Agusta, D. (2016). Faktor-Faktor Resiko Kecanduan Menggunakan Smartphone Pada Siswa Di SMK Negeri 1 Kalasan Yogyakarta. *E-Journal Bimbingan Dan Konseling*, 86–96.
- Al-Jundi, A., & Sakka, S. (2016). Critical appraisal of clinical research. *Journal of Clinical and Diagnostic Research*, 11(5), JE01–JE05. <https://doi.org/10.7860/JCDR/2017/26047.9942>
- Alrasheed, K. B., & Aprianti, M. (2018). KECANDUAN GADGET DAN KAITANNYA DENGAN KECERDASAN EMOSI REMAJA (SEBUAH STUDI PADA SISWA SMP DI KECAMATAN SETIABUDI JAKARTA SELATAN). *Jurnal Sains Psikologi*, 7(2), 136-142.
- Alt, D., & Boniel-Nissim, M. (2018). Parent–Adolescent Communication and Problematic Internet Use: The Mediating Role of Fear of Missing Out (FoMO). *Journal of Family Issues*, 39(13), 3391-3409.

- Amalya, F. P., Tarigan, R., & Kuswinarti, K. (2019). Hubungan Adiksi Smartphone dengan Perilaku Mental dan Emosional pada Remaja Wilayah Kecamatan Bandung Wetan. *Jurnal Kedokteran Nanggroe Medika*, 2(2), 9-17.
- Andriani, W. S., Sriati, A., & Yamin, A. (2019). Gambaran Kontrol Diri Penggunaan Smartphone Pada Siswa Sekolah Menengah Atas Dan Sederajat Di Kecamatan Jatinangor. *Jurnal Keperawatan Komprehensif*.
- Andrita, A.R.A, dkk (2019). Hubungan Kecanduan *Game Online* dengan Perilaku Agresif Siswa di SMAN 2 Ratahan. *e-journal Keperawatan* 7(1).
- APA. (2002). *Developing Adolescence: A Reference for Professionals*. USA: American Psychological Association
- APJII (Asosiasi Penyelenggara Jasa Internet Indonesia). (2019). Survei Pengguna Internet Indonesia: Paling Banyak Akses Konten Video. *Jawa Pos.com*.
- Arikunto, S. (2010). *Prosedur penelitian: Suatu pengantar praktik*. Jakarta: Rineka Cipta
- Asif, A. R., & Rahmadi, F. A. (2017). *Hubungan tingkat kecanduan gadget dengan gangguan emosi dan perilaku remaja usia 11-12 tahun* (Doctoral dissertation, Faculty of Medicine).
- Augner C, Hacker GW. (2012). Associations between problematic mobile phone use and psychological parameters in young adults. *Int J Public Health*. 57:437- 41.

- Azab, D. R. El, Amin, D. I., & Mohamed, G. I. (2017). Effect of smart phone using duration and gender on dynamic balance. *International Journal of Medical Research & Health Sciences*, 6(1), 42–49.
- Aziz, M., & Nurainiah. (2018). Pengaruh Penggunaan Handphone terhadap Interaksi Sosial Remaja di Desa Dayah Meunara Kecamatan Kutamakmus Kabupaten Aceh Utara. *Jurnal Al-Ijtima'iyyah*. 4(2), 19-39.
- Babadi-Akashe, Z., Zamani, B. E., Abedini, Y., Akbari, H., & Hedayati, N. (2014). The Relationship between Mental Health and Addiction to Mobile Phones among University Students of Shahrekord, Iran. *Addiction & health*, 6(3-4), 93–99.
- Bauer, M et al (2020). *Smartphone in Mental Health : A Critical Review of Background Issues, Current Status and Future Concerns*. *International Journal of Bipolar Disorders*. 8(2)
- Berman, A., Snyder, S.J., Frandsen, G. (2016). *Kozier & Erb's Fundamentals of Nursing: Concepts, Process, and Practice (Tenth Edition)*. New York: Pearson Education, Inc
- Boas, A. A. ., & Morin, E. . (2014). Psychological well-being and psychological distress for professor in Brazilk and Canada. *Dipresentasikan Pada Study Meeting Organization ANPAD*.
- Boumosleh, M.J. & Jaalouk, D (2017). *Depression, Anxiety, and Smartphone Addiction in University students-A Cross Sectional Study*. *PLoS ONE* 12(8)
- Buctot, D. B., Kim, N., & Kim, S. H. (2020). *The role of nomophobia and smartphone addiction in the lifestyle profiles of junior and senior high school*

students in the Philippines. Social Sciences & Humanities Open, 2(1), 100035. doi:10.1016/j.ssaho.2020.100035

Cho, Y.G (2020). *Excessive and Problematic Smartphone Use and Poor Mental Health in Adolescents. Korena Journal of Family Medicine. 41 : 73-74*

Cocorada, E. (2018). Assessing smartphone risk addiction and its associations with personality traits among adolescents. *Children and Youth Services Review. <https://psycnet.apa.org/doi/10.1016/j.childyouth.2018.08.006>*

Cutino, C.M., & Nees, M.A. (2017). Restricting mobile phone access during homework increases attainment of study goals. *Mobile Media & Communication, 5, 63 - 79.*

Daeng, I. T., Mawengkang, N. N., & Kalesaran, E. (2017). Penggunaan Smartphone Dalam Menunjang Aktivitas Perkuliahan Oleh Mahasiswa Fispol Unsrat Manado. *Acta Diurna , 6 (1).*

De Ornay, B. M. M. (2018). *Hubungan antara tipe kepribadian big five dengan nomophobia pada mahasiswa angkatan 2017 di Universitas Katolik Widya Mandala Surabaya. Widya pMandala Catholic University Surabaya.*

Dhamayanti, M., Dwiwina, R. G., & Adawiyah, R. (2019). Influence of Adolescents ' Smartphone Addiction on Mental and Emotional Development in West Java , Indonesia. *Majalah Kedokteran Bandung, 51(38).* Retrieved from <http://dx.doi.org/10.15395/mkb.v5ini.1577>

DOI: [10.1109/MPRV.2015.54](https://doi.org/10.1109/MPRV.2015.54)

Elhai, J.D.; Levine, J.C.; Dvorak, R.D.; Hall, B.J. (2016). Fear of missing out, need for touch, anxiety and depression are related to problematic smartphone use. *Comput. Hum. Behav.* 63, 509–516.

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. *Comput. Hum. Behav.* 69, 75–82.

Fajri, F. V., & Ruhaena, L. (2017). *Hubungan Antara Penggunaan Telepon Genggam Smartphone Dengan Nomophobia Pada Mahasiswa*. Universitas Muhammadiyah Surakarta.

Farisi, M.I. (2010). Pengembangan Asesmen Diri Siswa (Student Self-Assessment) sebagai Model Penilaian dan Pengembangan Karakter. Artikel disampaikan pada Konferensi Ilmiah Nasional “Asesmen dan Pembangunan Karakter Bangsa” HEPI UNESA 2012. *Konferensi Ilmiah Nasional*

Hamrat, N., Hidayat, D. R., & Sumantri, M. S. (2019). Dampak Stres Akademik dan Cyberloafing terhadap kecanduan Smartphone, 13–19.

Harfika, M., & Widayanti, D. M. (2019). Hubungan Penggunaan Smartphone Dengan Aktivitas Fisik Remaja Di Desa Sumokali Kecamatan Candi Sidoarjo, 3(2), 156–163.

Haryanto, A. T. (2019). Pengguna Internet Indonesia Didominasi Milenial. *Detik.com*. Retrieved from <https://m.detik.com> diakses februari 2020.

Haryanto, K. D. (2016). Pengaruh Intensitas Mengakses Fitur-Fitur Gadget Dan Tingkat Kontrol Orang Tua Terhadap kesehatan Mental Remaja. Hasanah,

- M. (2017). Pengaruh Gadget Terhadap Kesehatan Mental Anal. *Islamic Early Childhood Education*.
- Haug, S., Castro, R. ., Kwon, M. F., A, K. T., & Scaub, P. (2015). Smartphone Use and Smartphone addiction Among Young People in Switzerland. *Journal of Behavioral Addictions*.
- Havighurst. (1961). *Human Development & Education*. New York: David Mckay Co.
- Hernanda, Y. (2017). *Hubungan Lama Penggunaan Smartphone Dengan Kesehatan Mental Remaja Di SMK Negeri 5 Padang Tahun 2017*.
- Hidayati, D. S. (2019). Smartphone Addiction and Loneliness in Adolescent, 304(Acpch 2018), 345–350.
- Hojanto, O. (2015). *Trainerpreneur Rahasia Menjadi Trainer Rp 1 Miliar*. Jakarta: PT Gramedia Pustaka Utama.
- Hojanto, O., & Thovids, M. (2017). *Presentation Mastery*. Jakarta: PT Gramedia Pustaka Utama.
- <https://www.statista.com/statistics/748053/worldwide-top-countries-smartphone-users/> diakses pada 1 februari 2020
- Hudaraja, A. (2018). *Kimcilisasi and Young Zaman Now*. Jawa Barat.
- Ikeda, K., & Nakamura, K. (2014). Association between mobile phone use and depressed mood in Japanese adolescents: a cross-sectional study. *Environmental health and preventive medicine*, 19(3), 187–193. <https://doi.org/10.1007/s12199-013-0373-3>

- Isarabhakdi, P., & Pewnil, T. (2015). Engagement with family, peers, and Internet use and its effect on mental well-being among high school students in Kanchanaburi Province, Thailand. *International Journal of Adolescence and Youth*, 21(1), 15-26. doi:10.1080/02673843.2015.1024698.
- Iswidharmanjaya, D. (2014). *Bila si Kecil Bermain Gadget*. Jakarta: Beranda Agency.
- Kaess, M., Durkee, T., Brunner, R., Carli, V., Parzer, P., Wasserman, C., Sarchiapone, M., Hoven, C., Apter, A., Balazs, J., Balint, M., Bobes, J., Cohen, R., Cosman, D., Cotter, P., Fischer, G., Floderus, B., Iosue, M., Haring, C., Kahn, J. P., ... Wasserman, D. (2014). Pathological Internet use among European adolescents: psychopathology and self-destructive behaviours. *European child & adolescent psychiatry*, 23(11), 1093–1102. <https://doi.org/10.1007/s00787-014-0562-7>
- Kagoya, D. (2015). Dampak penggunaan handphone pada masyarakat, studi pada masyarakat Desa Piungun Kecamatan Gamelia Kabupaten Lanny Jaya Papua.
- Kahraman, Ö., & Demirci, E. Ö. (2018). Internet addiction and attention-deficit-hyperactivity disorder: Effects of anxiety, depression and self-esteem. *Pediatrics international : official journal of the Japan Pediatric Society*, 60(6), 529–534. <https://doi.org/10.1111/ped.13573>
- Kashif K, Tariq R; Aysha, Hussain A, Shahid M. (2019). Effects of smartphone usage on psychological wellbeing of school going children in Lahore, Pakistan. *J Pak Med Assoc*. 2019 Jul;69(7):955-958. PMID: 31308561.

- Khristianty, W., Syamsuedin, P., Bidjuni, H., & Wowiling, F. (2015). Hubungan Durasi Penggunaan Media Sosial Dengan Kejadian Insomnia Pada Remaja Di SMA Negeri 9 Manado. *Ejournal Keperawatan*, 3.
- Kim, H., Cho, M. K., Ko, H., Yoo, J. E., & Song, Y. M. (2020). Association between Smartphone Usage and Mental Health in South Korean Adolescents: The 2017 Korea Youth Risk Behavior Web-Based Survey. *Korean journal of family medicine*, 41(2), 98–104. <https://doi.org/10.4082/kjfm.18.0108>
- Kim, M.-H., Min, S., Ahn, J.-S., An, C., & Lee, J. (2019). Association between high adolescent smartphone use and academic impairment, conflicts with family members or friends, and suicide attempts. *PLOS ONE*, 14(7), e0219831. doi:10.1371/journal.pone.0219831
- Kim, S.-G., Park, J., Kim, H.-T., Pan, Z., Lee, Y., & McIntyre, R. S. (2019). The relationship between smartphone addiction and symptoms of depression, anxiety, and attention-deficit/hyperactivity in South Korean adolescents. *Annals of General Psychiatry*, 18(1). doi:10.1186/s12991-019-0224-8
- Kusyanti, A., & Prastanti, N. D. (2017). The role of privacy, security and trust in user acceptance of smartphone user in Indonesia. In *2017 5th International Conference on Information and Communication Technology, ICoICT 2017* (Vol. 0, hal. 1–6). <https://doi.org/10.1109/ICoICT.2017.8074674>
- Kwon, M., Lee, J., Won, W., Park, J., Min, J., Hahn, C., Kim, D. (2013). Development and Validation of a Smartphone Addiction Scale (SAS), 8(2). <https://doi.org/10.1371/journal.pone.0056936>

- Lailatussa'diyah. (2019). *Kecenderungan Nomophobia Pada Remaja SMP di Semarang Tengah*. Jurusan Psikologi Fakultas Ilmu Pendidikan. Universitas Negeri Semarang.
- Lestari, Y. M. dkk (2020). Hubungan *Alexithymia* dengan Kecanduan Media Sosial pada Remaja di Jakarta Selatan. *Scientific Medical Journal*. 1(2).
- Lin, I. H., Ko, C. H., Chang, Y. P., Liu, T. L., Wang, P. W., Lin, H. C., Huang, M. F., Yeh, Y. C., Chou, W. J., & Yen, C. F. (2014). The association between suicidality and Internet addiction and activities in Taiwanese adolescents. *Comprehensive psychiatry*, 55(3), 504–510. <https://doi.org/10.1016/j.comppsy.2013.11.012>
- Liza, E. (2020). *Hubungan Kecanduan Smartphone Dengan Kesehatan Mental Remaja Di SMAN 7 Padang Tahun 2019* (Doctoral dissertation, Universitas Andalas).
- Lockhart, M (2019). *The Relationship between Instagram Usage, Content Exposure and Reported Self-Esteem*. University of Virginia.
- Mulyati, T., & Frieda, N. R. H. (2019). Kecanduan Smartphone Ditinjau Dari Kontrol Diri dan Jenis Kelamin pada Siswa SMA Mardasiswa Semarang. *Empati*, 7(4), 152-161.
- Nugroho, A. M., & Faruq, H. Al. (2018). Dampak Psikologi Penggunaan Smartphone. Purwokerto: Universitas Muhammadiyah.
- Nur, M. Z. (2019). Kontrol Sosial Orang Tua Terhadap Penggunaan Smartphone Pada Remaja (Studi Di Desa Giring-Giring Kecamatan Bontonmpo Kabupaten Gowa).

- Nursalam. (2011). *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan : Pedoman Skripsi, Tesis, dan Instrumen Penelitian Keperawatan Edisi 2*. Jakarta: Salemba Medika.
- Palupi, D. A., Sarjana, W., & Hadiati, T. (2018). Hubungan Ketergantungan Smartphone Terhadap Kecemasan Pada Mahasiswa Fakultas Diponegoro. *Jurnal Kedokteran Diponegoro*, 7(1), 140–145.
- Pan, P.-Y., & Yeh, C.-B. (2018). *Internet Addiction among Adolescents May Predict Self-Harm/Suicidal Behavior: A Prospective Study*. *The Journal of Pediatrics*, 197, 262–267. doi:10.1016/j.jpeds.2018.01.046
- Panji, A. (2014). Hasil survei pemakaian internet remaja Indonesia. Diunduh dari <https://tekno.kompas.com/read/2014/02/19/1623250/Hasil.Survei.Pemakaian.Internet.Remaja.Indonesia>
- Paramita, T., & Hidayati, F. (2016). Smartphone Addiction Ditinjau Dari Alienasi Pada Siswa SMAN 2 Majalengka. *Jurnal Empati*, 5(4), 858–862.
- Parasuraman S, Sam AT, Yee SW, Chuon BL, Ren LY. Smartphone usage and increased risk of mobile phone addiction: A concurrent study. *Int J Pharma Investig* 2017;7:125-31.
- Pereira, F. S., Bevilacqua, G. G., Coimbra, D. R., & Andrade, A. (2020). *Impact of Problematic Smartphone Use on Mental Health of Adolescent Students: Association with Mood, Symptoms of Depression, and Physical Activity*. *Cyberpsychology, Behavior, and Social Networking*. doi:10.1089/cyber.2019.0257

- Pieter, Herri Zan dan Lubis, Namora Lumongga. (2010). Pengantar Psikologi dalam Keperawatan. Jakarta : Kencana
- Potter, P.A., Perry, A.G., Stockert, P.A & Hall, A.M. (2013). *Fundamentals of Nursing (Eighth Edition)*. St. Louis: Mosby
- Prabowo, E. (2014). *Bukui Ajar Keperawatan Jiwa*. Yogyakarta: Nuha Medika.
- PUSPARISA, YOSEPHA. “Berapa Jumlah Pengguna Smartphone Dunia | Databoks.” *Pusat Data Ekonomi Dan Bisnis Indonesia | Databoks*, 20 Jan. 2020,<https://databoks.katadata.co.id/datapublish/2020/01/20/berapa-jumlah-pengguna-smartphone-dunia>.
- Putri, A. (2019, December 7). Ini Dampak Gangguan Kesehatan Mental Jika Tidak Diatasi, Jangan Dianggap Enteng. *Orami Parenting*.
- Putri, R. Y., & Hazizah, N. (2018). Pengaruh Bermain Gadget Terhadap Perkembangan Emosional Anak Usia Dini.
- Rahayuningrum, D. C., & Sary, A. N. (2019). Studi Tingkat Kecemasan Remaja terhadap No Mobile Phone Phobia (Nomophobia) di SMA Negeri Kota Padang. *Ensiklopedia of Journal* , 1 (2).
- Rahmah, A. (2015). Digital Literacy Learning System for Indonesian Citizen. In *Procedia Computer Science* (Vol. 72, hal. 94–101). Elsevier Masson SAS. <https://doi.org/10.1016/j.procs.2015.12.109>
- Ramaita, dkk. (2019). Hubungan Ketergantungan *Smartphone* dengan Kecemasan (*Nomophobia*). *Jurnal Kesehatan*. 10(2), 89-93.

- S. O’Dea. “• Smartphone Users by Country 2019 | Statista.” *Statista*, 28 Feb. 2020, <https://www.statista.com/statistics/748053/worldwide-top-countries-smartphone-users/>.
- Sadock, B. J., Ruiz, P. and Sadock, V. A. (2015) *Kaplan and Sadock’s Synopsis of Psychiatry – Behavioral Sciences/Clinical Psychiatry*. 11th ed. Lippincot William & Wilkins.
- Santrock, J. . (2012). *Life-Span Development, Perkembangan Masa Hidup (Edisi ketigabelas) Jilid 1*. Jakarta: Erlangga.
- Shoukat, S. (2019). *Cell Phone Addiction and Psychological and Physiological Health in Adolescent*. *EXCLI Journal*. 18, 47-50
- Simangunsong, S., & Sawitri, D. R. (2018). Hubungan Stres dan Kecanduan Smartphone pada Siswa Kelas X SMA Negeri 5 Surakarta. *Empati*, 6(4), 52-66. Retrieved from <https://ejournal3.undip.ac.id/index.php/empati/article/view/19988>
- Soetjipto, H. P. (2016). Pengujian validitas konstruk kriteria kecanduan internet. *Jurnal Psikologi*.
- Sohn, et al (2019). *Prevalence of Problematic Smartphone Usage and Associated Mental Health Outcomes Amongst Children and Young People : A Systematic Review, Meta-Analysis and Grade of the Evidence*. *BMC Psychiatry*.
- Solopos.com. (2015). 69% remaja Indonesia pilih main ponsel ketimbang nonton TV. Diunduh dari <https://www.solopos.com/69-remaja-indonesia-pilih-main-ponsel-ketimbang-nonton-tv-622361>

- Stahl, S. M. (2013) *Stahl's Essential Psychopharmacology Neuroscientific Basis and Practical Application. 4th edn.* Cambridge: Cambridge University Press.
- Sugiyono. (2017). *Statistika untuk penelitian.* Bandung: Alfa Beta.
- Sunaryo. (2015). *Psikologi Untuk Keperawatan.* Jakarta: Penerbit Buku Kedokteran EGC.
- Taufik, M., & Susanti, T. (2019). Child Abuse , Sibling Rivalry , Dan Paparan Media Elektronik Terhadap Perkembangan Psikososial, 2(1), 1–14.
- Ulfa, Mimi (2017). Pengaruh Kecanduan *Game Online* terhadap Perilaku Remaja di Mabes *Game Center* Jalan HR. Subrantas Kecamatan Tampan Pekanbaru. JOM Fisip. 4(1).
- Utami, A. N., & Kurniawati, F. (2019). Dampak Negatif Adiksi Penggunaan Smartphone Terhadap Aspek-Aspek Akademik Personal Remaja, 33(1), 1–14.
- Venet, O. et al (2015). *Smartphone in Mental Health : Detecting Depressive and Manic Episodes,* 14(3):10-13
- Wahono, R.S. (2016). *Systematic Literature Review : Pengantar, Tahapan dan Study Kasus.* Retrieved from <https://romisatriawahono.net/2016/05/15/systematic-literature-review-pengantar-tahapan-dan-studi-kasus/>
- Waty, L. P., & Fourianalistyawati, E. (2018). Dinamika Kecanduan Telepon Pintar (Smartphone) Pada Remaja Dan Trait Mindfulness Sebagai Alternatif Solusi. *Seurene, Jurnal Psikologi Unsyiah,* 1(2), 84–101.

WHO (World Health Organisation). (2014). Health for the World's Adolescents.

World Health Organisation

Wilkinson J.M., Treas, L.S., Barnett, K.L., Smith, M.H. (2016) *Fundamentals of Nursing: Theory, Concept, and Application (Third Edition: Volume 1)*.

Philadelphia: F.A Davis

Wulandari, A. (2014). Karakteristik Pertumbuhan Perkembangan Remaja dan Implikasinya Terhadap Masalah Kesehatan dan Keperawatannya. *Jurnal Keperawatan Anak*

