

DAFTAR PUSTAKA

1. Kaysi F, Yavuz M, Aydemir E. Investigation of University Students' Smartphone Usage Levels and Effects. International Journal of Technology in Education and Science. 2021;5(3):411-426. doi:10.46328/ijtes.235
2. Miller G. The Smartphone Psychology Manifesto. Perspectives on Psychological Science. 2012;7(3):221-237. doi:10.1177/1745691612441215
3. Petroc Taylor. Number of smartphone mobile network subscriptions worldwide from 2016 to 2022, with forecasts from 2023 to 2028. Statista.
4. Anderson M, Jiang J. Research Associate Aaron Smith, Associate Director Tom Caiazza, Communications Manager
5. Karagün E, Ekiz ZD, Sarper Kahveci M. An Investigation on the Digital Addiction of the Students of Faculty of Sports of Kocaeli University. SHS Web of Conferences. 2018; 48:01057. doi:10.1051/shsconf/20184801057
6. Yildirim C, Gilbert S, Shelley M. Exploring the Dimensions of Nomophobia: Developing and Validating a Questionnaire Using Mixed Methods Research.
7. Bragazzi NL, Del Puente G. A proposal for including nomophobia in the new DSM-V. Psychol Res Behav Manag. 2014; 7:155-160. doi:10.2147/PRBM.S41386
8. Della Budi Rahmania, Endang Prastuti. Peran Dimensi Kepribadian terhadap Nomophobia Mahasiswa. Jurnal Sains Psikologi. Published online August 18, 2020:9-20.
9. Farhan YT, Rosyidah R. Hubungan Antara Self-Esteem dengan kecenderungan Nomophobia Pada Mahasiswa Perempuan Di Surabaya. Personifikasi: Jurnal Ilmu Psikologi. 2021;12(2):162-179. doi:10.21107/personifikasi. v12i2.11921
10. 66% populasi menderita Nomofobia, rasa takut tanpa ponsel. secureenvoy. Published February 14, 2023. Accessed May 9, 2023.
11. Widhigdo JC. Smartphones Trigger Depression: A Review of Meta Analysis. PSIKODIMENSI. 2020;19(1):9. doi:10.24167/psidim. v19i1.2230

12. Vahedi Z, Saiphoo A. The association between smartphone use, stress, and anxiety: A meta-analytic review. *Stress and Health.* 2018;34(3):347-358. doi:10.1002/smj.2805
13. Louis-Philippe Beland, Richard Murphy. Ill Communication: Technology, Distraction & Student Performance. The London School of Economics and Political Science. Published online February 9, 2015.
14. Baumgartner SE, Weeda WD, van der Heijden LL, Huizinga M. The Relationship Between Media Multitasking and Executive Function in Early Adolescents. *Journal of Early Adolescence.* 2014;34(8):1120-1144. doi:10.1177/0272431614523133
15. Whyte J. Centre for Systems Engineering and Innovation View Project System integration view project.
16. Brynjolfsson E, McAfee A. The Second Machine Age: Work, Progress, and Prosperity in a Time of Brilliant Technologies.
17. Mehrnaz Moattari, Farahnaz Moattari, Gholamreza Kaka, Homa Mohseni Kouchesfahani, Seyed Homayoon Sadraie, Majid Naghdi. Smartphone Addiction, Sleep Quality and Mechanism. ClinMed International Library. Published online October 12, 2018.
18. Diagnostic and Statistical Manual Of DSM-5™.
19. Definition of Addiction. American Society of Addiction Medicine. Published online August 15, 2011.
20. Kwon M, Lee JY, Won WY, et al. Development and Validation of a Smartphone Addiction Scale (SAS). *PLoS One.* 2013;8(2). doi: 10.1371/journal.pone.0056936
21. Chiu SI. The relationship between life stress and smartphone addiction on taiwanese university student: A mediation model of learning self-Efficacy and social self-Efficacy. *Comput Human Behav.* 2014; 34:49-57. doi: 10.1016/j.chb.2014.01.024
22. Hasil Survei Pemenuhan Hak Dan Perlindungan Anak Pada Masa Pandemi Covid-19. 2020.

23. Simon Kemp. DATA REPORT ON DIGITAL INDONESIA 2021. DATA REPORTAL. Published February 11, 2021. Accessed May 12, 2023.
24. Eka Mishbahatul Mar'ah Has. SKep, Ns, MKep. Intensitas Kecanduan Smartphone di Kalangan Remaja Surabaya. Unair News. Published July 2, 2020. Accessed May 12, 2023.
25. Galuh Putri Riyanto. Orang Indonesia Habiskan 5 jam per hari untuk buka HP, Terlama di dunia. Kompas.com. Published January 18, 2023. Accessed May 12, 2023.
26. Kühn S, Gallinat J. Common biology of craving across legal and illegal drugs - a quantitative meta-analysis of cue-reactivity brain response. European Journal of Neuroscience. 2011;33(7):1318-1326. doi:10.1111/j.1460-9568.2010.07590.x
27. Voon V, Mole TB, Banca P, et al. Neural correlates of sexual cue reactivity in individuals with and without compulsive sexual behaviours. PLoS One. 2014;9(7). doi: 10.1371/journal.pone.0102419
28. Robinson TE, Berridge KC. Mechanism Of Action Of Addictive Stimuli Incentive-sensitization and addiction. Addiction. 2001; 96:103-114. doi:10.1080/09652140020016996
29. Bechara A. Decision making, impulse control and loss of willpower to resist drugs: A neurocognitive perspective. Nat Neurosci. 2005;8(11):1458-1463. doi:10.1038/nn1584
30. Noël X, Brevers D, Bechara A. A neurocognitive approach to understanding the neurobiology of addiction. Curr Opin Neurobiol. 2013;23(4):632-638. doi: 10.1016/j.conb.2013.01.018
31. Young KS. Internet Addiction: Symptoms, Evaluation, And Treatment.; 1999.
32. Lin YH, Chiang CL, Lin PH, et al. Proposed diagnostic criteria for Smartphone addiction. PLoS One. 2016;11(11).
33. Ostovar S, Allahyar N, Aminpoor H, Moafian F, Nor MBM, Griffiths MD. Internet Addiction and its Psychosocial Risks (Depression, Anxiety, Stress and Loneliness) among Iranian Adolescents and Young Adults: A Structural

- Equation Model in a Cross-Sectional Study. *Int J Ment Health Addict.* 2016;14(3):257-267. doi:10.1007/s11469-015-9628-0
34. Carli V, Durkee T, Wasserman D, et al. The association between pathological internet use and comorbid psychopathology: A systematic review. *Psychopathology.* 2012;46(1):1-13. doi:10.1159/000337971
 35. Ivanova A, Gorbaniuk O, Błachnio A, et al. Mobile Phone Addiction, Phubbing, and Depression Among Men and Women: A Moderated Mediation Analysis. *Psychiatric Quarterly.* 2020;91(3):655-668. doi:10.1007/s11126-020-09723-8
 36. Gunay O, Ozturk A, Arslantas EE, Sevinc N. Internet addiction and depression levels in Erciyes University students. *Dusunen Adam - The Journal of Psychiatry and Neurological Sciences.* 2018;31(1):79-88. doi:10.5350/dajpn2018310108
 37. S. C. R, S. U. Prevalence, and pattern of internet addiction among medical students, Bengaluru. *Int J Community Med Public Health.* 2017;4(12):4680. doi:10.18203/2394-6040.ijcmph20175350
 38. Pan PY, Yeh C Bin. Internet Addiction among Adolescents May Predict Self-Harm/Suicidal Behavior: A Prospective Study. *Journal of Pediatrics.* 2018; 197:262-267. doi: 10.1016/j.jpeds.2018.01.046
 39. Keperawatan Muhammadiyah J, Kusuma Rini M, Huriah T. Prevalensi Dan Dampak Kecanduan Gadget Pada Remaja: Literature Review. Vol 5.
 40. Chasanah AM, Kilis G. Adolescents' Gadget Addiction and Family Functioning. In: Atlantis Press; 2018. doi:10.2991/uipsur-17.2018.52
 41. Mima Cattan, Sylvia Tilford. Mental Health Promotion: A Lifespan Approach. 1st edition. Mc Graw Hill; 2006.
 42. Bhugra D, Till A, Sartorius N. What is mental health? *International Journal of Social Psychiatry.* 2013;59(1):3-4. doi:10.1177/0020764012463315
 43. Manderscheid R. Peer Reviewed: Evolving Definitions of Mental Illness and Wellness Population Health Management View Project Evolving Definitions of Mental Illness and Wellness. Vol 7.; 2010.
 44. Zubin J, Spring B. Vulnerability-A New View of Schizophrenia. Vol 86.; 1977.

45. Organización Mundial de la Salud. Adolescent Mental Health : Mapping Actions of Nongovernmental Organizations and Other International Development Organizations. World Health Organization; 2012.
46. White GW, Elias M. Mental Health and Academic Achievement: The Effect Of Self-Efficacy:2016.
47. South F, Usf T, Graduate D, Usf G, Theses D, Jenkins AS. Associations between Mental Health, Academic Success, and Perceived Stress among High School Freshman in Accelerated Coursework.; 2019.
48. Williams LO, Williams LO. The Aquila Digital Community The Aquila Digital Community The Relationship Between Academic Achievement and School-The Relationship Between Academic Achievement and School-Based Mental Health Services for Middle School Students Based Mental Health Services for Middle School Students Abstract The Relationship Between Academic Achievement And School-Based Mental Services For Middle School Students. 2021
49. Suicide. National Institute of Mental Health. Published June 1, 200AD. Accessed May 13, 2023.
50. Repie, Michael S. A School Mental Health Issues Survey from the Perspective of Regular and Special Education Teachers, School Counselors, and School Psychologists. Springer. Published online August 1, 2005. Accessed May 13, 2023.
51. Suldo S, Thalji A, Ferron J. Longitudinal academic outcomes predicted by early adolescents' subjective well-being, psychopathology, and mental health status yielded from a dual factor model. Journal of Positive Psychology. 2011;6(1):17-30. doi:10.1080/17439760.2010.536774
52. Gall G, Pagano ME, Desmond MS, Perrin JM, Murphy JM. Utility of psychosocial screening at a school-based health center. Journal of School Health. 2000;70(7):292-298. doi:10.1111/j.1746-1561.2000.tb07254.x
53. Kaplan, Saddock. Sinopsis Psikiatri, Ilmu Pengetahuan Perilaku Psikiatri Klinis. Binarupa Aksara. Published online 2002.

54. Depression. World Health Organization. Published 2021. Accessed May 13, 2023.
55. Riskesdas 2018 Dalam Angka, Indonesia II.
56. drg. Widyawati M. Kemenkes Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia. Kementerian Kesehatan RI. Published October 7, 2021. Accessed May 13, 2023.
57. Harnois G, Gabriel P. Mental health and work: Impact, issues and good practices. World Health Organization. Published 2000. Accessed May 13, 2023.
58. Brådvik L. Suicide risk and mental disorders. *Int J Environ Res Public Health.* 2018;15(9). doi:10.3390/ijerph15092028
59. Sherman AC, Williams ML, Amick BC, Hudson TJ, Messias EL. Mental health outcomes associated with the COVID-19 pandemic: Prevalence and risk factors in a southern US state. *Psychiatry Res.* 2020;293. doi: 10.1016/j.psychres.2020.113476
60. Barto Mansyah. Pandemi Covid 19 Terhadap Kesehatan Mental dan Psikososial MNJ (Mahakam Nursing Journal). 2020;2(8).
61. Stuart GW. Buku Saku Keperawatan Jiwa. Penerbit Buku Kedokteran EGC. Published online 2013.
62. COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide. World Health Organization (WHO).
63. hreeloita dharma shanti. hkemenkes angka gangguan kecemasan naik 68 persen selama pandemi. ANTARA: Kantor Berita Indonesia.
64. Amirah Ellyza Wahdi. Riset: sebanyak 2,45 juta remaja Indonesia tergolong sebagai Orang dengan Gangguan Jiwa (ODGJ). The Conversation. Published August 12, 2022. Accessed May 13, 2023.
65. Anxiety. Mental Health Foundation. Published February 21, 2022. Accessed May 13, 2023.
66. Martin EI, Ressler KJ, Binder E, Nemeroff CB. The Neurobiology of Anxiety Disorders: Brain Imaging, Genetics, and Psychoneuroendocrinology. *Clin Lab Med.* 2010;30(4):865-891. doi: 10.1016/j.cll.2010.07.006

67. Selye H. The stress of life. Published online 1956.
68. Cohen S, Kessler RC, Gordon LU. strategies for Measuring Stress in Psychiatric and Physical Disorders. Oxford University Press. Published online 1995:3-28.
69. Siswanto. Kesehatan Mental: Konsep, Cakupan Dan Perkembangannya. Dinas Perpustakaan dan Kearsipan Kota Medan - Ruang Baca Umum; 2007.
70. Rolling updates on coronavirus disease (COVID-19) 2020. World Health Organization. Published 2020. Accessed May 13, 2023.
71. Nochaiwong S, Ruengorn C, Thavorn K, et al. Global prevalence of mental health issues among the general population during the coronavirus disease-2019 pandemic: a systematic review and meta-analysis. *Sci Rep.* 2021;11(1). doi:10.1038/s41598-021-89700-8
72. Huebner, E. Scott. Burnout among School Psychologists: An Exploratory Investigation into Its Nature, Extent, and Correlates. *School Psychology Quarterly.* 1992; 7:36-129.
73. Hafen BQ, Frandsen KJ, Karren K, Hooker KR. The health effects of attitudes, emotions, and relationship. Provo MT: EMS Associates. Published online 1991.
74. Schneiderman N, Ironson G, Siegel SD. Stress, and health: psychological, behavioral, and biological determinants. *Annu Rev Clin Psychol.* Published online 2005.
75. Kiecolt-Glaser JK. Evidence for a shift in the Th-1 to Th-2 cytokine response associated with chronic stress and aging. *J Gerontol.* Published online 2001.
76. Ferguson RG, Wikby A, Maxson P, Olsson J, Johansson B. Immune parameters in a longitudinal study of a very old population of Swedish people: a comparison between survivors and nonsurvivors. Published online 1995.
77. Paykel. s.l. Contribution of life events to causation of psychiatric illness. *Psychol Med.* Published online 1978.
78. Bebbington PE. Life events and psychosis: Initial results from the Camberwell Collaborative Psychosis Study. *Brit J Psychiat.* Published online 1993.

79. Chung RK LPTC. Threatening life events in the onset of schizophrenia, schizophreriform psychosis, and hypomania. s.l: Brit J Psychiat. Published online 1986.
80. Cooper B, Sylph J. Life Events, and the Onset of Neurotic Illness: An Investigation in General Practice. Vol 3.; 1973.
81. Rao VN. A Profile of Stressful Life Events among Industrial Neurotics AndNormals.; 1996.
82. Andy Hollandbeck. In a Word: From Childhood to Adolescence, an Etymological Chain. The Saturday Evening Post. Published December 6, 2021. Accessed May 13, 2023.
83. Papalia ED, Feldman RT. Menyelami Perkembangan Manusia ; Experience Hman Development. Salemba Humanika. Published online 2014.
84. Hurlock. Psikologi Perkembangan. Erlangga Press. Published online 2008.
85. Adolescent health. World Health Organization (WHO). Accessed May 13, 2023.
86. Monks. Psikologi Perkembangan: Pengantar Dalam Berbagai Bagiannya. Yogyakarta: UGM Press. Published online 2006.
87. Santrock JW. Psikologi Pendidikan Edisi Kedua. Jakarta: Kencana Prenada Media Group. Published online 2017.
87. Kwon M, Kim DJ, Cho H, Yang S. The smartphone addiction scale: development and validation of a short version for adolescents. PLoS One. 2013 Dec 31;8(12): e83558. doi: 10.1371/journal.pone.0083558. PMID: 24391787; PMCID: PMC3877074.
88. Ali AM, Alkhamees AA, Hori H, Kim Y, Kunugi H. The Depression Anxiety Stress Scale 21: Development and Validation of the Depression Anxiety Stress Scale 8-Item in Psychiatric Patients and the General Public for Easier Mental Health Measurement in a Post COVID-19 World. Int J Environ Res Public Health. 2021 Sep 27;18(19):10142. doi: 10.3390/ijerph181910142. PMID: 34639443; PMCID: PMC8507889.
89. Ganda, H.A. (2016) Hubungan kecanduan Penggunaan smartphone dengan Kualitas Idur Pada remaja di sman 9 Padang Tahun 2016, eSkripsi Universitas

- Andalas. Available at: <http://scholar.unand.ac.id/21563/> (Accessed: 12 February 2024).
90. Mahardika, A. (2022) Relationship between smartphone use with sleep quality of SMAN 1 mataram in Mataram City and sman 1 gunungsari in West Lombok Regency
 91. Wu, Y.-Y. and Chou, W.-H. (2023) ‘Smartphone addiction, gender and interpersonal attachment: A cross-sectional analytical survey in Taiwan’, *DIGITAL HEALTH*, 9, p. 205520762311771. doi:10.1177/20552076231177134.
 92. Putra, M, D., (2015). Hubungan antara Penggunaan Smartphone dengan Ketergantungan Berinteraksi di Dunia Mava (Studi Pada Mahasiswa Pengguna Smartphone Jurusan Sosiologi Angkatan Tahun 2011-2014 FISIP Universitas Lampung). Fakultas FISIP Universitas Lampung, Lampung
 93. Primadiana, D. B., Nihayati, H. E., & Wahyuni, E. D. (2019). Hubungan Smartphone Addiction dengan Kecemasan Sosial pada Remaja. *Psych. Nurs. J.*, 1(1).
 94. Oktaviana, G., Bahri, S. and Fitriani, D. (no date) Hubungan tingkat kecanduan smartphone dengan kualitas tidur dan gejala depresi pada remaja sman 5 Tangerang Selatan, Frame of Health Journal. Available at: <http://openjournal.wdh.ac.id/index.php/fohj/article/view/379>
 95. Wibowo, A.T. and Wijayanti, A.C. (no date) Hubungan kecanduan smartphone Dan Prestasi Akademik Dengan Tingkat stres Pada Siswa SMA batik 1 Surakarta Dalam Menghadapi masa transisi pandemi menuju endemi covid-19, Innovative.
 96. Harina R.N, Hubungan tingkat adiksi smartphone dalam Aktivitas Harian Dengan Tingkat Depresi Pada mahasiswa, Universitas Indonesia Library.
 97. Alini, A., Meisyalla, L.N. and Novrika, B. *Studi Kecemasan Remaja Terhadap no mobile phone phobia (NOMOPHOBIA) di SMA negeri 1 kuantan Mudik Lubuk Jambi, Jurnal Ners.*

