

DAFTAR PUSTAKA

- Agusta, D. (2016). Faktor-faktor resiko kecanduan menggunakan smartphone pada siswa di SMK Negeri 1 Kalasan Yogyakarta. *jurnal Bimbingan dan Konseling*, 3 (5).
- Anderson, C. A., Horowitz, L. M., & French, R. D. (1983). Attributional style of lonely and depressed people. *Journal of Personality and Social Psychology*, 45(1), 127. doi: [10.1037/0022-3514.45.1.127](https://doi.org/10.1037/0022-3514.45.1.127)
- Aprilia, N. (2020). Pengaruh kesepian dan kontrol diri terhadap kecenderungan ketergantungan terhadap ponsel. *Psikoborneo: Jurnal Ilmiah Psikologi*, 8(2), 254-294. doi: 10.30872/psikoborneo.v8i2.4908
- Arini, P. A. R., Sulistyorini, L., & Juliningrum, P. P. (2021). Relationship of Self Control with Nomophobia in School-Age Children in 1st Nguling Public Elementary School Pasuruan Regency. doi: 10.53713/nhs.v1i2.38
- Aini, L. N., & Rinaldi, M. R. (2023). Nomophobia Sebagai Moderator Antara Kontrol Diri Terhadap Cyberslacking Pada Mahasiswa Selama Pembelajaran Daring. *Jurnal Psikogenesis*, 11(1), 67-76.
- Aprilia, N. (2020). Pengaruh kesepian dan kontrol diri terhadap kecenderungan ketergantungan terhadap ponsel. *Psikoborneo: Jurnal Ilmiah Psikologi*, 8(2), 254-294.
- Asih, A. T. & Fauziah, N. (2017). Hubungan antara kontrol diri dengan kecemasan jauh dari smartphone (nomophobia) pada mahasiswa jurusan Ilmu Komunikasi, Fakultas Ilmu Sosial dan Ilmu Politik Universitas Diponegoro Semarang. *Jurnal Empati*. 6(2), 15-20. doi:10.14710/empati.2017.19725
- Asih, N. L. (2017). *Kesepian dan Nomophobia Pada Mahasiwa Perantau di Universitas Muhammadiyah Malang*. Skripsi. Universitas Muhammadiyah Malang

- Bhattacharya, S., Bashar, M., Srivastava, A., & Singh, A. (2019). Nomophobia: No Mobile Phone Phobia. *Journal Of Family Medicine And Primary Care*, 8(4), 1297. https://doi.org/10.4103/jfmmpc.jfmmpc_71_19
- Bianchi, A & Philips, J. G. (2005). Psychological predictors of problem mobile phone use. *Cyberpsychology & behavior*, 39-51. <https://doi.org/10.1089/cpb.2005.8.39>
- Bragazzi, N. L. & Puente G. D. (2014). A proposal for including nomophobia in the new DSM-V. *Psychology Research and Behavior Management*. 7 (1), 155–160. doi: [10.2147/PRBM.S41386](https://doi.org/10.2147/PRBM.S41386)
- Buctot, DB, Kim, N., & Kim, SH (2020). Peran nomofobia dan kecanduan ponsel pintar dalam profil gaya hidup siswa sekolah menengah pertama dan atas di Filipina. *Ilmu Sosial & Humaniora Terbuka*, 2 (1), 100035. doi: [10.1016/j.ssaho.2020.100035](https://doi.org/10.1016/j.ssaho.2020.100035)
- Citra, W., Sapulete, K., & Diah, A. (2021). Wacana The Relationship Between Self Control and Nomophobia in Female Students of the Faculty of Psychology Satya Wacana Christian University (Vol. 9, Issue 2). doi: [10.24854/jps.v9i2.1883](https://doi.org/10.24854/jps.v9i2.1883)
- Creswell, J. W., & Creswell, J. D. (2018). *Research design: Qualitative, Quantitative, and Mixed Methods Approaches*. California: Sage publications.
- Dewi, V., & Putri, T. H. (2023). Studi Literatur: Nomophobia pada Mahasiswa Indonesia. *Jurnal Keperawatan Jiwa (JKJ): Persatuan Perawat Nasional Indonesia*, 11(4). doi: [10.26714/jkj.11.4.2023.917-928](https://doi.org/10.26714/jkj.11.4.2023.917-928)
- Diba, D. S. (2014). Peranan kontrol diri terhadap pembelian impulsif pada remaja berdasarkan perbedaan jenis kelamin di Samarinda. *E-Journal Psikologi*. 1 (3), 313 – 323. doi: [10.30872/psikoborneo.v1i3.3330](https://doi.org/10.30872/psikoborneo.v1i3.3330)
- Ermawati, N. (2023). *Metodologi Kuantitatif & Grounded Theory*. <https://www.researchgate.net/publication/374948289>

- Fahira, Z., Amna, Z., Mawarpury, M., & Faradina, S. (2021). Kesepian dan nomophobia pada mahasiswa perantau. *Gadjah Mada Journal of Psychology (GamaJoP)*, 7(2), 183-194. doi: [10.22146/gamajop.65827](https://doi.org/10.22146/gamajop.65827)
- Gezgin, D. M. (2017). Exploring the influence of the patterns of mobile internet use on university students' nomophobia level. *European Journal on Education Studies*, 3(6), 29-52. <https://doi.org/10.5281/zenodo.572344>
- Gezgin, D. M., Hamutoglu, N. D., Sezen, G. G., & Ayas, T. (2018). The relationship between nomophobia and loneliness among Turkish adolescents. *International Journal of Research in Education and Science*, 4(2), 358-374. <https://doi.org/10.21890/ijres.409265>
- Gratz, K. L., & Roemer, L. (2004). Multidimensional Assessment of Emotion Regulation and Dysregulation: Development, Factor Structure, and Initial Validation of the Difficulties in Emotion Regulation Scale 1. *In Journal of Psychopathology and Behavioral Assessment* (Vol. 26, Issue 1).
- Jiang, Z., & Zhao, X. (2016). Self-control and problematic mobile phone use in Chinese college students: The mediating role of mobile phone use patterns. *BMC psychiatry*, 16, 1-8.
- Kaur, A., Ani, A., Sharma, A., & Kumari, V. (2021). Nomophobia and social interaction anxiety among university students. *International Journal of Africa Nursing Sciences*, 15, 100352. doi: [10.1016/j.ijans.2021.100352](https://doi.org/10.1016/j.ijans.2021.100352)
- Khairani, M. K., Irmayana, I., Mawarpury, M., & Nisa, H. (2022). Nomophobia pada Generasi X, Y, Dan Z. Psychopolytan: *Jurnal Psikologi*, 6(1), 20-31.
- Khasanah, D. N. M., & Winarti, Y. (2021). Literature Review: Hubungan Kontrol Diri Terhadap Kecanduan Smartphone Pada Remaja. *Borneo Studies and Research*, 3(1), 739-748.
- King, A. L. S., Valenca, A. M., & Nardi, A. E. (2010). Nomophobia: The mobile phone in panic disorder with agoraphobia: Reducing phobias or worsening of dependence?. *Cognitive and Behavioral Neurology*, 23(1), 52-54. doi: [10.1097/WNN.0b013e3181b7eabc](https://doi.org/10.1097/WNN.0b013e3181b7eabc)

- Marciano, L., Schulz, P. J., & Camerini, A. L. (2021). How smartphone use becomes problematic: Application of the ALT-SR model to study the predicting role of personality traits. *Computers in human behavior*, 119, 106731. [doi: 10.1016/j.chb.2021.106731](https://doi.org/10.1016/j.chb.2021.106731)
- Marisa, D., & Afriyeni, N. (2019). *Kesepian Dan Self Compassion Mahasiswa Perantau*. *Psibernetika*, 12(1). [doi: 10.30813/psibernetika.v12i1.1582](https://doi.org/10.30813/psibernetika.v12i1.1582)
- Maryani, D. N., Dewi, E. M. P., & Nurdin, M. N. H. (2021). Hubungan antara harga diri dan nomophobia pada mahasiswa. *Jurnal Psikologi Talenta Mahasiswa UNM*, 1(1).
- Newzoo. (2020). Top countries by smartphone user. <https://newzoo.com/insights/rankings/top-countries-by-smartphone-penetration-and-users/>
- Nur Azizah, M., (2021). *Hubungan Antara Manajemen Waktu Dan Regulasi Diri Dengan Kecanduan Smartphone*. [doi: 10.23887/jjbk.v12i1.32575](https://doi.org/10.23887/jjbk.v12i1.32575)
- Özdemir, B., Cakir, O., & Hussain, I. (2018). Prevalence of nomophobia among university students: A comparative study of Pakistani and Turkish undergraduate students. *Journal of Mathematics, Science and Technology Education*, 14(4), 1519-1532. <https://doi.org/10.29333/ejmste/84839>
- Pasongli, A., Ratag, B. T., & Kalesaran, A. F. (2020). Faktor-faktor yang berhubungan dengan nomophobia pada mahasiswa fakultas kesehatan masyarakat universitas SAM Ratulangi. *KESMAS*, 9(6).
- Peplau, L. A., & Perlman, D. (1982). *Loneliness: A sourcebook of current theory, research, and therapy*.
- Perang, B., & Yasinta Patrisia Gertrudis. (2022). Hubungan Self-Control dengan Nomophobia pada Mahasiswa Program Sarjana Keperawatan di Kota Makassar. *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 1(4), 468–477. <https://doi.org/10.55123/sehatmas.v1i4.786>
- Periantalo, J. (2016). *Penelitian kuantitatif untuk psikologi*. Yogyakarta: Pustaka Pelajar.

- Periantalo, J. (2018). *Metode Penelitian psikologi*, Edisi II. Yogyakarta: Pustaka Pelajar.
- Putri Herianda, I., Wungu, E., & Dewi, R. (2020). Gambaran Kondisi Kesepian Mahasiswa Yang Hanya Mengambil Mata Kuliah Skripsi Program Pendidikan S-1 Universitas Padjadjaran. In *Journal Psychology of Science and Profession* (Vol. 5, Issue 3). doi: [10.24198/jpsp.v5i3.28497](https://doi.org/10.24198/jpsp.v5i3.28497)
- Rahmadina, P., Afriyeni, N., & Sarry, S. M. (2018). Hubungan Regulasi Emosi dengan Problematic Internet Use pada Mahasiswa Pengguna Media Sosial di Universitas Andalas. *Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang)*, 9(1), 70-82. doi: [10.24036/rapun.v9i1.10381](https://doi.org/10.24036/rapun.v9i1.10381)
- Rahman, I. A., Aziz, F., Marliany, H., Setiawan, H., & Apipudin, A. (2024). Tingkat Nomophobia (No Mobile-Phone Phobia) pada Mahasiswa. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 14(1), 253-260. doi: [10.32583/pskm.v14i1.1494](https://doi.org/10.32583/pskm.v14i1.1494)
- Ramaita, R., Armaita, A., & Vandelis, P. (2019). Hubungan ketergantungan smartphone dengan kecemasan (nomophobia). *Jurnal Kesehatan*, 10(2), 289846.
- Retalia, R., Soesilo, T. D., & Irawan, S. (2022). *Pengaruh penggunaan smartphone terhadap interaksi sosial remaja*. Scholaria: Jurnal Pendidikan dan Kebudayaan, 12(2), 139-149. doi: [10.24246/j.js.2022.v12.i2.p139-149](https://doi.org/10.24246/j.js.2022.v12.i2.p139-149)
- Abubakar, H. R. I. (2021). *Pengantar metodologi penelitian*. SUKA-Press UIN Sunan Kalijaga.
- Rosales-Huamani, J. A., Guzman-Lopez, R. R., Aroni-Vilca, E. E., Matos-Avalos, C. R., & Castillo-Sequera, J. L. (2019). *Determining symptomatic factors of nomophobia in peruvian students from the national university of engineering*. Applied Sciences, 9(9), 1814. doi: [10.3390/app9091814](https://doi.org/10.3390/app9091814)
- Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). *The Revised UCLA Loneliness Scale: Concurrent and Discriminant Validity Evidence*. In *Journal of Personality and Social Psychology* (Vol. 39, Issue 3).

- Safaria, T., Saputra, N. E., & Arini, D. P. (2022). *Nomophobia: Riset Teori dan Pengukurannya*. Yogyakarta: UAD Press.
- Safaria, T., Saputra, N. E., & Arini, D. P. (2023). Data on the model of loneliness and smartphone use intensity as a mediator of self-control, emotion regulation, and spiritual meaningfulness in nomophobia. *Data in Brief*, 50, 109479. doi: [10.1016/j.dib.2023.109479](https://doi.org/10.1016/j.dib.2023.109479)
- Santoso, A. C., & Soetjiningsih, C. H. (2022). Kesepian dengan Nomophobia Pada Mahasiswa. *Bulletin of Counseling and Psychotherapy*, 4(2), 434–440. <https://doi.org/10.51214/bocp.v4i2.331>.
- Saripah, A. N., & Pratiwi, L. (2020). Hubungan kesepian dan nomophobia pada mahasiswa generasi z. *Jurnal Ilmiah Penelitian Psikologi: Kajian Empiris & Non-Empiris*, 6(1), 35-46.
- Shahidin, SH, Midin, M., Sidi, H., Choy, CL, Nik Jaafar, NR, Mohd Salleh Sahimi, H., & Che Roos, NA (2022). Hubungan antara Regulasi Emosi (ER) dan Penggunaan Smartphone Bermasalah (PSU): Tinjauan Sistematis dan Analisis Meta. *Jurnal Internasional Penelitian Lingkungan dan Kesehatan Masyarakat* , 19 (23), 15848. doi: [10.3390/ijerph192315848](https://doi.org/10.3390/ijerph192315848)
- Sudarji, S. (2017). Hubungan Antara Nomophobia Dengan Kepercayaan Diri. In *Jurnal Psikologi Psibernetika (Vol. 10, Issue 1)*.
- Sudarji, S. (2018). Hubungan antara nomophobia dengan kepercayaan diri. *Psibernetika*, 10(1).
- Sugiyono, D. (2013). *Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D*. Bandung CV Alfabeta.
- Tangney, J. P., Boone, A. L., & Baumeister, R. F. (2018). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. In *Self-regulation and self-control* (pp. 173-212). Routledge. doi:10.1111/j.0022-3506.2004.00263.x

- Yildirim, C., & Correia, A. P. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137. <https://doi.org/10.1016/j.chb.2015.02.059>
- Yildiz, M. A., & Duy, B. (2014). Adaptation of the short-form of the UCLA loneliness scale (ULS-8) to Turkish for the adolescents. *Dusunen Adam: Journal of Psychiatry & Neurological Sciences*, 27(3). doi: [10.5350/DAJPN2014270302](https://doi.org/10.5350/DAJPN2014270302)
- Yuwanto, L. (2010). Mobile phone addict. Diakses 17 Agustus 2023, dari <https://www.ubaya.ac.id/2018/content/articlesdetail/10/Mobile-Phone-Addict.html>
- Yuwanto, L. (2015). Permasalahan Ekpresi Emosi. https://www.ubaya.ac.id/2018/content/articles_detail.