

Daftar Pustaka

- Akinci, T. (2021). Determination of Predictive Relationships between Problematic Smartphone Use, Self-Regulation, Academic Procrastination and Academic Stress through Modelling. *International Journal of Progressive Education*, 17(1), 35–53. <https://doi.org/10.29329/ijpe.2020.329.3>
- Akram, W., & Kumar, R. (2018). A Study on Positive and Negative Effects of Social Media on Society. *International Journal of Computer Sciences and Engineering*. <https://doi.org/10.26438/ijcse/v5i10.351354>
- Al-Menayes, J. J. (2015). Dimensions of social media addiction among university students in Kuwait. *Jamal J. Al-Menayes. Dimensions of Social Media Addiction among University Students in Kuwait. Psychology and Behavioral Sciences*, 4(1), 23–28. <https://doi.org/10.11648/j.pbs.20150401.14>
- Bandura, A. (1991). Social Cognitive Theory of Self-Regulation. *Organizational Behavior and Human Decision Processes*, 50, 248–287.
- Berkman, E. T. (2016). *Self-Regulation Training*.
- Buntaran, F. A. A., & Helmi, A. F. (2015). Peran Kepercayaan Interpersonal Remaja yang Kesepian dalam Memoderasi Pengungkapan Diri pada Media Jejaring Sosial Online. *Gadjah Mada Journal of Psychology (GamaJoP)*, 1(2), 106 – 119. <https://jurnal.ugm.ac.id/gamajop/article/view/7348>
- Cui, X., Huo, B., Lei, Y., & Zhou, Q. (2020). The influence of team social media usage on individual knowledge sharing and job performance from a cross-level perspective. *International Journal of Operations and Production Management*, 40(5), 553–573. <https://doi.org/10.1108/IJOPM-04-2019-0311>
- Diehl, M., Semegon, A. B., & Schwarzer, R. (2006). Assessing attention control in goal pursuit: A component of dispositional self-regulation. *Journal of Personality Assessment*, 86(3), 306–317. https://doi.org/10.1207/s15327752jpa8603_06
- Fusi, F., & Feeney, M. K. (2016). Social Media in the Workplace: Information Exchange, Productivity, or Waste? *The American Review of Public Administration*, 48(5), 395–412. <https://doi.org/10.1177/0275074016675722>
- Johnson, B. (2001). Toward a New Classification of Nonexperimental Quantitative Research. *Educational Researcher*, 30(2), 3–13. <https://doi.org/10.3102/0013189X030002003>
- Karoly, P. (1993). Mechanisms of Self-Regulation: A Systems View. *Annual Review of Psychology*, 44(1), 23–52. <https://doi.org/10.1146/annurev.psych.44.1.23>

- Khan, N. A., Khan, A. N., & Moin, M. F. (2021). Self-regulation and social media addiction: A multi-wave data analysis in China. *Technology in Society*, 64. <https://doi.org/10.1016/j.techsoc.2021.101527>
- Kirik, A. M., Arslan, A., Çetinkaya, A., & Gul, M. (2015). A Quantitative Research on the Level of Social Media Addiction among Young People in Turkey. *International journal of Science Culture and Sport*, 3(13), 108–108. <https://doi.org/10.14486/intjscs444>
- Laporan Kinerja Kementerian Komunikasi dan Informatika 2021*. (2021).
- Mahapatra, S. (2019). Smartphone addiction and associated consequences: role of loneliness and self-regulation. *Behaviour and Information Technology*, 38(8), 833–844. <https://doi.org/10.1080/0144929X.2018.1560499>
- McClelland, M., Geldhof, J., Morrison, F., Gestsdóttir, S., Cameron, C., & Bowers, E. (2017). Handbook of life course health development. Dalam *Handbook of Life Course Health Development*. Springer International Publishing. <https://doi.org/10.1007/978-3-319-47143-3>
- Munene, A. G., & Nyaribo, Y. M. (2013). Effect of Social Media Pertication in the Workplace on Employee Productivity. *International Journal of Advances in Management and Economics*, 2, 2–141. www.managementjournal.info
- Nuzulita, N., & Subriadi, A. P. (2020). The role of risk-benefit and privacy analysis to understand different uses of social media by Generations X, Y, and Z in Indonesia. *The Electronic Journal of Information Systems in Developing Countries*, 86(3), e12122. <https://doi.org/10.1002/ISD2.12122>
- Ozimek, P., & Förster, J. (2021). The Social Online-Self-Regulation-Theory: A Review of Self-Regulation in Social Media. Dalam *Journal of Media Psychology* (Vol. 33, Nomor 4, hlm. 181–190). Hogrefe Publishing GmbH. <https://doi.org/10.1027/1864-1105/a000304>
- Pantic, I. (2014). Online social networking and mental health. *Cyberpsychology, behavior and social networking*, 17(10), 652–657. <https://doi.org/10.1089/cyber.2014.0070>
- Profil Internet Indonesia 2022*. (2022).
- Sahranc, U., & Duc Urhan, E. (2021). A Study on the Relationship Between Social Media Addiction and Self-Regulation Processes among University Students. *International Journal of Psychology and Educational Studies*, 8(4), 96–109. <https://doi.org/10.52380/ijpes.2021.8.4.546>
- Samsudin, A. (t.t.). *STATISTIKA NONPARAMETRIK*.

- Scheuren, F. (2004). *What is a Survey*.
<http://www.rickweil.com/s2211/whatisasurvey.pdf>
- Shahnawaz, M. G., & Rehman, U. (2020). Social Networking Addiction Scale. *Cogent Psychology*, 7(1), 1832032.
<https://doi.org/10.1080/23311908.2020.1832032>
- Siddiqui, S. (2016). Social Media its Impact with Positive and Negative Aspects. Dalam *International Journal of Computer Applications Technology and Research* (Vol. 5, Nomor 2). www.ijcat.com
- Spada, M. M., & Marino, C. (2016). *Metacognitions and emotion regulation as predictors of problematic Internet use in adolescents*.
- Sujarwoto, Saputri, R. A. M., & Yumarni, T. (2021). Social Media Addiction and Mental Health Among University Students During the COVID-19 Pandemic in Indonesia. *International Journal of Mental Health and Addiction*, 1–15.
<https://doi.org/10.1007/s11469-021-00582-3>
- Supratiknya, A. (2015). *Metodologi Penelitian Kuantitatif & Kualitatif dalam Psikologi*.
- Van Deursen, A. J. A. M., Bolle, C. L., Hegner, S. M., & Kommers, P. A. M. (2015). Modeling habitual and addictive smartphone behavior: The role of smartphone usage types, emotional intelligence, social stress, self-regulation, age, and gender. *Computers in Human Behavior*, 45, 411–420.
<https://doi.org/10.1016/j.chb.2014.12.039>
- Whelan, E., Islam, A. K. M. N., & Brooks, S. (2020). Applying the SOBC paradigm to explain how social media overload affects academic performance. *Computers and Education*, 143, 103692.
<https://doi.org/10.1016/j.compedu.2019.103692>
- Wickramanayake, L., & Jika, S. M. (2018). Social media use by undergraduate students of education in Nigeria: A survey. *Electronic Library*, 36(1), 21–37.
<https://doi.org/10.1108/EL-01-2017-0023>