



- Água, J., Patrão, I., & Leal, I. (2018). Relação da dependência ao ponsel com a satisfação na relação amorosa. *12º Congresso Nacional de Psicologia Da Saúde*, 439–446.  
<http://reposHaoitorio.ispa.pt/bitstream/10400.12/6207/1/12CongNacSaude439.pdf>
- Ahmed, I., & Perji, K. A. (2011). Mobile phone to youngsters: Necessity or addiction. *Information Management and Business Review*, 2(5), 229-238.
- Alalwan, A. A., Baabdullah, A. M., Rana, N. P., Tamilmani, K., & Dwivedi, Y. K. (2018). Examining adoption of mobile internet in Saudi Arabia: Extending TAM with perceived enjoyment, innovativeness and trust. *Technology in Society*, 55, 100–110.  
<https://doi.org/10.1016/j.techsoc.2018.06.007>
- Albert, D., Chein, J., & Steinberg, L. (2013). The teenage brain: Peer influences on adolescent decision making. *Current Directions in Psychological Science*, 22(2), 114–120.
- Aljomaa, S. S., Qudah, M. F. A., Albursan, I. S., Bakhiet, S. F., & Abduljabbar, A. S. (2016). Smartphone addiction among university students in the light of some variables. *Computers in Human Behavior*, 61, 155-164.
- Amarullah. (2014). *Indonesia Terbesar di Dunia Pengguna Ponsel Pintar*.  
<https://techno.okezone.com/read/2014/06/05/57/994499/indonesia-terbesar-di-dunia-pengguna-ponsel-pintar>
- Amendola, S., Spensieri, V., Guidetti, V., & Cerutti, R. (2019). The relationship between difficulties in emotion regulation and dysfunctional technology use among adolescents. *Journal of Psychopathology*, 25(1), 10-17.
- Andrade, A. L. M., Scatena, A., Martins, G. D. G., de Oliveira Pinheiro, B., da Silva, A. B., Enes, C. C., ... & Kim, D. J. (2020). Validation of smartphone addiction scale–Short version (SAS-SV) in Brazilian adolescents. *Addictive Behaviors*, 110, 106540.
- Anshari, M., Alas, Y., Hardaker, G., Jaidin, J. H., Smith, M., & Ahad, A. D. (2016). Smartphone habit and behavior in Brunei: Personalization, gender, and generation gap. *Computers in human behavior*, 64, 719-727.
- Aoki, K., & Downes, E. J. (2003). An analysis of young people’s use of and attitudes toward cell phones. *Telematics and Informatics*, 20(4), 349–364. [https://doi.org/10.1016/S0736-5853\(03\)00018-2](https://doi.org/10.1016/S0736-5853(03)00018-2)
- APJII, A. P. J. I. I. (2017). *Hasil Survei Penetrasi dan Perilaku Pengguna Internet 2017 APJII*. Apjii.  
<https://apjii.or.id/content/read/39/342/Hasil-Survei-Penetrasi-dan-Perilaku-Pengguna-Internet-Indonesia-2017>
- Argumosa-Villar, L., Boada-Grau, J., & Vigil-Colet, A. (2017). Exploratory investigation of theoretical predictors of nomophobia using the Mobile Phone Involvement Questionnaire (MPIQ). *Journal of Adolescence*, 56, 127–135.  
<https://doi.org/10.1016/j.adolescence.2017.02.003>
- Argyriou, E., Um, M., Carron, C., & Cyders, M. A. (2018). Age and impulsive behavior in drug addiction: A review of past research and future directions. *Pharmacology Biochemistry and Behavior*, 164, 106–117. <https://doi.org/10.1016/j.pbb.2017.07.013>
- Arnold, M. (2003). On the phenomenology of technology: the “Janus-faces” of mobile phones. *Information and Organization*, 13(4), 231-256.
- Arora, T., Broglia, E., Thomas, G. N., & Taheri, S. (2014). Associations between specific technologies and adolescent sleep quantity, sleep quality, and parasomnias. *Sleep medicine*, 15(2), 240-247.
- Arpaci, I. (2021). Relationships between early maladaptive schemas and Smartphone addiction: The moderating role of mindfulness. *International Journal of Mental Health and Addiction*, 19(3), 778-792.
- Arpaci, I., & Kocadag Unver, T. (2020). Moderating role of gender in the relationship between big five personality traits and smartphone addiction. *Psychiatric Quarterly*, 91(2), 577-585.
- Arslan, G. (2017). Psychological maltreatment, forgiveness, mindfulness, and internet addiction among young adults: A study of mediation effect. *Computers in Human Behavior*, 72, 57–66.



<https://doi.org/10.1016/j.chb.2017.02.037>

- Augner, C., & Hacker, G. W. (2012). Associations between problematic mobile phone use and psychological parameters in young adults. *International Journal of Public Health*, 57(2), 437–441. <https://doi.org/10.1007/s00038-011-0234-z>
- Bachoo, S., Bhagwanjee, A., & Govender, K. (2013). The influence of anger, impulsivity, sensation seeking and driver attitudes on risky driving behaviour among post-graduate university students in Durban, South Africa. *Accident Analysis and Prevention*, 55, 67–76. <https://doi.org/10.1016/j.aap.2013.02.021>
- Badenes-Ribera, L., Fabris, M. A., Gastaldi, F. G. M., Prino, L. E., & Longobardi, C. (2019). Parent and peer attachment as predictors of facebook addiction symptoms in different developmental stages (early adolescents and adolescents). *Addictive Behaviors*, 95(January), 226–232. <https://doi.org/10.1016/j.addbeh.2019.05.009>
- Bae, S. M. (2015). The relationships between perceived parenting style, learning motivation, friendship satisfaction, and the addictive use of smartphones with elementary school students of South Korea: Using multivariate latent growth modeling. *School Psychology International*, 36(5), 513–531. <https://doi.org/10.1177/0143034315604017>
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: a conceptual and empirical review. *Clinical psychology: Science and practice*, 10(2), 125.
- Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment*, 11(3), 191-206.
- Barrett, P. T., Petrides, K. V., Eysenck, S. B., & Eysenck, H. J. (1998). The Eysenck Personality Questionnaire: An examination of the factorial similarity of P, E, N, and L across 34 countries. *Personality and individual differences*, 25(5), 805-819.
- Barnes, S. J., Pressey, A. D., & Scornavacca, E. (2019). Mobile ubiquity: Understanding the relationship between cognitive absorption, smartphone addiction and social network services. *Computers in human behavior*, 90, 246-258.
- Beaton, D. E., Bombardier, C., Guillemin, F., & Ferraz, M. B. (2000). Guidelines for the process of cross-cultural adaptation of self-report measures. *Spine*, 25(24), 3186-3191.
- Belin, D., Mar, A. C., Dalley, J. W., Robbins, T. W., & Everitt, B. J. (2008). High impulsivity predicts the switch to compulsive cocaine-taking. *Science*, 320(5881), 1352–1355. <https://doi.org/10.1126/science.1158136>
- Beranuy, M., Oberst, U., Carbonell, X., & Chamarro, A. (2009). Problematic Internet and mobile phone use and clinical symptoms in college students: The role of emotional intelligence. *Computers in Human Behavior*, 25, 1182–1187.
- BeritaSatu (2019, 17 Oktober). *Pasien Anak Kecanduan Gadget dan Game Meningkat* [Video]. YouTube. <https://www.youtube.com/watch?v=rJP9MAQPU9k>
- Bian, M., & Leung, L. (2015). Linking Loneliness, Shyness, Smartphone Addiction Symptoms, and Patterns of Smartphone Use to Social Capital. *Social Science Computer Review*, 33(1), 61–79. <https://doi.org/10.1177/0894439314528779>
- Bianchi, A., & Phillips, J. G. (2005). Psychological predictors of problem mobile phone use. *Cyberpsychology and Behavior*, 8(1), 39–51. <https://doi.org/10.1089/cpb.2005.8.39>
- Biglu, M. H., & Ghavami, M. (2016). Factors influencing dependence on mobile phone. *Journal of Analytical Research in Clinical Medicine*, 4(3), 158-162.
- Billieux, J. (2012). Problematic Use of the Mobile Phone: A Literature Review and a Pathways Model. *Current Psychiatry Reviews*, 8(4), 299–307. <https://doi.org/10.2174/157340012803520522>
- Billieux, J., Gay, P., Rochat, L., & Van der Linden, M. (2010). The role of urgency and its underlying psychological mechanisms in problematic behaviours. *Behaviour research and therapy*, 48(11), 1085-1096.
- Billieux, J., Muraige, P., Lopez-Fernandez, O., Kuss, D. J., & Griffiths, M. D. (2015). Can Disordered Mobile Phone Use Be Considered a Behavioral Addiction? An Update on Current Evidence and a Comprehensive Model for Future Research. *Current Addiction Reports*, 2(2), 156–162. <https://doi.org/10.1007/s40429-015-0054-y>
- Billieux, J., Van der Linden, M., D'Acremont, M., Ceschi, G., & Zermatten, A. (2007). Does impulsivity relate to perceived dependence on and actual use of the mobile phone? *Applied*



- Cognitive Psychology*, 21(4), 527–537. <https://doi.org/10.1002/acp.1289>
- Billieux, J., Van Der Linden, M., & Rochat, L. (2008). The role of impulsivity in actual and problematic use of the mobile phone. *Applied Cognitive Psychology*, 22(9), 1195–1210. <https://doi.org/10.1002/acp.1429>
- Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., ... & Devins, G. (2004). Mindfulness: A proposed operational definition. *Clinical psychology: Science and practice*, 11(3), 230.
- Black, D. S., Sussman, S., Johnson, C. A., & Milam, J. (2012). Testing the indirect effect of trait mindfulness on adolescent cigarette smoking through negative affect and perceived stress mediators. *Journal of Substance Use*, 17(5–6), 417–429. <https://doi.org/10.3109/14659891.2011.587092>
- Bonnaire, C., & Phan, O. (2017). Relationships between parental attitudes, family functioning and Internet gaming disorder in adolescents attending school. *Psychiatry Research*, 255(May), 104–110. <https://doi.org/10.1016/j.psychres.2017.05.030>
- Bornovalova, M. A., Lejuez, C. W., Daughters, S. B., Rosenthal, M. Z., & Lynch, T. R. (2005). Impulsivity as a common process across borderline personality and substance use disorders. *Clinical Psychology Review*, 25(6), 790–812. <https://doi.org/10.1016/j.cpr.2005.05.005>
- Bowen, S., & Enkema, M. C. (2014). Relationship between dispositional mindfulness and substance use: Findings from a clinical sample. *Addictive Behaviors*, 39(3), 532–537. <https://doi.org/10.1016/j.addbeh.2013.10.026>
- Brockman, R., Ciarrochi, J., Parker, P., & Kashdan, T. (2017). Emotion regulation strategies in daily life: Mindfulness, cognitive reappraisal and emotion suppression. *Cognitive behaviour therapy*, 46(2), 91–113.
- Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being. *Journal of Personality and Social Psychology*, 84(4), 822–848. <https://doi.org/10.1037/0022-3514.84.4.822>
- Brown, K. W., Ryan, R. M., & Creswell, J. D. (2007). Addressing fundamental questions about mindfulness. *Psychological inquiry*, 18(4), 272–281.
- Busch, P. A., & McCarthy, S. (2021). Antecedents and consequences of problematic Smartphone use: A systematic literature review of an emerging research area. *Computers in Human Behavior*, 114, 106414. <https://doi.org/https://doi.org/10.1016/j.chb.2020.106414>
- Butt, S., & Phillips, J. G. (2008). Personality and self reported mobile phone use. *Computers in Human Behavior*, 24(2), 346–360. <https://doi.org/10.1016/j.chb.2007.01.019>
- Byles, J., Byrne, C., Boyle, M. H., & Offord, D. R. (1988). Ontario Child Health Study: Reliability and Validity of the General Functioning Subscale of the McMaster Family Assessment Device. *Family Process*, 27(1), 97–104. <https://doi.org/10.1111/j.1545-5300.1988.00097.x>
- Bylund, A., Årestedt, K., Benzein, E., Thorell, A., & Persson, C. (2016). Assessment of family functioning: evaluation of the General Functioning Scale in a Swedish Bariatric Sample. *Scandinavian Journal of Caring Sciences*, 30(3), 614–622. <https://doi.org/10.1111/scs.12269>
- Camerini, A. L., Gerosa, T., & Marciano, L. (2021). Predicting problematic smartphone use over time in adolescence: A latent class regression analysis of online and offline activities. *New Media and Society*, 23(11), 3229–3248. <https://doi.org/10.1177/1461444820948809>
- Carmody, J., & Baer, R. A. (2009). How long does a mindfulness-based stress reduction program need to be? A review of class contact hours and effect sizes for psychological distress. *Journal of clinical psychology*, 65(6), 627–638.
- Carmody, J., Baer, R. A., LB Lykins, E., & Olendzki, N. (2009). An empirical study of the mechanisms of mindfulness in a mindfulness-based stress reduction program. *Journal of clinical psychology*, 65(6), 613–626.
- Carvalho, L. F., Sette, C. P., & Ferrari, B. L. (2018). Problematic smartphone use relationship with pathological personality traits: Systematic review and meta-analysis. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 12(3).
- Carvalho, C. B., Arroz, A. M., Martins, R., Costa, R., Cordeiro, F., & Cabral, J. M. (2023). “Help Me Control My Impulses!”: Adolescent Impulsivity and Its Negative Individual, Family, Peer, and Community Explanatory Factors. *Journal of Youth and Adolescence*, 1–14.
- Cha, S. S., & Seo, B. K. (2018). Smartphone use and Smartphone addiction in middle school students



- in Korea: Prevalence, social networking service, and game use. *Health psychology open*, 5(1), 2055102918755046.
- Candussi, C. J., Kabir, R., & Sivasubramanian, M. (2023). Problematic smartphone usage, prevalence and patterns among university students: A systematic review. *Journal of Affective Disorders Reports*, 100643.
- Chang, F. C., Chiu, C. H., Chen, P. H., Chiang, J. T., Miao, N. F., Chuang, H. Y., & Liu, S. (2019). Children's use of mobile devices, smartphone addiction and parental mediation in Taiwan. *Computers in Human Behavior*, 93, 25-32.
- Chang, Y. H., Lin, M. P., Hong, F. Y., Hu, W. H., & Wu, Y. W. (2017). Family function, depressive mood and internet addiction among senior high school students. *Bulletin of Educational Psychology*, 48(4), 531–550. <https://doi.org/10.6251/BEP.20160613>
- Chen, C., Li, C., Wang, H., Ou, J. J., Zhou, J. S., & Wang, X. P. (2014). Cognitive behavioral therapy to reduce overt aggression behavior in Chinese young male violent offenders. *Aggressive Behavior*, 40(4), 329–336. <https://doi.org/10.1002/ab.21521>
- Chen, Y. L., Chen, S. H., & Gau, S. S. F. (2015). ADHD and autistic traits, family function, parenting style, and social adjustment for Internet addiction among children and adolescents in Taiwan: A longitudinal study. *Research in Developmental Disabilities*, 39(7), 20–31. <https://doi.org/10.1016/j.ridd.2014.12.025>
- Chen, W. Y., Yan, L., Yuan, Y. R., Zhu, X. W., Zhang, Y. H., & Lian, S. L. (2021). Preference for solitude and Mobile phone addiction among Chinese college students: the mediating role of psychological distress and moderating role of mindfulness. *Frontiers in psychology*, 12, 750511.
- Chen, Y., Zhu, J., Ye, Y., Huang, L., Yang, J., Chen, L., & Zhang, W. (2021). Parental rejection and adolescent problematic mobile phone use: Mediating and moderating roles of school engagement and impulsivity. *Current Psychology*, 40(10), 5166–5174. <https://doi.org/10.1007/s12144-019-00458-9>
- Cocoradă, E., Maican, C. I., Cazan, A. M., & Maican, M. A. (2018). Assessing the smartphone addiction risk and its associations with personality traits among adolescents. *Children and Youth Services Review*, 93, 345-354.
- Choi, S. W., Kim, D. J., Choi, J. S., Ahn, H., Choi, E. J., Song, W. Y., ... & Youn, H. (2015). Comparison of risk and protective factors associated with smartphone addiction and Internet addiction. *Journal of behavioral addictions*, 4(4), 308-314.
- Chu, H. S., Tak, Y. R., & Lee, H. (2020). Exploring psychosocial factors that influence smartphone dependency among Korean adolescents. *PLoS One*, 15(5), e0232968.
- Christopher, M., Ramsey, M., & Antick, J. (2013). The role of dispositional mindfulness in mitigating the impact of stress and impulsivity on alcohol-related problems. *Addiction Research and Theory*, 21(5), 429–434. <https://doi.org/10.3109/16066359.2012.737873>
- Chóliz, M. (2012). Mobile-phone addiction in adolescence: the test of mobile phone dependence (TMD). *Progress in health sciences*, 2(1), 33-44.
- Chóliz, M., & Villanueva, V. (2009, July). Questionnaire of Dependence of Mobile Phone: psychometric properties and gender differences. In *11th European Congress of Psychology* (pp. 7-10).
- Clay, R. A. (2018). *Treating the misuse of digital devices*. Monitor on Psychology. <https://www.apa.org/monitor/2018/11/cover-misuse-digital>
- Clayton, R. B., Leshner, G., & Almond, A. (2015). The extended iSelf: The impact of iPhone separation on cognition, emotion, and physiology. *Journal of computer-mediated communication*, 20(2), 119-135.
- CNBC Indonesia. (2024, 18 Januari). *Kecanduan Ponsel Warga RI Tertinggi Sedunia, Anak-anak Jadi Korban!*. [Video]. YouTube. [https://www.youtube.com/watch?v=fIp\\_4NrU45c](https://www.youtube.com/watch?v=fIp_4NrU45c)
- Cho, H. Y., Kim, D. J., & Park, J. W. (2017). Stress and adult smartphone addiction: Mediation by self-control, neuroticism, and extraversion. *Stress and Health*, 33(5), 624-630.
- Contractor, A. A., Weiss, N. H., Tull, M. T., & Elhai, J. D. (2017). PTSD's relation with problematic smartphone use: Mediating role of impulsivity. *Computers in Human Behavior*, 75, 177-183.
- Corruble, E., Benyamina, A., Bayle, F., Falissard, B., & Hardy, P. (2003). Understanding impulsivity in severe depression? A psychometrical contribution. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 27(5), 829–833. [https://doi.org/10.1016/S0278-5846\(03\)00115-5](https://doi.org/10.1016/S0278-5846(03)00115-5)



- Costa Jr, P. T., McCrae, R. R., & Dye, D. A. (1991). Facet scales for agreeableness and conscientiousness: A revision of the NEO Personality Inventory. *Personality and Individual Differences*, 12(9), 887-898.
- Costa Jr, P. T., & McCrae, R. R. (1995). Domains and facets: Hierarchical personality assessment using the Revised NEO Personality Inventory. *Journal of personality assessment*, 64(1), 21-50.
- Crews, F., He, J., & Hodge, C. (2007). Adolescent cortical development: a critical period of vulnerability for addiction. *Pharmacology Biochemistry and Behavior*, 86(2), 189-199.
- Daruna, J. H., & Barnes, P. A. (1993). A neurodevelopmental view of impulsivity. In W. G. McCown, J. L. Johnson, & M. B. Shure (Eds.), *The impulsive client: Theory, research, and treatment* (pp. 23-37). American Psychological Association.
- Davazdahemami, B., Hammer, B., & Soror, A. (2016, January). Addiction to mobile phone or addiction through mobile phone?. In *2016 49th Hawaii international conference on system sciences (HICSS)* (pp. 1467-1476). IEEE.
- Davie, R., Panting, C., & Charlton, T. (2004). Mobile phone ownership and usage among pre-adolescents. *Telematics and Informatics*, 21(4), 359-373. <https://doi.org/10.1016/j.tele.2004.04.001>
- Demkow-Jania, M., Kopera, M., Trucco, E. M., Kobyliński, P., Klimkiewicz, A., Abramowska, M., ... & Jakubczyk, A. (2021). Substance use disorder status moderates the association between personality traits and problematic mobile phone/internet use. *Journal of clinical medicine*, 10(5), 919.
- Deng, L.F & Zheng, R. (2012). Relationships among family functioning, emotional expression and loneliness in college students. *Stud. Psychol. Behav*, 11 (2), 223-228.
- De Pasquale, C., Sciacca, F & Hichy, Z. (2015). Smartphone Addiction and Dissociative Experience: An investigation in Italian adolescents aged between 14 and 19 years. *Int J Psychol Behav Anal* 1: 109.
- Demirci, K., Akgönül, M., & Akpınar, A. (2015). Relationship of smartphone use severity with sleep quality, depression, and anxiety in university students. *Journal of behavioral addictions*, 4(2), 85-92.
- De-Sola Gutiérrez, J., Rodríguez de Fonseca, F., & Rubio, G. (2016). Cell-phone addiction: A review. *Frontiers in psychiatry*, 7, 175.
- De-Sola, J., Talledo, H., Rubio, G., & de Fonseca, F. R. (2017). Psychological factors and alcohol use in problematic mobile phone use in the Spanish population. *Frontiers in Psychiatry*, 8, 11. <https://doi.org/10.3389/fpsy.2016.00175>.
- De Freitas, B. H. B. M., Gaíva, M. A. M., Bernardino, F. B. S., & Diogo, P. M. J. (2021). Smartphone addiction in adolescents, part 2: Scoping review—prevalence and associated factors. *Trends in Psychology*, 29(1), 12-30.
- DeWalt, D. A., Thissen, D., Stucky, B. D., Langer, M. M., DeWitt, E. M., Irwin, D. E., Lai, J. S., Karin, B. Y., Gross, H. E., Taylor, O., & Varni, J. W. (2013). PROMIS pediatric peer relationships scale: Development of a peer relationships item bank as part of social health measurement. *Health Psychology*, 32(10), 1093-1103. <https://doi.org/10.1037/a0032670>
- De Wit, H. (2009). Impulsivity as a determinant and consequence of drug use: a review of underlying processes. *Addiction biology*, 14(1), 22-31.
- Dihan, F. N. (2010). Ponsel: Antara Kebutuhan Dan E-Lifestyle. *Ponsel: Antara Kebutuhan Dan E-Lifestyle*, 1(semnasIF), E-315. <http://repository.upnyk.ac.id/id/eprint/453>
- Dir, A. L., Cyders, M. A., & Coskunpinar, A. (2013). From the bar to the bed via mobile phone: A first test of the role of problematic alcohol use, sexting, and impulsivity-related traits in sexual hookups. *Computers in Human Behavior*, 29(4), 1664-1670.
- Donovan, J. E., Jessor, R., & Costa, F. M. (1991). Adolescent health behavior and conventionality-unconventionality: An extension of problem-behavior theory. *Health Psychology*, 10(1), 52.
- Ehrenberg, A., Juckes, S., White, K. M., & Walsh, S. P. (2008). Personality and self-esteem as predictors of young people's technology use. *Cyberpsychology and Behavior*, 11(6), 739-741. <https://doi.org/10.1089/cpb.2008.0030>
- Elhai, J. D., & Contractor, A. A. (2018). Examining latent classes of smartphone users: Relations with psychopathology and problematic smartphone use. *Computers in Human Behavior*, 82, 159-166. <https://doi.org/10.1016/j.chb.2018.01.010>



- Elhai, J. D., Dvorak, R. D., Levine, J. C., & Hall, B. J. (2017). Problematic smartphone use: A conceptual overview and systematic review of relations with anxiety and depression psychopathology. In *Journal of Affective Disorders* (Vol. 207, Issue February 2016, pp. 251–259). Elsevier. <https://doi.org/10.1016/j.jad.2016.08.030>
- Elhai, J. D., Hall, B. J., Levine, J. C., & Dvorak, R. D. (2017). Types of smartphone usage and relations with problematic smartphone behaviors: The role of content consumption vs. social smartphone use. *Cyberpsychology*, *11*(2). <https://doi.org/10.5817/CP2017-2-3>
- 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. *Computers in Human Behavior*, *63*, 509-516.
- Elhai, J. D., Levine, J. C., Dvorak, R. D., & Hall, B. J. (2017). Non-social features of smartphone use are most related to depression, anxiety and problematic smartphone use. *Computers in Human Behavior*, *69*, 75–82. <https://doi.org/10.1016/j.chb.2016.12.023>
- Elhai, J. D., Levine, J. C., & Hall, B. J. (2019). The relationship between anxiety symptom severity and problematic smartphone use: A review of the literature and conceptual frameworks. *Journal of Anxiety Disorders*, *62*(November 2018), 45–52. <https://doi.org/10.1016/j.janxdis.2018.11.005>
- Elhai, J. D., Levine, J. C., O'Brien, K. D., & Armour, C. (2018). Distress tolerance and mindfulness mediate relations between depression and anxiety sensitivity with problematic smartphone use. *Computers in Human Behavior*, *84*, 477–484. <https://doi.org/10.1016/j.chb.2018.03.026>
- Elhai, J. D., Rozgonjuk, D., Yildirim, C., Alghraibeh, A. M., & Alafnan, A. A. (2019). Worry and anger are associated with latent classes of problematic smartphone use severity among college students. *Journal of Affective Disorders*, *246*, 209–216. <https://doi.org/10.1016/j.jad.2018.12.047>
- Elhai, J. D., Vasquez, J. K., Lustgarten, S. D., Levine, J. C., & Hall, B. J. (2018). Proneness to boredom mediates relationships between problematic smartphone use with depression and anxiety severity. *Social Science Computer Review*, *36*(6), 707-720.
- Ellis, D. A. (2020). Smartphones within Psychological Science. In *Smartphones within Psychological Science*. <https://doi.org/10.1017/9781108671408>
- Emirtekin, E., Balta, S., Sural, İ., Kircaburun, K., Griffiths, M. D., & Billieux, J. (2019). The role of childhood emotional maltreatment and body image dissatisfaction in problematic smartphone use among adolescents. *Psychiatry Research*, *271*, 634-639.
- Enez Darcin, A., Kose, S., Noyan, C. O., Nurmedov, S., Yılmaz, O., & Dilbaz, N. (2016). Smartphone addiction and its relationship with social anxiety and loneliness. *Behaviour and Information Technology*, *35*(7), 520–525. <https://doi.org/10.1080/0144929X.2016.1158319>
- Epstein, N. B., Baldwin, L. M., & Bishop, D. S. (1983). THE McMASTER FAMILY ASSESSMENT DEVICE. *Journal of Marital and Family Therapy*, *9*(2), 171–180. <https://doi.org/10.1111/j.1752-0606.1983.tb01497.x>
- Epstein, N. B., Bishop, D. S., & Levin, S. (1978). The McMaster Model of Family Functioning. *Journal of Marital and Family Therapy*, *4*(4), 19–31. <https://doi.org/10.1111/j.1752-0606.1978.tb00537.x>
- Erdem, E., & Sezer Efe, Y. (2021). The smartphone addiction, peer relationships and loneliness in adolescents. *Encephale*. <https://doi.org/10.1016/j.encep.2021.06.009>
- Erdem, C., & Uzun, A. M. (2022). Smartphone addiction among undergraduates: Roles of personality traits and demographic factors. *Technology, Knowledge and Learning*, *27*(2), 579-597.
- Enez Darcin, A., Kose, S., Noyan, C. O., Nurmedov, S., Yılmaz, O., & Dilbaz, N. (2016). Smartphone addiction and its relationship with social anxiety and loneliness. *Behaviour & Information Technology*, *35*(7), 520-525.
- Extremera, N., Quintana-Orts, C., Sánchez-álvarez, N., & Rey, L. (2019). The role of cognitive emotion regulation strategies on problematic smartphone use: Comparison between problematic and non-problematic adolescent users. *International Journal of Environmental Research and Public Health*, *16*(17). <https://doi.org/10.3390/ijerph16173142>
- Eyal, N. (2014). Hooked: How to build habit-forming products. *Penguin*.
- Evenden, J. L. (1999). Varieties of impulsivity. *Psychopharmacology*, *146*(4), 348-361.
- Eysenck, H. J. (1991). Dimensions of personality: The biosocial approach to personality. In *Explorations in temperament: International perspectives on theory and measurement* (pp. 87-



- 103). Boston, MA: Springer US.
- Fargues, M. B., Lusar, A. C., Jordania, C. G., & Sánchez, X. C. (2009). Validation of two brief scales for Internet addiction and mobile phone problem use. *Psicothema*, 21(3), 480-485.
- Feck, S., & Houston, R. (2021). *Associations between Cannabis Use Characteristics, Impulsivity, and Mindfulness*. <https://doi.org/10.26828/cannabis.2021.01.000.37>
- Ferdinand, A. (2000). *Structural equation modelling dalam penelitian manajemen*. Semarang: Penerbit Universitas Diponegoro.
- Fernandez, A. C., Wood, M. D., Stein, L. A. R., & Rossi, J. S. (2010). Measuring Mindfulness and Examining its Relationship With Alcohol Use and Negative Consequences. *Psychology of Addictive Behaviors*, 24(4), 608–616. <https://doi.org/10.1037/a0021742>
- Fetterman, A. K., Robinson, M. D., Ode, S., & Gordon, K. H. (2010). Neuroticism as a risk factor for behavioral dysregulation: A mindfulness-mediation perspective. *Journal of Social and Clinical Psychology*, 29(3), 301–321. <https://doi.org/10.1521/jscp.2010.29.3.301>
- Field, M., & Cox, W. M. (2008). Attentional bias in addictive behaviors: a review of its development, causes, and consequences. *Drug and alcohol dependence*, 97(1-2), 1-20.
- Fırat, S., Gül, H., Sertçelik, M., Gül, A., Gürel, Y., & Kılıç, B. G. (2018). The relationship between problematic smartphone use and psychiatric symptoms among adolescents who applied to psychiatry clinics. *Psychiatry Research*, 270, 97-103.
- Fischer-Grote, L., Kothgassner, O. D., & Felnhöfer, A. (2019). Risk factors for problematic smartphone use in children and adolescents: a review of existing literature. *Neuropsychiatrie*, 33(4), 179–190. <https://doi.org/10.1007/s40211-019-00319-8>
- Fornell, C., & Larcker, D. F. (1981). Evaluating structural equation models with unobservable variables and measurement error. *Journal of marketing research*, 18(1), 39-50.
- Fourisanalistyawati, E., Grasiawaty, N., & Uswatunnisa, A. (2018). Confirmatory Factor Analysis of Mindful Attention Awareness Scale in Young Indonesian. *Seminar Nasional Pascasarjana "To Build Smart and Happy Generation."*
- Fristad, M. A. (1989). A Comparison Of The Mcmaster And Circumplex Family Assessment Instruments. *Journal of Marital and Family Therapy*, 15(3), 259–269. <https://doi.org/10.1111/j.1752-0606.1989.tb00808.x>
- Gallimberti, L., Buja, A., Chindamo, S., Terraneo, A., Marini, E., Rabensteiner, A., ... & Baldo, V. (2016). Problematic cell phone use for text messaging and substance abuse in early adolescence (11-to 13-year-olds). *European journal of pediatrics*, 175, 355-364.
- Gao, L., Zhai, S., Xie, H., Liu, Q., Niu, G., & Zhou, Z. (2020). Big five personality traits and problematic mobile phone use: A meta-analytic review. *Current Psychology*, 1-18.
- Gao, Q., Zheng, H., Sun, R., & Lu, S. (2022). Parent-adolescent relationships, peer relationships, and adolescent mobile phone addiction: The mediating role of psychological needs satisfaction. *Addictive Behaviors*, 129(December 2021), 107260. <https://doi.org/10.1016/j.addbeh.2022.107260>
- Gau, S. S. F., Lai, M. C., Chiu, Y. N., Liu, C. T., Lee, M. B., & Hwu, H. G. (2009). Individual and family correlates for cigarette smoking among Taiwanese college students. *Comprehensive psychiatry*, 50(3), 276-285.
- Gentina, E., & Rowe, F. (2020). Effects of materialism on problematic smartphone dependency among adolescents: The role of gender and gratifications. *International Journal of Information Management*, 54(November 2019). <https://doi.org/10.1016/j.ijinfomgt.2020.102134>
- Georgiou, S. N., Charalambous, K., & Stavrinides, P. (2020). Mindfulness, impulsivity, and moral disengagement as parameters of bullying and victimization at school. *Aggressive Behavior*, 46(1), 107–115. <https://doi.org/10.1002/ab.21876>
- Germer, C., Siegel, R. D., & Fulton, P. R. (Eds.). (2016). *Mindfulness and psychotherapy*. Guilford Publications.
- Geser, H. (2006). Is the Cell Phone Undermining the Social Order?: Understanding Mobile Technology from a Sociological Perspective. In *Knowledge, Technology and Policy* (Vol. 19, Issue 1, pp. 8–18). Springer Netherlands. <https://doi.org/10.1007/S12130-006-1010-X>
- Ghozali, I. (2014). *Structural Equation Modeling, Metode Alternatif dengan Partial Least Square (PLS)*. Edisi 4. Semarang: Badan Penerbit Universitas Diponegoro.
- Goldberg, L. R. (1992). The development of markers for the Big-Five factor structure. *Psychological*



- Gollwitzer, P. M. (1999). Implementation intentions: strong effects of simple plans. *American psychologist*, 54(7), 493.
- Grant, J. E., Lust, K., & Chamberlain, S. R. (2019). Problematic smartphone use associated with greater alcohol consumption, mental health issues, poorer academic performance, and impulsivity. *Journal of Behavioral Addictions*, 8(2), 335–342. <https://doi.org/10.1556/2006.8.2019.32>
- Gutiérrez, J. D. S., de Fonseca, F. R., & Rubio, G. (2016). Cell-phone addiction: A review. *Frontiers in Psychiatry*, 7(OCT). <https://doi.org/10.3389/fpsyt.2016.00175>
- Ha, J. H., Chin, B., Park, D. H., Ryu, S. H., & Yu, J. (2008). Characteristics of excessive cellular phone use in Korean adolescents. *Cyber Psychology & Behavior*, 11(6), 783-784.
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate Data Analysis* (8th ed.). Cengage.
- Hall, J. A., & Baym, N. K. (2012). Calling and texting (too much): Mobile maintenance expectations, (over)dependence, entrapment, and friendship satisfaction. *New Media and Society*, 14(2), 316–331. <https://doi.org/10.1177/1461444811415047>
- Hanafi, E., Siste, K., Wiguna, T., Kusumadewi, I., & Nasrun, M. W. (2019). Temperament profile and its association with the vulnerability to smartphone addiction of medical students in Indonesia. *PLoS ONE*, 14(7), 1–12. <https://doi.org/10.1371/journal.pone.0212244>
- Hao, Z., & Jin, L. (2020). Alexithymia and problematic mobile phone use: a moderated mediation model. *Frontiers in Psychology*, 11, 541507.
- Hadlington, L. J. (2015). Cognitive failures in daily life: Exploring the link with Internet addiction and problematic mobile phone use. *Computers in Human Behavior*, 51, 75-81.
- Harris, B., Regan, T., Schueler, J., & Fields, S. A. (2020). Problematic mobile phone and smartphone use scales: A systematic review. *Frontiers in psychology*, 11, 672.
- Hartanto, A., & Yang, H. (2016). Is the smartphone a smart choice? The effect of smartphone separation on executive functions. *Computers in human behavior*, 64, 329-336.
- Harwood, J., Dooley, J. J., Scott, A. J., & Joiner, R. (2014). Constantly connected—The effects of smart-devices on mental health. *Computers in Human Behavior*, 34, 267–272. <https://doi.org/10.1016/j.chb.2014.02.006>.
- Hassanzadeh, R., & Rezaei, A. (2011). Effect of sex, course and age on SMS addiction in students. *Middle-East Journal of Scientific Research*, 10(5), 619-625.
- Haug, S., Castro, R. P., Kwon, M., Filler, A., Kowatsch, T., & Schaub, M. P. (2015). Smartphone use and smartphone addiction among young people in Switzerland. *Journal of behavioral addictions*, 4(4), 299-307.
- Hawi, N. S., & Samaha, M. (2017). Relationships among smartphone addiction, anxiety, and family relations. *Behaviour and Information Technology*, 36(10), 1046-1052.
- Hendrastomo, G. (2008). Representasi telepon seluler dalam relasi sosial. *Jurnal Socia*, Vol5, (2).
- Hendriyani, Hollander, E., d’Haenens, L., & Beentjes, J. W. J. (2012). Children’s media use in Indonesia. *Asian Journal of Communication*, 22(3), 304–319. <https://doi.org/10.1080/01292986.2012.662514>
- Henseler, J., Ringle, C. M., & Sarstedt, M. (2015). A new criterion for assessing discriminant validity in variance-based structural equation modeling. *Journal of the academy of marketing science*, 43, 115-135.
- Herman, A. M., Critchley, H. D., & Duka, T. (2018). Risk-taking and impulsivity: The role of mood states and interoception. *Frontiers in psychology*, 9, 1625.
- Herrero, J., Torres, A., Vivas, P., & Urueña, A. (2019). Smartphone addiction and social support: A three-year longitudinal study. *Psychosocial Intervention*, 28(3), 111-118.
- Herrero, J., Torres, A., Vivas, P., & Urueña, A. (2021). Technological addiction in context: The influence of perceived neighborhood social disorder on the extensive use and addiction to the smartphone. *Social Science Computer Review*, 39(6), 1108-1120.
- Herrero, J., Torres, A., Vivas, P., Arenas, Á. E., & Urueña, A. (2022). Examining the empirical links between digital social pressure, personality, psychological distress, social support, users’ residential living conditions, and smartphone addiction. *Social Science Computer Review*, 40(5), 1153-1170.



- Hirst, R., Sodos, L., Gade, S., & Rathke, L. (2017). Motivation in Chronic Cannabis Use. In *Handbook of Cannabis and Related Pathologies: Biology, Pharmacology, Diagnosis, and Treatment*. Elsevier Inc. <https://doi.org/10.1016/B978-0-12-800756-3.00034-X>
- Hofmann, W., Friese, M., & Wiers, R. W. (2008). Impulsive versus reflective influences on health behavior: A theoretical framework and empirical review. *Health psychology review*, 2(2), 111-137.
- Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of consulting and clinical psychology*, 78(2), 169.
- Holas, P., & Jankowski, T. (2013). A cognitive perspective on mindfulness. *International Journal of Psychology*, 48(3), 232-243.
- Hollander, E., Baker, B. R., Kahn, J., & Stein, D. J. (2006). Conceptualizing and assessing impulse-control disorders. *Clinical manual of impulse-control disorders*, 1-18.
- Hölzel, B. K., Lazar, S. W., Gard, T., Schuman-Olivier, Z., Vago, D. R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on psychological science*, 6(6), 537-559.
- Hong, F. Y., Chiu, S. I., & Huang, D. H. (2012). A model of the relationship between psychological characteristics, mobile phone addiction and use of mobile phones by Taiwanese university female students. *Computers in human behavior*, 28(6), 2152-2159.
- Hong, W., Liu, R.-D., Oei, T.-P., Zhen, R., Jiang, S., & Sheng, X. (2019). The mediating and moderating roles of social anxiety and relatedness need satisfaction on the relationship between shyness and problematic mobile phone use among adolescents. *Computers in Human Behavior*, 93, 301–308. <https://doi.org/10.1016/j.chb.2018.12.020>.
- Horwood, S., & Anglim, J. (2018). Personality and problematic smartphone use: A facet-level analysis using the Five Factor Model and HEXACO frameworks. *Computers in Human Behavior*, 85, 349-359.
- Horwood, S., & Anglim, J. (2021). Emotion regulation difficulties, personality, and problematic smartphone use. *Cyberpsychology, Behavior, and Social Networking*, 24(4), 275-281.
- Houben, K., Wiers, R. W., & Jansen, A. (2011). Getting a grip on drinking behavior: training working memory to reduce alcohol abuse. *Psychological science*, 22(7), 968-975.
- Houghton, S., Hunter, S. C., Rosenberg, M., Wood, L., Zadow, C., Martin, K., & Shilton, T. (2015). Virtually impossible: limiting Australian children and adolescents daily screen based media use. *BMC public health*, 15, 1-11.
- Huang, L., Zhang, J., Duan, W., & He, L. (2021). Peer relationship increasing the risk of social media addiction among Chinese adolescents who have negative emotions. *Current Psychology*. <https://doi.org/10.1007/s12144-021-01997-w>
- Hudson, W. W., Nurius, P. S., Daley, J. G., & Newsome, R. D. (1990). A short-form scale to measure peer relations dysfunction. *Journal of Social Service Research*, 13(4), 57–69. [https://doi.org/10.1300/J079v13n04\\_04](https://doi.org/10.1300/J079v13n04_04)
- Hussain, Z., Griffiths, M. D., & Sheffield, D. (2017). An investigation into problematic smartphone use: The role of narcissism, anxiety, and personality factors. *Journal of Behavioral Addictions*, 6(3), 378–386. <https://doi.org/10.1556/2006.6.2017.052>
- Hwang, Y., & Park, N. (2017). Is smartphone addiction comparable between adolescents and adults? Examination of the degree of smartphone use, type of smartphone activities, and addiction levels among adolescents and adults. Examination of the Degree of Smartphone Use, Type of Smartphone Activities, and Addiction Levels Among Adolescents and Adults (June 30, 2017). *International Telecommunications Policy Review*, 24(2).
- Idayati, R. (2011). Pengaruh Radiasi Handphone Terhadap Kesehatan. *Jurnal Kedokteran Syiah Kuala*, 11(2), 115-120.
- Igarashi, T., Motoyoshi, T., Takai, J., & Yoshida, T. (2008). No mobile, no life: Self-perception and text-message dependency among Japanese high school students. *Computers in Human Behavior*, 24(5), 2311–2324. <https://doi.org/10.1016/j.chb.2007.12.001>
- Ioannidis, K., Hook, R., Wickham, K., Grant, J. E., & Chamberlain, S. R. (2019). Impulsivity in gambling disorder and problem gambling: A meta-analysis. *Neuropsychopharmacology*, 44(8), 1354-1361.



- Jang, S.-H. (2019). The Relationship Between the Peer Relationships and Smart Phone Addiction: Self-Control as a Mediating Variable. *The Korean Society for Child Education*, 28(2), 167–179. <https://doi.org/10.17643/kjce.2019.28.2.10>
- Jarvenpaa, Sirkka L., Lang, K. R., & Lang, K. R. (2005). Managing the Paradoxes of Mobile Technology. In *Information Systems Management* (Vol. 22, Issue 4, pp. 7–23). Taylor and Francis Group. <https://doi.org/10.1201/1078.10580530/45520.22.4.20050901/90026.2>
- Jenaro, C., Flores, N., Gómez-Vela, M., González-Gil, F., & Caballo, C. (2007). Problematic internet and cell-phone use: Psychological, behavioral, and health correlates. *Addiction research & theory*, 15(3), 309-320.
- Jeong, S. H., Kim, H. J., Yum, J. Y., & Hwang, Y. (2016). What type of content are smartphone users addicted to? SNS vs. games. *Computers in Human Behavior*, 54, 10–17. <https://doi.org/10.1016/j.chb.2015.07.035>
- Jessor, R. (1992). Risk behavior in adolescence: A psychosocial framework for understanding and action. *Developmental review*, 12(4), 374-390.
- Jessor, R. (2014). Problem behavior theory: A half-century of research on adolescent behavior and development. *The Developmental Science of Adolescence: History through Autobiography*, 239–256.
- Jessor, R., Graves, T. D., & Hanson, R. C. (1968). Society, personality, and deviant behavior: A study of a tri-ethnic community.
- Jessor, R., & Jessor, S. L. (2017). *Problem behavior theory and adolescent health*. Cham, Switzerland: Springer.
- Jha, A. P., Krompinger, J., & Baime, M. J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive, Affective, & Behavioral Neuroscience*, 7(2), 109-119.
- Jia, J., Li, D., Li, X., Zhou, Y., Wang, Y., & Sun, W. (2017). Psychological security and deviant peer affiliation as mediators between teacher-student relationship and adolescent Internet addiction. *Computers in Human Behavior*, 73, 345–352. <https://doi.org/10.1016/j.chb.2017.03.063>
- Jilisha, G., Venkatachalam, J., Menon, V., & Olickal, J. J. (2019). Nomophobia: A mixed-methods study on prevalence, associated factors, and perception among college students in Puducherry, India. *Indian journal of psychological medicine*, 41(6), 541-548.
- Jimeno, M. V., Ricarte, J. J., Toledano, A., Mangialavori, S., Cacioppo, M., & Ros, L. (2022). Role of Attachment and Family Functioning in Problematic Smartphone Use in Young Adults. *Journal of Family Issues*, 43(2), 375–391. <https://doi.org/10.1177/0192513X21993881>
- Jo, J., & Bang, K. S. (2022). The effect of peer relationship enhancement programs on the prevention of smartphone addiction among late school-age children in South Korea. *Journal of Pediatric Nursing*, 63, e127–e135. <https://doi.org/10.1016/j.pedn.2021.09.025>
- John, O. P. (1990). The "Big Five" factor taxonomy: Dimensions of personality in the natural language and in questionnaires. In *Handbook of personality: Theory and research*.
- Johnson, M. K., & Hirst, W. (1991). Processing subsystems of memory.
- Johnson, S. J., & Moore, T. M. (2020). The Role of Impulsivity and Stress Mind-Set in Understanding the Mindfulness–Intimate Partner Aggression Relationship. *Journal of Interpersonal Violence*, 37(1–2), NP571–NP593. <https://doi.org/10.1177/0886260520917506>
- Jun, S. (2016). The reciprocal longitudinal relationships between mobile phone addiction and depressive symptoms among Korean adolescents. *Computers in Human Behavior*, 58, 179–186. <https://doi.org/10.1016/j.chb.2015.12.061>
- Kabat-Zinn, J. (2003). *Mindfulness-based interventions in context: past, present, and future*.
- Kabat-Zinn, J., & Hanh, T. N. (2013). Full catastrophe living (revised edition): using the wisdom of your body and mind to face stress. *Pain, and Illness*. Bantam, New York
- Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of behavioral medicine*, 8, 163-190.
- Kanwil Kemenag, 2018. Siswa Tidak Boleh Bawa HP ke Sekolah, Ini Solusinya. <https://kalteng.kemenag.go.id/kanwil/berita/497293/Siswa-Tidak-Boleh-Bawa-HP-ke-Sekolah-Ini-Solusinya>. Diakses 27 Agustus 2018
- Khang, H., Kim, J. K., & Kim, Y. (2013). Self-traits and motivations as antecedents of digital media flow and addiction: The Internet, mobile phones, and video games. *Computers in human behavior*, 29(6), 2416-2424.



- Kardelert-Winther, D., Heeren, A., Schimmenti, A., Van Rooij, A., Maurage, P., Carras, M., ... & Billieux, J. (2017). How can we conceptualize behavioural addiction without pathologizing common behaviours?. *Addiction*, 112(10), 1709-1715.
- Karuniawan, A., & Cahyanti, I. Y. (2013). Hubungan antara academic stress dengan smartphone addiction pada mahasiswa pengguna smartphone. *Jurnal psikologi klinis dan kesehatan mental*, 2(1), 16-21.
- Karyadi, K. A., & Cyders, M. A. (2015). Elucidating the Association Between Trait Mindfulness and Alcohol Use Behaviors Among College Students. *Mindfulness*, 6(6), 1242–1249. <https://doi.org/10.1007/s12671-015-0386-7>
- Karyadi, K. A., VanderVeen, J. D., & Cyders, M. A. (2014). A meta-analysis of the relationship between trait mindfulness and substance use behaviors. *Drug and Alcohol Dependence*, 143(1), 1–10. <https://doi.org/10.1016/j.drugalcdep.2014.07.014>
- Kim, J.-H. (2018a). Psychological issues and problematic use of smartphone: ADHD's moderating role in the associations among loneliness, need for social assurance, need for immediate connection, and problematic use of smartphone. *Computers in Human Behavior*, 80, 390–398. <https://doi.org/10.1016/j.chb.2017.11.025>
- Kim, J. Y. (2018b). Relationships between smartphone addiction and impulsivity, depression, and intention to use smartphones among college students: Mediating effect of parent- adolescent communication. *Medico-Legal Update*, 18(1), 308–314. <https://doi.org/10.5958/0974-1283.2018.00063.4>
- Kim, E., Cho, I., & Kim, E. J. (2017). Structural equation model of smartphone addiction based on adult attachment theory: Mediating effects of loneliness and depression. *Asian nursing research*, 11(2), 92-97.
- Kim, E., & Koh, E. (2018). Avoidant attachment and smartphone addiction in college students: The mediating effects of anxiety and self-esteem. *Computers in Human Behavior*, 84, 264-271.
- Kim, H. J., Min, J. Y., Kim, H. J., & Min, K. B. (2017). Accident risk associated with smartphone addiction: A study on university students in Korea. *Journal of behavioral addictions*, 6(4), 699-707.
- Kim, Yejin, Jeong, J. E., Cho, H., Jung, D. J., Kwak, M., Rho, M. J., Yu, H., Kim, D. J., & Choi, I. Y. (2016). Personality factors predicting smartphone addiction predisposition: Behavioral Inhibition and Activation Systems, Impulsivity, and Self-Control. *PLoS ONE*, 11(8). <https://doi.org/10.1371/journal.pone.0159788>
- Kim, Yeolib, Briley, D. A., & Ocepek, M. G. (2015). Differential innovation of smartphone and application use by sociodemographics and personality. *Computers in Human Behavior*, 44, 141–147. <https://doi.org/10.1016/j.chb.2014.11.059>
- Kline, R. B. (2005). *Principles and practices of Structural Equation Modeling* (2<sup>nd</sup> ed.). The Guilford Press.
- Ko, J.-S. (2014). Mediating Effect of Adolescents' Smart-Phone Addiction in the Relationship between Family Function and School Adjustment Resilience. *The Journal of the Korea Contents Association*, 14(6), 140–151. <https://doi.org/10.5392/jkca.2014.14.06.140>
- Kogoya, D. (2015). Dampak Penggunaan Handphone Pada Masyarakat Studi Pada Masyarakat Desa Piungun Kecamatan Gamelia Kabupaten Lanny Jaya Papua. *Jurnal Acta Diurna*, 4(4).
- Kominfo. (2018). Pemerintah Kaji Aturan Batasi Pemakaian Smartphone di Sekolah. [https://www.kominfo.go.id/content/detail/15067/pemerintah-kaji-aturan-batasi-pemakaian-smartphone-di-sekolah/0/sorotan\\_media](https://www.kominfo.go.id/content/detail/15067/pemerintah-kaji-aturan-batasi-pemakaian-smartphone-di-sekolah/0/sorotan_media). Diakses tanggal 25 Oktober 2018.
- Kompasiana. (2016). Menteri Yohana Buat Aturan Larangan Siswa Membawa HP, Apa Dampaknya? [https://www.kompasiana.com/dewiwiddie/menteri-yohana-buat-aturan-larangan-siswa-membawa-hp-apa-dampaknya\\_56c0db001bafbd020d803f03](https://www.kompasiana.com/dewiwiddie/menteri-yohana-buat-aturan-larangan-siswa-membawa-hp-apa-dampaknya_56c0db001bafbd020d803f03), diakses tanggal 21 Februari 2018.
- Kosslyn, S. M., & Rosenberg, R. S. (2005). Fundamentals of psychology: The brain, the person, the world. *Pearson Education New Zealand*.
- Kruger, D. J., & Djerf, J. M. (2017). Bad vibrations? Cell phone dependency predicts phantom communication experiences. *Computers in Human Behavior*, 70, 360–364. <https://doi.org/10.1016/j.chb.2017.01.017>
- Kurniawan, I. G. Y., Rustika, I. M., & Aryani, L. N. (2016). Uji validitas dan reliabilitas modifikasi smartphone addiction scale versi Bahasa Indonesia. *Medicina*, 47(3), 1–9.



- Kuss, D. J., Van Rooij, A. J., Shorter, G. W., Griffiths, M. D., & van de Mheen, D. (2013). Internet addiction in adolescents: Prevalence and risk factors. *Computers in Human Behavior*, 29(5), 1987-1996.
- Kwak, J. Y., Kim, J. Y., & Yoon, Y. W. (2018). Effect of parental neglect on smartphone addiction in adolescents in South Korea. *Child abuse & neglect*, 77, 75-84.
- Kwon, M., Kim, D. J., Cho, H., & Yang, S. (2013). The smartphone addiction scale: Development and validation of a short version for adolescents. *PLoS ONE*, 8(12).  
<https://doi.org/10.1371/journal.pone.0083558>
- Kwon, M., Lee, J. Y., Won, W. Y., Park, J. W., Min, J. A., Hahn, C., ... & Kim, D. J. (2013). Development and validation of a smartphone addiction scale (SAS). *PloS one*, 8(2), e56936.
- Kwon, H. E., So, H., Han, S. P., & Oh, W. (2016). Excessive dependence on mobile social apps: A rational addiction perspective. *Information Systems Research*, 27(4), 919-939.
- Lachmann, B., Duke, É., Sariyska, R., & Montag, C. (2019). Who's addicted to the smartphone and/or the internet? *Psychology of Popular Media Culture*, 8(3), 182-189.  
<https://doi.org/10.1037/ppm0000172>
- Lane, W., & Manner, C. (2011). The impact of personality traits on smartphone ownership and use. *International Journal of Business and Social ...*, 2(17), 22-28.  
[http://www.ijbssnet.com/journals/Vol\\_2\\_No\\_17/4.pdf](http://www.ijbssnet.com/journals/Vol_2_No_17/4.pdf)
- Lapointe, L., Boudreau-Pinsonneault, C., & Vaghefi, I. (2013, January). Is smartphone usage truly smart? A qualitative investigation of IT addictive behaviors. In 2013 46th *Hawaii international conference on system sciences* (pp. 1063-1072). IEEE.
- Laramie, D. J. (2007). Emotional and behavioral aspects of mobile phone use. In *Dissertation Abstracts International: Section B: The Sciences and Engineering*. search.proquest.com.  
[http://ezaccess.libraries.psu.edu/login?url=http://search.proquest.com/docview/622048949?accountid=13158%5Cnhttp://sk8es4mc2l.search.serialssolutions.com/?ctx\\_ver=Z39.88-2004danctx\\_enc=info:ofi/enc:UTF-8danrfr\\_id=info:sid/PsycINFOdanrft\\_val\\_fmt=info:ofi/fmt:kev](http://ezaccess.libraries.psu.edu/login?url=http://search.proquest.com/docview/622048949?accountid=13158%5Cnhttp://sk8es4mc2l.search.serialssolutions.com/?ctx_ver=Z39.88-2004danctx_enc=info:ofi/enc:UTF-8danrfr_id=info:sid/PsycINFOdanrft_val_fmt=info:ofi/fmt:kev)
- Lattimore, P., Fisher, N., & Malinowski, P. (2011). A cross-sectional investigation of trait disinhibition and its association with mindfulness and impulsivity. *Appetite*, 56(2), 241-248.  
<https://doi.org/10.1016/j.appet.2010.12.007>
- Lee, C., & Lee, S. J. (2017). Prevalence and predictors of smartphone addiction proneness among Korean adolescents. *Children and Youth Services Review*.
- Lee, E. B. (2015). Too much information: Heavy smartphone and Facebook utilization by African American young adults. *Journal of Black Studies*, 46(1), 44-61.
- Lee, E. J., & Ogbolu, Y. (2018). Does Parental Control Work with Smartphone Addiction?: A Cross-Sectional Study of Children in South Korea. *Journal of Addictions Nursing*, 29(2), 128-138.  
<https://doi.org/10.1097/JAN.0000000000000222>
- Lee, H. N., & Kim, J. H. (2018). A Structural Equation Model on Korean Adolescents' Excessive Use of Smartphones. *Asian Nursing Research*, 12(2), 91-98.  
<https://doi.org/10.1016/j.anr.2018.03.002>
- Lee, H., Kim, J. W., & Choi, T. Y. (2017). Risk factors for smartphone addiction in Korean adolescents: smartphone use patterns. *Journal of Korean medical science*, 32(10), 1674-1679.
- Lee, H., Seo, M. J., & Choi, T. Y. (2016). The effect of home-based daily journal writing in Korean adolescents with smartphone addiction. *Journal of Korean medical science*, 31(5), 764-769.
- Lee, J. J., Sung, M. J., Song, S. H., Lee, Y. M., Lee, J. J., Cho, S. M., Park, M. K., & Shin, Y. M. (2018). Psychological Factors Associated With Smartphone Addiction in South Korean Adolescents. *Journal of Early Adolescence*, 38(3), 288-302.  
<https://doi.org/10.1177/0272431616670751>
- Lee, J. Y., Chung, Y. C., Kim, S. Y., Kim, J. M., Shin, I. S., Yoon, J. S., & Kim, S. W. (2019). Problematic smartphone use and related factors in young patients with schizophrenia. *Asia-Pacific Psychiatry*, 11(3), e12357.
- Lee, K. E., Kim, S. H., Ha, T. Y., Yoo, Y. M., Han, J. J., Jung, J. H., & Jang, J. Y. (2016). Dependency on smartphone use and its association with anxiety in Korea. *Public Health Reports*, 131(3), 411-419. <https://doi.org/10.1177/003335491613100307>



- Lee, S. H., Lee, S. Y., Kim, E. J., & Oh, S. K. (2000). Adolescent internet addiction and an education of children. *Seoul: Samsung Life Public Welfare Foundation*, 1.
- Lee, Y. K., Chang, C. T., Lin, Y., & Cheng, Z. H. (2014). The dark side of smartphone usage: Psychological traits, compulsive behavior and technostress. *Computers in human behavior*, 31, 373-383.
- Lepp, A., Li, J., & Barkley, J. E. (2016). College students' cell phone use and attachment to parents and peers. *Computers in Human Behavior*, 64, 401-408.
- Lepp, A., Barkley, J. E., & Karpinski, A. C. (2014). The relationship between cell phone use, academic performance, anxiety, and satisfaction with life in college students. *Computers in human behavior*, 31, 343-350.
- Leung, L. (2008). Linking psychological attributes to addiction and improper use of the mobile phone among adolescents in Hong Kong. *Journal of children and media*, 2(2), 93-113.
- Leung, L., & Wei, R. (2000). More than just talk on the move: Uses and gratifications of the cellular phone. *Journalism and Mass Communication Quarterly*, 77(2), 308-320. <https://doi.org/10.1177/107769900007700206>
- Levenson, J. C., Shensa, A., Sidani, J. E., Colditz, J. B., & Primack, B. A. (2016). The association between social media use and sleep disturbance among young adults. *Preventive medicine*, 85, 36-41.
- Li, X., & Hao, C. (2019). The relationship between parental attachment and mobile phone dependence among Chinese rural adolescents: The role of alexithymia and mindfulness. *Frontiers in psychology*, 10, 598.
- Li, Y., Li, G., Liu, L., & Wu, H. (2020). Correlations between mobile phone addiction and anxiety, depression, impulsivity, and poor sleep quality among college students: A systematic review and meta-analysis. *Journal of behavioral addictions*, 9(3), 551-571.
- Lian, L. (2018). Alienation as Mediator and Moderator of the Relationship Between Virtues and Smartphone Addiction Among Chinese University Students. *International Journal of Mental Health and Addiction*, 16(5), 1208-1218. <https://doi.org/10.1007/s11469-017-9842-z>
- Lian, L., & You, X. (2017). Specific Virtues as Predictors of Smartphone Addiction among Chinese Undergraduates. *Current Psychology*, 36(2), 376-384. <https://doi.org/10.1007/s12144-017-9612-x>
- Lian, L., You, X., Huang, J., & Yang, R. (2016). Who overuses Smartphones? Roles of virtues and parenting style in Smartphone addiction among Chinese college students. *Computers in Human Behavior*, 65, 92-99. <https://doi.org/10.1016/j.chb.2016.08.027>
- Lin, Y. H. C., Lin, Y. H. C., Lee, Y. H., Lin, P. H., Lin, S. H., Chang, L. R., Tseng, H. W., Yen, L. Y., Yang, C. C. H., & Kuo, T. B. J. (2015). Time distortion associated with smartphone addiction: Identifying smartphone addiction via a mobile application (App). *Journal of Psychiatric Research*, 65, 139-145. <https://doi.org/10.1016/j.jpsychires.2015.04.003>
- Lin, Y. H., Pan, Y. C., Lin, S. H., & Chen, S. H. (2016). Development of short-form and screening cutoff point of the Smartphone Addiction Inventory (SPAI-SF). *International journal of methods in psychiatric research*, 26(2), e1525.
- Ling, R., & Yttri, B. (2002). Hyper-coordination via mobile phones in Norway. In *Perpet al., contact: mobile communication; private talk; public performance* (pp. 139-169).
- Liu, C. H., Lin, S. H., Pan, Y. C., & Lin, Y. H. (2016). Smartphone gaming and frequent use pattern associated with smartphone addiction. *Medicine*, 95(28).
- Liu, R. De, Hong, W., Ding, Y., Oei, T. P., Zhen, R., Jiang, S., & Liu, J. (2019). Psychological distress and problematic mobile phone use among adolescents: The mediating role of maladaptive cognitions and the moderating role of effortful control. *Frontiers in Psychology*, 10(JULY). <https://doi.org/10.3389/fpsyg.2019.01589>
- Liu, Qing Qi, Yang, X. J., Hu, Y. T., Zhang, C. Y., & Nie, Y. G. (2020). How and when is family dysfunction associated with adolescent mobile phone addiction? Testing a moderated mediation model. *Children and Youth Services Review*, 111. <https://doi.org/10.1016/j.chilyouth.2020.104827>
- Liu, Qing Qi, Zhang, D. J., Yang, X. J., Zhang, C. Y., Fan, C. Y., & Zhou, Z. K. (2018). Perceived stress and mobile phone addiction in Chinese adolescents: A moderated mediation model. *Computers in Human Behavior*, 87, 247-253. <https://doi.org/10.1016/j.chb.2018.06.006>



- Liu, Q. Q., Zhou, Z. K., Yang, X. J., Kong, F. C., Niu, G. F., & Fan, C. Y. (2017). Mobile phone addiction and sleep quality among Chinese adolescents: A moderated mediation model. *Computers in human behavior*, 72, 108-114.
- Liu, Q. Q., Zhou, Z. K., Yang, X. J., Kong, F. C., Sun, X. J., & Fan, C. Y. (2018). Mindfulness and sleep quality in adolescents: Analysis of rumination as a mediator and self-control as a moderator. *Personality and Individual Differences*, 122, 171-176.
- Liu, Q. Q., Yang, X. J., Zhu, X. W., & Zhang, D. J. (2021). Attachment anxiety, loneliness, rumination and mobile phone dependence: A cross-sectional analysis of a moderated mediation model. *Current Psychology*, 40, 5134-5144.
- Long, J., Liu, T. Q., Liao, Y. H., Qi, C., He, H. Y., Chen, S. B., & Billieux, J. (2016). Prevalence and correlates of problematic smartphone use in a large random sample of Chinese undergraduates. *BMC psychiatry*, 16, 1-12.
- Lopez-Fernandez, O. (2017). Short version of the Smartphone Addiction Scale adapted to Spanish and French: Towards a cross-cultural research in problematic mobile phone use. *Addictive behaviors*, 64, 275-280.
- Lopez-Fernandez, O., Honrubia-Serrano, L., Freixa-Blanxart, M., & Gibson, W. (2014). Prevalence of problematic mobile phone use in British adolescents. *CyberPsychology, Behavior, and social networking*, 17(2), 91-98.
- Lopez-Fernandez, O., Losada-Lopez, J. L., & Honrubia-Serrano, M. L. (2015). Predictors of problematic Internet and mobile phone usage in adolescents. *Aloma: revista de psicologia, ciències de l'educació i de l'esport Blanquerna*, 33(2), 49-58.
- Lostutter, T. W., Holmes, J. K., & Larimer, M. E. (2013). College Student Gambling: Etiology, Consequences, and Prevention Strategies. In *Interventions For Addiction*. Elsevier Inc. <https://doi.org/10.1016/B978-0-12-398338-1.00089-0>
- Lu, J., & Huffman, K. (2017). A Meta-Analysis of Correlations between Trait Mindfulness and Impulsivity: Implications for Counseling. *International Journal for the Advancement of Counselling*, 39(4), 345-359. <https://doi.org/10.1007/s10447-017-9302-2>
- Lu, X., Watanabe, J., Liu, Q., Uji, M., Shono, M., & Kitamura, T. (2011). Internet and mobile phone text-messaging dependency: Factor structure and correlation with dysphoric mood among Japanese adults. *Computers in Human Behavior*, 27(5), 1702-1709.
- Lutz, A., Slagter, H. A., Dunne, J. D., & Davidson, R. J. (2008). Attention regulation and monitoring in meditation. *Trends in cognitive sciences*, 12(4), 163-169.
- Lyvers, M., Hinton, R., Gotsis, S., Roddy, M., Edwards, M. S., & Thorberg, F. A. (2014). Traits linked to executive and reward systems functioning in clients undergoing residential treatment for substance dependence. *Personality and Individual Differences*, 70, 194-199. <https://doi.org/10.1016/j.paid.2014.07.004>
- Mahapatra, S. (2019). Smartphone addiction and associated consequences: Role of loneliness and self-regulation. *Behaviour & Information Technology*, 38(8), 833-844.
- Mandal, S. P., Arya, Y. K., & Pandey, R. (2011). Mindfulness, emotion regulation and subjective wellbeing: An overview of pathways to positive mental health. *Indian Journal of Social Science Research*, 8(1-2), 159-167.
- Mansfield, A. K., Keitner, G. I., & Dealy, J. (2015). The Family Assessment Device: An Update. *Family Process*, 54(1), 82-93. <https://doi.org/10.1111/famp.12080>
- Marengo, D., Sindermann, C., Häckel, D., Settanni, M., Elhai, J. D., & Montag, C. (2020). The association between the Big Five personality traits and smartphone use disorder: A meta-analysis. *Journal of Behavioral Addictions*, 9(3), 534-550.
- Martinotti, G., Vilella, C., Di Thiene, D., Di Nicola, M., Bria, P., Conte, G., Cassano, M., Petruccioli, F., Corvasce, N., Janiri, L., & La Torre, G. (2011). Problematic mobile phone use in adolescence: A cross-sectional study. *Journal of Public Health*, 19(6), 545-551. <https://doi.org/10.1007/s10389-011-0422-6>
- Maxwell, A. L., Gardiner, E., & Loxton, N. J. (2020). Investigating the relationship between reward sensitivity, impulsivity, and food addiction: A systematic review. *European Eating Disorders Review*, 28(4), 368-384. <https://doi.org/10.1002/erv.2732>
- McCrae, R. R., & John, O. P. (1992). An Introduction to the Five-Factor Model and Its Applications. *Public Health Resources*, 556.



- McCrae, R. R., & Costa, P. T. (2008). Empirical and theoretical status of the five-factor model of personality traits. *The SAGE handbook of personality theory and assessment*, 1, 273-294.
- Metcalfe, J., & Mischel, W. (1999). A hot/cool-system analysis of delay of gratification: dynamics of willpower. *Psychological review*, 106(1), 3.
- Michalak, J., Probst, T., Heidenreich, T., Bissantz, N., & Schramm, E. (2016). Mindfulness-based cognitive therapy and a group version of the cognitive behavioral analysis system of psychotherapy for chronic depression: follow-up data of a randomized controlled trial and the moderating role of childhood adversities. *Psychotherapy and psychosomatics*, 85(6), 378-380.
- Mick, D. G., & Fournier, S. (1998). Paradoxes of technology: Consumer cognizance, emotions, and coping strategies. *Journal of Consumer research*, 25(2), 123-143.
- Miller, I. W., Epstein, N. B., Bishop, D. S., & Keitner, G. I. (1985). The McMaster Family Assessment Device: Reliability And Validity. *Journal of Marital and Family Therapy*, 11(4), 345-356. <https://doi.org/10.1111/j.1752-0606.1985.tb00028.x>
- Miller, I. W., Ryan, C. E., Keitner, G. I., Bishop, D. S., & Epstein, N. B. (2000). The McMaster approach to families: Theory, assessment, treatment and research. *Journal of Family Therapy*, 22(2), 168-189. <https://doi.org/10.1111/1467-6427.00145>
- Mitchell, L., & Hussain, Z. (2018). Predictors of problematic smartphone use: An examination of the integrative pathways model and the role of age, gender, impulsiveness, excessive reassurance seeking, extraversion, and depression. *Behavioral Sciences*, 8(8). <https://doi.org/10.3390/bs8080074>
- Moeller, F. G., Barratt, E. S., Dougherty, D. M., Schmitz, J. M., & Swann, A. C. (2001). Psychiatric aspects of impulsivity. *American journal of psychiatry*, 158(11), 1783-1793.
- Monterosso, J., & Ainslie, G. (1999). Beyond discounting: possible experimental models of impulse control. *Psychopharmacology*, 146, 339-347.
- Mosalanejad, L., Nikbakht, G., Abdollahifrad, S., & Kalani, N. (2019). The prevalence of smartphone addiction and its relationship with personality traits, loneliness and daily stress of students in Jahrom University of medical Sciences in 2014: A cross-sectional analytical study. *Journal of Research in Medical and Dental Science*, 7(2), 131-136.
- Mowen, J. C. (2000). *The 3M model of motivation and personality: Theory and empirical applications to consumer behavior*. Springer Science & Business Media.
- Moyano, N., Vélez, K., Arias, A., & del Mar Sánchez-Fuentes, M. (2022). Two pathways to suicidal intention in Ecuadorian adolescents: The role of parental and peer attachment, depression and impulsivity. *Current Psychology*, 41(4), 2306-2318.
- Mumcu, H. E., Yazıcı, Ö. F., & Yılmaz, O. (2021). Effect of 12-week recreational activity program on digital game addiction and peer relationships qualities in children. *Acta Medica Mediterranea*, 37(5), 2921-2927. [https://doi.org/10.19193/0393-6384\\_2021\\_5\\_451](https://doi.org/10.19193/0393-6384_2021_5_451)
- Nahas, M., Hlais, S., Saberian, C., & Antoun, J. (2018). Problematic smartphone use among Lebanese adults aged 18-65 years using MPPUS-10. *Computers in Human Behavior*, 87, 348-353.
- Nayak, J. K. (2018). Relationship among smartphone usage, addiction, academic performance and the moderating role of gender: A study of higher education students in India. *Computers & Education*, 123, 164-173.
- Nikhita, C. S., Jadhav, P. R., & Ajinkya, S. A. (2015). Prevalence of mobile phone dependence in secondary school adolescents. *Journal of clinical and diagnostic research: JCDR*, 9(11), VC06.
- Official NET News (2019, 2 April). *Kecanduan Game, Anak Usia Sekolah Masuk Rumah Sakit* [Video]. YouTube. <https://www.youtube.com/watch?v=m5TdAa6KP88U9k>
- Oktaviani, T. & Nailufar, N.N. (2023). *Pro Kontra Membawa HP ke Sekolah* <https://nasional.kompas.com/read/2023/08/30/01150041/pro-kontra-membawa-hp-ke-sekolah?page=all>. Diakses tanggal 5 Oktober 2023
- Olson, J. A., Sandra, D. A., Colucci, É. S., Al Bikaii, A., Chmoulevitch, D., Nahas, J., ... & Veissière, S. P. (2022). Smartphone addiction is increasing across the world: A meta-analysis of 24 countries. *Computers in Human Behavior*, 129, 107138.
- Oraison, H., Nash-Dolby, O., Wilson, B., & Malhotra, R. (2020). Smartphone distraction-addiction: Examining the relationship between psychosocial variables and patterns of use. *Australian Journal of Psychology*, 72(2), 188-198.
- Oulasvirta, A., Rattenbury, T., Ma, L., & Raita, E. (2012). Habits make smartphone use more



- pervasive. *Personal and Ubiquitous Computing*, 16(1), 105–114.  
<https://doi.org/10.1007/s00779-011-0412-2>
- Ouyang, M., Cai, X., Yin, Y., Zeng, P., Chen, Y., Wang, X., ... & Wang, P. (2020). Student-student relationship and adolescent problematic smartphone use: the mediating role of materialism and the moderating role of narcissism. *Children and Youth Services Review*, 110, 104766.
- Owen, B., Heisterkamp, B., Halfmann, A., & Vorderer, P. (2018). Trait mindfulness and problematic smartphone use. *Empirical Studies of Contemplative Practices.*, September, 181–205.  
<http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=referenced&D=psyc15&NEWS=N&AN=2018-57991-008%0Ahttps://www.novapublishers.com/wp-content/uploads/2018/09/978-1-53614-081-1.pdf#page=191>
- Pamuk, M., & Atli, A. (2016). Development of a problematic mobile phone use scale for university students: Validity and reliability study. *Dusunen Adam*, 29(1), 49–59.  
<https://doi.org/10.5350/DAJPN2016290105>
- Panda, A., & Jain, N. K. (2018). Compulsive smartphone usage and users' ill-being among young Indians: Does personality matter?. *Telematics and Informatics*, 35(5), 1355-1372.
- Panova, T., & Carbonell, X. (2018). Is smartphone addiction really an addiction?. *Journal of behavioral addictions*, 7(2), 252-259.
- Papies, E. K., Barsalou, L. W., & Custers, R. (2012). Mindful attention prevents mindless impulses. *Social Psychological and Personality Science*, 3(3), 291–299.  
<https://doi.org/10.1177/1948550611419031>
- Park, N., Kim, Y. C., Shon, H. Y., & Shim, H. (2013). Factors influencing smartphone use and dependency in South Korea. *Computers in Human Behavior*, 29(4), 1763–1770.  
<https://doi.org/10.1016/j.chb.2013.02.008>
- Park, S. A., & Park, K. W. (2017). The mediating effect of self-differentiation between college student's family functioning and smart phone addiction. *Journal of the Korea Academia-Industrial Cooperation Society*, 18(4), 325-333.
- Park, C., & Park, Y. R. (2014). The conceptual model on smartphone addiction among early childhood. *International Journal of Social Science and Humanity*, 4(2), 147.
- Park, S. A., & Park, K. W. (2017). The mediating effect of Self-differentiation between College Student's Family Functioning and Smartphone Addiction. *Journal of the Korea Academia-Industrial Cooperation Society*, 18(4), 325–333.
- Patton, J. H., Stanford, M. S., & Barratt, E. S. (1995). Factor structure of the barratt impulsiveness scale. *Journal of Clinical Psychology*, 51(6), 768–774. [https://doi.org/10.1002/1097-4679\(199511\)51:6<768::AID-JCLP2270510607>3.0.CO;2-1](https://doi.org/10.1002/1097-4679(199511)51:6<768::AID-JCLP2270510607>3.0.CO;2-1)
- Pearson, C., & Hussain, Z. (2015). Smartphone use, addiction, narcissism, and personality: A mixed methods investigation. *International Journal of Cyber Behavior, Psychology and Learning*, 5(1), 17–32. <https://doi.org/10.4018/ijcbpl.2015010102>
- Pedersen, M. A. M., Kristensen, L. J., Sildorf, S. M., Kreiner, S., Svensson, J., Mose, A. H., Thastum, M., & Birkebaek, N. (2019). Assessment of family functioning in families with a child diagnosed with type 1 diabetes: Validation and clinical relevance of the general functioning subscale of the McMaster family assessment device. *Pediatric Diabetes*, 20(6), 785–793.  
<https://doi.org/10.1111/pedi.12866>
- Peterka-Bonetta, J., Sindermann, C., Elhai, J. D., & Montag, C. (2019). Personality associations with smartphone and internet use disorder: A comparison study including links to impulsivity and social anxiety. *Frontiers in Public Health*, 7(JUN), 1–12.  
<https://doi.org/10.3389/fpubh.2019.00127>
- Peters, O., & Allouch, S. Ben. (2005). Always connected: A longitudinal field study of mobile communication. *Telematics and Informatics*, 22(3), 239–256.  
<https://doi.org/10.1016/j.tele.2004.11.002>
- Peters, J. R., Erisman, S. M., Upton, B. T., Baer, R. A., & Roemer, L. (2011). A Preliminary Investigation of the Relationships Between Dispositional Mindfulness and Impulsivity. *Mindfulness*, 2(4), 228–235. <https://doi.org/10.1007/s12671-011-0065-2>
- Polit, D. F., Beck, C. T., & Owen, S. V. (2007). Is the CVI an acceptable indicator of content validity? Appraisal and recommendations. *Research in nursing & health*, 30(4), 459-467.
- Purnama, R.R. (2018). Disdik Depok Larang Siswa Membawa Ponsel ke Sekolah, Kenapa?. Artikel



- ini telah diterbitkan di halaman SINDOnews.com pada Rabu, 03 Oktober 2018 - 18:41 WIB <https://metro.sindonews.com/berita/1343336/171/disdik-depok-larang-siswa-membawa-ponsel-ke-sekolah-kenapa.> , diakses tanggal 21 Februari 2018.
- Purnomo, J.T. (2015) Media Ramah Anak. Prosiding: Seminar Nasional Psikologi Selamatkan Generasi Bangsa dengan Membentuk Karakter berbasis Kearifan Lokal. Surakarta.
- Purnomo, J.T., & Darmastuti, R. (2016). Perilaku Penggunaan Media pada Anak SD di Salatiga. Laporan penelitian. Universitas Kristen Satya Wacana Salatiga
- Purnomo, J.T, Retnowati, S, & Lufityanto,G, (2020). Penggunaan Ponsel pada Remaja. Laporan penelitian. Yogyakarta: Universitas Gadjah Mada
- Pusparisa, Y. (2020). *Daftar Negara Pengguna Ponsel Terbanyak, Indonesia Urutan Berapa?* Katadata. <https://databoks.katadata.co.id/datapublish/2021/07/01/daftar-negara-penggunaan-ponsel-terbanyak-indonesia-urutan-berapa>.
- Qiu, C., Li, R., Luo, H., Li, S., & Nie, Y. (2022). Parent-child Relationship and Smartphone Addiction among Chinese Adolescents: A Longitudinal Moderated Mediation Model. *Addictive Behaviors*, 130(November 2021), 107304. <https://doi.org/10.1016/j.addbeh.2022.107304>
- Ragan, D. T., Osgood, D. W., & Kreager, D. A. (2023). Impulsivity, peers, and delinquency: A dynamic social network approach. *Journal of Quantitative Criminology*, 39(3), 735-768.
- Randler, C., Wolfgang, L., Matt, K., Demirhan, E., Horzum, M. B., & Beşoluk, Ş. (2016). Smartphone addiction proneness in relation to sleep and morningness–eveningness in German adolescents. *Journal of behavioral addictions*, 5(3), 465-473.
- Ramdhani, N. (2012). Adaptasi Bahasa dan budaya dari skala kepribadian big five. *Jurnal Psikologi*, 39(2), 189-205.
- Regan, T., Harris, B., Van Loon, M., Nanavaty, N., Schueler, J., Engler, S., & Fields, S. A. (2020). Does mindfulness reduce the effects of risk factors for problematic smartphone use? Comparing frequency of use versus self-reported addiction. *Addictive Behaviors*, 108. <https://doi.org/10.1016/j.addbeh.2020.106435>
- Reid, A. J., Reid, A. J., & Vigil. (2018). Smartphone Paradox. London, UK: Palgrave Macmillan.
- Retnowati, S., Widhiarso, W., & Rohmani, K. W. (2003). Peranan keberfungsian keluarga pada pemahaman dan pengungkapan emosi. *Jurnal Psikologi*, 30(2), 91-104.
- R Reynolds, B., Ortengren, A., Richards, J. B., & De Wit, H. (2006). Dimensions of impulsive behavior: Personality and behavioral measures. *Personality and individual differences*, 40(2), 305-315.
- oberts, J. A., & Pirog, S. F. (2013). A preliminary investigation of materialism and impulsiveness as predictors of technological addictions among young adults. *Journal of Behavioral Addictions*, 2(1), 56–62. <https://doi.org/10.1556/JBA.1.2012.011>
- Roberts, J. A., Pullig, C., & Manolis, C. (2015). I need my smartphone: A hierarchical model of personality and cell-phone addiction. *Personality and Individual Differences*, 79, 13–19. <https://doi.org/10.1016/j.paid.2015.01.049>
- Robinson, J. M., Ladd, B. O., & Anderson, K. G. (2014). When you see it, let it be: Urgency, mindfulness and adolescent substance use. *Addictive Behaviors*, 39(6), 1038–1041. <https://doi.org/10.1016/j.addbeh.2014.02.011>
- Ross, M. Q., & Campbell, S. W. (2021). Thinking and feeling through mobile media and communication: A review of cognitive and affective implications. *Review of Communication Research*, 9, 147-166.
- Rozgonjuk, D., Kattago, M., & Täht, K. (2018). Social media use in lectures mediates the relationship between procrastination and problematic smartphone use. *Computers in Human Behavior*, 89, 191-198.
- Rozgonjuk, D., Elhai, J. D., & Hall, B. J. (2022). *Studying Psychopathology in Relation to Smartphone Use: From Self-reports to Objectively Measured Smartphone Use Behavior*. In Digital Phenotyping and Mobile Sensing: New Developments in Psychoinformatics (pp. 259-276). Cham: Springer International Publishing.
- Sadya, S (2023). Pengguna Ponsel Indonesia Terbesar Keempat Dunia pada 2022. diakses pada tanggal 10 April 2023. <https://dataindonesia.id/digital/detail/pengguna-ponsel-indonesia-terbesar-keempat-dunia-pada-2022>.
- Salehan, M., & Negahban, A. (2013). Social networking on smartphones: When mobile phones become addictive. *Computers in human behavior*, 29(6), 2632-2639.



- Salvarli, S. I., & Griffiths, M. D. (2022). The Association Between Internet Gaming Disorder and Impulsivity: A Systematic Review of Literature. *International Journal of Mental Health and Addiction*, 20(1), 92–118. <https://doi.org/10.1007/s11469-019-00126-w>
- Sánchez-Martínez, M., & Otero, A. (2009). Factors associated with cell phone use in adolescents in the community of Madrid (Spain). *CyberPsychology & Behavior*, 12(2), 131-137.
- Sapacz, M., Rockman, G., & Clark, J. (2016). Are we addicted to our cell phones?. *Computers in Human Behavior*, 57, 153-159.
- Schoenmakers, T. M., de Bruin, M., Lux, I. F., Goertz, A. G., Van Kerkhof, D. H., & Wiers, R. W. (2010). Clinical effectiveness of attentional bias modification training in abstinent alcoholic patients. *Drug and alcohol dependence*, 109(1-3), 30-36.
- Segrist, D. (2014). *The Roles of Family Functioning and Impulsivity in College Students Problematic Mobile Phone and Internet Use by Kirsten E. Smith, Bachelor of Arts A Thesis Submitted in Partial Fulfillment of the Requirements for the Degree of Master of Arts in the f.*
- Şenormancı, Ö., Şenormancı, G., Güçlü, O., & Konkan, R. (2014). Attachment and family functioning in patients with Internet addiction. *General Hospital Psychiatry*, 36(2), 203–207. <https://doi.org/10.1016/j.genhosppsych.2013.10.012>
- Seo, M., Kim, J. H., & David, P. (2015). Always connected or always distracted? ADHD symptoms and social assurance explain problematic use of mobile phone and multicomputing. *Journal of Computer-Mediated Communication*, 20(6), 667-681.
- Septiani, Z. (2023). UNESCO Anjurkan Larangan Pakai HP di Sekolah, Ini Pertimbangannya. <https://www.detik.com/edu/sekolah/d-6846095/unesco-anjurkan-larangan-pakai-hp-di-sekolah-ini-pertimbangannya>. diakses 2 Agustus 2023
- Setyawan, D. (2015). KPAI: Pemerintah Akan Larang Penggunaan Ponsel Bagi Anak-Anak. <http://www.kpai.go.id/berita/kpai-pemerintah-akan-larang-penggunaan-ponsel-bagi-anak-anak/>, diakses tanggal 21 Februari 2018.
- Shao, R., He, P., Ling, B., Tan, L., Xu, L., Hou, Y., ... & Yang, Y. (2020). Prevalence of depression and anxiety and correlations between depression, anxiety, family functioning, social support and coping styles among Chinese medical students. *BMC psychology*, 8, 1-19.
- Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of clinical psychology*, 62(3), 373-386.
- Sharma, S. (1996). *Applied multivariate techniques*. John Wiley and Sons Inc.: New York
- Shek, D. T., & Ma, C. M. (2010). The Chinese family assessment instrument (C-FAI) hierarchical confirmatory factor analyses and factorial invariance. *Research on Social Work Practice*, 20(1), 112-123.
- Shen, X. (2020). Is psychological resilience a protective factor between motivations and excessive smartphone use? *Journal of Pacific Rim Psychology*, 14, e17.
- Shen, B., Wang, F., Sun, S., & Liu, Y. (2022). Chinese Adolescents' Academic Stress and Smartphone Addiction: A Moderated-Mediation Model. *Journal of Broadcasting and Electronic Media*. <https://doi.org/10.1080/08838151.2021.2014842>
- Shi, X., Wang, J., & Zou, H. (2017). Family functioning and Internet addiction among Chinese adolescents: The mediating roles of self-esteem and loneliness. *Computers in Human Behavior*, 76, 201–210. <https://doi.org/10.1016/j.chb.2017.07.028>
- Shin, C., & Dey, A. K. (2013, September). Automatically detecting problematic use of smartphones. In *Proceedings of the 2013 ACM international joint conference on Pervasive and ubiquitous computing* (pp. 335-344).
- Shin, W., & Ismail, N. (2014). Exploring the role of parents and peers in young adolescents' risk taking on social networking sites. *Cyberpsychology, Behavior, and Social Networking*, 17(9), 578–583. <https://doi.org/10.1089/cyber.2014.0095>
- Simons, D. J., & Chabris, C. F. (1999). Gorillas in our midst: Sustained inattention blindness for dynamic events. *perception*, 28(9), 1059-1074.
- Seputar iNews (2024, 8 Mei). *Kakak Beradik di Jember Alami Gangguan Jiwa Akibat Kecanduan Gadget* [Video]. YouTube. <https://www.youtube.com/watch?v=zFLy8MqGacU>
- Silburn, S. R., Zubrick, S. R., De Maio, J. A., Shepherd, J., Griffin, J. A., Mitrou, F. G., Dalby, R. B., Hayward, C., & Pearson, G. (2006). *Strengthening the Capacity of Aboriginal Children, Families and Communities*. Curtin University of Technology and Telethon Institute for Child



- Sliedrecht, W., Roozen, H. G., Witkiewitz, K., De Waart, R., & Dom, G. (2021). The Association between Impulsivity and Relapse in Patients with Alcohol Use Disorder: A Literature Review. *Alcohol and Alcoholism*, 56(6), 637–650. <https://doi.org/10.1093/alcalc/agua132>
- Smilkstein, G., Ashworth, C., & Montano, D. (1982). Validity and reliability of the family APGAR as a test of family function. *J fam Pract*, 15(2), 303-311.
- Smith, A. (2015). *US Smartphone Use in 2015*. Pew Research Center. <https://www.pewresearch.org/internet/2015/04/01/us-smartphone-use-in-2015/>
- Smith, E. R., & DeCoster, J. (2000). Dual-process models in social and cognitive psychology: Conceptual integration and links to underlying memory systems. *Personality and social psychology review*, 4(2), 108-131.
- Song, I. (2021). The effects of adolescents' relationships with parents and school/institute teachers as protective factors on smartphone addiction: Comparative analysis of elementary, middle, and high school levels in south korea. *Asian Journal for Public Opinion Research*, 9(2), 106–141. <https://doi.org/10.15206/ajpor.2021.9.2.106>
- Soni, R., Upadhyay, R., & Jain, M. (2017). Prevalence of smartphone addiction, sleep quality and associated behaviour problems in adolescents. *International Journal of Research in Medical Sciences*, 5(2), 515-519.
- Soror, A. A., Hammer, B. I., Steelman, Z. R., Davis, F. D., & Limayem, M. M. (2015). Good habits gone bad: Explaining negative consequences associated with the use of mobile phones from a dual-systems perspective. *Information Systems Journal*, 25(4), 403-427.
- Spinella, M. (2004). Neurobehavioral correlates of impulsivity: Evidence of prefrontal involvement. *International Journal of Neuroscience*, 114(1), 95–104. <https://doi.org/10.1080/00207450490249347>
- Spinella, M. (2007). Normative data and a short form of the Barratt Impulsiveness Scale. *International Journal of Neuroscience*, 117(3), 359-368.
- Sriwilai, K., & Charoensukmongkol, P. (2016). Face it, don't Facebook it: Impacts of Social Media Addiction on Mindfulness, Coping Strategies and the Consequence on Emotional Exhaustion. *Stress and Health*, 32(4), 427–434. <https://doi.org/10.1002/smi.2637>
- Staccini, L., Tomba, E., Grandi, S., & Keitner, G. I. (2015). The Evaluation of Family Functioning by the Family Assessment Device: A Systematic Review of Studies in Adult Clinical Populations. *Family Process*, 54(1), 94–115. <https://doi.org/10.1111/famp.12098>
- Stahl, B., & Goldstein, E. (2019). *A mindfulness-based stress reduction workbook*. new harbinger publications.
- Stanford, M. S., Mathias, C. W., Dougherty, D. M., Lake, S. L., Anderson, N. E., & Patton, J. H. (2009). Fifty years of the Barratt Impulsiveness Scale: An update and review. *Personality and individual differences*, 47(5), 385-395.
- Steelman, Z., Soror, A., Limayem, M., & Worrell, D. (2012). Obsessive compulsive tendencies as predictors of dangerous mobile phone usage.
- Stock, A., & Stock, C. (2004). A short history of ideo-motor action. *Psychological research*, 68, 176-188.
- Strack, F., & Deutsch, R. (2004). Reflective and impulsive determinants of social behavior. *Personality and social psychology review*, 8(3), 220-247.
- Strack, F., & Deutsch, R. (2012). A theory of impulse and reflection. *Handbook of theories of social psychology*, 1, 97-117.
- Su, S., Larsen, H., Cousijn, J., Wiers, R. W., & Van den Eijnden, R. J. (2022). Problematic smartphone use and the quantity and quality of peer engagement among adolescents: a longitudinal study. *Computers in Human Behavior*, 126, 107025.
- Sun, R., Gao, Q., Xiang, Y., Chen, T., Liu, T., & Chen, Q. (2020). Parent-child relationships and mobile phone addiction tendency among Chinese adolescents: The mediating role of psychological needs satisfaction and the moderating role of peer relationships. *Children and Youth Services Review*, 116, 105113. <https://doi.org/10.1016/j.childyouth.2020.105113>
- Sun, J., Liu, Q., & Yu, S. (2019). Child neglect, psychological abuse and smartphone addiction among Chinese adolescents: The roles of emotional intelligence and coping style. *Computers in Human Behavior*, 90, 74-83.



- Suryanto, I. (2023). *Mengapa Bawa HP Dilarang? Ini Alasannya!*  
<https://alislamjoresan.sch.id/mengapa-bawa-hp-dilarang-ini-alasannya/> diakses tanggal 5 April 2023.
- Sutyarso, S. (2011). The correlation of the mobile phone usage duration with the number and quality of spermatozoa from fertile male. *Journal of the Indonesian Medical Association*, 60(03).
- Takao, M. (2014). Problematic mobile phone use and big-five personality domains. In *Indian Journal of Community Medicine* (Vol. 39, Issue 2, pp. 111–113). ncbi.nlm.nih.gov.  
<https://doi.org/10.4103/0970-0218.132736>
- Tams, S., Legoux, R., & Léger, P. M. (2018). Smartphone withdrawal creates stress: A moderated mediation model of nomophobia, social threat, and phone withdrawal context. *Computers in Human Behavior*, 81, 1-9.
- Tan, Ç., Pamuk, M., & Dönder, A. (2013). Loneliness and Mobile Phone. *Procedia - Social and Behavioral Sciences*, 103, 606–611. <https://doi.org/10.1016/j.sbspro.2013.10.378>
- Tanis, M., Beukeboom, C. J., Hartmann, T., & Vermeulen, I. E. (2015). Phantom phone signals: An investigation into the prevalence and predictors of imagined cell phone signals. *Computers in Human Behavior*, 51, 356-362.
- Taylor, A. S., & Harper, R. (2003). The gift of the gab?: A design oriented sociology of young people's use of mobiles. *Computer Supported Cooperative Work: CSCW: An International Journal*, 12(3), 267–296. <https://doi.org/10.1023/A:1025091532662>
- Taghizadeh, F., Reyhani, P., Molavi, N., Babakhanian, M., Ghazanfarpour, M., Mirzaee, F., ... & Khorasani, F. (2019). Investigating the relationship between smartphone addiction and loneliness and its impact on motivation to progress in high school students. *International Journal of Pediatrics*, 7(10), 10187-10193.
- Teasdale, J. D., & Chaskalson (Kulananda), M. (2011). How does mindfulness transform suffering? I: the nature and origins of dukkha. *Contemporary Buddhism*, 12(1), 89–102.
- Teasdale, J. D., Segal, Z. V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. M., & Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of consulting and clinical psychology*, 68(4), 615.
- Ting, C. H., & Chen, Y. Y. (2020). Smartphone addiction. In *Adolescent addiction* (pp. 215-240). Academic Press.
- Thomé, S., Härenstam, A., & Hagberg, M. (2011). Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults—a prospective cohort study. *BMC public health*, 11, 1-11.
- Throuvala, M. A., Pontes, H. M., Tsaousis, I., Griffiths, M. D., Rennoldson, M., & Kuss, D. J. (2021). Exploring the Dimensions of Smartphone Distraction: Development, Validation, Measurement Invariance, and Latent Mean Differences of the Smartphone Distraction Scale (SDS). *Frontiers in Psychiatry*, 12. <https://doi.org/10.3389/fpsy.2021.642634>
- Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *The Canadian Journal of Psychiatry*, 52(4), 260-266.
- Ting, C. H., & Chen, Y. Y. (2020). Smartphone addiction. In *Adolescent addiction* (pp. 215-240). Academic Press.
- Toda, M., Monden, K., Kubo, K., & Morimoto, K. (2006). Mobile phone dependence and health-related lifestyle of university students. *Social Behavior and Personality: an international journal*, 34(10), 1277-1284.
- Townshend, J. M., Kambouropoulos, N., Griffin, A., Hunt, F. J., & Milani, R. M. (2014). Binge Drinking, Reflection Impulsivity, and Unplanned Sexual Behavior: Impaired Decision-Making in Young Social Drinkers. *Alcoholism: Clinical and Experimental Research*, 38(4), 1143–1150. <https://doi.org/10.1111/acer.12333>
- Tsamparli, A., Petmeza, I., McCarthy, G., & Adamis, D. (2018). The Greek version of the McMaster Family Assessment Device. *PsyCh Journal*, 7(3), 122–132. <https://doi.org/10.1002/pchj.218>
- Turkle, S. (2017). *Alone together: Why we expect more from technology and less from each other*. Hachette UK.
- tvOneNews. (2019, 16 Oktober). *HATI-HATI!! Kecanduan HP Ratusan Anak Masuk RSJ*. [Video]. YouTube. <https://www.youtube.com/watch?v=anPdiCeLa-I>



tvOneNews. (2024, 15 Mei). *Kasus Ibu Jual Ponsel Anak Mendapat Perhatian Pemerintah*. [Video].

YouTube. <https://www.youtube.com/watch?v=smiC8wgXWTE>

Unicef (2017). *UNICEF: Make the digital world safer for children – while increasing online access to benefit the most disadvantaged*. <https://www.unicef.org/vietnam/press-releases/unicef-make-digital-world-safer-children-while-increasing-online-access-benefit-most>. diakses tanggal 18 Januari 2018.

Vago, D. R., & Silbersweig, D. A. (2012). Self-awareness, self-regulation, and self-transcendence (S-ART): a framework for understanding the neurobiological mechanisms of mindfulness. *Frontiers in human neuroscience*, 6, 296.

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>

van Hoorn, J., de Water, E., Dekkers, T. J., Pollak, Y., Popma, A., Jansen, B. R., ... & van Duijvenvoorde, A. C. (2022). Peer feedback decreases impulsive choice in adolescents with and without attention-deficit/hyperactivity disorder. *JCPP advances*, 2(1), e12065.

Vogel, M., & Barton, M. S. (2013). Impulsivity, School Context, and School Misconduct. *Youth and Society*, 45(4), 455–479. <https://doi.org/10.1177/0044118X11421941>

Volkmer, S. A., & Lerner, E. (2019). Unhappy and addicted to your phone? – Higher mobile phone use is associated with lower well-being. *Computers in Human Behavior*, 93, 210–218. <https://doi.org/10.1016/j.chb.2018.12.015>

Warzecha, K., & Pawlak, A. (2017). Pathological use of mobile phones by secondary school students. *Arch Psychiatry Psychother*, 19(1), 27-36.

Walsh, S. P., White, K. M., & Young, R. M. (2007). Young and connected: Psychological influences of mobile phone use among Australian youth. *Mobile Media 2007, September*, 125–135. <https://eprints.qut.edu.au/9753>

Walsh, S. P., White, K. M., & Young, R. M. (2008). Over-connected? A qualitative exploration of the relationship between Australian youth and their mobile phones. *Journal of adolescence*, 31(1), 77-92.

Walsh, S. P., White, K. M., Cox, S., & Young, R. M. (2011). Keeping in constant touch: The predictors of young Australians' mobile phone involvement. *Computers in human behavior*, 27(1), 333-342.

Wang, C., Geng, L., & Rodríguez-Casallas, J. D. (2021). The role of nature-deficit disorder in the associations between Mobile phone overuse and well-being and mindfulness. *Current Psychology*, 1-12.

Wang, J. L., Wang, H. Z., Gaskin, J., & Wang, L. H. (2015). The role of stress and motivation in problematic smartphone use among college students. *Computers in Human Behavior*, 53, 181-188.

Wang, P., Wang, X., Nie, J., Zeng, P., Liu, K., Wang, J., Guo, J., & Lei, L. (2019). Envy and problematic smartphone use: The mediating role of FOMO and the moderating role of student-student relationship. *Personality and Individual Differences*, 146, 136–142. <https://doi.org/10.1016/j.paid.2019.04.013>

Wang, P., Zhao, M., Wang, X., Xie, X., Wang, Y., & Lei, L. (2017). Peer relationship and adolescent smartphone addiction: The mediating role of self-esteem and the moderating role of the need to belong. *Journal of Behavioral Addictions*, 6(4), 708–717. <https://doi.org/10.1556/2006.6.2017.079>

Wang, Z., Xie, Q., Xin, M., Wei, C., Yu, C., Zhen, S., Liu, S., Wang, J., & Zhang, W. (2020). Cybervictimization, Depression, and Adolescent Internet Addiction: The Moderating Effect of Prosocial Peer Affiliation. *Frontiers in Psychology*, 11(September), 1–9. <https://doi.org/10.3389/fpsyg.2020.572486>

Waxman, S. E. (2009). A systematic review of impulsivity in eating disorders. *European Eating Disorders Review*, 17(6), 408–425. <https://doi.org/10.1002/erv.952>

Whiteside, S. P., & Lynam, D. R. (2001). The five factor model and impulsivity: Using a structural model of personality to understand impulsivity. *Personality and individual differences*, 30(4), 669-689.



- Whiteside, S. P., Lynam, D. R., Miller, J. D., & Reynolds, S. K. (2005). Validation of the UPPS impulsive behaviour scale: a four-factor model of impulsivity. *European Journal of personality*, 19(7), 559-574.
- Widi, S. (2022). Jumlah Pelanggan Ponsel di Indonesia Naik 2,89% pada 2021. <https://dataindonesia.id/digital/detail/jumlah-pelanggan-ponsel-di-indonesia-naik-289-pada-2021>. Diakses pada tanggal 20 Mei 2023.
- Wilmer, H.H. & Jason M.C. (2016). Mobile technology habits: Patterns of association among device usage, intertemporal preference, impulse control, and reward sensitivity. *Psychonomic Bulletin & Review* 23: 1607–1614.
- Wilska, T. A. (2003). Mobile Phone Use as Part of Young People's Consumption Styles. *Journal of Consumer Policy*, 26(4), 441–463. <https://doi.org/10.1023/A:1026331016172>
- Winstanley, C. A., Eagle, D. M., & Robbins, T. W. (2006). Behavioral models of impulsivity in relation to ADHD: Translation between clinical and preclinical studies. *Clinical Psychology Review*, 26(4), 379–395. <https://doi.org/10.1016/j.cpr.2006.01.001>
- Widhyatmoko, D. (2011). Ponsel Lebih Dari Sekedar Alat Komunikasi. *Humaniora*, 2(1), 360-367.
- Wood, W., & Neal, D. T. (2007). A new look at habits and the habit-goal interface. *Psychological review*, 114(4), 843.
- Wolniewicz, C. A., Tiamiyu, M. F., Weeks, J. W., & Elhai, J. D. (2018). Problematic smartphone use and relations with negative affect, fear of missing out, and fear of negative and positive evaluation. *Psychiatry Research*, 262, 618–623. <https://doi.org/10.1016/j.psychres.2017.09.058>
- Wu, A. M. S., Cheung, V. I., Ku, L., & Hung, E. P. W. (2013). Psychological risk factors of addiction to social networking sites among Chinese smartphone users. *Journal of Behavioral Addictions*, 2(3), 160–166. <https://doi.org/10.1556/JBA.2.2013.006>
- Wu, J., & Siu, A. C. (2020). Problematic mobile phone use by Hong Kong adolescents. *Frontiers in psychology*, 11, 551804.
- Wu, J. Y. W., Ko, H. C., Wong, T. Y., Wu, L. A., & Oei, T. P. (2016). Positive Outcome Expectancy Mediates the Relationship between Peer Influence and Internet Gaming Addiction among Adolescents in Taiwan. *Cyberpsychology, Behavior, and Social Networking*, 19(1), 49–55. <https://doi.org/10.1089/cyber.2015.0345>
- Xie, X., Chen, W., Zhu, X., & He, D. (2019). Parents' phubbing increases Adolescents' Mobile phone addiction: Roles of parent-child attachment, deviant peers, and gender. *Children and Youth Services Review*, 105. <https://doi.org/10.1016/j.childyouth.2019.104426>
- Yan, Z. (2018). Child and Adolescent Use of Mobile Phones: An Unparalleled Complex Developmental Phenomenon. *Child Development*, 89(1), 5–16. <https://doi.org/10.1111/cdev.12821>
- Yang, Y. R., & Oh, K. J. (2005). Development of peer relational skills scale for 4th–9th grades. *The Korean Journal Of Clinical Psychology*, 24, 961–971.
- Yang, X., Zhou, Z., Liu, Q., & Fan, C. (2019). Mobile phone addiction and adolescents' anxiety and depression: The moderating role of mindfulness. *Journal of child and family studies*, 28, 822–830.
- Yang, S., Wang, B., & Lu, Y. (2016). Exploring the dual outcomes of mobile social networking service enjoyment: The roles of social self-efficacy and habit. *Computers in Human Behavior*, 64, 486–496. <https://doi.org/10.1016/j.chb.2016.07.010>.
- Yao, X., Wu, J., Guo, Z., Yang, Y., Zhang, M., Zhao, Y., & Kou, Y. (2021). Parental Psychological Control and Adolescents' Problematic Mobile Phone Use: The Serial Mediation of Basic Psychological Need Experiences and Negative Affect. *Journal of Child and Family Studies*. <https://doi.org/10.1007/s10826-021-02169-x>
- Yayan, E. H., Suna Dağ, Y., & Düken, M. E. (2019). The effects of technology use on working young loneliness and social relationships. *Perspectives in psychiatric care*, 55(2), 194-200.
- Yayman, E., & Bilgin, O. (2020). Relationship between social media addiction, game addiction and family functions. *International Journal of Evaluation and Research in Education*, 9(4), 979–986. <https://doi.org/10.11591/ijere.v9i4.20680>
- Yen, C. F., Tang, T. C., Yen, J. Y., Lin, H. C., Huang, C. F., Liu, S. C., & Ko, C. H. (2009). Symptoms of problematic cellular phone use, functional impairment and its association with depression among adolescents in Southern Taiwan. *Journal of adolescence*, 32(4), 863-873.



- Yildiz Durak, H. (2018). What Would You Do Without Your Smartphone? Adolescents' Social Media Usage, Locus of Control, and Loneliness as a Predictor of Nomophobia. *Addicta: The Turkish Journal on Addictions*, 5(3), 1–15. <https://doi.org/10.15805/addicta.2018.5.2.0025>
- 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.
- Yu, S., & Sussman, S. (2020). Does smartphone addiction fall on a continuum of addictive behaviors? *International Journal of Environmental Research and Public Health*, 17(2), 1–21. <https://doi.org/10.3390/ijerph17020422>
- Yulianti, T. (2023). *Selandia Baru Larang Pakai Ponsel di Sekolah, Demi Dongkrak Tingkat Literasi Bangsa*. <https://www.liputan6.com/global/read/5469895/selandia-baru-larang-pakai-ponsel-di-sekolah-demi-dongkrak-tingkat-literasi-bangsa?page=3> diakses 10 Desember 2023.
- Yusainy, C. (2013). *Overcoming aggression: Musing on mindfulness and self-control* [University of Nottingham]. [http://eprints.nottingham.ac.uk/13467/1/Cleo\\_Yusainy\\_Overcoming\\_aggression.pdf](http://eprints.nottingham.ac.uk/13467/1/Cleo_Yusainy_Overcoming_aggression.pdf)
- Yusainy, C., Hikmiah, Z., Sofhieanty, C., & Ibrahim, M. (2018). Deception in Negotiation: The Predicting Roles of Envy and Individual Differences. *ANIMA Indonesian Psychological Journal*, 33(4), 203–212. <https://doi.org/10.24123/aipj.v33i4.1794>
- Yusainy, C., Ilhamuddin, I., Ramli, A. H., Semedi, B. P., Anggono, C. O., Mahmudah, M. U., & Ramadhan, A. R. (2018). Between Here-and-Now and Hereafter: Mindfulness Sebagai Pengawal Orientasi Terhadap Kehidupan Dan Ketakutan Terhadap Kematian. *Jurnal Psikologi*, 17(1), 18. <https://doi.org/10.14710/jp.17.1.18-30>
- Zeidan, F., Johnson, S. K., Diamond, B. J., David, Z., & Goolkasian, P. (2010). Mindfulness meditation improves cognition: Evidence of brief mental training. *Consciousness and cognition*, 19(2), 597-605.
- Zeng, X., & Tan, C. (2021). The relationship between the family functioning of individuals with drug addiction and relapse tendency: A moderated mediation model. *International Journal of Environmental Research and Public Health*, 18(2), 1–12. <https://doi.org/10.3390/ijerph18020625>
- Zhang, H., Luo, Y., Yao, Z., & Barrow, K. (2021). The role of resting respiratory sinus arrhythmia in the family functioning-internet addiction symptoms link. *International Journal of Psychophysiology*, 164(July 2020), 17–22. <https://doi.org/10.1016/j.ijpsycho.2021.02.012>
- Zhao, Q., Huang, Y., & Li, C. (2022). Does adolescents' Internet addiction trigger depressive symptoms and aggressive behavior, or vice versa? The moderating roles of peer relationships and gender. *Computers in Human Behavior*, 129(December 2020), 107143. <https://doi.org/10.1016/j.chb.2021.107143>
- Zhitomirsky-Geffet, M., & Blau, M. (2016). Cross-generational analysis of predictive factors of addictive behavior in smartphone usage. *Computers in human behavior*, 64, 682-693.
- Zhou, P., Zhang, C., Liu, J., & Wang, Z. (2017). The Relationship between Resilience and Internet Addiction: A Multiple Mediation Model Through Peer Relationship and Depression. *Cyberpsychology, Behavior, and Social Networking*, 20(10), 634–639. <https://doi.org/10.1089/cyber.2017.0319>
- Zhu, J., Jiang, Y., Chen, Y., Huang, L., Bao, Z., & Zhang, W. (2021). High impulsivity, low self-control and problematic mobile phone use: The effect of poor sleep quality. *Current Psychology*, 40(7), 3265–3271. <https://doi.org/10.1007/s12144-019-00259-0>