



## DAFTAR PUSTAKA

- Al Menayes, J. (2015). Dimensions of Social Media Addiction Among University Students in Kuwait, *Psychology and Behavioral Science*, 4(1), 23-28
- Al Menayes, J. (2015b). Psychometric Properties and Validation of The Arabic Social Media Addiction Scale, *Journal of Addiction*, doi: 1155/2015/291743
- Anisa, W. (2014). Hubungan Antara *Perceived Support* dan Kecanduan Internet pada Remaja di Jakarta. Skripsi (tidak diterbitkan). Depok: Fakultas Psikologi Universitas Indonesia.
- Anisah, Nur. (2016). Efek Tayangan Pornografi di Internt Pada Perilaku Remaja di Desa Suka Maju Kecamatan Tenggarong Seberang, *eJournal Ilmu Komunikasi*, 4(1), 115-124
- Arnett, Jeffrey J. (1994). Sensation Seeking: A New Conceptualization and Scale, *Person Individual Differences*, 16(2), 289-296
- Arnett, Jeffrey J. (1999). Adolescent Storm and Stress, Reconsidered, *American Psychologist Association*, 54(5), 317-326
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2012). *Profil Pengguna Internet Indonesia 2012 (ebook version)*. Jakarta: APJII
- Azwar, S. (2004). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2011b). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2013). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Baumeister, R. F., & Vonaesch, A. J. (2015). Uses of Self Regulation to Facilitate and Restrain Addictive Behavior. *Jurnal of Addictive Behavior*, 44, 3-8
- Bivin, J.B., Mathew, P., Thulasi, P.C., Philip, J. (2013). Nomophobia – Do we Really Need to Work About? A Cross Sectional Study on Nomophobia Severity Among Male Undergraduate Students of Health, *Reviews of Progress*, 1(1), 1-5
- Buchanan, C.M., & Hughes, J.L. (2009). Construction of Social Reality During Early Adolescent: Can Expecting Storm and Stress Increase Real or Perceived Storm and Stress?, *Journal of Research on Adolescent*, 19(2), 261-285
- Bukhtawer, N., Muhammad, S., Iqbal, A. (2014). Personality Traits and Self Regulation: Comparative Study Among Current, Relapse and Remitted Drug Abuse Patients, *Scientific Research*, 6, 1368-1375.
- Carey, Kate. B., Neal, Dan. J., Collins, & Susan. E. (2004). Psychometric Analysis of The Self Regulation Questionnaire, *Akddictive Behaviors*, 29, 253-260.



Carver, C. S. & Scheier M. F. (1998). *On The Self-Regulation Of Behavior*. New York: Cambridge University Press.

Casey, B. J., Somerville, L.H., Gotlib, I.H., Ayduk, O., Franklin, N.T., Askren, M., Jonides, J., Berman, M.G., Wilson, N.L., Teslovich, T., Glover, G., Zayas, V., Mischel, W., Shoda, Y. (2011). Behavioral and Neural Correlates of Delay Gratification 40 Years Later, *PNAS*, 108(36), 14998-15003

Cervone, D & Pervin, L.A. (2010). *Personality: Theory and Research*, 11<sup>th</sup> edition. New York: John Wiley & Sons Inc.

Chen, Li-Xian & Sun, Chuen-Tsai. (2015). Self Regulation Influence on Game Flow State, *Computers in Human Behavior*, 54, 341-350

Coyne, M. A., Vaske, J.C., Boisvert, D.L. & Wright, J.P. (2015). Sex Differences in the Stability of Self-Regulation Across Childhood, *Jounal of Development Life Course Criminology*, 1(1), 4-20

Dawe, S & Loxton, N.J. (2004). The Role of Impulsivity in The Development of Substance and Eating Disorders, *Neuroscience and Behavioral Reviews*, 28, 343-351

Davis, R.A. (2001). A Cognitive-Behavioral Model of Pathological Internet Use, *Computers in Human Behavior*, 17, 187-195

DeWall, C. N., Baumeister, Roy F., Stillman, T. F., Gailliot, M. T. (2007). Violence Restrained: Effect of Self-Regulation and Its Depletion on Aggression, *Journal of Experimental Social Psychology*, 43, 62-76

Dvorak, R. D. & Day, A. M. (2014). Marijuana and Self Regulation: Examining likelihood and intensity of use and problems, *Addictive Behavior*, 39, 709-712

Engler, B. (2014). *Personality Theories: An Introduction*, 9<sup>th</sup> edition. Wadsworth: Cengage Learning.

Fiest, J & Fiest, G. J. (2013). *Theories of Personalities*. New York: McGraw Hill

Gavora, P., Jakesova, J.,& Kalenda, J. (2015). The Czech Validation of the Self Regulation Questionnaire, *Social and Behavioral Sciences*, 171, 222-230

Hagger, M.S. (2010). Self Regulation: an Important Construct in Health Psychology Research and Practice, *Health Psychology Review*, 4, 57-65

Howe & Strauss. (1991). *Generations: The History of America's Future, 1584 to 2069*. New York: William Morrow & Company.

Howe & Strauss. (2007). The Next 20 Years: How Customer and Workforce Attitudes Will Evolve, *Harvard Business Review*, July-August.



Huang, Hanyun. (2011). Social Media Addiction Among Adolescent in Urban China: An Examinataion of Sociopsychological Traits, Uses and Gratifications, Academic Performance, and Social Capital, A Thesis, The Chinese University of Hong Kong

Huang, Hanyun & Leung, Louis. (2009). Instant Messaging Addiction Teenagers in China: Shyness, Alienation, and Academic Performance Decrement, *Cyber Psychology & Behavior*, 12, 675-679

Hurlock, E.B.(2006). *Psikologi Perkembangan (Suatu Pendekatan Sepanjang Rentang Kehidupan)* Edisi ke Lima. Jakarta: Erlangga.

Jakesova, J., Gavora, P., Kalenda, J., & Vavrova, S.(2016). Czech validation of the self regulation and self efficacy questionnaires for learning, *Procedia Social and Behavioral Sciences*, 217, 313-321.

Jenaro, C., Flores, N., Gomez-Vela, Gonzalez-Gil, F., Caballo, C. (2007). Problematic Internet and Cell-phone Use: Psychological, Behavioral, and Health Correlates, *Addiction Research Theory*, 15, 309-320

Kaess, M., Durkee, T., Brunner, R., Carli, V., Parzer, P., Wasserman, C., Sarchiapone, M., Hoven, C., Apter, A., Balazs, M., Bobes, J., Cohen, R., Cosman, D., Cotter, P., Fischer, G., Floderus, B., Iosue, M., Haring, C., Kahn, J., Musa, G.J., Names, B., Postuva, V., Resch, F., Saiz, P.A., Sisask, M., Snir, A., Varnik, A., Ziberna, J., & Wasserman, D. (2014). Pathological Internet Use Among European Adolescent: Psychopathology and Self Destrutive Behaviors, *Europe Child Adolescent Psychiatric*, 23, 1093-1102

Kaplan, A. M. & Haenlein, M. (2010). Users of The World, Unite! The Challenges and Opportunities of Social Media. *Business Horizons*, 53, 59–68

Khairunnisa. (2013). Studi kasus mengenai regulasi diri pada mahasiswa yang kecanduan dan tidakkecanduan online game di Jatinangor, *paper*. Fakultas Psikologi Unpad.

Killen, M. & Coplan, R.J. (2011). *Social Development in Childhood & Adolescence: A Contemporary Reader*. West Sussex: Blackwell Publishing.

Kriyantono, R.(2006). *Teknik Praktis Riset Komunikasi*. Surabaya: Kencana Prenada Media Group.

Kurniawan, A. (2009). *Belajar Mudah SPSS untuk Pemula*. Yogyakarta: Mediakom.

Kusuma, G.K. “Jejaring Sosial Pemicu Nemophobia”. Diakses pada tanggal 20 Maret 2015. <http://internetsehat.id/2014/06/jejaring-sosial-pemicu-nomophobia-bagian-3-habis/>

LaRose, Robert & Eastin, Matthew. S. (2004). A Social Cognitive Theory of Internet Uses and Gratifications: Toward a New Model of Media Attendance, *Journal of Broadcasting & Electronic Media*, 48, 358-377.

Li, C., Dang., Zhang, X., Zhang, Q., &Guo, J. (2014). Internet Addiction among Chinese adolescent: The effect of parental behavior and self control,*Computers in Human Behavior*, 41, 1-7.



Mander, Jason. "2014 The Latest Social Networking Trends". 20 Mei 2015.

<http://www.globalwebindex.net/blog/gwi-social-q4-2014-the-latest-social-networking-trends>

McCown, R.R. (1992). *Educational Psychology*, 2<sup>nd</sup> ed. Boston: Allyn & Bacon

McDonald, Sue-Ann. (2014). Managing Risk: Self-Regulation Among Homeless Youth, *Child Adolescent Social Journal*, 31, 497-520.

Mehroof, M.M. & Griffiths, M.D. (2010). Online Gaming Addiction: The Role of Sensation Seeking, self Control, Neuroticism, Aggression, State Anxiety, and Trait Anxiety, *Cyberpsychology, Behavior, and Social Networking*, 13(3), 313-316

Meerkerk, G.J., Van Den Eijnden R., Vermulst, A., & Garretsen, H. (2009). The Compulsive Internet Use Scale (CIUS): Some Psychometric Properties, *Cyber Psychology & Behavior*, 12(1), 1-6

Metcalf, Janet & Mischel, Walter. (1999). A Hot/Cool-System Analysis of Delay of Gratification: Dynamic Willpower, *Psychological Review*, 106, 3-19.

Miller, Brown, & Lawendowski. (1999). Self Regulation Questionnaire.

[http://casaa.unm.edu/inst/SelfRegulation%20Questionnaire%20\(SRQ\).pdf](http://casaa.unm.edu/inst/SelfRegulation%20Questionnaire%20(SRQ).pdf)

Neal, Dan J & Carey, Kate B. (2005). A Follow Up Psychometric Analysis of Self Regulation Questionnaire, *Psychology Addictive Behavior*, 19, 414-422

Nikamesh, Z., Kazeni, Y., Khosravy, M. (2013). Study Role of Different Dimension of Emotional Self Regulation on Addiction Potential, *Journal of Family and Reproductive Health*, 8, 69-72

Ozdemir, Y., Kuzucu, Y., & Ak, S. (2014). Depression, Loneliness, and Internet Addiction: How important is self-control?", *Computer in Human Behavior*, 34, 284-290.

Papalia, D.E., & Olds, S.W. (2001). *Human Development*. Boston: Mc Graw Hill Inc

Pengguna Internet di Indonesia 63 juta orang. (25 Maret 2015). Diambil dari

[http://kominfo.go.id/index.php/content/detail/3415/Kominfo+%3A+Pengguna+Internet+di+Indonesia+63+Juta+Orang/0/berita\\_satker](http://kominfo.go.id/index.php/content/detail/3415/Kominfo+%3A+Pengguna+Internet+di+Indonesia+63+Juta+Orang/0/berita_satker)

Priyatno, Duwi. (2010). *Teknik Mudah dan Cepat Melakukan Analisis Data Penelitian dan Dengan SPSS*. Yogyakarta: Gava Media

Proyeksi Jumlah Penduduk Indonesia Berdasarkan Survey Tahun 2010. (2010). Diakses dari [http://www.bps.go.id/ pada tanggal 20 Maret 2015](http://www.bps.go.id/)

Santrock, J.W. (2013). *Life-Span Development*. New York: McGrawhill.

Santrock, J. W. (2007). *Adolescence, 11th edition*. New York: McGraw-Hill.



Shek, Daniel. T.L., Tang, Vera. M.Y., Lo., C.Y. (2008). Internet Addiction in Chinese Adolescent in Hong Kong: Assessment, Profile, and Psychosocial Correlates, *The Scientific World Journal*, 8, 776-787

Slavin, R. E. (2011). *Psikologi Pendidikan; Teori dan Praktik*, edisi ke sembilan. Jakarta: Indeks

Snihotta, F.F., Scholz, U., Schwarzer, R., Fuhrmann, B., Kiwus, U., & Voller, H. (2005). Long-term Effects of Two Psychological Interventions on Physical Exercise and Self Regulation Following Coronary Rehabilitation, *International Journal of Social Psychology*, 35, 565-578

Turel, O., He, Q., Xue, G., Xiao, L., & Becahara, A. (2014). Examination of Neural System Sub-Serving Facebook “Addiction”, *Psychological Report: Disability and Trauma*, 115(3), 1-21

Van Deursen, A.J.A.M., Bolle, C.L., Hegner, M., Kommer, P.A.M. (2015). Modelling 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.

Verdejo-Garcia, A., Betanzos-Espinosa, P., Lozano, O.M., Vergara-Moragues, E., Gonzales-Saiz, F., Fernandez-Calderon, F., Bilbao-Acedos, I., Perez-Garcia, M. (2012). Self Regulation and Treatment Retention in Cocaine Dependent Individuals: A longitudinal study, *Drug and Alcohol Dependence*, 122, 142-148

Wang, C., Lee, M.K.O., & Hua, Z. (2015). A Theory of Social Media Dependence: Evidence from Microblog Users, *Decision Support Systems*, 69, 40-49.

Whang, L.S., Lee, S., & Chang, G. (2003). Internet Over Users’ Psychological Profiles: A Behavior Sampling Analysis on Internet Addiction, *Cyber Psychology and Behavior*, 6, 143-150

Weinstein, A. & Lejoyeux, M. (2010). Internet Addiction or Excessive Internet Use, *The American Journal of Drug and Alcohol Abuse*, 36, 277-283

Weisenberg, Darin. (2013). Post Humanism, addiction and the loss of self control: Reflection on the missing core in addiction, science, *International Journal of Drug Policy*, 24, 173-181.

Widyanto, L. & McMurran, M. (2004). The Psychometric Properties of The Internet Addiction Test. *Cyberpsychology & Behavior*, 7(4), 443-450.

Wolfling, K., Fauth-Buhler, M., Lemenager, T., Morsen, C.P., & Mann, K. (2009). Gambling and Internet Addiction: Review and Research Agenda, *Nervenarzt*, 1-7

Woolfolk, A. (2004). *Educational Psychology; International Edition*. Boston: Ally and Bacon



## Hubungan Antara Regulasi Diri Dengan Kecanduan Media Sosial

RATRI RESTUTI, Yuli Fajar Susetyo, S.Psi., M.Si., psikolog

Universitas Gadjah Mada, 2016 | Diunduh dari <http://etd.repository.ugm.ac.id/>

UNIVERSITAS  
GADJAH MADA

Young, K.S. (1996). *Internet Addiction: The Emergency of a New Clinical Disorder*. Paper presented at the 10<sup>th</sup> Annual Meeting of The American Psychological Association, Toronto, Ontario, Canada.

Young, K.S. (1999). Internet Addiction: Evaluation and Treatment, *Student British Medical Journal*, 7, 351-352.

Young, K.S. (2009). Understanding Online Gambling Addiction and Treatment Issues for Adolescent, *The American Journal of Family Therapy*, 37, 355-372