

DAFTAR PUSTAKA

- Abidin, Z., Hudaya, A., & Anjani, D. (2020). Efektivitas pembelajaran jarak jauh pada masa pandemi covid-19. *Research and Development Journal of Education*, 131–146. <https://doi.org/10.51276/edu.v2i1.112>
- Adi, N. N. S., Oka, D. N., & Wati, N. M. S. (2021). Dampak Positif dan Negatif Pembelajaran Jarak Jauh di Masa Pandemi COVID-19. *Jurnal Ilmiah Pendidikan Dan Pembelajaran*, 5(1), 43. <https://doi.org/10.23887/jipp.v5i1.32803>
- Adityanto, Putra, F. A., Alim, F. N., Suseno, M. T., Yudha, S. S. P., & Thorir, I. A. (2021). Dampak perkembangan teknologi internet dalam pembelajaran jarak jauh bagi siswa pada masa pandemi covid-19. *Journal of Education and Technology*, 1(2), 93–103.
- Afrianti, N., & Rahmiati, C. (2021). Faktor-Faktor yang Mempengaruhi Kepatuhan Masyarakat terhadap Protokol Kesehatan Covid-19. *Jurnal Ilmiah STIKES Kendal*, 11(1), 113–123.
- Agriyanti, S. M., & Rahmasari, D. (2021). Perbedaan Tingkat Kesepian pada Siswa Kelas X dan XI Ditinjau dari Efektivitas Komunikasi Orangtua. *Jurnal Penelitian Psikologi*, 8(5), 181–188.
- Agustino, L. (2020). Analisis Kebijakan Penanganan Wabah Covid-19: Pengalaman Indonesia. *Jurnal Borneo Administrator*, 16(2), 253–270. <https://doi.org/10.24258/jba.v16i2.685>
- Ajzen, I. (2020). The theory of planned behavior: Frequently asked questions. *Human Behavior and Emerging Technologies*, 2(4), 1–11. <https://doi.org/10.1002/hbe2.195>
- Amorim, L. A. G., da Fonsêca, P. N., Machado, G. M. A., Guimarães, C. L. C., & da Silva, P. G. N. (2019). Social and Emotional Loneliness Scale for Adults: evidencias psicométricas en el noreste de Brasil. *Ciencias Psicológicas*, 13(December), 283–295. <https://doi.org/10.22235/cp.v13i2.1885>

- Averill, J. R. (1973). Personal control over aversive stimuli and its relationship to stress. *Psychological Bulletin*, 80(4), 286–303. <https://doi.org/10.1037/h0034845>
- Avirisda. (2021). *Mahasiswa dan anak muda dominasi pelanggar PPKM di Malang*. <Https://Www.Idxchannel.Com/Economics/Mahasiswa-Dan-Anak-Muda-Dominasi-Pelanggar-Ppkm-Di-Malang>.
- Baron, R. M., & Kenny, D. A. (1986). The Moderator-Mediator Variable Distinction in Social Psychological Research. Conceptual, Strategic, and Statistical Considerations. *Journal of Personality and Social Psychology*, 51(6), 1173–1182. <https://doi.org/10.1037/0022-3514.51.6.1173>
- Baumeister, R. F., & Vohs, K. D. (2007). Self-Regulation, Ego Depletion, and Motivation. *Social and Personality Psychology Compass*, 1(1), 115–128. <https://doi.org/10.1111/j.1751-9004.2007.00001.x>
- Blass, T. (1999). The milgram paradigm after 35 years: Some things we now know about obedience to authority. *Journal of Applied Social Psychology*, 29(5), 955–978. <https://doi.org/10.1111/j.1559-1816.1999.tb00134.x>
- Boylan, J., Seli, P., Scholer, A. A., & Danckert, J. (2021). Boredom in the COVID-19 pandemic: Trait boredom proneness, the desire to act, and rule-breaking. *Personality and Individual Differences*, 171(July), 110387. <https://doi.org/10.1016/j.paid.2020.110387>
- Bruno, F. (2000). *Conquer loneliness: menaklukkan kesepian : pahamilah kesepian anda, buanglah untuk selamanya!* Gramedia Pustaka Utama.
- Cahyono, H. (2019). Peran Mahasiswa di Masyarakat. *Jurnal Pengabdian Masyarakat Setiabudhi*, 1(1), 32–43.
- Chaplin, J. P. (2008). *Kamus lengkap psikologi* (1st ed.). PT Raja Grafindo.
- CNN Indoneisa. (2022). *Jokowi: 2021 tahun yang sulit akibat lonjakan covid-19*. <Https://www.cnnindonesia.com/nasional/20220103095603-20-741798/jokowi-2021-tahun-yang-sulit-akibat-lonjakan-covid-19>

- Creswell, J. (2012). *Educational research : planning, conducting, and evaluating quantitative and qualitative research* (4th ed.). <http://journal.um-surabaya.ac.id/index.php/JKM/article/view/2203>
- Darmawan, F. H. (2020). Kecanduan internet pada mahasiswa program studi kebidanan (d-3) sebagai dampak pembelajaran jarak jauh di era pandemi, mungkinkah? *Prosiding Pertemuan Ilmiah Nasional Penelitian & Pengabdian Masyarakat II*, 2(1), 146–157.
- DeBono, A., Shmueli, D., & Muraven, M. (2010). Rude and inappropriate: The role of self-control in following social norms. *Personality and Social Psychology Bulletin*, 37(1), 136–146. <https://doi.org/10.1177/0146167210391478>
- Dimas, C. (2021). Mahasiswa demo tolak ppkm di yogyakarta. <https://www.kompas.tv/article/199487/mahasiswa-demo-tolak-ppkm-di-yogyakarta>
- Dörnyei, Z. (2007). *Research methods in applied linguistics*.
- Farisa, F. C. (2022). Waspada lonjakan covid-19, ini tren peningkatan kasus corona di Indonesia. <https://nasional.kompas.com/read/2022/11/18/06100041/waspada-lonjakan-covid-19-ini-tren-peningkatan-kasus-corona-di-indonesia>
- Firdaus, M., Himawati, D., & Arianty, M. (2022). Kontrol Diri Pada Mahasiswa Selama Pembelajaran Jarak. *Humanis*, 14(1).
- Ghufron, & Risnawita. (2012). *Teori-teori Psikologis* (1st ed.). Ar-ruz media group.
- Gibson, S. (2018). Obedience without orders: Expanding social psychology's conception of 'obedience.' *British Journal of Social Psychology*, 58(1), 241–259. <https://doi.org/10.1111/bjso.12272>
- Gierveld, J. D. J., & Van Tilburg, T. (2006). A 6-item scale for overall, emotional, and social loneliness: Confirmatory tests on survey data. *Research on Aging*, 28(5), 582–598. <https://doi.org/10.1177/0164027506289723>

- Hadianti, L. S. (2008). Pengaruh Pelaksanaan Tata Tertib Sekolah Terhadap Kedisiplinan Belajar Siswa. *Jurnal Pendidikan Universitas Garut*, 02(1), 1–8.
- Hakim, L. (2021). Survei Tingkat Kepatuhan Masyarakat Melaksanakan Protokol Kesehatan Covid -19 Pasca Penyuluhan. *Jurnal Masyarakat Mandiri*, 5(4), 1329–1345.
- Hanina, Enis, R. N., & Putri, T. W. E. (2021). *Pembelajaran Luring Melalui Pembagian Masker*. 4, 265–268.
- Hardiani, R., & Andromeda. (2020). Apakah mahasiswa yang tidak resilien rentan mengalami kesepian selama masa pandemi covid-19? 12(3), 316–325.
- Hendrawan, M. M. M., Rahayu, A., & I, U. P. I. Y. A. (2021). Konformitas dan Kontrol Diri Perannya Terhadap Kepatuhan Pada Protokol Kesehatan Menjaga Jarak. *Jurnal Psikologi Kreatif Inovatif*, 1(74), 21–29.
- Hisan, U. K. (2022). Studi Perilaku Pencarian Informasi Kesehatan oleh Generasi Z Terkait Vaksinasi Covid-19. *Media Informasi*, 31(1), 44–54. <https://journal.ugm.ac.id/v3/MI/article/view/4521>
- Hulukati, W., & Djibrin, M. R. (2018). Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. *Jurnal Bimbingan Dan Koneseling Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo*, 2(1), 73–114. <https://doi.org/10.26740/bikotetik.v2n1.p73-80>
- Hunter, A., & Eastwood, J. D. (2016). Does state boredom cause failures of attention? Examining the relations between trait boredom, state boredom, and sustained attention. *Experimental Brain Research*, 236(9), 2483–2492. <https://doi.org/10.1007/s00221-016-4749-7>
- Hurlock, E. B. (2004). *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan* (5th ed.). Penerbit Erlangga. <https://opac.perpusnas.go.id/DetailOpac.aspx?id=517750>
- Hutami, E. R. (2021). Kendala Pembelajaran Jarak Jauh Pada Masa Pandemi Bagi Siswa Sd, Guru, Dan Orangtua. *Jurnal Ilmiah WUNY*, 3(1), 51–61. <https://doi.org/10.21831/jwuny.v3i1.40706>

- Hutauruk, A. J. B., & Sidabutar, R. (2020). Kendala Pembelajaran Daring Selama Masa Pandemi di Kalangan Mahasiswa Pendidikan Matematika: Kajian Kualitatif Deskriptif. *Journal of Mathematic Eduation and Applied*, 2(1), 45–51. <https://doi.org/10.36655/sepren.v2i1.364>
- Iskandar, D. (2021). *Polisi bubarkan aksi unjuk rasa mahasiswa tolak ppkm*. <https://riaupos.jawapos.com/pekanbaru/06/08/2021/255143/polisi-bubarkan-aksi-unjuk-rasa-mahasiswa-tolak-ppkm.html>
- Istichomaharani, I. S., & Habibah, S. S. (2016). Mewujudkan peran mahasiswa sebagai “agent of change, social control, dan iron stock.” *Pengintegrasian Nilai Karakter Dalam Pembelajaran Kreatif Di Era Masyarakat Ekonomi ASEAN*.
- Jelita, H., & Aslamawati, Y. (2020). Studi deskriptif self-control remaja di tengah wabah covid-19 di dki jakarta. *Prosiding Psikologi*, 6(2), 259–264. <http://dx.doi.org/10.29313/v6i2.22397>
- Khaeruman. (2018). *Pengaruh pelayanan MM Mart (Mitra Muslim) terhadap kepuasan konsumen di MM-Mart Cipocok Serang*. 4(1), 46–71.
- Kim, T. K., & Park, J. H. (2019). More about the basic assumptions of t-test: normality and sample size. *Korean Journal of Anesthesiology*, 72(4), 331–335. <https://doi.org/10.4097/kja.d.18.00292>
- Kocher, M. G., Martinsson, P., Myresth, K. ove R., & Wollbrant, C. E. (2016). Strong, bold, and kind: self-control and cooperation in social dilemmas. *Experimental Economics*. <https://doi.org/10.1007/s10683-015-9475-7>
- Kwak, S. G., & Park, S.-H. (2019). Normality Test in Clinical Research. *Journal of Rheumatic Diseases*, 26(1), 5. <https://doi.org/10.4078/jrd.2019.26.1.5>
- Li, X., Feng, X., Xiao, W., & Zhou, H. (2021). Loneliness and mobile phone addiction among chinese college students: The mediating roles of boredom proneness and self-control. *Psychology Research and Behavior Management*, 14, 687–694. <https://doi.org/10.2147/PRBM.S315879>
- Lisitsa, E., Benjamin, K. S., Chun, S. K., Skalisky, J., Hammond, L. E., &

- Mezulis, A. H. (2020). Loneliness among young adults during covid-19 pandemic: The mediational roles of social media use and social support seeking. *Journal of Social and Clinical Psychology*, 39(8), 708–726. <https://doi.org/10.1521/jscp.2020.39.8.708>
- Magfiroh, S., Sunarmo, A., & Primasari, D. (2018). Profesional Audit Dan Etika Kerja Terhadap Tindakan Whistleblowing. *Jurnal Analisis Bisnis Ekonomi*, 16(2), 103–116. <https://doi.org/10.31603/bisnisekonomi.v16i2.2619>
- Marino, W. S., & Gunawan, G. G. (2020). Upaya Pengentasan Kemiskinan Melalui Layanan Lembaga Keuangan Mikro dan Program Pemberdayaan Perempuan di Kecamatan Rajapolah Kabupaten Tasikmalaya. *Jurnal Inspirasi Bisnis Dan Manajemen*, 4(2), 121. <https://doi.org/10.33603/jibm.v4i2.4222>
- Milgram, S. (1963). Behavioral Study of obedience. *Journal of Abnormal and Social Psychology*, 67(4), 371–378. <https://doi.org/10.1037/h0040525>
- Noviani, C. M., & Sa'adah, N. (2022). Gambaran kesepian pada mahasiswa selama pembelajaran daring. *Jurnal Pendididikan Dan Konseling*, 12(1), 238–250.
- Octaviany, C. (2019). Dinamika kesepian pada wanita dewasa awal. *Calyptra: Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 8(1), 1722–1741.
- Oyebanji, A., & Olayemi, J. (2017). Research Variables: Types, Uses and Definition of Terms. *Research in Education*, July 2017, 43–55. <https://www.researchgate.net/publication/342897909>
- Palupi, R., Yulianna, D. A., & Winarsih, S. S. (2021). Analisa Perbandingan Rumus Haversine Dan Rumus Euclidean Berbasis Sistem Informasi Geografis Menggunakan Metode Independent Sample t-Test. *JITU: Journal Informatic Technology And Communication*, 5(1), 40–47. <https://doi.org/10.36596/jitu.v5i1.494>
- Patty, R. (2021). *Mahasiswa dan polisi bentrok dalam demo lanjutan tolakb ppkm di ambon*. <https://regional.kompas.com/read/2021/07/27/151835978/mahasiswa-dan->

- polisi-bentrok-dalam-demo-lanjutan-tolak-ppkm-di-ambon?page=all
 Peraturan Pemerintah Republik Indonesia Nomor 21 Tahun 2020, (2020).
<https://doi.org/10.4324/9780367802820>
- Periantlo, J. (2015). *Penyusunan skala psikologi: asyik, mudah dan bermanfaat*. Yogyakarta Pustaka Pelajar.
<http://kin.perpusnas.go.id/DisplayData.aspx?pId=64150&pRegionCode=UNES&pClientId=634>
- Perlman, Daniel, & Peplau, L. A. (1981). Toward a social psychology of social movements. *Social Psychology of Lonelinesss*, 31–56.
<https://doi.org/10.4324/9781315445687>
- Perlman, Dannie, & Peplau, L. A. (1988). Loneliness. *Encyclopedia of Adolescence*, 2, 572–581. <https://doi.org/10.1016/B978-0-12-373951-3.00116-2>
- Permana, R. A., & Ikasari, D. (2023). Uji Normalitas Data Menggunakan Metode Empirical Distribution Function Dengan Memanfaatkan Matlab Dan Minitab 19. *Semnas Ristek (Seminar Nasional Riset Dan Inovasi Teknologi)*, 7(1), 7–12. <https://doi.org/10.30998/semnasristek.v7i1.6238>
- Priyono. (2008). *Metode Penelitian Kuantitatif*. <http://jurnal.um-surabaya.ac.id/index.php/JKM/article/view/2203>
- Purnamasari, I., & Raharyani, A. E. (2020). Tingkat pengetahuan dan perilaku masyarakat kabupaten wonisobi tentang covid-19. *Jurnal Ilmiah Kesehatan*, 3(1), 33–41. <https://doi.org/10.14421/lijid.v3i1.2224>
- Rahmawati, F. (2020). Psbb, kendaraan masuk jakarta masih tinggi.
<https://www.ayojakarta.com/jakarta-pusat/pr-76749556/PSBB-Kendaraan-Masuk-Jakarta-Masih-Tinggi?page=all>
- Rauschenberg, C., Schick, A., Goetzl, C., Roehr, S., Riedel-Heller, S. G., Koppe, G., Durstewitz, D., Krumm, S., & Reininghaus, U. (2021). Social isolation, mental health, and use of digital interventions in youth during the COVID-19 pandemic: A nationally representative survey. *European Psychiatry*, 64(1).

- <https://doi.org/10.1192/j.eurpsy.2021.17>
- Rochanah. (2020). PERAN MAHASISWA PGMI IAIN KUDUS SEBAGAI AGENT OF CHANGE DI MASA PANDEMI COVID-19 A . Pendahuluan Tujuh bulan terakhir terhitung bulan Februari 2020 , Indonesia telah di landa virus global atau pandemi Covid-19 yang berasal dari Wuhan , China . Sebagaimana. *Elementary*, 8(2), 339–358.
- Rochimah, F. A. (2020). Dampak Kuliah Daring Terhadap Kesehatan Mental Mahasiswa Ditinjau Dari Aspek Psikologi. *PsyArXiv Preprints*, 7. <https://psyarxiv.com/s5m9r/>
- Ruhayana, N., Intan, Pratiwi, & Permatasari, T. O. (2022). Hubungan sikap dengan kepatuhan mahasiswa fakultas kedokteran dalam penerapan protokol kesehatan pada pertemuan tatap muka pembelajaran hybrid di fakultas kedokteran universitas swadaya gunung jati. *Tunas Media Jurnal Kedokteran & Kesehatan*, 9(1).
- Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of Personality Assessment*, 66(1), 20–40. https://doi.org/10.1207/s15327752jpa6601_2
- Sagita, D. D., & Hermawan, D. (2020). Kesepian Remaja Pada Masa Pandemi COVID-19. *ENLIGHTEN (Jurnal Bimbingan Dan Konseling Islam)*, 3(2), 122–130. <https://doi.org/10.32505/enlighten.v3i2.1892>
- Saputra, D. (2021). *Ppkm darurat dinilai tak efektif, pengamat: pemerintah tidak maksimal.* <https://kabar24.bisnis.com/read/20210706/15/1414424/ppkm-darurat-dinilai-tak-efektif-pengamat-pemerintah-tidak-maksimal>
- Sardiman. (2016). *Interaksi dan motivasi belajar mengajar*. Rajwali Pers.
- Setyorini, I. (2020). Terhadap Proses Pembelajaran Pada Kurukulum 13 ? *Journal of Industrial Engineering & Managemen Research (JIEMAR)*, 01(Juni), 95–102.
- Sharp, J., & Theiler, S. (2018). A review of psychological distress among university students: pervasiveness, implication, and potential points of

- intervention. *International Journal for the Advancement of Counselling*, 40(3), 193–212.
- Shenhav, A., Botvinick, M. M., & Cohen, J. D. (2013). The expected value of control: An integrative theory of anterior cingulate cortex function. *Neuron*, 79(2), 217–240. <https://doi.org/10.1016/j.neuron.2013.07.007>
- Stratton, S. J. (2021). Population Research: Convenience Sampling Strategies. *Prehospital and Disaster Medicine*, 36(4), 373–374. <https://doi.org/10.1017/S1049023X21000649>
- Suraya, I., Nurmansyah, M. I., Rachmawati, E., Al Aufa, B., & Koire, I. I. (2020). The impact of large-scale social restrictions on the incidence of covid-19 : A case study of four provinces in Indonesia. *Kesmas: Jurnal Kesehatan Masyarakat*, 1, 49–53. <https://doi.org/10.21109/KESMAS.V1I2.3990>
- Sutomo, S., Sagala, S., Sutomo, B., Liem, W., & Al Hamid, H. (2021). Strengthening the strategic and operational response forreducing covid-19 transmission in Indonesia. *Kesmas: Jurnal Kesehatan Masyarakat*, 16(1), 3–10. <https://doi.org/10.21109/kesmas.v0i0.5104>
- Taherdoost, H. (2022). What are Different Research Approaches? Comprehensive Review of Qualitative, Quantitative, and Mixed Method Research, Their Applications, Types, and Limitations. *Journal of Management Science & Engineering Research*, 5(1), 53–63. <https://doi.org/10.30564/jmser.v5i1.4538>
- Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success.pdf. *Journal of Personality*, 2.
- Tim detikcom. (2021). *Demo penolakan ppkm darurat berujung belasan mahasiswa diamankan*. <https://news.detik.com/berita/d-5650619/demo-penolakan-ppkm-darurat-berujung-belasan-mahasiswa-diamankan/1>
- Tobías, A. (2020). Evaluation of the lockdowns for the SARS-CoV-2 epidemic in Italy and Spain after one month follow up. *Science of the Total Environment*, 725. <https://doi.org/10.1016/j.scitotenv.2020.138539>

- Wahono, H. (2021). *Mahasiswa balikpapan unjuk rasa tolak PPKM.* <https://nomorsatukaltim.com/unjuk-rasa-tolak-ppkm/>
- Wedaloka, K. B., & Turnip, S. S. (2019). Gender differences in the experience of loneliness among adolescents in Jakarta. *HUMANITAS: Indonesian Psychological Journal*, 16(1), 33. <https://doi.org/10.26555/humanitas.v16i1.11311>
- Weiss, R. S. (1973). *Loneliness: the experience of emotional and social isolation* (1st ed.). MIT Press Paperback. [https://books.google.co.id/books?hl=en&lr=&id=Wr9NEAAAQBAJ&oi=fnd&pg=PA27&dq=Weiss,+R.+S.+%5B1973\).+Loneliness:+The+experience+o f+emotional+and+social+isolation.+Cambridge,+MA:+MIT+Press.&ots=nsfTnq2dBL&sig=fsJCjHBwqwWGmf0c1ZrrJahnvx4&redir_esc=y#v=onepag](https://books.google.co.id/books?hl=en&lr=&id=Wr9NEAAAQBAJ&oi=fnd&pg=PA27&dq=Weiss,+R.+S.+%5B1973).+Loneliness:+The+experience+o f+emotional+and+social+isolation.+Cambridge,+MA:+MIT+Press.&ots=nsfTnq2dBL&sig=fsJCjHBwqwWGmf0c1ZrrJahnvx4&redir_esc=y#v=onepag)
- Widana, I. W., & Muliani, P. L. (2020). *Uji prasyarat analisis* (T. Fiktorius (ed.)). Klik Media.
- Widiyani, L. R., Dias, V. A., Cristina, C. G., Restha, I. G. A., & Devis, V. R. R. (2022). Faktor yang mendasari perliaku kepatuhan mahasiswa yogyakarta terhadap protokol kesehatan covid-19: pendekatan com-b theory of change. *Journal of Health Promotion and Service Management*, 1(1), 46–57.
- Wolff, W., Martarelli, C. S., Schüler, J., & Bieleke, M. (2020). High boredom proneness and low trait self-control impair adherence to social distancing guidelines during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, 17(15), 1–10. <https://doi.org/10.3390/ijerph17155420>
- Yasmin, F. L., Santoso, A., & Utaya, S. (2016). Hubungan disiplin dengan tanggung jawab belajar siswa [Relationship of discipline with student learning responsibilities]. *Jurnal Pendidikan: Teori, Penelitian, Dan Pengembangan*, 1(4), 692–697. <http://journal.um.ac.id/index.php/jptpp/article/view/6226>