

DAFTAR PUSTAKA

- Agusta, D. (2016). Faktor-faktor resiko kecanduan menggunakan smartphone pada siswa di SMK Negeri 1 Kalasan Yogyakarta. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 5(3).
- Ambarwaty, U. D. (2018). *Pengaruh kontrol diri, kesepian dan sensation seeking terhadap kecanduan smartphone pada remaja*. Jakarta: Fakultas Psikologi UIN Syarif Hidayatullah.
- Anugrah, E. R., & Ariana, A. D. (2023). Pengaruh Loneliness dan Sensation Seeking terhadap Smartphone Addiction pada Remaja di Surabaya. *Journal of Education, Humaniora and Social Sciences (JEHSS)*, 5(3), 1825–1831.
- Assari, A. (2021). Kecanduan Smartphone Ditinjau dari Sensation-Seeking pada Siswa SMA di Yogyakarta. *Acta Psychologia*, 3(2), 127–137.
- Awkila. (2015). *GAMBARAN SENSATION SEEKING TRAIT PADA PENDAKI GUNUNG (MOUNTAINEERS)*.
- Ayuda, E. S., Handayani, P. K., & Rahmawati, E. I. (2018). Pengaruh Sensation Seeking terhadap Kecanduan Smartphone pada Mahasiswa Universitas Muhammadiyah Jember. *Fakultas Psikologi Universitas Muhammadiyah Jember (Skripsi)*.
- Ayuningtyas, A. D., & Amawidyati, S. G. (2021). Sensation Seeking dan Problematic Mobile Phone Use pada Mahasiswa. *Intuisi: Jurnal Psikologi Ilmiah*, 13(1), 71–82.
- Aziz, A. (2019). No Mobile Phone Phobia di Kalangan Mahasiswa Pascasarjana. *KONSELI: Jurnal Bimbingan dan Konseling (E-Journal)*, 6(1), 1–10.
- Azwar, S. (2012). *Reliabilitas dan Validitas* (keempat). Pustaka Pelajar.
- Bagaskara, S. (2021). Adaptation and Assessment of Psychometric Properties of the Brief Sensation-seeking Scale in an Indonesian General Sample. *JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia)*, 10(2), 158–171.
- Bhattacharya, S., Bashar, M. A., Srivastava, A., & Singh, A. (2019). Nomophobia: No mobile phone phobia. *Journal of family medicine and primary care*, 8(4), 1297.
- Bianchi, A., & Phillips, J. G. (2005). Psychological predictors of problem mobile phone use. *Cyberpsychology & behavior*, 8(1), 39–51.
- Bragazzi, N. L., & Del Puente, G. (2014). A proposal for including nomophobia in the new DSM-V. *Psychology research and behavior management*, 155–160.

- Chen, X., Li, F., Nydegger, L., Gong, J., Ren, Y., Dinaj-Koci, V., Sun, H., & Stanton, B. (2013). Brief Sensation Seeking Scale for Chinese - Cultural adaptation and psychometric assessment. *Personality and Individual Differences*, 54(5), 604–609. <https://doi.org/10.1016/j.paid.2012.11.007>
- Csibi, S., Griffiths, M. D., Cook, B., Demetrovics, Z., & Szabo, A. (2018). The psychometric properties of the smartphone application-based addiction scale (SABAS). *International journal of mental health and addiction*, 16(2), 393–403.
- Dwiasmara, R. (2020). *Hubungan Antara Sensation Seeking Dengan Kecenderungan Nomophobia Pada Remaja Di Kota Surabaya*. UIN Sunan Ampel Surabaya.
- Firmansyah, D. (2022). Teknik Pengambilan Sampel Umum dalam Metodologi Penelitian: Literature Review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), 85–114.
- Fitriyani, P. (2018). Pendidikan karakter bagi generasi Z. *Prosiding Konferensi Nasional Ke-7 Asosiasi Program Pascasarjana Perguruan Tinggi Muhammadiyah Aisyiyah (APPPTMA)*. Jakarta, 23–25.
- Ginting, F., Ginting, A., & Manik, T. A. (2022). Hubungan Ketergantungan Penggunaan Smartphone dengan Nomophobia pada Mahasiswa STIKes Santa Elisabeth Medan Tahun 2022. *Elisabeth Health Jurnal*, 7(1), 74–80. <http://ejournal.stikeselisabethmedan.ac.id:85/index.php/EHJ/article/view/407/292>
- Grashinta, A., & Nisa, U. K. (2018). Pengaruh Konformitas Dan Risk Perception Terhadap Sensation Seeking Behavior Pada Remaja Pengendara Sepeda Motor Di Bawah Umur. *Psikosains: Jurnal Penelitian Dan Pemikiran Psikologi*, 13(1), 1–16.
- Gunawan, C. (2020). *Mahir Menguasai SPSS Panduan Praktis Mengolah Data Penelitian* (Pertama). Deepublish.
- Harrington, N. G. (2017). Sensation Seeking. Dalam *Oxford Research Encyclopedia of Communication*.
- Hoyle, R. H., Stephenson, M. T., Palmgreen, P., Lorch, E. P., & Donohew, R. L. (2002). Reliability and validity of a brief measure of sensation seeking. *Personality and individual differences*, 32(3), 401–414.
- Ishariani, L. (2020). SKRINING DAN EDUKASI PENANGANAN SINDROM NOMOPHOBIA PADA REMAJA. *Prosiding Seminar Penelitian Kesehatan*, 2(1).

- Kemp, S. (2023, Februari 9). *DIGITAL 2023: INDONESIA*. Data Reportal. <https://datareportal.com/reports/digital-2023-indonesia>
- Khairani, M. K., Irmayana, I., Mawarpury, M., & Nisa, H. (2022). Nomophobia pada Generasi X, Y, Dan Z. *Psychopolitan: Jurnal Psikologi*, 6(1), 20–31.
- King, A. L. S., Valen  a, A. M., & Nardi, A. E. (2010). Nomophobia: the mobile phone in panic disorder with agoraphobia: reducing phobias or worsening of dependence? *Cognitive and Behavioral neurology*, 23(1), 52–54.
- Lee, S., Kim, M., Mendoza, J. S., & McDonough, I. M. (2018a). Addicted to cellphones: Exploring the psychometric properties between the nomophobia questionnaire and obsessiveness in college students. *Heliyon*, 4(11), e00895.
- Lee, S., Kim, M., Mendoza, J. S., & McDonough, I. M. (2018b). Addicted to cellphones: Exploring the psychometric properties between the nomophobia questionnaire and obsessiveness in college students. *Heliyon*, 4(11). <https://www.sciencedirect.com/science/article/pii/S2405844018335497>
- Lisnawati, Y. (2018, Januari 16). Selain Disfungsi Otak, Ini Bahaya Pakai Gadget Sebelum Tidur. *Liputan6.com*.
- Mareta, M. (2018). Pendidikan Humanis dalam Keluarga: Konstruksi Pola Asuh Orang Tua dalam Mempersiapkan Generasi Masa Depan. *QAWWAM*, 12(1), 18–39.
- Melianawati, A., & Setiawati, E. (2021). Pengaruh Partisipasi Penyusunan Anggaran, Desentralisasi, dan Motivasi Kerja Terhadap Kinerja Organisasi Perangkat Daerah. *Seminar Nasional Sains dan Teknologi Informasi (SENSASI)*, 3(1), 131–137.
- Pranatawijaya, V. H., Widiatry, W., Priskila, R., & Putra, P. B. A. A. (2019). Penerapan skala Likert dan skala dikotomi pada kuesioner online. *Jurnal Sains Dan Informatika*, 5(2), 128–137.
- psychologytoday.com. (2020). *Sensation Seeking*. psychologytoday.com. <https://www.psychologytoday.com/us/basics/sensation-seeking>
- Purwanza, S. W. (2022). *METODOLOGI PENELITIAN: KUANTITATIF, KUALITATIF DAN KOMBINASI* (A. Munandar, Ed.).
- Putra, Y. S. (2017). Theoretical review: Teori perbedaan generasi. *Among makarti*, 9(2).
- Rachmawati, D. (2019). Welcoming gen z in job world (Selamat datang generasi Z di dunia kerja). *Proceeding Indonesia Career Center Network*, IV, 21–24.

- Ramaita, R., Armaita, A., & Vandelis, P. (2019). Hubungan ketergantungan smartphone dengan kecemasan (nomophobia). *Jurnal Kesehatan*, 10(2), 289846. <https://www.neliti.com/publications/289846/hubungan-ketergantungan-smartphone-dengan-kecemasan-nomophobia>
- Rangkuti, A. A., & Wahyuni, L. D. (2017). *Analisis Data Penelitian Kuantitatif Betbasis Classical Test Theory Dan Item Response Theory (RASCH MODEL)*. Fakultas Pendidikan Psikologi Universitas Negeri Jakarta.
- Rangkuti, Anna. A. (2017). *Statistika Inferensial Untuk Psikologi dan Pendidikan* (Pertama). Kencana.
- Rodríguez-García, A.-M., Moreno-Guerrero, A.-J., & Lopez Belmonte, J. (2020). Nomophobia: An individual's growing fear of being without a smartphone—a systematic literature review. *International Journal of Environmental Research and Public Health*, 17(2), 580.
- Safa, A., Valiee, S., Fazel Darbandi, A., & Aghajani, M. (2019). Risky Behaviors and Sensation-Seeking in Adolescence: A Descriptive Correlational Study. *Comprehensive Child and Adolescent Nursing*, 43(4), 260–273. <https://doi.org/10.1080/24694193.2019.1628115>
- Sahir, S. H. (2021). *Metodologi Penelitian* (T. Koryati, Ed.). PENERBIT KBM INDONESIA. www.penerbitbukumurah.com
- Samudra, R. D. (2021, November 13). *Kekuatan Generasi Z : Potensi Dan Kelebihan Yang Dimiliki*. AIESEC. <https://aiesec.or.id/blog/generasi-z/>
- Sihombing, R. A. (2018). *HUBUNGAN ANTARA SENSATION SEEKING DENGAN SIKAP TERHADAP NOMOPHOBIA*. UNIKA SOEGIJAPRANATA SEMARANG.
- Siyoto, S., & Sodik, M. A. (2015). *Dasar metodologi penelitian*. literasi media publishing.
- Statista Research Department. (2023, Januari 19). *Number of smartphone users in Indonesia from 2019 to 2021 with forecasts until 2028*. statista.com. <https://www.statista.com/statistics/266729/smartphone-users-in-indonesia/>
- Turgeman, L., Hefner, I., Bazon, M., Yehoshua, O., & Weinstein, A. (2020). Studies on the relationship between social anxiety and excessive smartphone use and on the effects of abstinence and sensation seeking on excessive smartphone use. *International journal of environmental research and public health*, 17(4), 1262.
- Ussa'adah, C. N., Sari, M. V., & Afiati, N. S. (2019). Studi komparasi nomophobia berdasarkan jenis kelamin pada mahasiswa. *Psikologika: Jurnal Pemikiran dan*

- Penelitian Psikologi*, 24(2), 141–148.
<https://journal.uii.ac.id/Psikologika/article/view/14092>
- Whisnu Pradana. (2021, Maret 21). *Kasus Anak Kecanduan Gadget di Jabar, Belasan Rawat Jalan-Ada yang Meninggal.* news.detik.com. <https://news.detik.com/berita-jawa-barat/d-5501680/kasus-anak-kecanduan-gadget-di-jabar-belasan-rawat-jalan-ada-yang-meninggal>
- Yildirim, C. (2014a). *Exploring the dimensions of nomophobia: Developing and validating a questionnaire using mixed methods research.* Iowa State University.
- Yildirim, C. (2014b). Exploring the dimensions of nomophobia: Developing and validating a questionnaire using mixed methods research CORE View metadata, citation and similar papers at core. *Computers in Human Behavior*, 130–137. <https://lib.dr.iastate.edu/etd>
- 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.
- Yildirim, C., Sumuer, E., Adnan, M., & Yildirim, S. (2016a). A growing fear: Prevalence of nomophobia among Turkish college students. *Information Development*, 32(5), 1322–1331.
- Yildirim, C., Sumuer, E., Adnan, M., & Yildirim, S. (2016b). A growing fear: Prevalence of nomophobia among Turkish college students. *Information Development*, 32(5), 1322–1331.
- Yıldız Durak, H. (2018). *What would you do without your smartphone? Adolescents' social media usage, locus of control, and loneliness as a predictor of nomophobia.* <https://acikerisim.bartin.edu.tr/handle/11772/963>
- Zuckerman, M. (2015). *Sensation Seeking: Beyond the optimal level of arousal.* Psychology Press.