

## DAFTAR PUSTAKA

- Ardilasari, N., & Firmanto, A. (2017). Hubungan Self Control Dan Perilaku Cyberloafing Pada Aparatur Sipil Negara. *Jurnal Ilmu Psikologi Terapan*, (1), 20-39.
- Arifin, H. H., & Milla, M. N. (2020). Adaptasi dan properti psikometrik skala kontrol diri ringkas versi Indonesia. *Jurnal Psikologi Sosial*, 18(2), 179-195.
- Asosiasi Penyelenggara Jasa Internet Indonesia (2024) APJII Jumlah Pengguna Internet Indonesia Tembus 221 Juta Orang.
- Azwar, S. (2017) *Metodologi Penelitian Psikologi*. Pustaka Pelajar.
- Badruzaman, D. (2019). Kajian hukum tentang internet mobile dalam upaya pencegahan dampak negatif teknologi informasi dan komunikasi di Indonesia. *Ajudikasi: Jurnal Ilmu Hukum*, 3(2), 135-152.
- Barlian, E. (2016) *Metodologi Penelitian Kualitatif & Kuantitatif*. Sukabina Press.
- Bataineh, K. adnan (2019) 'Impact of Work-Life Balance, Happiness at Work, on Employee Performance', *International Business Research*, 12(2), p. 99.
- Baumeister, R. F., Vohs, K. D., & Tice, D. M. (2007). The strength model of self-control. *Current directions in psychological science*, 16(6), 351-355.
- Briciu, V. A., & Briciu, A. (2021). Social media and organizational communication. In *Encyclopedia of organizational knowledge, administration, and technology* (pp. 2609-2624). IGI Global.
- Büchi, M. (2021) 'Digital well-being theory and research', *New Media and Society*.
- Bungin (2017) *Metodologi Penelitian Kuantitatif*. Prenadamedia Group DivisiKencana.
- Bungin, B., Teguh, M., & Dafa, M. (2021). Cyber Community Towards Society 5.0 And The Future Of Social Reality. *International Journal of Computer and Information System (IJCIS)*, 2(3), 73-79.

- Cholik, C. A. (2021). Perkembangan teknologi informasi komunikasi/ICT dalam berbagai bidang. *Jurnal Fakultas Teknik UNISA Kuningan*, 2(2), 39-46.
- Danuri, M. (2019). Perkembangan dan transformasi teknologi digital. *Jurnal ilmiah infokam*, 15(2).
- Dariyo, A. (2003), Psikologi perkembangan dewasa muda. Jakarta: PT Gramedia Widiasarana.
- Dariyo, A., & Esa, D. F. P. U. I. (2004). Memahami psikologi perceraian dalam kehidupan keluarga. *Jurnal Psikologi*, 2(2), 94-100.
- Demeter, E. and Rad, D. (2022) 'Time spent on digital devices and sadness: The mediating outcome of boredom', *Applied Research in Digital Wellbeing*, (February), pp. 127–140.
- Gomes, R. et al. (2023) 'Design and validation of the digital well-being scale',
- Gui, M., Fasoli, M. and Carradore, R. (2017) 'Digital well-being. Developing a new theoretical tool for media literacy research', *Italian Journal of Sociology of Education*, 9(1), pp. 155–173
- Hasan, M.I. (1999) Pokok-pokok materi statistik 1 : (statistik deskriptif). Bumi Aksara.
- , parenting, and self-control. *Sociological Focus*, 36(4), 291-311
- Huberts, L.C.E. et al. (2018) 'The performance of  $X^-$  control charts for large non-normally distributed datasets', *Quality and Reliability Engineering International*, 34(6), pp. 979–996.
- Klingelhoef, J., Gilbert, A., Meier, A., & Klingelhoef, J. (2023). Momentary motivations for digital disconnection: An experience sampling study.
- Kurnia, S. (2020). Hubungan antara self control dengan perilaku phubbing pada remaja di Jakarta. *Jurnal Psikologi: Media Ilmiah Psikologi*, 18(01). 58-67
- Maharani, T., & Reflesia, C. (2023). Sosialisasi penguatan profil pelajar pancasila melalui media pembelajaran berbasis media Canva di SD Negeri 33. *Jurnal Pengabdian Masyarakat Bangsa*, 1(4), 139-142.

Malau, R. A., & Muhammad, A. H. (2022). Self control dan Perilaku Cyberloafing pada Karyawan Generasi Z. *Journal of Social and Industrial Psychology*, 11(2), 94-110.

Maloney, P. W., Grawitch, M. J., & Barber, L. K. (2012). The multi-factor structure of the Brief Self-Control Scale: Discriminant validity of restraint and impulsivity. *Journal of Research in Personality*, 46(1), 111-115.

MODEL-MODEL, D. D. P. D., & PSIKOMETRI, S. JURUSAN PSIKOLOGI FAKULTAS ILMU PENDIDIKAN UNIVERSITAS NEGERI SEMARANG.

Muraven, M., & Baumeister, R. F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle?. *Psychological bulletin*, 126(2), 247.

Myrseth, K. O. R., & Fishbach, A. (2009). Self-control: A function of knowing when and how to exercise restraint. *Current Directions in Psychological Science*, 18(4), 247-252.

Myrseth, K. O. R., & Fishbach, A. (2009). Self-control: A function of knowing when and how to exercise restraint. *Current Directions in Psychological Science*, 18(4), 247-25

Nguyen, M.H., Büchi, M. and Geber, S. (2022) 'Everyday disconnection experiences: Exploring people's understanding of digital well-being and management of digital media use', *New Media and Society*.

Nguyen, M.H., Büchi, M. and Geber, S. (2022) 'Everyday disconnection experiences: Exploring people's understanding of digital well-being and management of digital media use', *New Media and Society*.

Oktaviani, D., Amin, M., & Mawardi, M. C. (2019). ANALISIS TINGKAT PENGEMBALIAN INVESTASI PADA EQUITY SECURITIES MELALUI RASIO PROFITABILITAS, LIKUIDITAS DAN HUTANG PADA PERUSAHAAN PERBANKAN DI BEI PERIODE 2015-2017. *e\_Jurnal Ilmiah Riset Akuntansi*, 8(02).

- Permana, S. P. (2020). *The Relation Between Self-Control With Mobile Pubg Online Gaming Addictions* (Doctoral dissertation, Untag 1945 Surabaya).
- Putra, A. W. P., & Sugiyono, S. (2022). Pengaruh Kualitas Pelayanan Dan Promosi Terhadap Loyalitas Pelanggan Melalui Kepuasan Pelanggan. *Jurnal Ilmu dan Riset Manajemen (JIRM)*, 11(2).
- Putri, T.V.Y. et al. (2023) 'THE EFFECT OF TECHNO-STRESSORS ON WORK LIFE BALANCE WITH SELFEFFICACY MODERATION AND EMOTIONAL EXHAUSTION MEDIATION ON DIGITAL TRANSFORMATION STUDY AT PERUMDA AIR MINUM TIRTA
- Rangkuti, A. A., & Herningtyas, A. H. (2016). Keterlibatan Ayah Dan Kecenderungan Menjadi Korban Kekerasan Dalam Konflik Berpacaran Remaja Perempuan. *Jurnal Penelitian dan Pengukuran Psikologi: JPPP*, 5(1), 1-7.
- Rangkuti, A.A. (2012) *Konsep dan Teknik Analisis Data Penelitian Kuantitatif Bidang Psikologi dan Pendidikan*. FIP Press.
- Rangkuti, E. S. (2012). *Hubungan Self-Efficacy dengan Kreativitas di Mata Pelajaran Produktif pada Siswa Negeri 10 Medan* (Doctoral dissertation, Universitas Medan Area).
- Ricerche di Pedagogia e Didattica*, 18(1), pp. 239–251.
- Roffarello, A. M., & De Russis, L. (2023). Achieving digital wellbeing through digital self-control tools: A systematic review and meta-analysis. *ACM Transactions on Computer-Human Interaction*, 30(4), 1-66.
- Rothbaum, F., Weisz, J. R., & Snyder, S. S. (1982). Changing the world and changing the self: A two-process model of perceived control. *Journal of personality and social psychology*, 42(1), 5.
- Sabrina, N., Azwar, A., & Sofa, N. (2017). Pengaruh Kredibilitas Brand Ambassador Selebriti Terhadap Keputusan Pembelian Produk Pada Iklan Wardah Versi Dewi Sandra (Studi Kasus Mahasiswi Uin Jakarta Fakultas Ekonomi Dan Bisnis). *EPIGRAM (e-journal)*, 14(2).

- Saifuddin, A. (2020) Skala Penyusunan Psikologi. Prenada Media.
- Saifuddin, A. (2020). Apakah Desain Eksperimen Satu Kelompok Layak Digunakan?. Literasi: Jurnal Kajian Keislaman Multi-Perspektif, 1(1), 1-22.
- Sambo, A. et al. (2023) 'Penerapan Analisis Swot Dalam Meningkatkan Kinerja Karyawan Di Windofa Apparel', Equilibrium Point : Jurnal Manajemen dan Bisnis, 5(2), pp. 57–66.
- Santrock, W. J. (2008). Live-span development. perkembangan masa hidup. Jakarta: Erlangga.
- Sari, R. A. (2019). Pengaruh gaya hidup brand minded dan self control terhadap perilaku konsumtif pada dewasa awal. Psikoborneo: Jurnal Ilmiah Psikologi, 7(1), 37-46.
- Sekaran, U. and Bougie, R. (2016) Research Methods for Business. Wiley.
- SEWAKADARMA', Journal of Engineering Research, 08(01), pp. 1–10.
- Shofwatillah, A., & Indriana, Y. (2018). Pernikahan" Upnormal": Sebuah Interpretative Phenomenological Analysis Pengalaman Menikah pada Pria di Masa Beranjak Dewasa (Doctoral dissertation, UNDIP).
- Sinha, N. K., Kumar, P., Kumar, S., & Priyadarshi, P. (2020). Problematic Internet Use and Psychosocial Well-being: Role of Mindfulness Mediated by Self-Control and Negative Affect. IIM Kozhikode Society & Management Review, 10(1), 99–112.
- Siyoto, S. and Sodik, A. (2015) Dasar Metodologi Penelitian. Literasi Media Publishing.
- Soedarjadi (2009) Hak dan Kewajiban Pekerja Pengusaha. Pustaka Yustisia.
- Steinert, S., & Dennis, M. J. (2022). Emotions and digital well-being: On social media's emotional affordances. Philosophy & Technology, 35(2), 36.
- Sugiyono (2013) Metode Penelitian Kuantitatif, Kualitatif dan R&D. Alfabeta.
- Syahrum and Salim (2012) Metodologi Penelitian Kuantitatif. Citapustaka Media.

Verma, J. P., & Abdel-Salam, A. S. G. (2019). Testing statistical assumptions in research. John Wiley & Sons.

Zhao, L. et al. (2022) 'The relationship between gender, marital status and depression among Chinese middle-aged and older people: Mediation by subjective well- being and moderation by degree of digitization', *Frontiers in Psychology*, 13(October), pp. 1–14.

