

DAFTAR PUSTAKA

- Adhana, W., & Herwanto, J. (2021). Hubungan Antara Kontrol Diri dan Stres Kerja dengan Perilaku Cyberloafing pada Pegawai Negeri Sipil (PNS) di Kantor Pelayanan Bea dan Cukai Kota Pekanbaru. *Psikobuletin: Buletin Ilmiah Psikologi*, 2(2), 144. <https://doi.org/10.24014/pib.v2i2.11916>
- Aini, A. N., Lestari, S. P., & Apriliyanti, R. (2024). Hubungan Beban Tugas, Kontrol Diri, Dan Komunitas Terhadap Burnout Academic Pada Mahasiswa Selama Pembelajaran Daring. *Keperawatan Jiwa (JKJ): Persatuan Perawat Nasional Indonesia*, 12(1), 49–60.
- Akgün, F. (2020). Investigation of High School Students' Cyberloafing Behaviors in Classes. *Education and Science*, 45(201), 79–108. <https://doi.org/10.15390/eb.2019.8419>
- Alanoğlu, M., & Karabatak, S. (2021). Examining of the Smartphone Cyberloafing in the Class: Relationship with the Attitude towards Learning and Prevention of Cyberloafing. *International Journal of Technology in Education*, 351–372. <https://doi.org/10.46328/ijte.84>
- Alexandro, R., & Situmorang, N. M. A. (2021). Dampak Pemanfaatan Laptop sebagai Media Pendukung Belajar terhadap Prestasi Mahasiswa. *Jurnal Ilmiah Pendidikan Dan Pembelajaran*, 5(3), 510. <https://doi.org/10.23887/jipp.v5i3.39216>
- Alyahya, S., & Alqahtani, A. (2022). Cyberloafing in Educational Settings: A Systematic Literature Review. *International Journal of Interactive Mobile Technologies*, 16(16), 113–141. <https://doi.org/10.3991/ijim.v16i16.32285>
- Andel, S. A., Kessler, S. R., Pindek, S., Kleinman, G., & Spector, P. E. (2019). Is Cyberloafing More Complex Than We Originally Thought? Cyberloafing as A Coping Response to Workplace Aggression Exposure. *Computers in Human Behavior*, 101, 124–130. <https://doi.org/10.1016/j.chb.2019.07.013>
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2024). *APJII Jumlah Pengguna Internet Indonesia Tembus 221 Juta Orang*. APJII. <https://apjii.or.id/berita/d/apjii-jumlah-pengguna-internet-indonesia-tembus-221-juta-orang>
- Azis, R. U. (2020). *Pengaruh Kontrol Diri terhadap Cyberloafing pada Aparatur Sipil Negara di Kota Makassar* [Skripsi Thesis]. Universitas Bosowa.
- Blanchard, A. L., & Henle, C. A. (2008). Correlates of Different Forms of Cyberloafing: The Role of Norms and External Locus of Control. *Computers in Human Behavior*, 24(3), 1067–1084. <https://doi.org/10.1016/j.chb.2007.03.008>

- Chairah, R., & Siregar, Q. (2022). Pengaruh Literasi Keuangan dan Uang Saku Terhadap Perilaku Konsumtif dengan Self Control Sebagai Variabel Mediasi pada Mahasiswa Universitas Muhammadiyah Sumatera Utara. *Self Control Sebagai Variabel Mediasi Pada Mahasiswa Universitas Muhammadiyah Sumatera Utara*, 3. <http://jurnal.bundamedia grup.co.id/index.php/sosek>
- Chen, J., & Guo, W. (2020). Emotional Intelligence Can Make a Difference: The Impact of Principals' Emotional Intelligence on Teaching Strategy Mediated by Instructional Leadership. *Educational Management Administration & Leadership*, 48(1), 82–105. <https://doi.org/10.1177/1741143218781066>
- Dewi, N. L. P. T., & Wati, N. M. N. (2021). *Penerapan Metode Gayatri Mantra & Emotional Freedom Technique (GEFT) Pada Aspek Psikologis* (Tim Qiara Media, Ed.; 1st ed.). CV. Penerbit Qiara Media.
- Duckworth, A. L., Taxer, J. L., Eskreis-Winkler, L., Galla, B. M., & Gross, J. J. (2019). Self-Control and Academic Achievement. *Annual Review of Psychology*, 70(1), 373–399. <https://doi.org/10.1146/annurev-psych-010418-103230>
- Fakhriya, A. C., & Wangi, E. N. (2024). Pengaruh Self-Control terhadap Perilaku Cyberloafing pada Karyawan Generasi Z di Perusahaan Startup Digital. *Bandung Conference Series: Psychology Science*, 4(1), 515–523. <https://doi.org/10.29313/bcsps.v4i1.10111>
- Firohmatillah, A. R., & Arisena, A. (2020). Pengaruh Stress Kerja dan Kepuasan Kerja terhadap Turnover Intention Pada Koperasi X di Jawa Barat Menggunakan Pendekatan Partial Least Square (PLS). *Jurnal Ilmiah Manajemen Dan Ilmu Sosial: Co-Management*, 3(2), 508–517.
- Furqaan, C. F., Ramadhan, R., & Lestari, W. (2023). Hubungan Kejenuhan Belajar dengan Perilaku Cyberloafing pada Mahasiswa Universitas Muhammadiyah Pontianak. *EKSISTENSI*, 5(2).
- Gezgin, D. M., & Sarsar, F. (2020). Böte bölümünde öğrenim gören öğrencilerin siber aylaklik nedenlerine ait görüşleri: bir karma yöntem çalışması. *Türkiye Sosyal Araştırmalar Dergisi*, 24(1), 243–256.
- Ghufron, M. N., & Risnawita, R. (2010). *Teori-Teori Psikologi* (R. Kusumaningrati, Ed.). Ar-Ruzz Media.
- Gökçearslan, Ş., Mumcu, F. K., Haşlamam, T., & Çevik, Y. D. (2016). Modelling Smartphone Addiction: The Role of Smartphone Usage, self-Regulation, General Self-efficacy and Cyberloafing in University Students. *Computers in Human Behavior*, 63, 639–649. <https://doi.org/10.1016/j.chb.2016.05.091>
- Goleman, D. (2016). *Kecerdasan Emosi untuk Mencapai Puncak Prestasi*. PT Gramedia Pustaka Utama.

- Groß, D. (2021). In The Self-Control and Self-Regulation Maze: Integration and Importance. *Personality and Individual Differences*, 175, 110728. <https://doi.org/10.1016/j.paid.2021.110728>
- Gunarsa, S. D. (2016). *Dari Anak Sampai Usia Lanjut*. Gunung Mulia. http://psbsekolah.kemdikbud.go.id/kamaya/index.php?p=show_detail&id=142916
- Hair, J. F., Hult, G. T. M., Ringle, C. M., & Sarstedt, M. (2022). *A Primer on Partial Least Squares Structural Equation Modeling (PLS-SEM)* (3rd ed.). Sage Publishing.
- Hair, J. F., Risher, J. J., Sarstedt, M., & Ringle, C. M. (2019). When to use and how to report the results of PLS-SEM. In *European Business Review* (Vol. 31, Issue 1, pp. 2–24). Emerald Group Publishing Ltd. <https://doi.org/10.1108/EBR-11-2018-0203>
- Hakim, T. (2008). *Belajar Secara Efektif* (1st ed.). Puspa Swara. <http://inlislite.tangerangkab.perpusnas.go.id/inlislite3/opac/detail-opac?id=97813>
- Hamrat, N., Hidayat, D. R., & Sumantri, M. S. (2019). Dampak Stres Akademik dan Cyberloafing terhadap Kecanduan Smartphone. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 5(1), 13. <https://doi.org/10.29210/120192324>
- Handayani, D., & Septhiani, S. (2021). Pengaruh Kecerdasan Emosional Aspek Kesadaran Diri terhadap Prestasi Belajar Matematika. *Jurnal Cendekia: Jurnal Pendidikan Matematika*, 5(2), 1352–1358. <https://doi.org/10.31004/cendekia.v5i2.585>
- Henseler, J., Hubona, G., & Ray, P. A. (2016). Using PLS path modeling in new technology research: Updated guidelines. *Industrial Management and Data Systems*, 116(1), 2–20. <https://doi.org/10.1108/IMDS-09-2015-0382>
- Iskandar, A. H. (2017). Penggunaan Konseling Kreatif dalam Bingkai Kognitif Perilaku untuk Mengatasi Kejenuhan Belajar Siswa. *The Responsibility of Counselor and Educator in Millennium Era*, 203–208. <http://bk.fip.unp.ac.id/ices2017|pp:207-212>
- Kreibich, A., Hennecke, M., & Brandstätter, V. (2020). The Effect of Self-Awareness on the Identification of Goal-Related Obstacles. *European Journal of Personality*, 34(2), 215–233. <https://doi.org/10.1002/per.2234>
- Krishna, S. M., & Agrawal, S. (2023). Cyberloafing: Exploring the Role of Psychological Wellbeing and Social Media Learning. *Behavioral Sciences*, 13(8), 649. <https://doi.org/10.3390/bs13080649>
- Lim, P. K., Koay, K. Y., & Chong, W. Y. (2020). The Effects of Abusive Supervision, Emotional Exhaustion and Organizational Commitment on Cyberloafing: A Moderated-Mediation Examination. *Internet Research*, 31(2), 497–518. <https://doi.org/10.1108/INTR-03-2020-0165>

- Maharani, L., & Mustika, M. (2016). Hubungan Self Awareness dengan Kedisiplinan Peserta Didik Kelas VIII di SMP Wiyatama Bandar Lampung (Penelitian Korelasional Bidang BK Pribadi). *Konseli: Jurnal Bimbingan Dan Konseling*, 3(1), 17–31. <https://ejournal.radenintan.ac.id/index.php/konseli>
- Malhotra, S. (2013). Cyberloafing – A Holistic Perspective. *An Online Interdisciplinary, Multidisciplinary, & Multi-Cultural*, 2(3).
- Marsela, R. D., & Supriatna, M. (2019). Kontrol Diri: Definisi dan Faktor. *Journal of Innovative Counseling: Theory, Practice & Research*, 3(2), 65–69. http://journal.umtas.ac.id/index.php/innovative_counseling
- Marumpe, D. P., Rosnani, T., Heriyadi, Fahrana, Y., & Jaya, A. (2023). Factors Influencing Cyberloafing Behaviour in Students. *Journal of Economics, Management and Trade*, 29(11), 57–70. <https://doi.org/10.9734/jemt/2023/v29i111162>
- Merinda, S., & Arisandy, D. (2023). Hubungan Kontrol Diri dengan Academic Burnout Pada Mahasiswa-Bekerja. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 13(2), 516–522. <https://doi.org/10.24127/gdn.v13i2.7408>
- Mihelič, K. K., Lim, V. K. G., & Culiberg, B. (2023). Cyberloafing Among Gen Z Students: The Role of Norms, Moral Disengagement, Multitasking Self-Efficacy, and Psychological Outcomes. *European Journal of Psychology of Education*, 38(2), 567–585. <https://doi.org/10.1007/s10212-022-00617-w>
- Natasia, E. F., Rasyid, M., & Suhesty, A. (2022). Pengaruh Kecerdasan Emosi terhadap Stres pada Mahasiswa FISIP Universitas Mulawarman yang Bekerja. *Jurnal Ilmiah Psikologi*, 10(1), 157–168. <https://doi.org/10.30872/psikoborneo>
- Nurhanifa, A., Widiarti, E., & Yamin, A. (2020). Kontrol Diri dalam Penggunaan Media Sosial pada Remaja. *Jurnal Ilmu Keperawatan Jiwa*, 3(4), 527–540.
- Ozler, D. E., & Polat, G. (2012). Cyberloafing Phenomenon in Organizations: Determinants and Impacts. *International Journal of EBusiness and EGovernment Studies*, 4(2). <https://www.researchgate.net/publication/285852898>
- Pangalila, C. P., Pandowo, M. H. C., & Rogi, M. H. (2024). Pengaruh Self Control dan Stres Kerja Terhadap Perilaku Cyberloafing pada Pegawai PT Hasjrat Abadi Tendeand Manado. *EMBA: Jurnal Riset Ekonomi, Manajemen, Bisnis Dan Akuntansi*, 12(1), 818–827. <https://doi.org/10.35794/emba.v12i01.54570>
- Paramita, R. D., & Primanita, R. Y. (2023). Kontribusi Self Awareness terhadap Perilaku Cyberslacking pada Siswa di Kota Bukittinggi. *Pendidikan Tambusai*, 7(2), 16576–16581.

- Partido, B. B., & Owen, J. (2020). Relationship Between Emotional Intelligence, Stress, and Burnout Among Dental Hygiene Students. *Journal of Dental Education*, 84(8), 864–870. <https://doi.org/10.1002/jdd.12172>
- Petrosyan, A. (2024, May 15). *Number of Internet Users Worldwide from 2005 to 2023 (in millions)*. Statista. <https://www.statista.com/statistics/273018/number-of-internet-users-worldwide/>
- Pranitasari, D., Afifah, N., Prastuti, D., Hermastuti, P., Syamsur, G., & Suryono, D. W. (2023). Self Control, Self Awareness, dan Kejenuhan Belajar pada Perilaku Cyberloafing Mahasiswa dalam Pembelajaran Daring. *Media Manajemen Jasa*, 11(1), 56–68.
- Purwanti, I. Y., Wangid, M. N., & Pratiwi, C. (2022). Academic Self Awareness, Self-Regulation and Academic Burnout Among College Students. *Proceedings of the International Seminar on Innovative and Creative Guidance and Counseling Service*, 118–123. <https://doi.org/10.2991/assehr.k.220405.021>
- Purwanto, A., & Sudargini, Y. (2021). Partial Least Squares Structural Equation Modeling (PLS-SEM) Analysis for Social and Management Research : A Literature Review. *Journal of Industrial Engineering & Management Research*, 2(4), 114–123. <https://doi.org/10.7777/jiemar.v2i4>
- Rachmah, D. N., Perdana, R., Rizkika, R., Magfirah, S., Halimatussa, S., & Putri, N. I. (2021). Self Awareness as Mediator for Self Directed Learning and Goal Setting on Students. *Turkish Journal of Physiotherapy and Rehabilitation*, 32(3), 9049–9060. www.turkjphysiotherrehabil.org
- Rahadi, D. R. (2023). *Pengantar Partial Least Square Structural Equation Model (PLS-SEM)* (Wijonarko, Ed.; I). Lentera Ilmu Madani.
- Rahmatiani, S. S., Eti Rohaeti, E., Sekar Ayu Ningrum, D., & Studi Bimbingan dan Konseling, P. (2023). *Gambaran Self Control Siswa Kelas X IPS di SMAN 1 Cisarua*. 6(4). <https://doi.org/10.22460.fokus.v6i2.10728>
- Rahmawati, D., Fahrudin, A., & Abdillah, R. (2021). Hubungan Kontrol Diri dengan Stres Akademik Akibat Pembelajaran Hybrid Dalam Masa Pandemi Covid-19 di SMK X Kota Bekasi. *KHIDMAT SOSIAL: Journal of Social Work and Social Services*, 2(2), 135–153.
- Rawlings, J. W., & Charlestin, R. (2022). The Importance Of Self-Awareness For The Prevention Of Burnout And Compassion Fatigue For Clergy. *Doctoral Dissertations and Projects*, 3518. <https://digitalcommons.liberty.edu/doctoral/3518>
- Restubog, S. L. D., Garcia, P. R. J. M., Toledano, L. S., Amarnani, R. K., Tolentino, L. R., & Tang, R. L. (2011). Yielding to (cyber)-temptation: Exploring the buffering role of self-control in the relationship between

- organizational justice and cyberloafing behavior in the workplace. *Journal of Research in Personality*, 45(2), 247–251. <https://doi.org/10.1016/j.jrp.2011.01.006>
- Rivkin, W., Diestel, S., & Schmidt, K. H. (2018). Which daily experiences can foster well-being at work? A diary study on the interplay between flow experiences, affective commitment, and self-control demands. *Journal of Occupational Health Psychology*, 23(1), 99–111. <https://doi.org/10.1037/ocp0000039>
- Salam, N. F. S., Manap Rifai, A., & Ali, H. (2021). Faktor Penerapan Disiplin Kerja: Kesadaran Diri, Motivasi, Lingkungan (Suatu Kajian Studi Literatur Manajemen Pendidikan dan Ilmu Sosial). *Jurnal Manajemen Pendidikan Dan Ilmu Sosial (JMPIS)*, 2(2), 487–508. <https://doi.org/10.38035/jmpis.v2i1.503>
- Sani, M. P., & Suhana, S. (2022). Pengaruh Beban Kerja, Burnout, dan Komitmen Organisasi Terhadap Perilaku Cyberloafing (Studi Pada PT. ABC di Kabupaten Kendal). *Mirai Management*, 7(2), 286–305. <https://doi.org/10.37531/mirai.v7i2.2014>
- Setiawan, E. A. (2023). Kontrol Diri terhadap Pengambilan Keputusan Karier Siswa. *Jurnal Sosial Humaniora Dan Pendidikan*, 2(1), 84–91. <https://doi.org/10.55606/inovasi.v2i1.935>
- Setiyowati, A. J., Rachmawati, I., & Prihatiningsih, R. (2021). *Academic Burnout Siswa dan Implikasinya Terhadap Layanan Bimbingan dan Konseling di Sekolah*. Media Nusa Creative.
- Shintia, D., & Taufik, T. (2019). Hubungan Self Awareness dengan Perilaku Cyberloafing pada PNS di Dinas Pendidikan dan Kebudayaan Kota Bukittinggi. *Riset Psikologi*, 2019(1). <https://doi.org/10.24036/jrp.v2019i1.6951>
- Sihaloho, R. P. (2019). Hubungan Antara Self Awareness dengan Deindividuasi pada Mahasiswa Pelaku Hate Speech. *Jurnal Ilmiah Mandala Education*, 5(2), 114. <https://doi.org/10.58258/jime.v5i2.795>
- Sijabat, R., & Hermawati, R. (2021). Studi Beban Kerja dan Stress Kerja Berdampak Burnout pada Pekerja Pelaut Berkebangsaan Indonesia. *Jurnal Saintek Maritim*, 22(1), 75–92.
- Simarmata, S. W., Nengsih, N., Harahap, A. C. P., & Batubara, A. (2022). Mahasiswa Laki-Laki dan Perempuan dalam Perspektif Academic Burnout. *Jurnal Pendidikan Dan Konseling*, 4(4), 2747–2753.
- Siyoto, S., & Sodik, M. A. (2015). Dasar Metodologi Penelitian. In *Dasar Metodologi Penelitian*.
- Sugiyono. (2012). Metode Penelitian Kuantitatif dan Kualitatif dan R&D. In *Angewandte Chemie International Edition*, 6(11), 951–952.

- Sugiyono. (2019). *Metode Penelitian Kuantitatif dan Kualitatif dan R&D*.
- Suriana, S., Rahmawati, R., & Ekawati, D. (2022). Partial Least Square-Structural Equation Modeling pada Tingkat Kepuasan dan Persepsi Mahasiswa terhadap Perkuliahan Online. *SAINTIFIK*, 8(1), 10–19. <https://doi.org/10.31605/saintifik.v8i1.362>
- Vitak, J., Crouse, J., & LaRose, R. (2011). Personal Internet use at work: Understanding cyberslacking. *Computers in Human Behavior*, 27(5), 1751–1759. <https://doi.org/10.1016/j.chb.2011.03.002>
- Wahyuli, R., & Ifdil, I. (2020). Perbedaan Kejenuhan Belajar Siswa Full Day School dan Non Full Day School. *Jurnal Aplikasi IPTEK Indonesia*, 4(3), 188–194. <https://doi.org/10.24036/4.34380>
- Willems, Y. E., Boesen, N., Li, J., Finkenauer, C., & Bartels, M. (2019). The Heritability of Self-Control: A Meta-Analysis. In *Neuroscience and Biobehavioral Reviews* (Vol. 100, pp. 324–334). Elsevier Ltd. <https://doi.org/10.1016/j.neubiorev.2019.02.012>
- Wu, J., Mei, W., & Ugrin, J. C. (2018). Student Cyberloafing in and out of The Classroom in China and The Relationship with Student Performance. *Cyberpsychology, Behavior, and Social Networking*, 21(3), 199–204. <https://doi.org/10.1089/cyber.2017.0397>

