

DAFTAR PUSTAKA

- Aditya, P., D & Farid Firdaus. (2023). Ramai soal Orang Begadang Alami “Revenge Bedtime Procrastination”, Apa Itu?. Kompas.com. <https://www.kompas.com/tren/read/2023/04/19/203000765/ramai-soal-orang-begadang-alami-revenge-bedtime-procrastination-apa-itu-?page=all>
- Ainida, H. F., Dhian Ririn Lestari, & Rizany, I. (2020). Hubungan Penggunaan Media Sosial Dengan Kualip Between the Use of Media Social and Sleep Quality on Adolescent of Madrasah Aliyah Negeri 4 Banjar. *Ejuenal Keperawatan*, 4(2), 47–53.
- Alfian, M. (2014). Regulasi emosi pada mahasiswa suku Jawa, suku Banjar, dan suku Bima. *Jurnal Ilmiah Psikologi Terapan*, 2(2), 263-275.
- Allen, C. C., & Glanzer, P. L. (2017). How college student understand theri self-control development: A qualitative analysis. *Journal of College and Character*, 18(3), 187-201.
- Annur, C.M. (2023). Berapa Lama Durasi Tidur Orang Indonesia? Ini Hasil Surveinya. Databoks. <https://databoks.katadata.co.id/layanan-konsumen-kesehatan/statistik/2acdcc341b0a99d/berapa-lama-durasi-tidur-orang-indonesia-ini-hasil-surveinya>.
- Anuraga, G., Indrasetianingsih, A., & Athoillah, M. (2021). Pelatihan pengujian hipotesis statistika dasar dengan software r. *BUDIMAS: Jurnal Pengabdian Masyarakat*, 3(2), 327-334.
- Azwar, M., Shafqat, A., Fatima, M., Ijaz, F., Naseem, R., & Aftab, R. K. (2024). Correlation of Revenge Bedtime Procrastination with Academic Performance in Undergraduate Students of Medical Sciences: An Online Cross-sectional Study. *Global Journal of Medical Pharmaceutical & Biomedical Update*, 19(5).
- Baumeister, R. (2002). Yielding to temptation: self-control failure, impulsive

purchasing, and consumer behavior. *J. Consumer Res.* 28, 670–676. doi: 10.1086/338209

Bernecker K, Job V. Too exhausted to go to bed: implicit theories about willpower and stress predict bedtime procrastination. *Br J Psychol* 2020;111(1):126e47.

Cliburn Allen, C., & Glanzer, P. (2017). How College Students Understand Their Self-Control Development: A Qualitative Analysis. *Journal of College and Character*, 18(3), 187-201.

De Ridder DTD and De Wit J (2006) Self-regulation of health behavior: Concepts, theories and central issues. In: De Ridder D and De Wit J (eds) *Self-Regulation in Health Behavior*. Chichester: Wiley, pp. 1–23.

De Ridder, D. T., Lensvelt-Mulders, G., Finkenauer, C., Stok, F. M., & Baumeister, R. F. (2012). Taking stock of self-control: A meta-analysis of how trait self-control relates to a wide range of behaviors. *Personality and Social Psychology Review*, 16(1), 76-99.

Dewi, A. P. (2015). *Hubungan antara kualitas tidur dan kuantitas tidur dengan prestasi belajar mahasiswa* (Doctoral dissertation, Riau University).

Diana, R. R., Nashori, F., & Diana, R. R. (2005). Perbedaan kualitas tidur dan kualitas mimpi antara mahasiswa laki-laki dan mahasiswa perempuan. *Humanitas: Jurnal Psikologi Indonesia*, 2(2), 77-88.

Exelmans L, Van den Bulck J. Self-control depletion and sleep duration: the mediating role of television viewing. *Psychol Health* 2018;33(10):1251e68.

Fauzi, I., & Duwiki, M. (2020). Pengaruh Motivasi Dan Disiplin Kerja Terhadap Kinerja Guru Di Yayasan Al Wasatiyah Tangerang. *Jurnal Ekonomi Efektif*, 2(2), 298-305.

- Ferari, JR, Johnson, JL, & McCown, W. 1995. Procrastination And Task Avoidance: Theory, Research, And Treatment. New York: Pleunun Press.
- Ghozali, I. (2016) Aplikasi Analisis Multivariete Dengan Program IBM SPSS 23. Edisi 8. Semarang: Badan Penerbit Universitas Diponegoro.
- Henry. (2020). Waktu Tidur Orang Indonesia di Bawah Rata-rata, Apa Dampaknya untuk Kesehatan?. Liputan6. <https://www.liputan6.com/lifestyle/read/4943630/waktu-tidur-orang-indonesia-di-bawah-rata-rata-apa-dampaknya-untuk-kesehatan?page=2>.
- Hofmann W, Luhmann M, Fisher RR, Vohs KD, Vaumeister RF. Yes, but are they happy? Effects of trait self-control on affective well-being and life satisfaction. J Person. 2014;82(4):265-277.
- Honestdoc. (2019). Masyarakat Indonesia Alami Kurang Tidur. <https://www.honestdocs.id/durasi-jam-tidur-di-indonesia>
- Kamus Besar Bahasa Indonesia (KBBI). (2023). *Kamus besar bahasa Indonesia edisi daring*. Badan Pengembangan dan Pembinaan Bahasa, Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi. <https://kbbi.kemdikbud.go.id>
- Kamphorst, B. A., Nauts, S., De Ridder, D. T., & Anderson, J. H. (2018). Too depleted to turn in: The relevance of end-of-the-day resource depletion for reducing bedtime procrastination. *Frontiers in Psychology*, 9, 252.
- Kroese, F. M., De Ridder, D. T. D., Evers, C., & Adriaanse, M. A. (2014). Bedtime procrastination: Introducing a new area of procrastination. *Frontiers in Psychology*.
- Kroese, F. M., Evers, C., Adriaanse, M. A., & de Ridder, D. T. (2016). Bedtime procrastination: A self-regulation perspective on sleep insufficiency in the general population. *Journal of health psychology*, 21(5), 853-862.
- Kühnel, J., Syrek, C. J., & Dreher, A. (2018). Why don't you go to bed on time?

A daily diary study on the relationships between chronotype, self-control resources and the phenomenon of bedtime procrastination. *Frontiers in psychology*, 9, 305429.

- Ling, Y., Gao, B., Jiang, B., Zhu, S., & Jiang, Y. (2024). Self-control and bed procrastination as mediators between mindfulness and sleep quality among college students during the COVID-19 pandemic. *Scientific Reports*, 14(1), 18909
- Magalhães, P., Cruz, V., Teixeira, S., Fuentes, S., & Rosário, P. (2020). Anexploratory study on sleep procrastination: Bedtime vs. while-in-bed procrastination. *International Journal of Environmental Research and Public Health*, 17(16), 1–14. <https://doi.org/10.3390/ijerph17165892>
- Nashori, F. (2017). Psikologi tidur: dari kualitas tidur hingga insomnia.
- Nauts, S., Kamphorst, B. A., Stut, W., de Ridder, D. T., & Anderson, J. H. (2018). The explanations people give for going to bed late: a qualitative study of the varieties of bedtime procrastination. *Behavioral Sleep Medicine*.
- Peraturan Pemerintah Republik Indonesia No. 30 Tahun 1990 tentang Pendidikan Tinggi. (1990). Lembaran Negara Republik Indonesia.
- Pongsibidang, O., Zubair, A. G. H., & Hayati, S. (2023). Gambaran Quarterlife Crisis pada Mahasiswa di Kota Makassar. *Jurnal Psikologi Karakter*, 3(1), 267-273.
- S. Selviana, L. Maulida, and F. . Nuzula, “Exploring the Impact of TikTok and Social Media Addiction on Bedtime Procrastination Among High School Students”, *International Journal of Advanced Health Science and Technology*, vol. 4, no. 1, pp. 32–35, Feb. 2024.
- Sofyan, D. S. A., & Purwanto, S. (2024). Hubungan Penundaan Waktu Tidur dengan Kualitas Tidur pada Mahasiswa (Doctoral dissertation, Universitas Muhammadiyah Surakarta)

- Steel, P. (2007). The nature of procrastination: a meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychol. Bull.* 133, 65–94. doi:10.1037/0033-2909.133.1.65
- Suara Usu. (2023). Prokrastinasi dan pola tidur mahasiswa: Apa hubungannya? Suara Usu. <https://suarausu.or.id/prokrastinasi-dan-pola-tidur-mahasiswa-apa-hubungannya/>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: CV.Alfabeta.
- Sugiyono, dan Susanto. (2015). *Cara Mudah Belajar SPSS & Lisrel Teori dan Aplikasi untuk Analisis Data Penelitian*. Bandung: Alfabeta
- Suriani, N., & Jailani, M. S. (2023). Konsep populasi dan sampling serta pemilihan partisipan ditinjau dari penelitian ilmiah pendidikan. *IHSAN: Jurnal Pendidikan Islam*, 1(2), 24-36.
- Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High Self-Control Predicts Good Adjustment, Less Pathology, Better Grades, and Interpersonal Success. *Journal of Personality*, 72(2), 271–324
- Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2020). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. *Journal of Personality*, 72(2), 271-324
- Tim PKM RSH UPI. (2023). Kenali penyebab bedtime procrastination: Temuan tim PKM RSH UPI tentang begadang di kalangan mahasiswa. *Berita UPI*. <https://berita.upi.edu/kenali-penyebab-bedtime-procrastination-temuan-tim-pkm-rsh-upi-tentang-begadang-di-kalangan-mahasiswa/>
- Yinn, T. H., Jun, I. L. L., Jieh, L. S., & Jalil, N. I. A. (2024). Unlocking the Secrets of Bedtime Procrastination: The Role of Self-Control, Chronotype, and Future Time Perspective in Malaysian Young Adults. *JURNAL PSIKOLOGI MALAYSIA*, 38(2).