

DAFTAR PUSTAKA

- Abuhamdah, S. M. A., & Naser, A. Y. (2023). Smart phone addiction and its mental health risks among university students in Jordan: a cross-sectional study. *BMC Psychiatry*, 23(1), 812. <https://doi.org/10.1186/s12888-023-05322-6>
- Aida, A., Hermina, D., & Norlaila, N. (2025). JENIS DATA PENELITIAN KUANTITATIF (Korelasional, Komparatif, Dan Eksperimen). *Al-Manba Jurnal Ilmiah Keislaman Dan Kemasyarakatan*, 10(1), 31–40. <https://doi.org/10.69782/almanba.v10i1.48>
- Alhassan, A. A., Alqadhib, E. M., Taha, N. W., Alahmari, R. A., Salam, M., & Almutairi, A. F. (2018). The relationship between addiction to smartphone usage and depression among adults: a cross sectional study. *BMC Psychiatry*, 18(1), 148. <https://doi.org/10.1186/s12888-018-1745-4>
- Alotaibi, M. S., Fox, M., Coman, R., Ratan, Z. A., & Hosseinzadeh, H. (2022). Perspectives and Experiences of Smartphone Overuse among University Students in Umm Al-Qura University (UQU), Saudi Arabia: A Qualitative Analysis. *International Journal of Environmental Research and Public Health*, 19(7), 4397. <https://doi.org/10.3390/ijerph19074397>
- Alsawalqa, R. O., & AL- Zawahreh, H. A. R. (2025). The mediating role of smartphone addiction in the relationship between emotion regulation difficulties and juvenile delinquency. *Frontiers in Psychiatry*, 16. <https://doi.org/10.3389/fpsy.2025.1695691>
- Arikunto, S. (2010). Metode Penelitian. *Galang Tanjung*, (2504), 1–9.
- Billieux, J., Maurage, P., Lopez-Fernandez, O., Kuss, D. J., & Griffiths, M. D. (2015). Can Disordered Mobile Phone Use Be Considered a Behavioral Addiction? An Update on Current Evidence and a Comprehensive Model for Future Research. *Current Addiction Reports*, 2(2), 156–162. <https://doi.org/10.1007/s40429-015-0054-y>
- Creswell, J. W., Hanson, W. E., Clark Plano, V. L., & Morales, A. (2007a). Qualitative Research Designs. *The Counseling Psychologist*, 35(2), 236–264. <https://doi.org/10.1177/0011000006287390>
- Creswell, J. W., Hanson, W. E., Clark Plano, V. L., & Morales, A. (2007b). Qualitative Research Designs. *The Counseling Psychologist*, 35(2), 236–264. <https://doi.org/10.1177/0011000006287390>

- Demirci, K., Akgönül, M., & Akpınar, A. (2015). Relationship of smartphone use severity with sleep quality, depression, and anxiety in university students. *Journal of Behavioral Addictions*, 4(2), 85–92. <https://doi.org/10.1556/2006.4.2015.010>
- Eduhealth, J., Program, N. S., & Java, W. (2024). *The Effect Of Gadget Use Intensity On Emotion Regulation In Elementary School-Age Children*. 15(04), 1377–1384. <https://doi.org/10.54209/eduhealth.v15i04>
- Elhai, J. D., Dvorak, R. D., Levine, J. C., & Hall, B. J. (2017). Problematic smartphone use: A conceptual overview and systematic review of relations with anxiety and depression psychopathology. *Journal of Affective Disorders*, 207, 251–259. <https://doi.org/10.1016/j.jad.2016.08.030>
- Et. al., S. M. (2021). The Implications of Modern Technology (Gadget) For Students Learning Development in University. *Turkish Journal of Computer and Mathematics Education (TURCOMAT)*, 12(2), 588–593. <https://doi.org/10.17762/turcomat.v12i2.912>
- Grant, J. E., Potenza, M. N., Weinstein, A., & Gorelick, D. A. (2010). Introduction to Behavioral Addictions. *The American Journal of Drug and Alcohol Abuse*, 36(5), 233–241. <https://doi.org/10.3109/00952990.2010.491884>
- Gross, J. J., & John, O. P. (2012). Emotion Regulation Questionnaire. In *PsycTESTS Dataset*. <https://doi.org/10.1037/t06463-000>
- Hadi, R. M., Februadi, A. C., & Gunawan, A. I. (2021). Analisis Persepsi Risiko Dan Kepercayaan Konsumen Dalam Belanja Online. *Prosiding The 12th Industrial Research Workshop and National Seminar*, 4–5.
- Haoxing, Z., & System, C. (n.d.). No 主観的健康感を中心とした在宅高齢者における健康関連指標に関する共分散構造分析Title.
- Horwood, S., & Anglim, J. (2019). Problematic smartphone usage and subjective and psychological well-being. *Computers in Human Behavior*, 97, 44–50. <https://doi.org/10.1016/j.chb.2019.02.028>
- James J. Gross. (1998a). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299.
- James J. Gross. (1998b). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299.

- Jeong, S.-H., Kim, H., Yum, J.-Y., & Hwang, Y. (2016). What type of content are smartphone users addicted to?: SNS vs. games. *Computers in Human Behavior*, 54, 10–17. <https://doi.org/10.1016/j.chb.2015.07.035>
- Kerlinger, F. N., & Lee, H. B. (2000). Foundations of Behavioral Research 4th Edition. *Journal of Social Development*, 13(2), 131–144.
- Kuss, D., & Griffiths, M. (2017). Social Networking Sites and Addiction: Ten Lessons Learned. *International Journal of Environmental Research and Public Health*, 14(3), 311. <https://doi.org/10.3390/ijerph14030311>
- Kwon, M., Lee, J.-Y., Won, W.-Y., Park, J.-W., Min, J.-A., Hahn, C., Gu, X., Choi, J.-H., & Kim, D.-J. (2013a). Development and Validation of a Smartphone Addiction Scale (SAS). *PLoS ONE*, 8(2), e56936. <https://doi.org/10.1371/journal.pone.0056936>
- Kwon, M., Lee, J.-Y., Won, W.-Y., Park, J.-W., Min, J.-A., Hahn, C., Gu, X., Choi, J.-H., & Kim, D.-J. (2013b). Development and Validation of a Smartphone Addiction Scale (SAS). *PLoS ONE*, 8(2), e56936. <https://doi.org/10.1371/journal.pone.0056936>
- Lepp, A., Barkley, J. E., & Karpinski, A. C. (2014). The relationship between cell phone use, academic performance, anxiety, and Satisfaction with Life in college students. *Computers in Human Behavior*, 31, 343–350. <https://doi.org/10.1016/j.chb.2013.10.049>
- Magfira Ramadhani, Andi Nur Kamilah Maritza, Jumriana, & Diva Maulia Mahyar. (2024). Fenomena Kecanduan Gadget pada Mahasiswa Farmasi di Lingkungan Universitas Muhammadiyah Makassar. *Jurnal Mahasiswa Ilmu Kesehatan*, 2(3), 315–325. <https://doi.org/10.59841/jumkes.v2i3.1639>
- Mateusz Nowak, P., Woźniakiewicz, M., & Kościelniak, P. (2015). A simple method for assessment and minimization of errors in determination of electrophoretic or electroosmotic mobilities and velocities associated with the axial electric field distortion. *ELECTROPHORESIS*, 36(24), 2994–3001. <https://doi.org/10.1002/elps.201500206>
- Nurajizah, N., Amalia, A. A., & Hasanah, P. N. (2023). Hubungan Intensitas Penggunaan Gadget. *JIKA - Jurnal Ilmu Keperawatan Sebelas April*, 5(2), 106–114.
- Pradana, F. A. P., & Mawardi, M. (2021). Pengembangan Instrumen Penilaian Sikap Disiplin Menggunakan Skala Likert dalam Pembelajaran Tematik Kelas IV SD. *FONDATIA*, 5(1), 13–29. <https://doi.org/10.36088/fondatia.v5i1.1090>

- Religion, J., Sphere, P., & Journal, E. (2006). *Copyright Agency Limited (CAL) Licensed Copy Copyright Regulations 1969*. 1(1), 1–25.
- Salehan, M., & Negahban, A. (2013). Social networking on smartphones: When mobile phones become addictive. *Computers in Human Behavior*, 29(6), 2632–2639. <https://doi.org/10.1016/j.chb.2013.07.003>
- Samaha, M., & Hawi, N. S. (2016). Relationships among smartphone addiction, stress, academic performance, and satisfaction with life. *Computers in Human Behavior*, 57, 321–325. <https://doi.org/10.1016/j.chb.2015.12.045>
- Sandra Putra, R., Martiani, E., Mitra Adiguna Palembang, S., Komplek Kenten Permai Blok No, J. J., Sangkal, B., Kalidoni, K., Palembang, K., & Selatan, S. (2025). Hubungan Tingkat Kecemasan dengan Ketergantungan Smartphone pada Remaja di SMP Negeri 27 Palembang. *Jurnal Pengabdian Masyarakat Dan Riset Pendidikan*, 4(1), 3376–3386.
- Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R & Metode Penelitian Kuantitatif, Kualitatif Dan R & D. Bandung: Alfabeta. In *Bandung: Alfabeta*.
- Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R & Metode Penelitian Kuantitatif, Kualitatif Dan R & D. Bandung: Alfabeta. In *Bandung: Alfabeta*.
- Suharsimi, A. (2022). PROSEDUR PENELITIAN KUANTITATIF Muhammad. *Jurnal Al-Musthafa STIT Al-Aziziyah Lombok Barat*, 2(3), 211–213.
- Sumiatin, T., Tri Ningsih, W., Yunariyah, B., Triana Nugraheni, W., Lufiana Novita Agnes, Y., Kemenkes Surabaya, P., Ilmu Kesehatan, F., & Kadiri Korespondensi penulis, U. (2025). Dampak penggunaan smartphone pada remaja. *Holistik Jurnal Kesehatan*, 19(9), 2901–2910.