

DAFTAR PUSTAKA

- Al-Barashdi, H. S., Bouazza, A., & Jabur, N. H. (2015). Smartphone addiction among university undergraduates: A literature review. *Journal of Scientific Research and Reports*, 4(3), 210–225. <https://doi.org/10.9734/jsrr/2015/12245>
- Aljomaa, S. S., Mohammad, M. F., Albursan, I. S., Bakhiet, S. F., & Abduljabbar, A. S. (2016). Smartphone addiction among university students in the light of some variables. *Computers in Human Behavior*, 61, 155–164. <https://doi.org/10.1016/j.chb.2016.03.041>
- Amalya, I. D., Rizqi, A., & Fadjri, F. A. (2020). The relationship between smartphone addiction and loneliness among students. *Proceedings of The ICECRS*, 8, 4–9. <https://doi.org/10.21070/icecrs2020421>
- Ananda. (2022). *karakteristik generasi Z dan tahun berapa generasi Z*. Gramedia Blog. <https://www.gramedia.com/best-seller/gen-z/>
- Annur, Ci. M. (2022). *Survei: Pecandu internet terbanyak dari kalangan gen Z*. Databoks. <https://databoks.katadata.co.id/datapublish/2022/06/29/survei-pecandu-internet-terbanyak-dari-kalangan-gen-z>
- Aprilia, N. (2020). Pengaruh kesepian dan kontrol diri terhadap kecenderungan ketergantungan terhadap ponsel. *Psikoborneo: Jurnal Ilmiah Psikologi*, 8(2), 294. <https://doi.org/10.30872/psikoborneo.v8i2.4908>
- Azwar, S. (2012). *Penyusunan skala psikologi* (Edisi 2). Pustaka Pelajar.
- Badan Pusat Statistik. (2021). *Hasil sensus penduduk tahun 2020*. Badan Pusat Statistik. <https://demakkab.bps.go.id/news/2021/01/21/67/hasil-sensus-penduduk-2020.html>
- Basuki, A. (2020). Sistem pendidikan bagi generasi Z (Gen Z). *Jurnal Lingkar Widyaaiswara*, 7(01), 43–55.
- Bednar, K. L. (2000). Loneliness and self-esteem at different levels of the self. *Honors Projects*, 1–52.
- Bian, M., & Leung, L. (2014). Linking loneliness, shyness, smartphone addiction symptoms, and patterns of smartphone use to social capital. *Social Science Computer Review*, 33(1), 1–19. <https://doi.org/10.1177/0894439314528779>
- Claudia, C. (2021). *Pernah merasa diasingkan teman sendiri? Pahami yang namanya social exclusion di circle kamu!* BEAUTYNESIA. <https://www.beautynesia.id/life/pernah-merasa-diasingkan-teman-sendiri-pahami-yang-namanya-social-exclusion-di-circle-kamu/b-232940>
- Coopersmith, S. (1967). *The antecedent of self esteem*. W.H Freeman and

Company.

- Cutrona, C. E., & Russell, D. (1987). The provisions of social relationships and adaptation to stress. *Advances in Personal Relationships, January 1983*, 37–67.
- Daeng, I. T. M., Mewengkang, N. ., & Kalesaran, E. R. (2017). Penggunaan smartphone dalam menunjang aktivitas perkuliahan oleh mahasiswa Fispol Unsrat Manado. *Acta Diurna*, 6(1), 1–15. <https://www.neliti.com/publications/91161/penggunaan-smartphone-dalam-menunjang-aktivitas-perkuliahan-oleh-mahasiswa-fispo#cite>
- Darcin, A. E., Kose, S., Noyan, C. O., Nurmedov, S., Yilmaz, O., & Dilbaz, N. (2016). Smartphone addiction and its relationship with social anxiety and loneliness. *Behaviour and Information Technology*, 35(7), 520–525. <https://doi.org/10.1080/0144929X.2016.1158319>
- Dikeç, G., Yalınz, T., Bektaş, B., Turhan, A., & Çevik, S. (2017). Relationship between smartphone addiction and loneliness among adolescents. *Bağımlılık Dergisi –Journal of Dependence*, 18(4), 103–111. <http://dergipark.gov.tr/bagimli/issue/35459/378915>
- Fathya, R., Sari, K., Mawarpury, M., & Afriani. (2020). Tingkat smartphone addiction pada Penduduk di kota Banda Aceh. *Jurnal Psikologi*, 16(2). <https://doi.org/10.5937/zdravzast50-32712>
- Fitriana, F., Ahmad, A., & Fitria, F. (2021). Pengaruh penggunaan gadget terhadap perilaku remaja dalam keluarga. *Psikoislamedia : Jurnal Psikologi*, 5(2), 182. <https://doi.org/10.22373/psikoislamedia.v5i2.7898>
- Fitriasari, A., Septianingrum, Y., Hatmanti, N. M., Purwanti, N., & Umamah, F. (2021). Smartphone addiction dengan depresi, kecemasan dan stres pada mahasiswa. *Jurnal Keperawatan Jiwa (JKJ)*, 9(4), 947–954. <https://jurnal.unimus.ac.id/index.php/JKJ/article/view/8654>
- Gierveld, D. J. (1998). A review of loneliness: Concept and definitions, determinants and consequences. *Reviews in Clinical Gerontology*, 8(1), 73–80. <https://doi.org/10.1017/S0959259898008090>
- Goss Sampson, M. . (2022). *Statistical analysis in JASP a guide for students* (5 Edition). CC by 4.0.
- Gravetter, F. J., & Forzano, L.-A. B. (2018). *Research methods for the behavioral sciences*. Cengage Learning, Inc.
- Guthmuller, S. (2022). Loneliness among older adults in Europe: The relative importance of early and later life conditions. *PLoS ONE*, 17(5 May), 1–24. <https://doi.org/10.1371/journal.pone.0267562>
- Hadiyanto, A. P. (2023). *Hubungan antara self esteem dengan smartphone addiction pada remaja di Tangerang Kota* [Universitas Mercu Buana].

<https://repository.mercubuana.ac.id/76717/>

- Hastini, L. Y., Fahmi, R., & Lukito, H. (2020). Apakah pembelajaran menggunakan teknologi dapat meningkatkan literasi manusia pada generasi Z di Indonesia? *Jurnal Manajemen Informatika (JAMIKA)*, 10(1), 12–28. <https://doi.org/10.34010/jamika.v10i1.2678>
- Hidayati, D. S. (2019). Smartphone addiction and loneliness in adolescent. *Atlantic Press*, 304, 345–350. <https://doi.org/10.2991/acpch-18.2019.84>
- Hilliard, J. (2019). *Study reveals gen Z as the loneliest generation in america*. Addiction Center. <https://www.addictioncenter.com/news/2019/08/gen-z-loneliest-generation/>
- Imron, H. N. I. (2020). *Hubungan antara konsep diri dan interaksi sosial dengan kesepian pada gen z*. <http://eprints.ums.ac.id/id/eprint/86264>
- Irnawaty, & Agustang, A. (2019). Smartphone addiction pada mahasiswa Pendidikan Sosiologi Fakultas Ilmu Sosial Universitas Negeri Makassar. *Jurnal Sosialisasi Pendidikan Sosiologi*, 3(2), 80–89. <https://doi.org/DOI:http://dx.doi.org/10.22373/psikoislamedia.v5i1.6252>
- Jamun, Y. M., & Ntelok, Z. R. E. (2022). Dampak penggunaan smartphone di kalangan mahasiswa. *Edukatif: Jurnal Ilmu Pendidikan*, 4(3), 3796–3803. <https://doi.org/10.31004/edukatif.v4i3.2832>
- Jiang, Q., Li, Y., & Shypenka, V. (2018). Loneliness, individualism, and smartphone addiction among international students in China. *Cyberpsychology, Behavior, and Social Networking*, 00(00). <https://doi.org/10.1089/cyber.2018.0115>
- Karina, M. (2021). Sinergi antara karakter gen Z dan pendidikan di Indonesia untuk menyongsong revolusi industri 4.0. In *Gen Z insights: Perspective on education* (p. 1). Unisri press.
- Kim, H. J., Min, J. Y., Min, K. B., Lee, T. J., & Yoo, S. (2018). Relationship among family environment, self-control, friendship quality, and adolescents' smartphone addiction in South Korea: Findings from nationwide data. *PLoS ONE*, 13(2), 1–13. <https://doi.org/10.1371/journal.pone.0190896>
- Kirana, F. A. (2019). *Orang kecanduan gadget sebenarnya tanda bahwa ia kesepian*. Fimela.Com. <https://www.fimela.com/lifestyle/read/408360/orang-kecanduan-gadget-sebenarnya-tanda-bahwa-ia-kesepian>
- Krisnawati, E., & Soetjningsih, C. H. (2017). Hubungan antara kesepian dengan selfie-liking pada mahasiswa. *Jurnal Psikologi*, 16(2), 122. <https://doi.org/10.14710/jp.16.2.122-127>
- Kristanti, S. A., & Eva, N. (2022). Self-esteem dan self-disclosure generasi Z pengguna instagram. *Jurnal Penelitian Psikologi*, 13(1), 10–20.

<https://doi.org/10.29080/jpp.v13i1.697>

- Kurniawan, I. G. Y., Rustika, I. M., & Alit, L. N. (2016). *Uji validitas dan reliabilitas modifikasi Smartphone Addiction Scale versi Bahasa Indonesia*. *47(03)*, 1–9. <https://doi.org/DOI 10.24843/eum>
- Kwon, M., Kim, D. J., Cho, H., & Yang, S. (2013). The smartphone addiction scale: Development and validation of a short version for adolescents. *PLoS ONE*, *8(12)*. <https://doi.org/10.1371/journal.pone.0083558>
- Kwon, M., Lee, J.-Y., Won, W.-Y., Park, J., Min, J.-A., Hahn, C., Choi, J.-H., & Kim, D.-J. (2013). Development and validation of a smartphone addiction scale (SAS). *Plos One*. <https://doi.org/https://doi.org/10.1371/journal.pone.0056936>
- Latief, N. S. A., & Retnowati, E. (2018). Kesepian dan harga diri sebagai prediksi dari kecanduan internet pada remaja. *Jurnal Ecopsy*, *5(3)*. <https://doi.org/10.20527/ecopsy.v5i3.5593>
- Lee, J., Sung, M. J., Song, S. H., Lee, Y. M., Lee, J. J., Cho, S. M., Park, M. K., & Shin, Y. M. (2016). Psychological factors associated with smartphone addiction in South Korean adolescents. *Journal of Early Adolescence*, *38(3)*, 288–302. <https://doi.org/10.1177/0272431616670751>
- Li, X., Feng, X., Xiao, W., & Zhou, H. (2021). Loneliness and mobile phone addiction among chinese college students: The mediating roles of boredom proneness and self-control. *Psychology Research and Behavior Management*, *14*, 687–694. <https://doi.org/10.2147/PRBM.S315879>
- Lukman. (2018). *Penggunaan dan adiksi smartphone di kalangan mahasiswa fakultas kedokteran Universitas Hasanuddin angkatan 2015 dan 2016* [Universitas Hasanuddin]. <http://journals.sagepub.com/doi/10.1177/1120700020921110%0Ahttps://doi.org/10.1016/j.reuma.2018.06.001%0Ahttps://doi.org/10.1016/j.arth.2018.03.044%0Ahttps://reader.elsevier.com/reader/sd/pii/S1063458420300078?token=C039B8B13922A2079230DC9AF11A333E295FCD8>
- Mawarpury, M., Maulina, S., Faradina, S., & Afriani. (2020). kecenderungan adiksi smartphone ditinjau dari jenis kelamin dan usia. *Psikoislamedia Jurnal Psikologi*, *05(01)*, 24–37. <https://doi.org/DOI: https://dx.doi.org/10.22373/psikoislamedia.v5i1.6252>
- Miftahurrahmah, H., & Harahap, F. (2020). Hubungan kecanduan sosial media dengan kesepian pada mahasiswa. *Acta Psychologia*, *2(2)*, 153–160. <https://doi.org/10.21831/ap.v2i2.34544>
- Nasution, F. K., & Daulay, N. (2022). The influence of academic resilience and student well-being on smartphone addiction. *Jurnal Basicedu*, *6(4)*, 5877–5889. <https://doi.org/10.31004/basicedu.v5i4.1230>
- Neto, F. (2014). Socio-Demographic predictors of loneliness across the adult life

- span in Portugal. *Interpersona: An International Journal on Personal Relationships*, 8(2), 222–230. <https://doi.org/10.5964/ijpr.v8i2.171>
- Niu, G. feng, Shi, X. han, Yao, L. shuang, Yang, W. cheng, Jin, S. yu, & Xu, L. (2022). Social exclusion and depression among undergraduate students: the mediating roles of rejection sensitivity and social self-efficacy. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03318-1>
- Nurhayat, K. (2021). Pengaruh self-control, self-esteem, parenting style, Dan loneliness terhadap adiksi smartphone siswa SMA. *Bikotetik (Bimbingan Dan Konseling Teori Dan Praktik)*, 5(1), 22. <https://doi.org/10.26740/bikotetik.v5n1.p22-32>
- Othman, M. K., & Amin, M. Y. M. (2022). A cross-generational comparison of smartphone addiction among Gen X and Gen Y smartphone users in Malaysia. *International Journal of Public Health Science*, 11(1), 320–326. <https://doi.org/10.11591/ijphs.v11i1.21240>
- Panicker, J., & Sachdev, R. (2014). Relations among loneliness, depression, anxiety, stress and problematic internet use. *International Journal of Research in Applied, Natural and Social Sciences*, 2(9), 1–9. www.impactjournals.us
- PDDikti. (2023). *Pastikan data anda terdaftar pada PDDikti*. Pddikti.Kemdikbud.Go.Id. <https://pddikti.kemdikbud.go.id>
- Rakhmah, N. (2021). *Gen Z dominan, apa maknanya bagi Pendidikan Kita?* Kemdikbud. <https://pskp.kemdikbud.go.id/produk/artikel/detail/3133/gen-z-dominan-apa-maknanya-bagi-pendidikan-kita>
- Russell, D., Peplau, L. A., & Heim, M. (1979). The experience of loneliness. In *New Approaches to Social Problems*. <https://peplau.psych.ucla.edu/wp-content/uploads/sites/141/2017/07/Peplau-Russell-Heim-1979.pdf>
- Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of Personality Assessment*, 66(1), 20–40. https://doi.org/10.1207/s15327752jpa6601_2
- Santoso, G., & Triwijayati, A. (2018). Gaya pengambilan keputusan pembelian pakaian secara online pada Generasi Z Indonesia. *Jurnal Ilmu Keluarga Dan Konsumen*, 11(3), 231–242. <https://doi.org/10.24156/jikk.2018.11.3.231>
- Sari, I. P., Ifdil, I., Sano, A., & Yendi, F. M. (2020). Self-control of adolescent in using smartphone. *Jurnal Aplikasi IPTEK Indonesia*, 4(2), 101–109. <https://doi.org/10.24036/4.24360>
- Segrin, C. (1996). Interpersonal communication problems associated with depression and loneliness. *Handbook of Communication and Emotion*, 160, 215–242. <https://doi.org/10.1016/b978-012057770-5/50010-2>
- Shultz, K. S., Whitney, D. J., & Zickar, M. J. (2014). *Measurement theory in*

action: Case studies and exercise (2ed ed.). Routledge.

- Sitorus, T. R. (2022). Hubungan smartphone addiction dengan prokrastinasi akademik pada mahasiswa fakultas psikologi Universitas Mercu Buana Jakarta Barat. *Wacana*, 14(1), 57. <https://doi.org/10.20961/wacana.v14i1.55511>
- Sugiyono. (2018). *Metode penelitian kuantitatif kualitatif dan R&D*. Alfabeta.
- Sumartono, & Rizaldi, J. M. (2017). Kualitas komunikasi keluarga dan tingkat keakraban pada anak. *Ilmu Komunikasi*, 1–15.
- Tagunu, A. T. N. P. J., & Diantiana, F. P. (2020). Hubungan loneliness dengan adiksi smartphone pada mahasiswa (rantau) di kota Bandung. *Prosiding Psikologi*, 6(2), 620–625.
- Triani, A. (2012). Pengaruh Persepsi Penerimaan Teman Sebaya Terhadap Kesepian Pada Remaja. *Jurnal Penelitian Dan Pengukuran Psikologi*, 1(1), 128–134. <https://doi.org/10.21009/jppp.011.18>
- Trinko, K. (2018). *Gen Z is the loneliest generation, and it's not just because of social media*. USA TODAY. <https://www.usatoday.com/story/opinion/2018/05/03/gen-z-loneliest-generation-social-media-personal-interactions-column/574701002/>
- Usman, S. (2019). *Riset baru soal Gen Z di indonesia dan aplikasi mobile*. Merdeka.Com. <https://www.merdeka.com/teknologi/riset-baru-soal-gen-z-di-indonesia-dan-aplikasi-mobile.html>
- Wesselmann, E. D., Grzybowski, M. R., Steakley-Freeman, D. M., SeSouza, E. R., Nezlek, J. B., & Williams, K. D. (2016). Social exclusion in everyday life. *Social Exclusion: Psychological Approaches to Understanding and Reducing Its Impact*, 1–295. <https://doi.org/10.1007/978-3-319-33033-4>
- Yao, W. (2019). Mechanism of college students ' smartphone addiction and relevant preventive measures. *ICMEEM 2019, Icmeem*, 262–266. <https://doi.org/10.25236/icmeem.2019.049>
- Yue, H., Yue, X., Zhang, X., Liu, B., & Bao, H. (2022). Exploring the relationship between social exclusion and smartphone addiction: The mediating roles of loneliness and self-control. *Frontiers in Psychology*, 13, 1–10. <https://doi.org/10.3389/fpsyg.2022.945631>
- Yuliavita, S., & Chris, A. (2022). Hubungan kesepian terhadap terjadinya internet addiction pada mahasiswa kesehatan angkatan 2018 Universitas Tarumanagara Jakarta Barat. *Ebers Papyrus*, 28(1), 67–73.
- Yuliyani, A., & Sumiyarini, R. (2022). Kecanduan smartphone dan stres akademik di masa pandemi: Sebuah Studi potong lintang. *Smart Society Empowerment Journal*, 2(2), 57. <https://doi.org/10.20961/ssej.v2i2.62758>