

## DAFTAR PUSTAKA

1. Hidayanto DK, Hasna A, Ajijah N, Khoerunnisa Y. Pengaruh Kecanduan Telpon Pintar ( Smartphone ) pada Remaja ( Literature Review ). *Journal of Social Sciences and Politics*. 2021;8(1):73–9.
2. Ajijah. Hubungan Antara Kesepian Dengan Nomophobia Pada Mahasiswa Indekos Universitas Islam Sultan Agung Semarang. Universitas Islam Sultan Agung Semarang. 2023.
3. Zuhriyah N. Self-Control and Loneliness with Nomophobia Tendencies among Teenagers. *SRAWUNG (Journal of Social Sciences and Humanities)*. 2024;3(1).
4. Muflih M, Hamzah H, Puniawan WA. Penggunaan Smartphone dan Interaksi Sosial Pada Remaja di SMA Negeri I Kalasan Sleman Yogyakarta. *Idea Nursing Journal*. 2020;VIII(1):12–8.
5. Remaja P. Hubungan Kontrol Diri dan Kesepian dengan Nomophobia Pada Remaja Relationship between Self Control and Loneliness with Nomophobia in Adolescents. *Indonesian Psychological Research*. 2021;03(July):63–74.
6. Jumrohtin. Positive and Negative Impacts of Smartphone Use on Student Learning Activities Fuad Uin Kh. Abdurrahman Wahid Pekalongan in Pandemic Times. 2023;1–8.
7. Bordbara ZD and FT. Prediction of Nomophobia Based on Shyness , Loneliness and Anxiety in Shiraz Teenagers. *Journal of Medicine and Public Health*. 2023;4(2):62–6.
8. Aditono W, Hartanto D, Fauziah M. Perasaan Kesepian ( Loneliness ) Siswa SMP di Wilayah DIY dan Jawa Tengah pada Masa Pandemi Covid-19. *Ideguru : Jurnal Karya Ilmiah Guru p-ISSN*. 2022;7(3):301–7.
9. Nurwahyuni E. The Impact of No Mobile Phone Phobia (Nomophobia) on Mental Health: A Systematic Review. *International Conference on Nursing (ICON)*. 2018;
10. Rodríguez-García AM, Moreno-guerrero AJ, López Belmonte J. Nomophobia An Individual Growing Fear Of Being Without A Smartphone. *Environmental Research and Public Health Review*. 2020;17:1–19.

11. Agriyanti SM, Pendidikan FI, Rahmasari D. Perbedaan Tingkat Kesepian pada Siswa Kelas X dan XI Ditinjau dari Efektivitas Komunikasi Orangtua. *Character: Jurnal Penelitian Psikologi Akan*. 2020;8(5):181–8.
12. Syazaid A, Naufal Alfarabi A, Zanna EM, Nanda M, Shofiyyah H, Salsabillah S, et al. Perilaku Nomophobia Pada Remaja di Era Society 5.0. *Proceeding Conference on Psychology and Behavioral Sciences [Internet]*. 2022;1(1):59–67. Available from: <https://doi.org/10.61994/cpbs.v1i1.11>
13. Vagka E, Gnardellis C, Lagiou A, Notara V. Prevalence and Factors Related to Nomophobia: Arising Issues among Young Adults. *Eur J Investig Health Psychol Educ*. 2023;13(8):1467–76.
14. Azzahroh K, Susilo R. The Factors Associated with Nomophobia Among Bachelor of Nursing Students at Universitas Muhammadiyah Purwokerto. *Proceedings Series on Health & Medical Sciences*. 2024;5:156–61.
15. Fathoni A, Asiyah SN. Hubungan Kontrol Diri dan Kesepian dengan Nomophobia pada Remaja. *Indonesian Psychological Research*. 2021;3(2):63–74.
16. Korzhina Y, Hemberg J, Nyman-Kurkiala P, Fagerström L. Causes of involuntary loneliness among adolescents and young adults: an integrative review. *Int J Adolesc Youth [Internet]*. 2022;27(1):493–514. Available from: <https://doi.org/10.1080/02673843.2022.2150088>
17. Verity L, Yang K, Nowland R, Shankar A, Turnbull M, Qualter P. Loneliness From the Adolescent Perspective: A Qualitative Analysis of Conversations About Loneliness Between Adolescents and Childline Counselors. *J Adolesc Res*. 2024;39(5):1413–43.
18. Apriliyani A, Indrawati E. Hubungan kesepian dan persepsi authoritative parenting dengan kecenderungan nomophobia siswa SMPN 195 Jakarta saat covid-19. *Jurnal Psikologi Kreatif Inovatif [Internet]*. 2023;3(1):116–23. Available from: <https://journals.upi-yai.ac.id/index.php/PsikologiKreatifInovatif/issue/archive>
19. Raharja GS, Sumarno A. Hubungan Ketergantungan Smartphone Dengan Nomophobia Pada Remaja Di Madrasah Aliyah Negeri 1 Kota Bogor Tahun 2022. *Afiat*. 2023;9(2):75–85.
20. Nurhidayah S. Hubungan Antara Loneliness Dengan Nomophobia pada remaja. *Publikasi, Naskah Yogyakarta, Universitas Aisyiyah*. 2020;1–14.

21. Yusuf SA, Wiyani C, Syafitri EN, Ode L, Qalbi S, Sirada A, et al. Psikologi Perkembangan Anak dan Remaja. 1st ed. Linda Fajriah, S.Psi., M.A dr. Indria Hafizah, M.Biomed. SpKJ, editor. 2024. 189 p.
22. Aprilyani R, Fahlevi R, Wulandari R, Pranajaya SA. Perkembangan peserta Didik. 1st ed. Nanny Mayasari, S.Pd., M.Pd. CQMS, editor. Padang; 2023.
23. Sepanjang P, Kehidupan R. Psikologi perkembangan. 2019.
24. Saputro KZ. Memahami Ciri dan Tugas Perkembangan Masa Remaja. Aplikasi: Jurnal Aplikasi Ilmu-ilmu Agama. 2018;17(1):25.
25. Heizomi H, Jafarabadi MA, Kouzekanani K, Matlabi H. Factors Affecting Aggressiveness among Young Teenage Girls : A Structural Equation Modeling Approach. 2021;1350–61.
26. Zhang H. Parental Punishment and Adolescents ' Loneliness : A Moderated Mediation Model of General Self-Concept and Teacher – Student Relationships. 2021;12(November).
27. Nurningtyas F, Ayriza Y, Psikologi J, Pendidikan FI, Yogyakarta UN. Pengaruh Kontrol Diri terhadap Intensitas Penggunaan Smartphone pada Remaja. Acta Psychologia. 2021;3(1):14–20.
28. Sarwar A, Islam A, Mohiuddin M, Tareq MA. Social Connections and Self-Perceived Depression : An Enhanced Model for Studying Teenagers ' Mental Wellbeing. 2022;
29. Soesilo TD, Irawan S. Pengaruh Penggunaan Smartphone Terhadap Interaksi Sosial Remaja. 2025;(2019):139–49.
30. Batubara JR. Adolescent Development (Perkembangan Remaja). Sari Pediatri. 2016;12(1):21.
31. Suryana E, Hasdikurniati AI, Harmayanti AA, Harto K. Perkembangan Remaja Awal, Menengah Dan Implikasinya Terhadap Pendidikan. Jurnal Ilmiah Mandala Education. 2022;8(3):1917–28.
32. Rohmah DFN. Konsep Diri pada Masa Remaja Akhir dalam Kematangan Karir Siswa. KONSELING EDUKASI “Journal of Guidance and Counseling.” 2021;5(1):46–62.
33. Ekawati D, Sabur2 F, Umar S, Gasma A. Efektivitas Penyuluhan Tentang Perubahan Fisik Pada Masa Pubertas Terhadap Peningkatan Pengetahuan Siswa Di Sdn No.29 Cini Ayo Jenepono. Jurnal Inovasi Penelitian. 2021;2(7):2057–63.

34. Marwoko G. Psikologi Perkembangan Masa Remaja. *Jurnal Tabbiyah Syari'ah Islam*. 2019;26(1):60–75.
35. Irola D, Kalifia DA. Aspek Perkembangan Kognitif Pada Masa Remaja. *Dewantara Jurnal Pendidikan Sosial Humaniora* [Internet]. 2024;3(1):128–32. Available from: <https://doi.org/10.30640/dewantara.v3i1.2111>
36. Qudriyah SK, Psikologi F, Matulesy A, Psikologi F, Psikologi F. Kesepian dan nomophobia pada siswa sekolah menengah atas. 2024;5(02):310–8.
37. Muzaki W. Pengaruh Narsisme , Fear Of Missing Out Dan Kesepian Terhadap Adiksi Media Sosial Tiktok Pada Siswa Dan Mahasiswa Di Jabodetabek. Universitas Islam Negeri Syarif Hidayatullah; 2024.
38. Jahanbakhshi Z, Shabani F. Predicting loneliness based on perceived parenting style and self-esteem in adolescents : the moderating role of gender. *Preventive Counseling*. 2022;3(2):18–31.
39. Paper R. Experiencing loneliness in parenthood : a scoping review. *Perspect Public Health*. 2021;141(4):3–5.
40. Zhang B, Zhang W, Sun L, Jiang C, Zhou Y, He K. Relationship between alexithymia , loneliness , resilience and non-suicidal self-injury in adolescents with depression : a multi-center study. *BMC Psychiatry*. 2023;23(1):445.
41. Resmadewi R. Hubungan Antara Penyesuaian Diri Dengan Kesepian Pada Mahasiswi Prodi Kebidanan Poltekkes Surabaya Yang Tinggal Di Asrama. *PSIKOSAINS (Jurnal Penelitian dan Pemikiran Psikologi)*. 2019;13(2):122.
42. Risnawati E. The Relationship of Loneliness and Internet Addiction To Psychological Well- Being in Adolescents The Relationship of Loneliness and Internet Addiction To Psychological Well-Being in Adolescents. *Biopsikososial*. 2023;5(2):509.
43. Riyanti V, Desmaniarti Z, Muttaqin Z. Gambaran Nomophobia Pada Remaja. *Jurnal Keperawatan Indonesia Florence Nightingale*. 2021;2(1):249–54.
44. Rina Fitriana, Karsih, Fitri S. Pengembangan Self Help Book untuk Mengatasi Kesepian pada Remaja dengan Teknik Menulis Cerita. *INSIGHT: Jurnal Bimbingan Konseling*. 2022;11(1):81–92.

45. Dafnaz HK, Effendy E. Hubungan Kesepian dengan Masalah Psikologis dan Gejala Gangguan Somatis pada Remaja. *SCRIPTA SCORE Scientific Medical Journal*. 2020;2(1):6–13.
46. Nuzuli Chari Negara A, Lyona A, Dalimunthe M, Karmiyati D. Faktor Kesepian pada Remaja: Tinjauan Sistematis. *Nusantara Journal of Multidisciplinary Science* [Internet]. 2023;1(4):858–66. Available from: <https://jurnal.intekom.id/index.php/njms>
47. Tiwari SC. Loneliness: A disease? *Indian J Psychiatry*. 2013;55(4):320–2.
48. Park C, Majeed A, Gill H, Tamura J, Ho RC, Mansur RB, et al. The Effect of Loneliness on Distinct Health Outcomes: A Comprehensive Review and Meta-Analysis. *Psychiatry Res* [Internet]. 2020;294:113514. Available from: <https://doi.org/10.1016/j.psychres.2020.113514>
49. Adis Suhairi HM, Mohd Khatib NA, Rajaratnam S, Mohd Hoesni S. Relationship between Loneliness and Mental Health among Local University Students. *International Journal of Academic Research in Business and Social Sciences*. 2023;13(12):331–41.
50. Qirtas MM, Zafeiridi E, White EB, Pesch D. The relationship between loneliness and depression among college students: Mining data derived from passive sensing. *Digit Health*. 2023;9.
51. Paul E, Bu F, Fancourt D. Loneliness and Risk for Cardiovascular Disease: Mechanisms and Future Directions. *Curr Cardiol Rep*. 2021;23(6):1–7.
52. Ahmed M, Cerda I, Maloof M. Breaking the vicious cycle: The interplay between loneliness, metabolic illness, and mental health. *Front Psychiatry*. 2023;14(March).
53. Eliana KA, Palupi LS, Studi P, Fakultas P, Universitas P, Well-being P, et al. Pengaruh Loneliness Terhadap Psychological Well-Being Pada Wanita Lajang Yang Bekerja Di Jakarta. 2024;6(2):253–62.
54. Tuco KG, Castro-diaz SD, Soriano-moreno DR, Benites-zapata VA. Prevalence of Nomophobia in University Students: A Systematic Review and Meta-Analysis. 2023;29(1):40–53.
55. Analisis M. Meta-Analysis of Determinants of Nomophobia Causes Among. 2024;13(2):157–64.
56. Santoso AC, Soetjningsih CH. Kesepian dengan Mahasiswa Nomophobia Pada. 2022;4(2):434–40.

57. Katili M, Leslie M, Wijaya P. Hubungan Kesepian dan Nomophobia pada Mahasiswa Fakultas Ekonomi Universitas Prima Indonesia Medan. *Journal on Education*. 2023;05(03):7795–807.
58. Astrid Pitaloka Putriningrum, Arri Handayani S. Hubungan antara Kesepian dengan Nomophobia pada Siswa Kelas X. In *Prosiding Seminar Nasional Bimbingan dan Konseling (SMAILING)*. 2023;1(1):513–24.
59. Adolescents NA. Nomophobia di Kalangan Remaja. *Jurnal Diversita*. 2021;7(1):21–9.
60. Dal NE. The Effect of Personality Traits on Nomophobia. [www.akademisyen.com](http://www.akademisyen.com); 2020.
61. Essay G. This Is Our Chance to Pull Teenagers Out of the Smartphone Trap. *New York Times*. 2021;
62. Bragazzi NL, Del Puente G. A proposal for including nomophobia in the new DSM-V. *Psychol Res Behav Manag*. 2014;7:155–60.
63. Nissa C, Vera Sari M, Afiati N. Studi Komparasi Nomophobia Berdasarkan Jenis Kelamin pada Mahasiswa. *PSIKOLOGIKA: Jurnal Pemikiran dan Penelitian Psikologi*. 2019;24(2):141–8.
64. Moreno-Guerrero AJ, Aznar-Díaz I, Cáceres-Reche P, Rodríguez-García AM. Do age, gender and poor diet influence the higher prevalence of nomophobia among young people? *Int J Environ Res Public Health*. 2020;17(10).
65. Farhan YT, Rosyidah R. Hubungan Antara Self-Esteem Dengan Kecenderungan Nomophobia Pada Mahasiswa Perempuan Di Surabaya. *Personifikasi: Jurnal Ilmu Psikologi*. 2021;12(2):162–79.
66. Vagka E, Gnardellis C, Lagiou A, Notara V. Nomophobia and Self-Esteem: A Cross Sectional Study in Greek University Students. *Int J Environ Res Public Health*. 2023;20(4).
67. Pasongli A, Ratag BT, Kalesaran AFC. Faktor-Faktor yang Berhubungan dengan Nomophobia Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi. *Jurnal KESMAS [Internet]*. 2020;9(6):88–95. Available from: <https://ejournal.unsrat.ac.id/index.php/kesmas/article/view/30937>
68. Ciptadi WA, Selviana. Hubungan antara Kepribadian Ekstraversi dan Kesepian dengan Kecenderungan Nomophobia pada Remaja. *Jurnal IKRA-ITH Humaniora*. 2020;4(3):78–86.

69. Astriani D. The role of self-esteem on nomophobia with extraversion personality as a moderating variable. *Jurnal Ilmiah Psikologi Terapan*. 2023;11(2):132–6.
70. Sun Y, Yang J, Li M, Liu T. The association between neuroticism and nomophobia: Chain mediating effect of attachment and loneliness. *Int J Ment Health Addict*. 2022;No Pagination Specified-No Pagination Specified.
71. Notara V, Vagka E, Gnardellis C, Lagiou A. The Emerging Phenomenon of Nomophobia in Young Adults : A Systematic Review Study. *Addiction & health*. 2021;13(2):120.
72. Fuady I, Priyansyah RN, Ernawati E, Prasanti D. Validity and Reliability Tests on the Nomophobia Instrument with the Rasch Model. *Indigenous: Jurnal Ilmiah Psikologi*. 2023;7(3):276–87.
73. Putriningrum AP, Handayani A, Sudono. Hubungan antara Kesepian dengan Nomophobia pada Siswa Kelas X. *Prosiding Seminar Nasional Bimbingan dan Konseling tahun 2023*. 2023;513–24.
74. Empati J, Firdauz ES, Kustanti ER. Hubungan Antara Kesepian dengan Kecemasan Jauh dari Smartphone Pada Siswa Kelas XI SMAN 1 Tegal. *Jurnal EMPATI*. 2023;12(290–297).
75. Heng S, Gao Q, Wang M. The Effect of Loneliness on Nomophobia: A Moderated Mediation Model. *Behavioral Sciences*. 2023;13(7).
76. Muh Jasmin, Risnawati, Rahma Sari Siregar D. *Metodologi Penelitian Kesehatan*. 2023. 1–155 p.
77. Duarsa Dr dr. HABSMKes, I Putu Dedy Arjita, S.Pd. MKes, dr. Fauzy Ma'ruf , Sp.Rad. MKes, Aena Mardiah, S.KM., M.P.H. dr. Fachrudhi Hanafi, M.Epid. Jian Budiarto, ST. MEng, dr. Sukandriani Utami SK. *Buku Ajar Penelitian Kesehatan*. NTB: UNIVERSITAS ISLAM AL-AZHAR; 2021.
78. Dr. H. Zuchri Abdussamad, S.I.K. MS. *Metode Penelitian Kualitatif*. 2021. 224 p.
79. Abdussamad Z. *Metode Penelitian Kualitatif*. Jakarta: Ssyakir Media Press; 2021.
80. Amin NF, Garancang SKA. Konsep Umum Populasi Dan Sampel Dalam Penelitian. *Jurnal Kajian Islam Kontempore*. 2023;14(1):15–31.
81. Anggreni D. *Metodologi Penelitian Kesehatan*. Mojokerto: STIKes Majapahit Mojokerto; 2022. 1 p.

82. Adiputra IMS. *Metode Penelitian Kesehatan*. Yayasan Kita Menulis; 2021.
83. Marcoen A, Goossens L. Loneliness, attitude towards aloneness, and solitude: Age differences and developmental significance during adolescence. *Adolescence and its social worlds*. Hillsdale, NJ, US: Lawrence Erlbaum Associates, Inc; 1993. p. 197–227.
84. Cole A, Bond C, Qualter P, Maes M. A systematic review of the development and psychometric properties of loneliness measures for children and adolescents. *Int J Environ Res Public Health*. 2021;18(6):1–20.
85. Gultom LA, Triwahyuni A, Qodariah L. A Preliminary Adaptation and Validation of the Indonesian Version of the Loneliness and Aloneness Scale for Children and Adolescent ( LACA ). *Gajah Mada Journal of Psychology (GamaJoP)*. 2024;10(2):131–43.
86. Yildirim C, Correia AP. Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Comput Human Behav [Internet]*. 2015;49(August 2015):130–7. Available from: <http://dx.doi.org/10.1016/j.chb.2015.02.059>
87. Warsah I, Maba AP, Prastuti E, Morganna R, Warsah BAA, Carles E. Adaptation and Validation of Nomophobia Instrument in the Indonesian Version. *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*. 2023;12(2):127–44.
88. Jahrami H, Saif Z, Trabelsi K, Bragazzi NL, Vitiello M V. Internal consistency and structural validity of the nomophobia questionnaire (NMP-Q) and its translations: A systematic review with meta-analysis. *Heliyon [Internet]*. 2023;9(4):e15464. Available from: <https://doi.org/10.1016/j.heliyon.2023.e15464>
89. I Made Sudarma Adiputra. *Metode Penelitian Kesehatan*. Yayasan Kita Menulis; 2021.
90. Franco-Guanilo R, Hervias-Guerra E. Factorial Structure, Validity and Reability of the Nomophobia Scale in Students at a State University of Lima Metropolitana. *Propositos Y Representaciones*. 2022;10(2).
91. Nursalam. *Metodologi Penelitian Ilmu Keperawatan Pendekatan Praktis*. Jakarta: salemba medika; 2020.
92. Heryana A. *Etika Penelitian*. Berkala Arkeologi. 2020;

93. Surkalim DL, Luo M, Eres R, Gebel K, Van Buskirk J, Bauman A, et al. The prevalence of loneliness across 113 countries: Systematic review and meta-analysis. *The BMJ*. 2022;376:1–17.
94. Rahayu FA, Anshari D. Pengaruh Usia, Jenis Kelamin, Teman, Dan Orang Tua Terhadap Kesepian Pada Remaja Dan Di Indonesia (Analisis Data Gshs Tahun 2015). *Jurnal Medika Utama* [Internet]. 2022;3(02):2348–55. Available from: <https://www.cdc.gov/gshs/countries/seasian/indonesia>.
95. Parlikar N, Kvaløy K, Strand LB, Espnes GA, Moksnes UK. Loneliness in the Norwegian adolescent population: prevalence trends and relations to mental and self-rated health. *BMC Psychiatry*. 2023;23(1):1–14.
96. Jamshidifar S, Karimi P, Musavi SJ, Ershad A, Elyasi F. Prevalence of Nomophobia and Associated Factors in Adolescent Female Students: A Cross-Sectional Study in Northern Iran. *Iran J Psychiatry Behav Sci*. 2023;17(3).
97. Lestari BD, Suratmini D. The Relationship FoMO (Fear of Missing Out) and Nomophobia with Phubbing Behavior among Adolescent Instagram Users. *Indonesian Contemporary Nursing Journal (ICON Journal)*. 2024;8(2):82–9.
98. Rahmah AA, Mustikawati IF, Septianawati P, Immanuel G. Analysis of Factors Causing Nomophobia in Adolescents: A Meta-Analysis Study Aisya. *Healthsains*. 2024;5(4):237–44.
99. Barreto M, Victor C, Hammond C, Eccles A, Richins MT, Qualter P. Loneliness around the world: Age, gender, and cultural differences in loneliness. *Pers Individ Dif* [Internet]. 2021;169(April 2020):110066. Available from: <https://doi.org/10.1016/j.paid.2020.110066>
100. Panggaribuan SM, Yemina L, Widiastuti SH, Purborini N, Casman C. Associated Factors of Loneliness Among Adolescents in Indonesia during the Pandemic of Covid-19. *Jurnal Berita Ilmu Keperawatan*. 2024;17(1):36–47.
101. Al Maghaireh DF, Shawish NS, Abu Kamel AM, Kawafha M. Acute Nomophobia and Its Psychological Correlates in Adolescents: An Explanatory Sequential Mixed-Methods Approach. *J Multidiscip Healthc*. 2025;18(March):1445–60.
102. Ying M. Family influences on adolescent loneliness. *SHS Web of Conferences*. 2023;171:01011.

103. Heshmati S, Blackard MB, Beckmann B, Chipidza W. Family relationships and adolescent loneliness: An application of social network analysis in family studies. *Journal of Family Psychology*. 2021;35(2):182–91.
104. Hasna A, Zaen N, Falah F. The Relationship Between Parent-Child Attachment and Self Esteem with Loneliness of Students at SMPN 2 Tegal. 2024;6:546–58.
105. GEZGİN DM, ÜMMET D. An Investigation of the Relationship between Nomophobia and Social and Emotional Loneliness of Turkish University Students. *International Journal of Psychology and Educational Studies*. 2021;8(2):14–26.
106. MacDonald KB, Schermer JA. Loneliness unlocked: Associations with smartphone use and personality. *Acta Psychol (Amst)* [Internet]. 2021;221:103454. Available from: <https://doi.org/10.1016/j.actpsy.2021.103454>
107. Çolak M, Yalçınkaya Önder E. Investigation of Nomophobia Levels of Secondary School Students in terms of Some Variables. *Educational Policy Analysis and Strategic Research*. 2020;15(3):100–21.
108. Arifandy M, Ningrat RC. Psychological Impact of Smartphone Use on Nomophobia Among Teenagers. *Asian Journal of Health and Science*. 2025;4(1).
109. Cheah YK. Loneliness and its associations with demographic, lifestyle, social and parental factors among adolescents in Timor-Leste. *Psychol Health Med*. 2024 Oct;29(9):1565–82.
110. Aqilah TM. Hubungan Kesepian Dengan Kecenderungan Perilaku Narsisme Siswa Pengguna Instagram Pada Masa Pandemi Covid-19 Di Madrasah Aliyah Negeri Kota Batu. Universitas Islam Negeri Maulana Malik Ibrahim; 2021.
111. Hisan AD, Dewi DK. Hubungan Antara Loneliness dengan Kecanduan Media Sosial Pada Siswa SMA X. 2024;4:1011–21.
112. Verity L, Yang K, Nowland R, Shankar A, Turnbull M, Qualter P. Loneliness From the Adolescent Perspective: A Qualitative Analysis of Conversations About Loneliness Between Adolescents and Childline Counselors. *J Adolesc Res*. 2024;39(5):1413–43.
113. Lan Z, Pau K, Md Yusof H, Huang X. The Effect of Emotion Regulation on Non-Suicidal Self-Injury Among Adolescents: The Mediating Roles

- of Sleep, Exercise, and Social Support. *Psychol Res Behav Manag.* 2022;15(June):1451–63.
114. Subhadra Kallakuri S. To explore the barriers to and facilitators of adolescents in Low-Middle-Income-Countries (LMICs) seeking mental health care: Protocol for a Mixed-Methods Systematic Review. 2021;1–11. Available from: <https://doi.org/10.21203/rs.3.rs-215110/v1>
  115. Putra P, Setianto AY, Hafiz A, . M, . A. Etnopedagogic Studies In Character Education In The Millinéal Era: Case Study MIN 1 Sambas. *Al-Bidayah: Jurnal Pendidikan Dasar Islam.* 2021;12(2):237–52.
  116. Riyanti V, Muryati M, Z D, Muttaqin Z. Gambaran Nomophobia Pada Remaja. *Jurnal Keperawatan Indonesia Florence Nightingale.* 2022;1(1):249–54.
  117. Hariko R, Nurfarhanah N. Gambaran Nomophobia Siswa SMA. 2024;(November).
  118. Raharja GS, Sumarno A. Hubungan Ketergantungan Smartphone Dengan Nomophobia Pada Remaja Di Madrasah Aliyah Negeri 1 Kota Bogor Tahun 2022. *Afiat.* 2022;8(1):1–10.
  119. Sari AP. Hubungan Antara Kontrol Diri Dengan Nomophobia Pada Mahasiswa Santri Perempuan Di Pesantren Putri As-Sa’adah Terboyo Semarang. Disusun Oleh: Azizah Permata Sari (30701900039) Fakultas Psikologi Universitas Islam Sultan Agung Semarang; 2023.
  120. Kaviani F, Robards B, Young KL, Koppel S. Nomophobia: Is the fear of being without a smartphone associated with problematic use? *Int J Environ Res Public Health.* 2020;17(17):1–19.
  121. Valenti GD, Bottaro R, Faraci P. Effects of Difficulty in Handling Emotions and Social Interactions on Nomophobia: Examining the Mediating Role of Feelings of Loneliness. *Int J Ment Health Addict [Internet].* 2024;22(1):528–42. Available from: <https://doi.org/10.1007/s11469-022-00888-w>
  122. Anggia K, Hutabarat N, Indriyani KS. The Phubbing Phenomenon in Adolescents: Uncovering the Impact of Technology on Social Relationship Quality. 2024;08(10):5169–77.
  123. Meinhardt LM, Belz JH, Rietzler M, Rukzio E. Balancing the Digital and the Physical: Discussing Push and Pull Factors for Digital Well-being. 2023; Available from: <http://arxiv.org/abs/2305.12513>
  124. Rathod AS, Ingole A, Gaidhane A, Choudhari SG. Psychological Morbidities Associated With Excessive Usage of Smartphones Among

Adolescents and Young Adults: A Review. Cureus [Internet].  
2022;14(10):e30756. Available from:  
<http://dx.doi.org/10.7759/cureus.30756>