

DAFTAR PUSTAKA

- Anderson, T. L., Badawy, R. L., & Liew, J. (2024). Contributing factors to the rise in adolescent anxiety: A narrative review. *Frontiers in Psychology, 15*, 1391123. <https://doi.org/10.3389/fpsyg.2024.1391123>
- Andreassen CS. Online social network site addiction: A comprehensive review. *Curr Addict Rep.* 2015.
- Badan Penelitian dan Pengembangan Kesehatan. (2018). *Riset Kesehatan Dasar (RISKESDAS)*. Kementerian Kesehatan Republik Indonesia.
- Bie, F., Song, Y., & Hou, J. (2024). Global burden and temporal trends of anxiety disorders in adolescents: A comprehensive observational study. *Frontiers in Psychiatry, 15*, 1342109. <https://doi.org/10.3389/fpsyt.2024.1342109>
- Billieux J. Problematic use of the mobile phone. *Curr Psychiatry Rev.* 2012.
- Burnell, K., McDonald, T., & Prinz, A. (2022). Longitudinal and daily associations between adolescent self-control and digital technological impairment. *Journal of Youth and Adolescence, 51*(11), 2212–2227. <https://doi.org/10.1007/s10964-022-01661-4>
- Chao, M., Lei, J., He, R., Jiang, Y., & Yang, H. (2023). TikTok use and psychosocial factors among adolescents: Comparisons of non-users, moderate users, and addictive users. *Psychiatry Research, 325*. <https://doi.org/10.1016/j.psychres.2023.115247>
- Chen, L., & Li, H. (2022). Short-video platform addiction and psychological distress in college students. *Frontiers in Psychology, 13*, 945123. <https://doi.org/10.3389/fpsyg.2022.945123>
- Damanik, S., Simanjuntak, P., Wahyuni, R., Seriati, T., Manurung, B., & Azizah,

- Dreier, M. J., Scharkow, M., Beutel, M. E., & Wölfling, K. (2024). Adolescents' self-regulation of social media use during the day: Passive sensing and self-report findings. *Frontiers in Psychology*, *15*, 12382371. <https://doi.org/10.3389/fpsyg.2024.12382371>
- Du, X., Yang, Y., & Zhang, J. (2020). Self-control and problematic mobile video use among young adults. *Addictive Behaviors*, *103*, 106249. <https://doi.org/10.1016/j.addbeh.2019.106249>
- Duckworth, A. L., & Steinberg, L. (2023). *Self-control in adolescence: Integrating brain and behavioral science. Annual Review of Psychology*. *35*, 29. <https://doi.org/10.1146/annurev-psych-010418>
- Elhai, J. D., Yang, H., & Fang, J. (2021). Depression and anxiety symptoms associated with problematic smartphone use. *Journal of Affective Disorders*, *278*, 66–74. <https://doi.org/10.1016/j.jad.2020.09.079>
- Finch, J., Murray, A., & Paul, E. (2023). Changes in adolescent anxiety, depression, and well-being before and during the pandemic: An exploratory study. *Child Psychiatry & Human Development*, *54*(4), 1110–1123. <https://doi.org/10.1007/s10578-023-01568-z>
- Ganie, G. R. (2022). Influence of students' ability to delay gratification on their educational transition choices. *International Journal of Educational and Vocational Studies*, *4*(2), 143–152. <https://doi.org/10.1186/s40461-022-00134-6>
- Gao, W., Xiang, Y., & Zhang, H. (2022). Short-form video exposure and emotional dysregulation. *Frontiers in Psychiatry*, *13*, 823456. <https://doi.org/10.3389/fpsyg.2022.823456>
- H. L., Houts, R., Poulton, R., Roberts, B. W., Ross, S., Sears, M. R.,

- Halidu, M. D., Musa, A., & Usman, S. (2024). Family emotional support and social anxiety among adolescents: A clinical cross-sectional evaluation. *Journal of Clinical Medicine*, *13*(9), 2547. <https://doi.org/10.3390/jcm13092547>
- Hofmann, W., Wisneski, D. C., Brandt, M. J., & Skitka, L. J. (2014). Morality in everyday life. *Science*, *345*(6202), 1340–1343. <https://doi.org/10.1126/science.1251560>
- Hoong, R. (2021). Self-control and smartphone use: An experimental study of commitment devices. *Behaviour Research and Therapy*, *146*, 104017. <https://doi.org/10.1016/j.brat.2021.104017>
- Huang, Q., Yang, F., & Liu, S. (2020). Social media overuse and emotional impact in youth. *Cyberpsychology, Behavior, and Social Networking*, *23*(6), 346–354. <https://doi.org/10.1089/cyber.2019.0552>
- Iriani, N., Agustianti, A., Sucianti, R., Rahman M, A., & Putera, W. (2024). Understanding Risk and Uncertainty Management: A Qualitative Inquiry into Developing Business Strategies Amidst Global Economic Shifts, Government Policies, and Market Volatility. *Golden Ratio of Finance Management*, *4*(2), 62–77. <https://doi.org/10.52970/grfm.v4i2.444>
- Jiang, L., & Yoo, Y. (2024). Adolescents' short-form video addiction and sleep quality: the mediating role of social anxiety. *BMC Psychology*, *12*(1). <https://doi.org/10.1186/s40359-024-01865-9>
- Jiang, L., Wang, H., & Wang, Y. (2024). Short-form video addiction and sleep quality among adolescents: The mediating role of social anxiety. *BMC Psychology*, *12*, 36. <https://doi.org/10.1186/s40359-024-01865-9>
- Kementerian Kesehatan RI. (2023). *Laporan Tahunan Kesehatan Mental dan Remaja di Indonesia*.

- Kementerian Komunikasi dan Informatika (KOMINFO) & UNICEF. (2014). *Studi Perilaku Anak dan Remaja dalam Menggunakan Internet di Indonesia*.
- Kim, J., & Kim, S. (2022). Self-control, social media addiction, and psychological distress among adolescents. *Cyberpsychology, Behavior, and Social Networking*, 25(5), 292–298. <https://doi.org/10.1089/cyber.2021.0282>
- Kircaburun, K., & Griffiths, M. D. (2021). Problematic TikTok use and psychological vulnerability. *International Journal of Mental Health and Addiction*, 19, 1000–1012. <https://doi.org/10.1007/s11469-020-00414-5>
- Kuss DJ, Griffiths MD. Social networking sites and addiction: Ten lessons learned. *Int J Environ Res Public Health*. 2017.
- Li, G., Li, Y., & Zhang, W. (2024). Short-form video app addiction, academic anxiety, and engagement in adolescents. *Frontiers in Psychology*, 15, 1428813. <https://doi.org/10.3389/fpsyg.2024.1428813>
- Li, L., Li, X., Li, Y., Liu, X. ping, & Huang, L. (2024). Types of short video addiction among college freshmen: Effects on career adaptability, insomnia, and depressive symptoms. *Acta Psychologica*, 248.
- Li, X., Zhang, S., & Zhao, J. (2021). Problematic short-video use and self-regulation difficulties. *Journal of Affective Disorders*, 295, 567–575. <https://doi.org/10.1016/j.jad.2021.08.117>
- Liu, D., & Ma, J. (2020). The association between media addiction and reduced emotional control. *Sleep Medicine*, 72, 1–6. <https://doi.org/10.1016/j.sleep.2020.03.015>
- Liu, D., Zhang, T., & Qiao, Y. (2024). Symptom network analysis of adolescent anxiety and depression in school settings. *BMC Psychiatry*, 24, 238. <https://doi.org/10.1186/s12888-024-05982-y>

- Lu, L., Liu, M., Ge, B., Bai, Z., & Liu, Z. (2022). Adolescent Addiction to Short Video Applications in the Mobile Internet Era. *Frontiers in Psychology*, 13 <https://doi.org/10.3389/fpsyg.2022.893599>
- Levenson JC, et al. Nighttime media use and sleep disturbance. *Sleep Health*. 2017.
- Marino, C., Canale, N., Melodia, F., Spada, M. M., & Vieno, A. (2021). The Overlap Between Problematic Smartphone Use and Problematic Social Media Use: a Systematic Review. In *Current Addiction Reports* (Vol. 8, Issue 4, pp. 469–480). Springer Science and Business Media Deutschland GmbH. <https://doi.org/10.1007/s40429-021-00398-0>
- McDonald, K. M., Livermore, C. L., Killanin, A. D., Rice, D. L., Ende, G. C., Coutant, A. T., Steiner, E. L., & Wilson, T. W. (2025). Interactive effects of social media use and puberty on resting-state cortical activity and mental health symptoms. *Developmental Cognitive Neuroscience*, 71. <https://doi.org/10.1016/j.dcn.2024.101479>
- Moffitt, T. E., Arseneault, L., Belsky, D., Dickson, N., Hancox, R. J., Harrington, Montag, C., & Elhai, J. D. (2021). Social media use and impaired self-control. *Current Opinion in Psychology*, 45, 101293. <https://doi.org/10.1016/j.copsyc.2021.101293>
- Montag C, et al. Smartphone addiction research. *Addict Behav Rep*. 2019.
- Montag C, Hegelich S. Understanding digital addiction via algorithms. *Addict Behav Rep*. 2020.
- N. (2011). *Efektivitas Edukasi Kesehatan Mental Berbasis Komunitas Terhadap Pengetahuan Dan Sikap Remaja Di Desa Bangun Rejo Kecamatan Tanjung Morawa*. 4, 243–248.
- Oriol, X., Miranda, R., Oyanedel, J. C., & Torres, J. (2017). The role of self-control and

grit in domains of school success in students of primary and secondary school. *Frontiers in Psychology*, 8(OCT).
<https://doi.org/10.3389/fpsyg.2017.01716>

Pérez-Juárez, M. Á., Morales, L. G., & Rodríguez, P. (2023). Digital distractions from the point of view of higher education students: Evidence from survey and observational data. *Sustainability*, 15(7), 6044.
<https://doi.org/10.3390/su15076044>

Petro, N. M., Picci, G., Webert, L. K., Schantell, M., Son, J. J., Ward, T. W., Phubbing and Self-Control Study. (2024). *Jurnal BK FKIP UMM Metro*, 12(1), 77–88.
<https://ojs.fkip.ummetro.ac.id/index.php/bk/article/download/9876/pdf>

Preventing Digital Distraction in Secondary Classrooms. (2024). *Practical Intervention Report*. School Psychology & Digital Well-being Research Group. (Tanpa DOI).

Roflin, E. , A. I. L. , & Pariyana. (2021). Populasi, Sampel, Variabel Dalam Penelitian Kedokteran. *Populasi, Sampel, Variabel Dalam Penelitian Kedokteran*.

Safaria, T. (2024). Smartphone use as a mediator of self-control and nomophobia: Cross-cultural comparisons. *Psikohumaniora: Jurnal Penelitian Psikologi*, 9(1), 45–59. <https://doi.org/10.21580/pjpp.v9i1.20740>

Shrestha, S., Singh, S., Bista, S., et al. (2023). Depression, anxiety, and stress among school-going adolescents: Prevalence and associated factors. *PLOS ONE*, 18(6), e0286915. <https://doi.org/10.1371/journal.pone.0286915>

Skumlien, M., Langley, C., Lawn, W., Voon, V., Curran, H. V., Roiser, J. P., & Sahakian, B. J. (2021). The acute and non-acute effects of cannabis on reward processing: A systematic review. In *Neuroscience and Biobehavioral*

Reviews (Vol. 130, pp. 512–528). Elsevier Ltd.

<https://doi.org/10.1016/j.neubiorev.2021.09.008>

Stromájer, G. P., Prokešová, R., Gottfriedová, M., & Šolcová, I. (2023). Stress and anxiety among high school adolescents. *Children, 10*(9), 1548.

<https://doi.org/10.3390/children10091548>

Suci, A. S., Rusmayadi, G., Meilisa, M. A., Hikmah., & Apriani. (2023). *Metode Penelitian: Teori dan Penerapan Praktis Analisa Data berbasis Studi Kasus*.

Sun T, Zhang H. Mechanisms of short video addiction. *Comput Human Behav.* 2021.

Tangney, Bauimester, R. F., & Boone, A. L. (2020). *High self-control predicts good adjustment, less pathology, better grades, and interpersonal success*.

Thomson, W. M., & Caspi, A. (2011). A gradient of childhood self-control predicts health, wealth, and public safety. *Proceedings of the National Academy of Sciences of the United States of America, 108*(7), 2693–2698.

<https://doi.org/10.1073/pnas.1010076108>

Wang, P., Wang, X., & Wu, Y. (2020). Problematic smartphone use and self-control. *Current Psychology, 39*, 837–845. <https://doi.org/10.1007/s12144-019-00276-x>

Wang, W. (2024). Exploring the impact of social media short-form videos on adolescents' psychological and psychosocial well-being. *SHS Web of Conferences, 199*, 02016. <https://doi.org/10.1051/shsconf/202419902016>

We Are Social. (2023). *Digital 2023: Indonesia Report*. Retrieved from <https://wearesocial.com>

Wills, T. A., Pokhrel, P., Morehouse, E., & Fenster, B. (2020). *Behavioral and emotional self-control: Relations to substance use in samples of middle and high school students*.

Woods HC, Scott H. Social media use and sleep quality in adolescents. *J Adolesc.* 2016.

World Health Organization. Adolescent digital media use and mental health. 2020.

Xiong, S., Chen, J., & Yao, N. (2024). A multidimensional framework for understanding problematic use of short video platforms: the role of individual, social- environmental, and platform factors. In *Frontiers in Psychiatry* (Vol. 15). Frontiers Media SA. <https://doi.org/10.3389/fpsy.2024.1361497>

Xu, H., & Tan, C. (2022). Fear of missing out and excessive short-video consumption. *Computers in Human Behavior*, 132, 107244. <https://doi.org/10.1016/j.chb.2022.107244>

Ye, H., Wang, K., & Li, J. (2024). Sleep disturbance and internalizing symptoms in adolescents: The mediating role of mindfulness. *BMC Psychiatry*, 24, 57. <https://doi.org/10.1186/s12888-024-05750-y>

Ye, J. H., Wu, Y. T., Wu, Y. F., Chen, M. Y., & Ye, J. N. (2022). Effects of Short Video Addiction on the Motivation and Well-Being of Chinese Vocational College Students. *Frontiers in Public Health*, 10.

Zhao, Y., Wang, C., & Sun, P. (2023). TikTok addiction and self-regulation among university students. *BMC Psychology*, 11, 215. <https://doi.org/10.1186/s40359-023-01015-5>