PSYCHIATRY NURSING JOURNAL
(Jurnal Keperawatan Jiwa)
Vol. 7, No.1, March 2025

Laman Jurnal: https://e-journal.unair.ac.id/PNJ
http://dx.doi.org/10.53344/pnj.v7.i1.68139

Original Research

THE RELATIONSHIP BETWEEN SELF-CONTROL AND THE TENDENCY OF NO MOBILE PHONE PHOBIA (NOMOPHOBIA) IN ADOLESCENTS AT SMAN 1 BANJARBARU

Ririn Noor Aisyah, Mutia Rahmah*, Fitri Ayatul Azlina, Dhian Ririn Lestari

School of Nursing, Faculty of Medicine and Health Sciences, Lambung Mangkurat University, South Kalimantan, Indonesia

ARTICLE HISTORY
Received: December 18, 2025
Revised: February 02, 2025
Accepted: March 05, 2024
Available online: March 07, 2025

CORRESPONDING AUTHOR
Mutia Rahmah
mutiarahmah@ulm.ac.id
School of Nursing, Faculty of Medicine and Health Sciences, Lambung Mangkurat University, South Kalimantan, Indonesia

ABSTRACT

Introduction: The use of smartphones has now become a lifestyle necessity for adolescents. The convenience provided by smartphones will become a problem if used excessively and can lead to nomophobia, which is the fear of being away from smartphones. One of the efforts to overcome nomophobia is self-control. The purpose of this study was to determine the relationship between self-control and the tendency of no mobile phobia (nomophobia) in adolescents at SMAN 1 Banjarbaru.

Method: This study used a cross sectional design. The technique used was stratified random sampling. The research sample amounted to 233 students of SMAN 1 Banjarbaru. The variable were self-control and the tendency of nomophobia (mobile phone phobia). Data were collected by questionnaire and Nomophobia questionnaire and analyzed by Spearman correlation test

Results: The results showed that 127 people (54.5%) had low self-control and 126 people (54.1%) experienced severe nomophobia. The p-value of 0.028 and the coefficient r -0.144 were obtained, indicating that there is a negative relationship between self-control and the tendency of nomophobia in adolescents with a weak relationship strength.

Conclusions: There is a relationship between self-control and the tendency of no mobile phone phobia (nomophobia) in adolescents at SMAN 1 Banjarbaru. Further research is needed on other factors that can influence nomophobia.

Keyword: Self-control; Nomophobia; Adolescents.

Cite this as:

Rahmah, M., Aisyah, R.N., Azlina, F.A., Lestari., D.R. (2025). *The Relationship Between Self-Control and the Tendency of No Mobile Phone Phobia (Nomophobia) in Adolescents at SMAN 1 Banjarbaru.* Psych. Nurs. J., 7(1). 23-29. doi.org/ 10.20473/pnj.v7.i1.68139.

1. INTRODUCTION

The rapid development of the times has led to the development of technology. Technology is made to make things easier for humans, such as communication and information technology, one of which is a smartphone. According to the Newzoo survey, Indonesia ranks 4th as the country with the most smartphone users in the world in 2022, reaching 192.15 million users and will continue to increase. Research from Nelson (2023) describes Indonesia as a country with the longest duration of smartphone users in Southeast Asia in 2022, which is around 5.7 hours per day. The existence of smartphones makes it easier for individuals to carry out activities and communication, because smartphones can provide everything people need today. The diverse features provided by smartphones such as instant messengers, social networks, the need for entertainment, a variety of games that can be played, ease of reaching information - information and so on. The diverse functions and features provided make smartphones popular among all ages, especially adolescence. As a result, it is difficult for smartphone users to refrain from being separated from their smartphones. Especially when they are away from their smartphones, they will experience anxiety (Ak & Yildirim, 2018).

Uncontrolled use of smartphones can lead to increased dependence on smartphones, resulting in negative effects on physical and psychological health. Adolescents are the most vulnerable age group to smartphone addiction compared to other age groups due to their great curiosity. According to WHO (2018) adolescents are individuals who are in the age range of 10 - 19 years. This can cause problems such as nomophobia if not overcome (Jumrianti, Nugroho, & Arief, 2022). The feeling of not being able to escape and anxiety when not seeing or away from their smartphones is commonly known as nomophobia. Nomophobia itself stands for "No Mobile Phone Phobia", defined as the fear of losing contact or being away from one's smartphone. The term was first coined in 2008 by the UK Post office which examined the level of anxiety experienced by smartphone users. The study, conducted in the UK in 2008, showed that out of 2,100 people around 53% of smartphone users experienced nomophobia. (Yildirim, C., & Correia, A.P., 2015).

Based on a systematic review conducted by Tuco (2023) on students seen from the severity of nomophobia, it was found that Indonesia was the country with the highest prevalence of nomophobia (71%). Based on the results of a survey from Science Direct, it was revealed that the majority adolescents in Asia, namely around 25% of Smartphone users, experience Nomophobia (Aini, 2023). In line with the results of Khariani's (2022) research conducted in generations X, Y and Z. Nomophobia is most prevalent in generation Z (age range 13-24 years) out of 120 people, all (100%) experience severe nomophobia. In Gezkin's research (2018) mentioned that there was an increase in the incidence of nomophobia in high school students. Research conducted by Widyastuti (2018) involving 540 vocational high school students in Yogyakarta city shows that the use of smartphones among adolescents is at the level of Nomophobia in the very high category 5%, high category 31%, medium category 35%, low category 24%, and very low category 5%. In this study, it is suggested that students feel anxious when not holding and being away from their smartphones. Research from Aziz (2019) on 16 students of UIN Sunan Kalijaga found that students experience nomophobia symptoms with a fairly high intensity of smartphone use, which is around 7-12 hours per day and this will have a negative impact on the brain and body of individuals.

There are many factors that can cause a person to experience nomophobia and find it difficult to stay away from smartphones. Some of these factors include high levels of sensation seeking, high extraversion personality, high expectations, high levels of personal pleasure, intense smartphone use habits, and low levels of self-esteem and self-control (Yuwanto, 2010). This phenomenon is in line with Agusta's (2016) findings, which state that self-control is the most influential and risky factor in a person's tendency towards smartphone use. The ability to control oneself effectively is needed when using a smartphone, in order to limit excessive use and avoid its negative impact. Therefore, the ability to control oneself becomes a strong aspect to regulate one's attitude, especially in the use of smartphone (Agusta, 2016). Self-control according to Kail & Cavanaugh (2010) is an individual's capability to control behavior and refrain from temptation. The ability to regulate, coordinate, and direct individual behavior is known as self-control. Humans can develop and utilize this ability throughout their lives, especially when faced with different circumstances. In addition, as we age, the individual's ability to control themselves also increases (Ghufron & Risnawati, 2020).

Based on preliminary studies at SMA Negeri 1 Banjarbaru, interviews were conducted with 10 students and 1 counseling teacher. It was found that as many as 7 students said they often used smartphones, per day it could be more than 5 hours and some even until dawn. 2 students mentioned that they brought their smartphones when they went to the bathroom because they felt bored if they did not hold their smartphones. They also said that they often look and check their smartphones to see if there are notifications or other messages. 5 students mentioned feeling anxious when not near or looking at their smartphones. When the smartphone was disconnected from the internet or Wi-Fi network, 3 students said they felt upset because they could not access information and communicate with others. While the rest chose to play offline games on the smartphone when disconnected from the network or Wi-Fi. They also said that their focus is often distracted when doing assignments due to opening other social media. According to information from the counseling teacher, students are allowed to use smartphones if necessary and according to the regulations of the teaching teacher. Some reports were also obtained that there were several students who were caught opening smartphones during lessons, even to the point that some were late and did not submit their assignments. Information was obtained that there were students there whose academics declined and even did not submit their assignments due to addiction to playing online games and could not be separated from smartphones. So that counseling is given from the BK and the school.

Based on the description above, this research is important to do considering that there are still many cases of smartphone addiction and nomophobia that occur in high school adolescents, this is influenced by a person's inability to control himself in using a smartphone. Some of the research references listed show differences in the causes of nomophobia making either from the location or the research subject. Therefore, researchers are interested in researching the topic to find out the relationship between self-

control and nomophobia tendencies in adolescents. With the research title "The Relationship of Self-Control with the Tendency of No Mobile Phone Phobia (Nomophobia) in Adolescents at SMAN 1 Banjarbaru".

2. MATERIALS AND METHODS

2.1 Design

This research design is quantitative and is included in the correlational research. This study uses a quantitative correlational design with a cross-sectional approach to examine the relationship between self-control and nomophobia at a single point in time. to see the relationship of a variable. Data is collected through questionnaires measuring both variables in participants (adolescents). The study aims to identify the strength of the relationship between self-control and nomophobia, with statistical analysis showing how much of the variation in nomophobia can be explained by self-control.

2.2 Population and sampling

The population in this study were students of class XI and XII SMA Negeri 1 Banjarbaru as many as 679 students, then determining the sample using the Isaac and Michael formula (Sugiyono, 2016) and stratified random sampling technique obtained a sample size of 233 students.. The inclusion criteria are students of SMAN 1 Banjabbaru, class XI and XII, aged 15-18 years and have a smartphone. The exclusion criteria are students who have extraverted and neurotic personalities and have sensory perception disorders.

2.3 Variable

The independent variable in this study is self-control and the dependent variable is the tendency of nomophobia.

2.4 Instrument

The instrument used to measure self-control in adolescents is a self-control questionnaire from the concept of Averill (1973) with a validity value of 0.305 - 0.719, reliability of 0.901 consisting of 29 favorable statement items and 26 unfavorable statement items. The measurement of the self-control questionnaire using the Likert scale "SS (Strongly Agree)" is given a score of 1, the answer "S (Agree)" is given a score of 2, the answer "TS (Disagree)" is given a score of 3 and the answer "STS (Strongly Disagree)" is given a score of 4 for unfavorable items, vice versa for favorable items. There are 55 questions with a final score < mean/median low self-control and ≥ mean/median high self-control. For the nomophobia questionnaire from Yildirim (2014) with a validity value of 0.325 - 0.692 and a reliability of 0.879 consisting of 20 statement items with scores <mean/median mild nomophobia and ≥mean/median severe nomophobia. The measurement of the self-control questionnaire using the Likert scale SS (Very Appropriate) gets a score of 7, S (Suitable) gets a score of 6, AS (Somewhat Appropriate) gets a score of 5, N (Neutral) gets a score of 4, ATS (Somewhat Unsuitable) gets a score of 3, TS (Not Appropriate) gets a score of 2, and STS (Very Unsuitable) gets a score of 1(Pakpahan, 2022).

2.5 Procedure

Before collecting data, the researcher visited and discussed study activities and approval with the school. Each class that the school had consented to utilize as respondents was then visited by the researcher. Students who agreed to participate were then contracted by the researchers, and they were chosen according to preset inclusion and exclusion criteria, such as the fact that students with sensory perception disorders and those who were not between the ages of 15 and 18 were not included in the sample. After fulfilling the requirements, respondents will get an informed consent form that includes their rights, a letter of approval to participate, and a description of the research. The researcher gave informed consent for willingness to be a respondent to students. Data collection was carried out by distributing self-control questionnaires and Nomophobia (NMP-Q) questionnaires via Zoho form for respondents to fill in. Researchers wait and monitor respondents in each class while filling in to ensure all questionnaire items are filled in and help respondents if anyone is confused with an estimated time of 20-30 minutes per class. Data was collected on August 8, 2024 in each of the XI and XII classes.

2.6 Statistical Analyses

The data that has been obtained then analyzed using the SPSS application program. Before conducting the analysis, a normality test was carried out with the Kolmogorov-Smirnov test to determine the questionnaire score using the mean/median. Then the analysis was carried out with the Spearman correlation test to see the relationship between variables. Data were normally distributed with the significant level used was α=0.05.

2.7 Ethical Clearance

Researchers conducted an ethical test on the health research ethics committee (KEPK) DPD PPNI Kota Banjarbaru with the number 052/EC/KEPK-DPDPPNI/VI/2024.

3 RESULTS

Based on table 1, the results of research based on the characteristics of respondents, it was found that the majority of respondents were 17 years old, namely 161 people (69.1%) and female gender 148 people (63.5%) while for male gender as many as 85 people (36.5%). Based on table 2, it was found that the level of self-control possessed by adolescents at SMAN 1 Banjarbaru was 127 students with low self-control (54.5%) and 106 students with high self-control (45.5%).Based on table 3, it was found that the level of nomophobia in adolescents at SMAN 1 Banjarbaru,

the majority experienced severe nomophobia, namely 126 people (54.1%). While 107 respondents (45.9%) experienced mild nomophobia. Based on table 4, the results of the analysis show a p-value of (0.028 <0.05) and a correlation score of (-0.144), which means that there is a negative relationship between self-control and the tendency of no mobile phone phobia (Nomophobia) in adolescents.

Tabel 1. Distribution of Respondent Characteristics by Age and Gender *(n=233)*

Age	Frequency (f)	Percentage %
15	3	1.3
16	52	22.3
17	161	69.1
18	17	7.3
Total	233	100
Gender	**Frequency (f)**	**Percentage %**
Male	85	36.5
Female	148	63.5
Total	233	100

Tabel 2. Adolescent Self-Control Level *(n=233)*

Self-Control Level	Frequency (f)	Percentage %
Low Self-Control	127	54.5
High Self-Control	106	45.5
	233	100

Tabel 3. Adolescent Nomophobia Level *(n=233)*

Nomophobia	Frequency (f)	Percentage %
Mild Nomophobia	107	45.9
Severe Nomophobia	126	54.1
	233	100

Tabel 4. Test Analysis of the Relationship between Self-Control and the Tendency of No Mobile Phone Phobia (Nomophobia) *(n=233)*

Variable Component	*p-value*	Correlation Coefficient (r)
Self-Control	0.028	-0.144
Nomophobia		

4 DISCUSSION

Based on age, the majority of respondents were 17 years old as many as 161 people (69.1%) with an age range of 15-18 years, high school students are in that age range. In the age range 15-18 years is where individuals are in a transitional period because they are included in the adolescent category. This phase is a crucial phase where adolescents tend to have unstable emotions and are looking for identity, this can be a problem if adolescents cannot manage their emotions and sort out what is right and bad (Hamdanah & Surawan, 2022). Researchers assume that age has a significant influence on a person's ability to develop high self-control, which allows individuals to determine what is good for them and what should be avoided. This is related to the ability of people who are mature enough to filter and accept everything that happens in everyday life, so they are not easily influenced or carried away by emotions. In line with Asih's research (2017) which states that the older the age, the better a person's ability to control himself (Suswanti, 2020). According to Gandawijawa (2017), someone who is undergoing a transition to adulthood needs to develop greater self-control over the development of online communication tools. In line with the opinion put forward by Andriani, et al (2019) in his research, it is stated that the prevention of negative behavior can be carried out by individuals who have the ability to make good decisions. Well-behaved adolescents can refrain from urgent behavior and satisfy their adaptive desires. In contrast, poorly behaved adolescents will not be able to resist temptation and will be unable to comply with the behavior and action (Marsela & Supriatna, 2019). Adolescence is characterised by biological, cognitive, and emotional transformations that culminate in maturity or autonomy, during which internal and external conflicts frequently arise, potentially resulting in diminished self-control (Marsela & Supriatna, 2019). Ghufron & Risnawita (2020) believe that an individual's self-control capacity enhances with age.

Based on gender, it was found that the majority of respondents were female as many as 148 people (63.5%) and 85 people (36.5%) were male. In this study, female gender is more dominant than male judging from the data on the school student population, as many as 543 people are female and 334 people are male. Researchers assume the lifestyle of women who have begun to be technologically literate and tend to like to follow trends. Especially with a variety of interesting features that provide convenience for life, women increasingly cannot be separated from their smartphones, for example shopping applications, places to exchange pictures and videos. This is also in accordance with the results of researchers' observations that women tend to often carry and hold smartphones wherever they are. This is in line with research by Yoebah (2014) and Pavithra (2015) that women tend to use their smartphones for social media entertainment, news exchange, social fun, and photo sharing (Hafizah & Utami, 2024). For example, a study conducted in India indicated that males had a 3.5-fold more excellent nomophobia score than females (Jilisha, *et al.* 2019). Daei (2019), Yildirim & Correia (2015), and Majidaei (2015) also found comparable

results (Jahrami, 2023). Nomophobia may also be predicted by gender (Rodríguez-García, Moreno-Guerrero, & López Belmonte, 2020). Other studies, however, offer a different perspective. A systematic review confirmed a higher frequency of nomophobia among female students (Jahrami, 2023), and some research has found higher nomophobia scores among female students (Schwaiger & Tahir, 2020). On the other hand, Jahrami (2023) found no correlation between gender and nomophobia in a meta-analysis of 52 publications, and a comparable 2023 systematic review and meta-analysis focused on university students similarly showed no gender difference (Tuco, 2023). Other research by Sari et al. (2022) suggests no significant difference between the incidence of nomophobia in the female and male genders. According to this survey, female students were 38.9% more likely than male students to be nomophobic. The fact that most of the respondents are female may have something to do with this. This discrepancy in the literature indicates that other factors, such as the cultural setting, social norms, and other unique traits of the community or respondents, may impact the association between gender and nomophobia (Janatolmakan, 2024). Besides that, both women and men have the same access and facilities to the internet and technology, and both can use the internet easily and for free and anytime and anywhere, be it at school, home, work, canteens, eating places, and cafes. According to this survey, female students were 38.9% more likely than male students to be nomophobic. The fact that most of the respondents are female may have something to do with this. This discrepancy in the literature indicates that other factors, such the cultural setting, social norms, and other unique traits of the community or respondents, may have an impact on the association between gender and nomophobia (Janatolmakan, 2024). Beside that both women and men have the same access and facilities to the internet and technology, both can use the internet easily and for free and anytime and anywhere, be it at school, home, work, canteens, eating places and cafes.

The study revealed that 127 respondents (54.5%) exhibited low self-control, emphasizing the need to address this challenge to reduce excessive smartphone use among adolescents. Another 106 people (45.5%) had high self-control. The highest answers to the self-control questionnaire statement items were in item number 44 “I choose to do my homework rather than open social media or play games” (63.1%), item number 11 “If I am given an assignment I immediately do it” (58.8%), and item number 9 “I am a fast and precise person when doing things” (50.2%). From the results of the study seen from the aspects of self-control, the cognitive control aspect is the highest aspect, which is 38%. The ability of individual self-control, especially among adolescents, is closely related to cognitive variables. In line with the opinion of Baumeister & Boden (in Marsela & Supriatna, 2019), cognitive factors relate to the level of individual awareness, namely his ability to apply knowledge and reasoning in formulating well-thought-out approaches or plans. Therefore, adolescents who are able to deliberately consider and apply the knowledge they have gained about the negative impact of excessive smartphone use will be more likely to take steps to avoid smartphone dependence. In adolescents themselves, if the use of smartphones is not controlled, it can have a negative impact such as the emergence of anxiety, anxiety when away from their smartphones, smartphone dependence to experience nomophobia. In line with previous research on smartphone use, effective self-control is needed to prevent harmful effects and limit excessive use (Agusta, 2016). Based on this discussion, the researcher argues that self-control in smartphone use is needed to avoid excessive smartphone use.

Based on the results of study on the level of nomophobia, it was found that the majority of respondents experienced severe nomophobia as many as 126 people (54.1%) and around 107 people (44.9%) experienced mild nomophobia. The answers to the NMP-Q questionnaire statement items were highest in item number 2 “I am annoyed when I cannot get information on my smartphone when I really want it” (33.9%), item number 20 “I panic if my credit / quota runs out” (27.5%), and in item number 6 “I feel strange when I don't know what to do” (25.8%). A person with severe nomophobia usually has signs such as always checking their smartphone, using a smartphone excessively for more than 4 hours, always activating the smartphone for 24 hours, and checking message notifications every 5 minutes, and always carrying their smartphone everywhere (Kristina, 2023). The severe state of nomophobia in adolescents can be caused by the high intensity of smartphone use, high curiosity, communication interaction through cyberspace makes adolescents more dependent on their smartphones. Not to mention the current technology-based learning adds to the intensity and more frequent use of smartphones (Noorrisa & Hariyono, 2022). From this discussion, the researcher concluded that the easier and more things that smartphones offer make adolescents always open and hold smartphones. Not to mention learning, which sometimes also uses smartphones as a medium for finding sources and information related to material and communication in cyberspace, increasing the intensity of smartphone use.

Based on the results of the analysis between self-control and nomophobia tendencies in adolescents at SMAN 1 Banjarbaru, the p-value = (0.028 <0.05) and r-value (-0.144) were obtained. The value shows that there is a relationship between self-control and the tendency of nomophobia in adolescents at SMAN 1 Banjarbaru with weak relationship strength. The *r* value shows the direction of the relationship between the two variables which is negative, this means that there is an opposite relationship which means that

the higher individual's self-control, the lower the nomophobia experienced by the individual. This means that H1 is accepted and HO is rejected. In line with Kristina's research, et al (2023) showed that there was a negative significance relationship p-value. (0.001 <0.05) and r (-0.338) which means there is a relationship between self-control and the tendency of nomophobia in adolescents with the opposite (negative) direction of the relationship, which means the higher the self-control the lower the nomophobia in adolescents. Then research from Noorrisa & Hariyono (2022) shows a p-value (0.034 <0.05) with self-control making an effective contribution of 1.4% to nomophobia seen from the R square value of 0.014 these results mean there is a relationship between self-control and nomophobia. The results showed a substantial relationship between self-control and the high levels of nomophobia tendencies among adolescents. Nomophobia become concerned when they are unable to contact or be contacted by others. A person who lacks self-control finds it difficult to break the habit of always carrying a smartphone with them (Zuhriyah, 2024). Additionally, nomophobia feel uneasy when they are unable to use their smartphone to search or access information. Those who have trouble controlling themselves often get nervous if they don't get calls, texts, or social media messages. Despite feeling worn out and losing sleep over night, those with poor self-control are more prone to play on their phones for hours at a time. Adolescence frequently struggle with self-control since they are going through a transitional stage and want to be accepted by their peers. Therefore, it's critical to limit teens' smartphone use in order to help them develop self-control.

The anxiety associated with being without a mobile device—evident in dimensions such as lack of information access, diminished convenience, impaired communication, and reduced connectedness—echoes similar sentiments. The correlation between psychological alienation and nomophobia underscores a complicated relationship in which the apparent absence of mobile device access exacerbates emotions of social isolation, loss of objectives, deficiencies, and self-alienation among nursing students (Zhen et al., 2021). Anxiety arises because the individual has difficulty controlling existing stimuli, resulting in a strong desire to continue holding or using their smartphones. Self-control is divided into 2, namely low self-control and high self-control. Adolescents who have difficulty controlling the use of smartphones often experience excessive anxiety when not using them, have difficulty stopping checking smartphones, have low self-control, experience sleep disorders (insomnia), and tend to ignore school assignments, which have an impact on task results that do not meet standards.

In contrast, adolescents with good self-control generally use smartphones according to their functions, do not feel anxious if they do not carry a smartphone, and are able to regulate and control the use of smartphones wisely (Agusta, 2016). We assume that the cause of the weak relationship is given by the self-control variable may be due to other influencing factors such as always following updates about new trends, the intensity of smartphone use which is considered an important necessity in life. Yuwanto (2010) explains that Nomophobia can be influenced by several factors, including a strong extraversion personality, low self-esteem, and a tendency to seek high experiences. In addition, age and family context are also two components that also affect individual self-control (Ghufron & Risnawati, 2011). Nurses, especially Mental Health Nurse can advocate for and engage in public health initiatives that raise awareness about the psychological consequences of excessive technology usage, with the objective of promoting mental well-being and preventing the emergence of Nomophobia within the general population. Identifying and addressing these psychological aspects in patient care can improve the overall quality of care and promote mental health in the digital era.

5 CONCLUSSION

Based on the results of the research conducted, it can be concluded that there is a weak negative relationship between self-control and the tendency of no mobile phone phobia (Nomophobia) in adolescents at SMAN 1 Banjarbaru. This means that the higher the level of self-control, the lower the level of nomophobia experienced by adolescents. Further research is needed on other factors that can affect nomophobia, so that future researchers can consider other factors related to nomophobia besides the self-control variables raised by researchers such as self-esteem, self-efficacy and other variables.

The findings of this study may help mental health nurses or school counselors address nomophobia by providing emotional resilience training, self-awareness, and counseling on healthy technology use and strategies to reduce nomophobia, assisting students in identifying and managing the psychological triggers that lead to Nomophobia. Furthermore, establishing a supportive educational environment that emphasizes interaction with others and social engagement mitigates feelings of isolation and reduces reliance on digital devices as the primary means of connection and validation.

6 REFERENCES

Agusta, D. (2016). Risk Factors for Addiction to Using Smartphones in Vocational School Students. *Guidance and Counseling E-Journal 3rd year 5 Edition. vol.3, no.5.*

Aini, S., *et al*. (2023). The Relationship Between Self-Control and Intensity of Social Media Use with the Level of Nomophobia in Students at SMA Negeri 1 Kuantan Mudik. *SEHAT : Jurnal*

Kesehatan Terpadu, vol.2, no.3, 112 - 124. Doi.org/10.31004/sjkt.v2i3.17413.

Ak, N. Y., & Yildirim, S. (2018). Nomophobia among Undergraduate Students: The Case of a Turkish State University. *International Journal on New Trends in Education and Their Implications, vol. 9, no.1*, 1 - 20.

Andriani, *et al.* (2019). Description of Self-Control of Smartphone Use among High School and Equivalent School Students in Jatinangor District. *Journal of Comprehensive Nursing, vol.5 , no.2*, 107 - 117. Doi.org/10.33755/jkk.v5i2.143.

Arpaci I, Baloğlu M, Özteke Kozan H, Kesici Ş. (2017) Individual Differences in the Relationship Between Attachment and Nomophobia Among College Students: The Mediating Role of Mindfulness. *J Med Internet ;19(12)*. DOI: 10.2196/jmir.8847

Ghufron & Risnawati. (2011). *Psychological Theories.* Yogyakarta: Ar-Ruzz Media.

Ghufron & Risnawati. (2020). *Psychological Theories.* Yogyakarta: Ruzz Media.

Hafizah, W., & Utami, R. H. (2024). Differences in Nomophobia Based on Gender in Late Adolescents. *Journal of Psychological Researc*h , 7(1), 12-18.

Hamdanah & Surawan. (2022). A*dolescents and Dynamics: A Review of Psychology and Education.* Yogyakarta: K - Media.

Jahrami, H. (2023). The Prevalence of Mild, Moderate, and Severe Nomophobia Symptoms: A Systematic Review, Meta-Analysis, and Meta-Regression. *Behavior Sciences, vol.13, no.1*, 35.

Janatolmakan, M, *et al* (2024). Nomophobia: Prevalence, associated factors, and impact on academic performance among nursing students. *Heliyon, Volume 10, Issue 22*, 1-9. https://doi.org/10.1016/j.heliyon.2024.e40225.

Jilisha G, Venkatachalam J, Menon V, Olickal JJ. Nomophobia: A Mixed-Methods Study on Prevalence, Associated Factors, and Perception among College Students in Puducherry, India. *Indian Journal of Psychological Medicine. 2019;41(6):541-548*. doi: https://doi.org/10.4103/IJPSYM.IJPSYM_130_19

Jumrianti, F., Nugroho, S., & Arief, Y. (2022). The Relationship between Smartphone Addiction and Psychological Well-Being in Adolescents. *Journal of Islamic and Contemporary Psychology (JICOP*), *vol.2, no.1*, 49 - 57. Doi.org/10.25299/jicop.v2i1.10263

Kristina, Lunata, L. P., & Kristiyani, V. (2023). The Relationship Between Self-Control and Nomophobic Tendencies in Adolescents in Jakarta. *Journal Of Comprehensive Science*, vol. 2 No. 10, hal.1753 - 1763. Doi.org/10.59188/jcs.v2i10.538.

Marsela, R. D., & Supriatna, M. (2019). Self-Control: Definition and Factors. *Journal of Innovative Counseling : Theory, Practice & Research*, vol.9, no.2, hal. 65-69.

Noorrisa, G., & Hariyono, D. S. (2022). Self-Control Against Nomophobia in Adolescents. *Pandohop Guidance & Counseling Journal, vol.2, no.2*, 30 - 37. Doi.org/10.37304/pandohop.v2i2.5243.

Rodríguez-García, A.-M., Moreno-Guerrero, A.-J., & López Belmonte, J. (2020). Nomophobia: An Individual's Growing Fear of Being without a Smartphone—A Systematic Literature Review. *International Journal of Environmental Research and Public Health*, *17*(2), 580. https://doi.org/10.3390/ijerph17020580

Pakpahan, S. M. (2022). The Relationship between Self-Control and Nomophobic Tendencies in Adolescents at SMAN 1 Taruntung.

Sari, A. P. (2023). The Relationship Between Self-Control and Nomophobia in Female Santri Students at the As-Sa'adah Girls Islamic Boarding School Terboyo Semarang. *Skripsi, Universitas Sultan Agung, Semarang*.

Schwaiger, E., & Tahir, R. (2020). Nomophobia and its predictors in undergraduate students of Lahore, Pakistan. *Heliyon, vol.6, no.9*, 1-5. https://doi.org/10.1016/j.heliyon.2020.e04837.

Suswanti. (2020). Hubungan Self Control dengan Kejadian Nomophobia di Kalangan Siswa Kelas. *Stikes Bina Sehat PPNI Mojokerto*, 1 - 20.

Tuco, K. G., Castro-Diaz, S. D., Soriano-Moreno, D. R., & Benites-Zapata, V. A. (2023). Prevalence of Nomophobia in University Students: A Systematic Review and Meta-Analysis. *Healthc Inform Res, vol.29, no.1*, 40 - 53. DOI: https://doi.org/10.4258/hir.2023.29.1.40.

Yildirim, C., & Correia, A.P. (2015). Exploring the dimensions of nomophobia: Development and validation. *Computer in Human Behavior, 49*, 130 - 137. Doi.org/10.1016/j.chb.2015.02.059.

Yuwanto, L. (2010). *Mobile Phone Addict.* Surabaya: Putra Media.

Zuhriyah, N. (2024). Self-Control and Loneliness with Nomophobia among Tendencies. *SRAWUNG (Journal of Social Sciences and Humanities), Vol. 3, Issue. 1*, 75-86.

Zhen, R., Li, L., Li, G., & Zhou, X. (2021). Social isolation, loneliness, and mobile phone dependence among adolescents during the COVID-19 pandemic: Roles of parent-child communication patterns. *International Journal of Mental Health and Addiction*, 21, 1931–1945. https://doi.org/10.1007/s11469-021-00700-1