

DAFTAR PUSTAKA

- Abdussamad, Zuchri. *Metode Penelitian Kualitatif*. Makassar: CV. Syakir Media Press, 2021.
- Abubakar, Rifa'i. *PENGANTAR METODOLOGI PENELITIAN*. Yogyakarta: SUKA-Press UIN Sunan Kalijaga, 2021.
- Akker, Jan J. H. van den. *Design Approaches and Tools in Education and Training*. With Robert Maribe Branch, Kent Gustafson, Nienke Nieveen, and Tjeerd Plomp. Dordrecht: Springer Netherlands, 1999.
- Al Albani, Muhammad Nashiruddin. *Shahih Sunan At-Tirmidzi (Buku 2)*. Translated by Fachrurazi. Jakarta: Pustaka Azzam, 2006.
- Al-Ghazali, Al-Imam. *Ihyā' 'Ulūmiddīn (Menghidupkan Kembali Ilmu-Ilmu Agama)*. 8 (Sabar dan Syukur), translated by Ibnu Ibrahim Ba'adillah. Jakarta: Republika, 2011.
- . *Ihyā' 'Ulūmiddīn (Menghidupkan Kembali Ilmu-Ilmu Agama)*. Jilid 3, translated by Ibnu Ibrahim Ba'adillah. Jakarta: Republika, 2011.
- Al-Ghazali, Imam. *Minhajul abidin = Jalan para ahli Ibadah*. Edited by Isma'il Ba'adillah and Mansyur Alkatiri. Translated by Abu Hamas as-Sasaky. Jakarta: Khatulistiwa Press, 2013.
- Almizri, Wahyu, Firman, and Netrawati. "Model Behavior Contract Melalui Layanan Penguasaan Konten Untuk Mereduksi Addiction Smartphone Use." *Taqorrub: Jurnal Bimbingan Konseling Dan Dakwah* 3, no. 2 (2022): 2. <https://doi.org/10.55380/taqorrub.v3i2.319>.
- Al-Qurthubi, Syaikh Imam. *Tafsir Al-Qurthubi*. Jakarta: Pustaka Azzam, 2010.
- Andrianie, Prilya Shanty, Rosita Yuniati, Wahdan Najib Habiby, and Nurwanto Nurwanto. "Smartphone Dependency Among Young Learners: A Growing Concern." *Profesi Pendidikan Dasar*, April 30, 2025, 1–12. <https://doi.org/10.23917/ppd.v12i1.4344>.
- An-Naisaburi, Abul Qosim Abdul Karim Hawazin Al-Qusyairi. *Risalah Qusyairiyah: Sumber Kajian Ilmu Tasawuf*. Translated by Umar Faruq. Jakarta: Pustaka Aman, 2007.
- Ary, Donald, Lucy Cheser Jacobs, Asghar Razavieh, and Chris Sorensen. *Introduction to Research in Education*. 8th ed. Belmont, CA: Wadsworth, 2010.
- Atikah, Tera Pertiwi, and Sugiyo. "KONSELING KELOMPOK TEKNIK BEHAVIOR CONTRACT MENGURANGI GEJALA-GEJALA KECANDUAN SMARTPHONE." *Counsnesia Indonesian Journal Of Guidance and Counseling* 1, no. 02 (December 2020): 56–63. <https://doi.org/10.36728/cijgc.v1i02.1187>.
- Avcı, Görkem, Magdalini Vampa, Inda Kreso, Mohammadhossein Homaei, and Octa Pratama Putra. "Emerging Evidence on Doomscrolling: A Scoping Review of Empirical Studies." *Journal of Social Media Research* 3, no. 2 (June 2026): 162–71. <https://doi.org/10.29329/jsomer.102>.
- Azizah, Medina. "PENGARUH KEMAJUAN TEKNOLOGI TERHADAP POLA KOMUNIKASI MAHASISWA UMM." *Jurnal Sosiologi Nusantara* 6, no. 1 (June 2020): 1. <https://doi.org/10.33369/jsn.6.1.45-54>.

- Barbour, Ian G. *Religion and Science: Historical and Contemporary Issues*. 1st HarperCollins rev. ed. San Francisco: HarperSanFrancisco, 1997.
- Billieux, Joël, Pierre Maurage, Olatz Lopez-Fernandez, Daria J. Kuss, and Mark D. Griffiths. "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, no. 2 (June 2015): 156–62. <https://doi.org/10.1007/s40429-015-0054-y>.
- Borg, Walter R., and Meredith D. Gall. *Educational Research: An Introduction*. 4. ed. New York London: Longman, 1983.
- Claessens, Brigitte J. C., Wendelien van Eerde, Christel G. Rutte, and Robert A. Roe. "A Review of the Time Management Literature." *Personnel Review* 36, no. 2 (February 2007): 255–76. <https://doi.org/10.1108/00483480710726136>.
- Corey, Gerald. *Theory & Practice of Group Counseling*. Ninth edition. Boston: Cengage Learning, 2016.
- Creswell, John W. *Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research*. 4th ed. Boston, Massachusetts, USA: Pearson Education, 2012.
- Creswell, John W., and J. David Creswell. *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Fifth edition. Los Angeles: SAGE, 2018.
- Dalton, Tanya. *The Joy of Missing Out: Live More by Doing Less*. Nashville: Thomas Nelson Incorporated, 2019.
- Database Peraturan | JDIH BPK. "Permenkes No. 25 Tahun 2014." Accessed May 30, 2026. <http://peraturan.bpk.go.id/details/117562/permenkes-no-25-tahun-2014>.
- Dewi, Melyana. "THE CORRELATION BETWEEN CONSUMPTION OF BRAIN ROT CONTENT AND STUDENTS' LEARNING CONCENTRATION." *Jurnal Kajian Pembelajaran Dan Keilmuan* 9, no. 3 (December 2025): 69–77. <https://doi.org/10.26418/jurnalkpk.v9i3.105986>.
- Dhamayanti, Meita, Resti Gradia Dwiwina, and Rubiah Adawiyah. "Influence of Adolescents' Smartphone Addiction on Mental and Emotional Development in West Java, Indonesia." *Majalah Kedokteran Bandung* 51, no. 1 (March 2019): 46–52. <https://doi.org/10.15395/mkb.v51n1.1577>.
- Eg, Ragnhild, Özlem Demirkol Tønnesen, and Merete Kolberg Tennfjord. "A Scoping Review of Personalized User Experiences on Social Media: The Interplay between Algorithms and Human Factors." *Computers in Human Behavior Reports* 9 (March 2023): 100253. <https://doi.org/10.1016/j.chbr.2022.100253>.
- Erindia, Firnanda, Ah Yusuf, RR Dian Tristiana, and Umdatus Soleha. "Analysis of Smartphone Addiction With Anxiety in School-Aged Children." *Psychiatry Nursing Journal (Jurnal Keperawatan Jiwa)* 6, no. 1 (March 2024): 27–33. <https://doi.org/10.20473/pnj.v6i1.48033>.
- Fauzan, Abdul Aziz bin Fauzan bin Shalih al-, and Mustolah Maufur. *Aturan Islam tentang bergaul dengan sesama*. Jakarta: Griya Ilmu, 2010.

- Field, Andy. *Discovering Statistics Using SPSS: And Sex and Drugs and Rock'n'roll*. 3. ed., Repr. Los Angeles: Sage, 2012.
- Fitriani, Nining, Ahmad Ashifuddin Aqham, Kholid Wahid, and Abdul Muin. "Digital Natives, Critical Strangers: The Challenge of Student Critical Literacy in Indonesia's Post-Truth Era." *Education: Jurnal Sosial Humaniora Dan Pendidikan* 5, no. 2 (July 2025): 122–36. <https://doi.org/10.51903/k4h62185>.
- Gazda, George M., Earl J. Ginter, and Arthur M. Horne. *Group Counseling and Group Psychotherapy: Theory and Application*. Boston: Allyn and Bacon, 2001.
- Giannarou, L., and E. Zervas. "Using Delphi Technique to Build Consensus in Practice." *International Journal of Business Science and Applied Management* 9, no. 2 (2014): 65–82. <https://doi.org/10.69864/ijbsam.9-2.106>.
- Gladding, Samuel T. *Group Work: A Counseling Specialty*. 2nd ed. Englewood Cliffs, N.J.: Merrill, 1995.
- . *Theories of Counseling*. Third edition. Lanham Boulder New York London: Rowman & Littlefield, 2022.
- Gupta, Piyush, Dheeraj Shah, Nidhi Bedi, Preeti Galagali, Samir Dalwai, Sanwar Agrawal, Jijo Joseph John, et al. "Indian Academy of Pediatrics Guidelines on Screen Time and Digital Wellness in Infants, Children and Adolescents." *Indian Pediatrics* 59, no. 3 (March 2022): 235–44. <https://doi.org/10.1007/s13312-022-2477-6>.
- Hamdan, Muhammad Zainal Abidin, Noor Hasanah, Mujiborahman, Halimatus Sakdiah, Ahmad Muradi, Rabiatur Adawiah, Zaki Mubarak, Musyarrafah, and Siti Rahmasari. *PEDOMAN KARYA ILMIAH (Makalah, Artikel Jurnal, Penelitian, Skripsi, Tesis, dan Disertasi)*. Banjarmasin: Universitas Islam Negeri Antasari Banjarmasin, 2021.
- Hamzah, Amir. *METODE PENELITIAN KEPUSTAKAAN (LIBRARY RESEARCH). Kajian Filosofis, Teoritis, dan Aplikasi Proses dan Hasil*. 1st ed. Depok: PT Raja Grafindo Persada, 2022.
- Heaton, Benedict. "'Brain Rot' Named Oxford Word of the Year 2024." *Oxford University Press*, December 2, 2024. <https://corp.oup.com/news/brain-rot-named-oxford-word-of-the-year-2024/>.
- Hergenhahn, B. R., Matthew H. Olson, and Triwibowo B.S. *THEORIES OF LEARNING*. Ketujuh. Jakarta: Kencana Prenadamedia Group, 2008.
- Hidayat, Wahyu, and Nur Asmawati Lawahid. *Metode Fuzzy Delphi Untuk Penelitian Sosial*. Bandung: ALFABETA, 2020.
- Islam, Mohammad Tajul. *Learning SPSS without Pain A Comprehensive Manual for Data Analysis and Interpretation of Outputs*. 1st ed. Dhaka, Bangladesh: ASA Publications, 2020.
- Johnson, R. Burke, and Larry Christensen. *Educational Research: Quantitative, Qualitative, and Mixed Approaches*. Fifth edition. Thousand Oaks, Calif: Sage Publications, 2014.

- Junardi, Erny, Sulfasyah, and Ratnawati. "Canva-Based Digital Materials with Differentiation for Grade V Writing Skills: Bahan Digital Berbasis Canva Dengan Pendekatan Berbeda Untuk Keterampilan Menulis Siswa Kelas V." *Academia Open* 10, no. 2 (July 2025): 10.21070/acopen.10.2025.11754-10.21070/acopen.10.2025.11754.
<https://doi.org/10.21070/acopen.10.2025.11754>.
- Kalman Halevi, Maya, Rony Tutian, and Yehuda Peled. "The Interplay between FoMO and JoMO in Smartphone Addiction and Well-Being." *Computers in Human Behavior Reports* 20 (December 2025): 100844.
<https://doi.org/10.1016/j.chbr.2025.100844>.
- Karadağ, Engin, Şule Betül Tosuntaş, Evren Erzen, Pinar Duru, Nalan Bostan, Berrak Mizrak Şahin, İlkey Çulha, and Burcu Babadağ. "Determinants of Phubbing, Which Is the Sum of Many Virtual Addictions: A Structural Equation Model." *Journal of Behavioral Addictions* 4, no. 2 (June 2015): 60–74. <https://doi.org/10.1556/2006.4.2015.005>.
- Kemdikbud, LLDIKTI5. "Penyuluhan Dampak Kecanduan Gadget pada Anak - Website LLDIKTI Wilayah V." Accessed December 8, 2025.
<https://lldikti5.kemdikbud.go.id/home/detailpost/penyuluhan-dampak-kecanduan-gadget-pada-anak>.
- Kent, Sarah. "Digital Intervention for Problematic Smartphone Use in Undergraduate University Students: A Systematic Case Series." *Dclinspsychol*, University of Leeds, 2020.
<https://etheses.whiterose.ac.uk/id/eprint/27665/>.
- Krumboltz, John D., and Carl E. Thoresen, eds. *Behavioral Counseling: Cases and Techniques*. New York: Holt, Rinehart and Winston, 1969.
- Kusumaningtyas, Wahyu, Ikhwan Aziz Q, Nur Laili, and Sri Hartati. "Gestalt-Prophetic: The Parenting Method for Early Childhood with Gadgets Addiction." *Islamic Guidance and Counseling Journal* 2, no. 2 (May 2019): 66–76. <https://doi.org/10.25217/igcj.v2i2.391>.
- Kwon, Min, Dai-Jin Kim, Hyun Cho, and Soo Yang. "The Smartphone Addiction Scale: Development and Validation of a Short Version for Adolescents." *PLOS ONE* 8, no. 12 (Des 2013): e83558.
<https://doi.org/10.1371/journal.pone.0083558>.
- Kwon, Min, Joon-Yeop Lee, Wang-Youn Won, Jae-Woo Park, Jung-Ah Min, Changtae Hahn, Xinyu Gu, Ji-Hye Choi, and Dai-Jin Kim. "Development and Validation of a Smartphone Addiction Scale (SAS)." *PLoS ONE* 8, no. 2 (February 2013): e56936. <https://doi.org/10.1371/journal.pone.0056936>.
- Lincoln, Yvonna S., and Egon G. Guba. *Naturalistic Inquiry*. Newbury Park, Calif.: Sage, 1985.
- Linstone, Harold A., and Murray Turoff, eds. *The Delphi Method: Techniques and Applications*. Reading, Mass: Addison-Wesley Pub. Co., Advanced Book Program, 1975.
- Lopez-Fernandez, Olatz, ed. *Internet and Mobile Phone Addiction: Health and Educational Effects*. Basel, Switzerland: MDPI, 2019.

- Maar, Juergen Heinrich. "Johann Beckmann (1739-1811) and Modern Chemical Technology." *Substantia* 7, no. 1 (2023): 79–92. <https://doi.org/10.36253/Substantia-1870>.
- Macan, Therese Hoff. "Time Management: Test of a Process Model." *Journal of Applied Psychology* (US) 79, no. 3 (1994): 381–91. <https://doi.org/10.1037/0021-9010.79.3.381>.
- Ma'ruf, Hidayat, and Muafatin Muafatin. "The Effectiveness of Religion-Based Self-Management Training to Reduce Internet Addiction in Madrasah Aliyah Students." *Konselor* 11, no. 3 (September 2022): 3. <https://ejournal.unp.ac.id/index.php/konselor/article/view/116777>.
- MAWADDAH NASUTION. "SMARTPHONE ADDICTION PADA ANAK USIA DINI." S3, Universitas Muhammadiyah Yogyakarta, 2024. <https://etd.umy.ac.id/id/eprint/43905/>.
- McIntyre, Lee. *Post-Truth*. The MIT Press Essential Knowledge Series. Cambridge, Massachusetts London, England: The MIT Press, 2018.
- Media, Kompas Cyber. "5 Kasus Kecanduan Game Online, Bolos Sekolah 4 Bulan hingga Bunuh Sopir Taksi untuk Dapat Uang Halaman all." KOMPAS.com, December 19, 2019. <https://regional.kompas.com/read/2019/12/20/06360071/5-kasus-kecanduan-game-online-bolos-sekolah-4-bulan-hingga-bunuh-sopir-taksi>.
- . "Dari Indonesia hingga Eropa, 15 Negara Ini Batasi Akses Anak Main Media Sosial." KOMPAS.com, March 7, 2026. <https://www.kompas.com/tren/read/2026/03/07/200000365/dari-indonesia-hingga-eropa-15-negara-ini-batasi-akses-anak-main-media>.
- Miller, Vincent. *Understanding Digital Culture*. Second edition. Los Angeles: Sage, 2020.
- Miltenberger, Raymond G. *Behavior Modification: Principles and Procedures*. 4. ed., International Student Edition. Belmont, CA: Thomson Wadsworth, 2008.
- . *Behavior Modification: Principles and Procedures*. 5th ed. Belmont, CA: Wadsworth Cengage Learning, 2012.
- Mostafa, Mamdouh Mahmoud, Ashraf Ragab Ibrahim, Mohamed Ali Nemt-allah, Safaa Zaki Arafa, Amina Ahmed Hassan, and Mamdouh Mosaad Helali. "Development and Psychometric Validation of the Brain Rot Scale: Measuring Digital Content Overconsumption Among Generation Alpha and Generation Z." *European Journal of Investigation in Health, Psychology and Education* 15, no. 12 (December 2025): 262. <https://doi.org/10.3390/ejihpe15120262>.
- Mulyadi, Seto, Muhammad Fakhurrozi, and Diana Rohayati. *Psikologi Konseling*. Jakarta: Gunadarma, 2015.
- Nashiruddin Al-Albani, Muhammad. *SHAHIH SUNAN ABU DAUD*. Jilid 3, translated by Tajuddin Arief, Abdul Syukur Abdul Razak, and Ahmad Rifa'i Utsman. Jakarta: PUSTAKA AZZAM, 2002.

- Nelson-Jones, Richard. *The Theory and Practice of Counselling*. 2nd ed. London: Cassell, 1995.
- Nichols, Thomas M. *The Death of Expertise: The Campaign against Established Knowledge and Why It Matters*. New York, NY: Oxford University press, 2017.
- Nurhasanah, Lilis Romdon, Mulyawan Safwandy Nugraha, and Ujang Dedih. "Penerapan Nilai-Nilai Islam Dalam Kehidupan Sehari-Hari: Model Pembelajaran Kontekstual Dalam PAI." *Innovative: Journal Of Social Science Research* 4, no. 1 (January 2024): 1. <https://doi.org/10.31004/innovative.v4i1.8067>.
- Özbay, Özkan. "'Brain Rot' Among University Students in the Digital Age: A Phenomenological Study." *Current Psychiatry Reports* 28, no. 1 (2026): 11. <https://doi.org/10.1007/s11920-025-01658-w>.
- Parsons, Richard Dean, and Naijian Zhang. *Becoming a Skilled Counselor. Counseling and Professional Identity*. Los Angeles: SAGE, 2014.
- "Peraturan Pemerintah Nomor 17 Tahun 2025." Accessed June 23, 2026. https://jdih.komdigi.go.id/produk_hukum/view/id/965/t/peraturan+pemerintah+nomor+17+tahun+2025.
- Puslitjaknov, Tim. *Metode Penelitian Pengembangan*. Jakarta: Pusat Penelitian Kebijakan dan Inovasi Pendidikan Badan Penelitian dan Pengembangan Departemen Pendidikan Nasional, 2008.
- Putri, Maulida Amelia, and Alfin Siregar. "Efektifitas Konseling Kelompok: Penggunaan Behavior Contract Dalam Mereduksi Perilaku Phubbing Di Sekolah Menengah Pertama." *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia* 10, no. 1 (July 2024): 1. <https://jurnal.iicet.org/index.php/j-edu/article/view/4355>.
- Qardhawi, Yusuf. *Demi Masa: Mendedah Komitmen Dan Kiat Manajemen Waktu Menurut Islam*. Translated by Abu Ulya. Yogyakarta: Qudsi Media, 2014.
- Qiao, Rui, Cong Liu, and Jun Xu. "Making Algorithmic App Use a Virtuous Cycle: Influence of User Gratification and Fatigue on Algorithmic App Dependence." *Humanities and Social Sciences Communications* 11, no. 1 (June 2024): 775. <https://doi.org/10.1057/s41599-024-03221-z>.
- "Qur'an Kemenag." Accessed May 30, 2026. <https://quran.kemenag.go.id/quran/per-ayat/surah/2?from=143&to=286>.
- Quṭb, Sayyid. *Tafsir fi zhilalil Qur'an: dibawah naungan Al-Quran*. Jakarta: Gema Insani Press, 2000.
- Riadi, Edi. *STATISTIKA PENELITIAN (Analisis Manual Dan IBM SPSS)*. Yogyakarta: Andi Offset, 2016.
- Ridhahani. *METODOLOGI PENELITIAN DASAR (Bagi Mahasiswa dan Peneliti Pemula)*. Banjarmasin: Pascasarjana Universitas Islam Negeri Antasari, 2020.
- Rini, Mentari Kusuma, and Titih Huriah. "Prevalensi dan Dampak Kecanduan Gadget Pada Remaja: Literature Review." *Jurnal Keperawatan Muhammadiyah* 5, no. 1 (June 2020): 1. <https://doi.org/10.30651/jkm.v5i1.4609>.

- Ripaan, Usan, and Suyadi. "Tinjauan Neurosains Terhadap Konsep Nafs (Amarah, Lawwamah, Dan Muthmainnah) Menurut Al-Ghazali Dan Relevansinya Terhadap Pendidikan Islam." *Islamadina : Jurnal Pemikiran Islam* 24, no. 2 (September 2023): 201–15. <https://doi.org/10.30595/islamadina.v24i2.13027>.
- Rochmah, Naili Nur, and Asna. "CBT Approach in Handling the Phenomenon of 'The Death of Expertise.'" *Journal of Islamic Communication and Counseling* 4, no. 2 (June 2025): 139–52. <https://doi.org/10.18196/jicc.v4i2.108>.
- Rogers, Carl R. *Counseling and Psychotherapy: Newer Concepts in Practice*. Edited by Leonard Carmichael. Boston, Massachusetts: Houghton Mifflin, 1942.
- Saied, Hala, Nora Behery Mohamed, and Fatma A. Abd Elrazek. "Smartphone Addiction and Its Relation with Bullying, Sleep Quality, and Depression among Children." *International Journal of Health Sciences* 6, no. S9 (July 2022): 4568–83. <https://doi.org/10.53730/ijhs.v6nS9.13840>.
- Salvucci, Dario D., and Niels A. Taatgen. *The Multitasking Mind*. Oxford Series on Cognitive Models and Architectures. New York: Oxford University Press, 2011.
- Sarafino, Edward P. *Applied Behavior Analysis: Principles and Procedures for Modifying Behavior*. Hoboken, N.J: Wiley, 2012.
- Schuur, Winneke A. van der, Susanne E. Baumgartner, Sindy R. Sumter, and Patti M. Valkenburg. "The Consequences of Media Multitasking for Youth: A Review." *Computers in Human Behavior* 53 (December 2015): 204–15. <https://doi.org/10.1016/j.chb.2015.06.035>.
- Sha, Peng, Rayna Sariyska, René Riedl, Bernd Lachmann, and Christian Montag. "Linking Internet Communication and Smartphone Use Disorder by Taking a Closer Look at the Facebook and WhatsApp Applications." *Addictive Behaviors Reports* 9 (June 2019): 100148. <https://doi.org/10.1016/j.abrep.2018.100148>.
- Shapiro, S. S., and M. B. Wilk. "An Analysis of Variance Test for Normality (Complete Samples)." *Biometrika* 52, no. 3/4 (1965): 591–611. <https://doi.org/10.2307/2333709>.
- Shertzer, Bruce, and Shelley C. Stone. *Fundamentals of Counseling*. Boston: Houghton Mifflin, 1968.
- Shihab, M. Quraish. *Surah al-Fâtiḥah, Surah al-Baqarah*. Cetakan V. Tafsîr Al-Mishbâḥ : Pesan, Kesan, dan Keserasian al-Qur'an / M. Quraish Shihab 1. Jakarta: Lentera Haiti, 2012.
- Singh, Yogesh Kumar. *Fundamental of Research Methodology and Statistics*. New Delhi: New Age International (P) Ltd., Publishers, 2006.
- Siyoto Sandu, and Ali Sodik. *DASAR METODOLOGI PENELITIAN*. Yogyakarta: Literasi Media Publishing, 2015.
- Sugiyono. *METODE PENELITIAN DAN PENGEMBANGAN (RESEARCH AND DEVELOPMENT/R&D)*. Bandung: ALFABETA, 2019.

- . *METODE PENELITIAN KUALITATIF (Untuk penelitian yang bersifat: eksploratif, enterpretif, interaktif, dan konstruktif)*. 3rd ed. Bandung: ALFABETA, 2018.
- . *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: ALFABETA, 2016.
- Sulistyawati. *Metode Penelitian Kualitatif*. Yogyakarta: K-Media, 2018.
- Sumarto, and Emmi Kholilah Harahap. *Komunikasi Bimbingan Dan Konseling*. Bengkulu: Literasiologi, 2020.
- Suryaningsih, Yeni, Ayesia Natasya Zulka, Muhammad Sadam Husein, and Alya Ramadhani. "PENGARUH PSIKOEDUKASI DAN SOCIAL SKILL TRAINING TERHADAP PENINGKATAN SOSIALISASI ANAK KECANDUAN GAWAI: The Influence of Psychoeducation and Social Skill Training on Improving Socialization Children Addicted to Devices." *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)* 10, no. 1 (February 2024): 117–26. <https://doi.org/10.33023/jikep.v10i1.1941>.
- Thohir, Muhammad, Taufik Siradj, and Nur Arfiyah Febriani. *KONSEP TAWASSUTH, TAWAZUN DAN TASAMUH*. Jakarta: Direktorat Jendral Pendidikan Islam Kementerian Agama Republik Indonesia, 2023.
- Trotzer, James P. *The Counselor and the Group: Integrating Theory, Training, and Practice*. 2nd ed. Muncie, Ind.: Accelerated Development Inc., 1989.
- UNESCO. *Global Education Monitoring Report, 2023: Technology in Education: A Tool on Whose Terms?* 1st ed. France: United Nations Educational, Scientific and Cultural Organization, 2023.
- Wardhani, Frida Putri. "Student gadget addiction behavior in the perspective of respectful framework." *Konselor* 7, no. 3 (November 2018): 116–23. <https://doi.org/10.24036/0201872100184-0-00>.
- Warisin, Khoirul. "RELASI SAINS DAN AGAMA PERSPEKTIF IAN G. BARBOUR DAN ARMAHEDI MAZHAR." *RAHMATAN LIL ALAMIN: Journal of Peace Education and Islamic Studies* 1, no. 1 (July 2018): 15–15. <https://doi.org/10.33379/jrla.v1i1.213>.
- Waruwu, Marinu. "Metode Penelitian Dan Pengembangan (R&D): Konsep, Jenis, Tahapan Dan Kelebihan." *Jurnal Ilmiah Profesi Pendidikan* 9, no. 2 (May 2024): 1220–30. <https://doi.org/10.29303/jipp.v9i2.2141>.
- Wekke, Ismail Suardi, and dkk. *METODE PENELITIAN SOSIAL*. Yogyakarta: Gawe Buku, 2019.
- Wickord, Lea-Christin, and Claudia Quaiser-Pohl. "The Role of Flow and Media Multitasking for Problematic Smartphone Use and the Different Types of Smartphone Use." *Computers in Human Behavior* 166 (May 2025): 108583. <https://doi.org/10.1016/j.chb.2025.108583>.
- Yang, Zeyang. "An Exploration of Problematic Smartphone Use among Chinese and British University Students." Phd, University of York, 2018. <https://etheses.whiterose.ac.uk/id/eprint/22632/>.
- Young, Kimberly S., and Cristiano Nabuco de Abreu, eds. *Internet Addiction: A Handbook and Guide to Evaluation and Treatment*. Hoboken, NJ: Wiley, 2011.

- Zakaria, izak-Indra. "Sudah 7 Anak Gangguan Jiwa karena Gadget - Prokal." Sudah 7 Anak Gangguan Jiwa karena Gadget - Prokal, October 18, 2019. <https://www.prokal.co/kalimantan-selatan/1773862103/sudah-7-anak-gangguan-jiwa-karena-gadget>.
- Zhang, Yali, Shijie Shang, Lixian Tian, Lijuan Zhu, and Weina Zhang. "The Association between Fear of Missing out and Mobile Phone Addiction: A Meta-Analysis." *BMC Psychology* 11, no. 1 (October 2023): 338. <https://doi.org/10.1186/s40359-023-01376-z>.