

## DAFTAR PUSTAKA

- Ahmad, Z., Munir, N., Khurshid, S., & Shahbal, S. (2022). *Self-Regulation, Bedtime Procrastination And Sleep Quality Among Adults: A Meditational Model. Webology*, 19, 10151–10163.
- Alberthin Habut, M., Tallo Manafe, D., & Pieter Louis Wungouw, H. (2021). *Hubungan Adiksi Internet Dengan Kualitas Tidur Pada Mahasiswa Preklinik Fakultas Kedokteran*. In *Hubungan Adiksi Internet Cendana Medical Journal* (Vol. 21, Issue 1).
- Alqo'idah, W., Nabila, T. Z., Firdaus Ar-Raza, M., & Supradewi, R. (2023). *Revenge Bedtime Procrastination: A Self-Love Phenomenon or Revenge Against Yourself? Jurnal Psikologi Perseptual*, 8(2). <http://jurnal.umk.ac.id/index.php/perseptual>
- Aminuddin, M., Sholichin, Rahmadhani, S., & Maimia, E. (2022). *Hubungan Kualitas Tidur Dan Aktivitas Fisik Dengan Tingkat Kebugaran Fisik Di Era Pandemi Covid-19. Husada Mahakam: Jurnal Kesehatan*, 12(1), 1–09. <https://doi.org/10.35963/hmjk.v12i1.264>
- Azwar, S. (2019). *Metode Penelitian Psikologi* (II). Pustaka.
- Buysse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). *The Pittsburgh sleep quality index: A new instrument for psychiatric practice and research. Psychiatry Research*, 28(2), 193–213. [https://doi.org/10.1016/0165-1781\(89\)90047-4](https://doi.org/10.1016/0165-1781(89)90047-4)
- Chung, S. J., An, H., & Suh, S. (2020). *What do people do before going to bed? a study of bedtime procrastination using time use surveys*. In *Sleep* (Vol. 43, Issue 4). <https://doi.org/10.1093/sleep/zsz267>
- Clariska, W. (2020). *Hubungan Tingkat Stres dengan Kualitas Tidur pada Mahasiswa Tingkat Akhir di Fakultas Kedokteran dan Ilmu Kesehatan Universitas Jambi*. In

*Jurnal Ilmiah Ners Indonesia* (Vol. 1, Issue 2).  
<https://www.onlinejournal.unja.ac.id/JINI>

Gieselmann, A., de Jong-Meyer, R., & Pietrowsky, R. (2018). *Sleep quality and self-regulation*. *Somnologie*, 22(1), 2–9. <https://doi.org/10.1007/s11818-017-0137-1>

Handayani, N. S., Julianti, A., Maryani, T., Fauziah, A. R., & Konradus, N. (2024). *Apakah Penundaan Waktu Tidur Dapat Disebabkan Oleh Regulasi Diri Dan Kecenderungan Kecanduan Smartphone? Jurnal Kesehatan Dan Kedokteran*, 3(2), 11–17. <https://doi.org/10.56127/jukeke.v3i2.1394>

Haryati, & Yunaningsi, S. P. (2020). *Faktor Yang Mempengaruhi Kualitas Tidur Mahasiswa Fakultas Kedokteran Universitas Halu Oleo*. *Jurnal Medika Hutama*, 1(3), 146–155. <http://jurnalmedikahutama.com>

Hassan, T., Alam, M. M., Wahab, A., & Hawlader, M. D. (2020). *Prevalence and associated factors of internet addiction among young adults in Bangladesh*. *Journal of the Egyptian Public Health Association*, 95(1). <https://doi.org/10.1186/s42506-019-0032-7>

Hayyuni, N. N. (2022). *Hubungan Antara Bedtime Procrastination dengan Academic Procrastination pada Mahasiswa Universitas Mercu Buana Jakarta*. Universitas Mercu Buana.

Honestdoc. (2019). *Masyarakat Indonesia Alami Kurang Tidur*.  
<https://www.honestdocs.id/durasi-jam-tidur-di-indonesia>

Hurlock, E. B., Sijabat, R. M., Soedjarwo, & Istiwidayanti. (1991). *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Rentang Kehidupan* (5th ed.). Erlangga.

Ilahi, A. D. W., & Asyanti, S. (2022). *Analisis Survei Kualitas Hidup Dan Kualitas Tidur Dengan Psychological Well-Being Mahasiswa Psikologi Di Universitas Muhammadiyah Surakarta Selama Masa Pandemi Covid-19* [Universitas Muhammadiyah Surakarta]. <http://eprints.ums.ac.id/99426/>

- Kadzikowska-Wrzosek, R. (2020). *Insufficient Sleep among Adolescents: The Role of Bedtime Procrastination, Chronotype and Autonomous vs. Controlled Motivational Regulations*. *Current Psychology*, 39(3). <https://doi.org/10.1007/s12144-018-9825-7>
- Khous, M. A., Sahrani, R., & Marella, B. (2024). *Gambaran Revenge Bedtime Procrastination Pada Mahasiswa*. *Provitae: Jurnal Psikologi Pendidikan*, 17(1), 39–51. <https://garuda.kemdikbud.go.id/documents/detail/4017157>
- Kroese, F. M., Adriaanse, M. A., Evers, C., Anderson, J., & de Ridder, D. (2018). *Commentary: Why don't you go to bed on time? A daily diary study on the relationships between chronotype, self-control resources and the phenomenon of bedtime procrastination*. In *Frontiers in Psychology* (Vol. 9, Issue JUN). <https://doi.org/10.3389/fpsyg.2018.00915>
- Kroese, F. M., de Ridder, D. T. D., Evers, C., & Adriaanse, M. A. (2014). *Bedtime procrastination: Introducing a new area of procrastination*. *Frontiers in Psychology*, 5(JUN). <https://doi.org/10.3389/fpsyg.2014.00611>
- Nabawiyah, H., Khusniyati, Z. A., Damayanti, A. Y., & Naufalina, M. D. (2021). *Hubungan Pola Makan, Aktivitas Fisik, Kualitas Tidur Dengan Status Gizi Santriwati Di Pondok Modern Darussalam Gontor Putri 1. Darussalam Nutrition Journal*, 5(1), 80–91. <https://garuda.kemdikbud.go.id/documents/detail/2156889>
- Nauts, S., Kamphorst, B. A., Stut, W., de Ridder, D. T. D., & Anderson, J. H. (2019). *The Explanations People Give for Going to Bed Late: A Qualitative Study of the Varieties of Bedtime Procrastination*. *Behavioral Sleep Medicine*, 17(6). <https://doi.org/10.1080/15402002.2018.1491850>
- Ningrum, L. L., & Kusumaningrum, F. A. (2021). *Relationship Between Sleep Quality and Internet Addiction Among College Students in Yogyakarta*. <https://doi.org/10.2991/aebmr.k.210305.065>

- Peltzer, K., & Pengpid, S. (2020). *Sleep duration and health correlates among university students in 26 countries*. *Psychology, Health & Medicine*, 21(2), 208–220. <https://doi.org/10.1080/13548506.2014.998687>
- Philips. (2019). *The Global Pursuit of Better Sleep The global pursuit of better sleep health*. 4–6. <https://www.usa.philips.com/c-dam/b2c/master/experience/smartsleep/world-sleep-day/2019/2019-philips-world-sleep-day-survey-results.pdf>
- Purwanto, S., Rachmah Nur Anganti, N., & Amini Yahman, S. (2022). *Validity and effectiveness of dhikr breathing relaxation model therapy on insomnia disorders*. *Indigenous: Jurnal Ilmiah Psikologi*, 7(2), 119–129. <https://doi.org/10.23917/indigenous.v7i2.17241>
- Safriyanda, J., Karim, D., & Dewi, A. P. (2015). *Hubungan Antara Kualitas Tidur Dan Kuantitas Tidur Dengan Prestasi Belajar Mahasiswa*. In *JOM* (Vol. 2, Issue 2).
- Schmidt, L. I., Baetzner, A. S., Dreisbusch, M. I., Mertens, A., & Sieverding, M. (2024). *Postponing sleep after a stressful day: Patterns of stress, bedtime procrastination, and sleep outcomes in a daily diary approach*. *Stress and Health*, 40(3). <https://doi.org/10.1002/smi.3330>
- Shukla, A., & Andrade, C. (2023). *Prevalence of Bedtime Procrastination in University Students and Reexamination of the Bedtime Procrastination Scale*. *Primary Care Companion for CNS Disorders*, 25(1). <https://doi.org/10.4088/PCC.22m03334>
- Sugiyono. (2021). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (3rd ed.). Alfabeta.
- Sukamto, I. S., Jayanthi, S., & Nursamsu. (2024). *The Relationship Between Sleep Quality and Learning Concentration Among Biology Education Students at the Faculty of Teacher Training and Education, Universitas Samudra*. *Mukadimah: Jurnal Pendidikan, Sejarah, Dan Ilmu-Ilmu Sosial*, 8(2), 399–406. <https://doi.org/10.30743/mkd.v8i2.9152>

- Suni, E., & Dimitriu, A. (2023, December 8). *What Is “Revenge Bedtime Procrastination”?* Sleep Doctor. <https://www.sleepfoundation.org/sleep-hygiene/revenge-bedtime-procrastination>
- Suseno, A., Sulianti, A., Verina, A., & Riyadhi, M. N. F. (2020). *Prokrastinasi dan Pola Tidur Mahasiswa.* Jurnal Penelitian Psikologi, 11(2), 66–75. <https://doi.org/10.29080/jpp.v11i2.454>
- Teoh, A. N., Ooi, E. Y. E., & Chan, A. Y. (2021). *Boredom affects sleep quality: The serial mediation effect of inattention and bedtime procrastination.* Personality and Individual Differences, 171, 110460. <https://doi.org/10.1016/j.paid.2020.110460>
- Teoh, A. N., & Wong, J. W. K. (2023). *Mindfulness is Associated with Better Sleep Quality in Young Adults by Reducing Boredom and Bedtime Procrastination.* Behavioral Sleep Medicine, 21(1), 61–71. <https://doi.org/10.1080/15402002.2022.2035729>
- UMS. (2024). Data Mahasiswa Per Angkatan. <https://star-akreditasi.ums.ac.id/monitoring/mahasiswa/per-angkatan>
- Wang, F., & Bíró, É. (2021). *Determinants Of Sleep Quality In College Students: A Literature Review.* EXPLORE, 17(2), 170–177. <Https://Doi.Org/10.1016/J.Explore.2020.11.003>
- You, Z., Mei, W., Ye, N., Zhang, L., & Andrasik, F. (2021). *Mediating effects of rumination and bedtime procrastination on the relationship between Internet addiction and poor sleep quality.* Journal of Behavioral Addictions, 9(4), 1002–1010. <https://doi.org/10.1556/2006.2020.00104>
- Zhang, M. X., & Wu, A. M. S. (2020). *Effects of smartphone addiction on sleep quality among Chinese university students: The mediating role of self-regulation and bedtime procrastination.* Addictive Behaviors, 111. <https://doi.org/10.1016/j.addbeh.2020.106552>