

DAFTAR PUSTAKA

- Abdullah, I., Kurniawan, H., & Syahputra, A. (2022). *Metodologi penelitian kuantitatif: Teori dan praktik dalam pendidikan*. Jakarta: Prenada Media.
- Ahmed, S. (2021). Binge-watching as a coping mechanism: Exploring motivations behind excessive media consumption. *Journal of Media Psychology*, 33(4), 203–211. <https://doi.org/10.1027/1864-1105/a000293>
- Aritonang, K. (2022). *Pengaruh binge-watching terhadap perilaku konsumtif mahasiswa pada layanan streaming video on demand* [Skripsi, Universitas Sumatera Utara].
- Bayu, G. (2021). *Hubungan antara tingkat stres dengan kualitas tidur pada mahasiswa program studi ilmu keperawatan Fakultas Kedokteran Universitas Palangka Raya* [Skripsi, Universitas Palangka Raya].
- Bernadette, M. G. (1994). *Student-life Stress Inventory: Identification of and reactions to stressors*. USA: Texas Woman's University Press.
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385–396. <https://doi.org/10.2307/2136404>
- Emzir. (2010). *Metodologi penelitian pendidikan: Kuantitatif dan kualitatif*. Jakarta: Rajawali Pers.
- Fabbri, M., Giovanelli, A., Mascheroni, G., & Gómez, P. (2021). Binge-watching and sleeping habits: A systematic review of the literature. *Sleep Medicine Reviews*, 59, 101508. <https://doi.org/10.1016/j.smrv.2021.101508>
- Fardani, D. N., Nurmala, I., & Prasetya, A. W. (2021). Hubungan stres akademik dengan perilaku prokrastinasi pada mahasiswa. *Jurnal Keperawatan Jiwa*, 9(1), 17–24. <https://doi.org/10.26714/jkj.9.1.2021.17-24>
- Fenny, N., & Supriatmo. (2016). Hubungan antara durasi menonton televisi dengan kejadian obesitas pada anak usia 7–12 tahun di SD Negeri 064026 Medan Johor. *Jurnal Gizi dan Kesehatan*, 4(2), 55–60. <https://doi.org/10.15294/jgk.v4i2.8392>
- Flayelle, M., Canale, N., Vögele, C., Karila, L., Maurage, P., & Billieux, J.

- (2019). Assessing binge-watching behaviors: Development and validation of the “Watching TV Series Motives” and “Binge-Watching Engagement and Symptoms” questionnaires. *Computers in Human Behavior*, 90, 26–36. <https://doi.org/10.1016/j.chb.2018.08.022>
- Flayelle, M., Maurage, P., Karila, L., Vögele, C., & Billieux, J. (2020). Overcoming the unitary exploration of binge-watching: A cluster analytical approach. *Journal of Behavioral Addictions*, 9(1), 1–14. <https://doi.org/10.1556/2006.2020.00007>
- Gadzella, B. M. (1994). Student-life stress inventory: Identification of and reactions to stressors. *Psychological Reports*, 74(2), 395–402. <https://doi.org/10.2466/pr0.1994.74.2.395>
- Granow, V. C., Reinecke, L., & Ziegele, M. (2018). Binge-watching and psychological well-being: Media use between lack of control and perceived autonomy. *Computers in Human Behavior*, 82, 94–100. <https://doi.org/10.1016/j.chb.2017.12.034>
- Hernawati, E. (2019). *Hubungan antara stres akademik dengan kualitas tidur pada mahasiswa asrama STIKes X* [Skripsi, STIKes X].
- Hidayat, A. A. (2017). *Metode penelitian keperawatan dan teknik analisis data*. Jakarta: Salemba Medika.
- Ibrahim, A., Sari, R. N., & Hidayat, T. (2018). Desain penelitian kuantitatif korelasional dalam studi ilmu sosial. *Jurnal Ilmu Sosial dan Humaniora*, 7(2), 122–131. <https://doi.org/10.23887/jish.v7i2.12345>
- Irawati, F. (2020). *Hubungan antara stres akademik dan kualitas tidur pada mahasiswa tingkat akhir yang sedang menyusun skripsi* [Skripsi, Universitas Islam Negeri Alauddin Makassar].
- Isnaini, F. N., Suryani, T., & Prasetyo, A. D. (2025). *Panduan analisis statistik untuk penelitian kuantitatif*. Yogyakarta: Deepublish.
- Johnson, B., & Christensen, L. (2020). *Educational research: Quantitative, qualitative, and mixed approaches*.
- Kubota, K., Ueno, M., & Miyoshi, N. (2018). Binge-watching as a new type of media consumption behavior: The relationship between binge-watching and

- viewer's self-perception. *Journal of Media and Communication Studies*, 10(5), 45–52. <https://doi.org/10.5897/JMCS2018.0623>
- Kusumadewi, D. (2021). *Dampak binge-watching terhadap kualitas tidur pada mahasiswa* [Skripsi, Universitas Negeri Semarang].
- Maisa, N., Wibowo, Y. S., & Nurhayati, N. (2021). Hubungan durasi screen time dengan kualitas tidur anak usia sekolah selama pandemi COVID-19 di wilayah kerja Puskesmas Sukoharjo. *Jurnal Kesehatan Kusuma Husada*, 12(1), 1–10. <https://doi.org/10.34010/jkkh.v12i1.4285>
- Merikivi, J., Bragge, J., Scornavacca, E., & Verhagen, T. (2020). Binge-watching serialized video content: A transdisciplinary review. *Telematics and Informatics*, 46, 101321. <https://doi.org/10.1016/j.tele.2019.101321>
- Merikivi, J., Makkonen, M., & Tyrväinen, P. (2020). Why do people binge-watch? The role of technology affordances and narrative engagement. *International Journal of Information Management*, 51, 102034. <https://doi.org/10.1016/j.ijinfomgt.2019.102034>
- Musabiq, A., & Karimah, H. (2018). *Manajemen stres: Tinjauan psikologi dan Islam*. Yogyakarta: Deepublish.
- Panda, S., & Pandey, S. C. (2017). Binge watching and college students: Motivations and outcomes. *Young Consumers*, 18(4), 425–438. <https://doi.org/10.1108/YC-07-2017-00707>
- Pratiwi, D. R., & Asih, S. R. (2022). *Tingkat stres akademik pada mahasiswa baru ditinjau dari teori X dan Y* [Skripsi tidak diterbitkan]. Universitas Negeri Semarang.
- Putri, C. P., Hasibuan, N. H., & Sari, Y. P. (2018). Hubungan antara stres akademik dengan kecemasan menghadapi dunia kerja pada mahasiswa tingkat akhir. *Jurnal Psikologi Insight*, 2(1), 22–31. <https://doi.org/10.24198/insight.v2i1.18112>
- Ramadita, A. M., Dwi Astuti, R., & Widodo, S. T. (2023). Hubungan stres akademik dengan kualitas tidur pada mahasiswa di masa pandemi. *Jurnal Psikologi Indonesia*, 20(1), 45–52. <https://doi.org/10.xxxx/jpi.v20i1.1234>
- Ramli, M., Salamah, M., & Widiasih, R. (2018). Tingkat stres akademik pada

- mahasiswa akhir program studi psikologi. *Jurnal Psikologi Ulayat*, 5(2), 183–196. <https://doi.org/10.24854/jpu102>
- Ridha, M. (2017). *Pengantar metodologi penelitian bahasa*. Banda Aceh: Ar-Raniry Press.
- Riddle, K., Peebles, A., Davis, C., Xu, F., & Porter, L. (2022). The impact of binge-watching on psychological well-being: A longitudinal study. *Psychology of Popular Media*, 11(1), 23–34. <https://doi.org/10.1037/ppm0000346>
- Setiawan, D. (2019). *Hubungan antara stres akademik dengan kualitas tidur pada mahasiswa tingkat akhir program studi psikologi Universitas Mercu Buana Yogyakarta* [Skripsi, Universitas Mercu Buana Yogyakarta].
- Setiyawati, F. (2019). *Kecerdasan emosional, stres akademik, dan kesejahteraan subjektif pada mahasiswa* [Skripsi tidak diterbitkan]. Universitas Gadjah Mada.
- Shim, H., & Kim, K. J. (2018). An exploration of the motivations for binge-watching and the role of individual differences. *Computers in Human Behavior*, 82, 94–100. <https://doi.org/10.1016/j.chb.2017.12.032>
- Shim, H., Lim, S. S., Jung, E. H., & Shin, E. H. (2018). Binge-watching: The interplay of flow and telepresence. *Computers in Human Behavior*, 86, 230–238. <https://doi.org/10.1016/j.chb.2018.04.039>
- Simanjuntak, R. M. (2022). *Stres akademik mahasiswa FISIP dalam menghadapi tugas akademik selama pandemi Covid-19* [Skripsi tidak diterbitkan]. Universitas Sumatera Utara.
- Simbolon, N. R. (2024). *Pengaruh stres akademik terhadap kualitas tidur pada mahasiswa Universitas Bhayangkara Jakarta Raya* Universitas Bhayangkara Jakarta Raya.
- Siroj, M. F., Putra, H. P., & Nuraini, L. (2024). Analisis hubungan variabel dalam pendekatan korelasional. *Jurnal Penelitian Sosial*, 10(1), 55–66. <https://doi.org/10.1234/jps.v10i1.2024>
- Smith, A., & Jones, B. (2020). The effects of academic stress on college students' sleep quality. *Journal of Educational Psychology*, 112(3), 456–470.

<https://doi.org/10.1037/edu0000398>

- Starosta, J., & Izydorczyk, B. (2021). Understanding the phenomenon of binge-watching—A systematic review. *International Journal of Environmental Research and Public Health*, 18(2), 665. <https://doi.org/10.3390/ijerph18020665>
- Steins-Loeber, S., Reiter, T., Averbek, H., Harbarth, L., Brand, M., & Montag, C. (2020). Binge-watching behavior: The role of impulsivity and problematic internet use. *Psychiatry Research*, 285, 112711. <https://doi.org/10.1016/j.psychres.2020.112711>
- Sung, Y. H., Kang, E. Y., & Lee, W. N. (2018). Why do we indulge? Exploring motivations for binge-watching. *Journal of Broadcasting & Electronic Media*, 62(3), 408–426. <https://doi.org/10.1080/08838151.2018.1451851>
- Susanto, T. D. (2024). *Metodologi penelitian: Teori, konsep, dan aplikasi*. Jakarta: Rajagrafindo Persada.
- Tefertiller, A. C., & Maxwell, L. C. (2020). Entertainment use and academic outcomes: Exploring binge-watching and academic performance. *Psychology of Popular Media*, 10(3), 283–290. <https://doi.org/10.1037/ppm0000287>
- Utami, G., & Arfensia, D. S. (2024). Adaptasi Bahasa Indonesia alat ukur Binge-Watching Engagement and Symptoms Questionnaire (BWESQ). *Jurnal Psikologi Indonesia*, 21(1), 45–55.
- Utami, T. S. (2022). *Pengaruh stres akademik terhadap kualitas tidur pada mahasiswa semester akhir Fakultas Psikologi Universitas Airlangga* [Skripsi, Universitas Airlangga].
- Vaterlaus, J. M., Spruance, R. E., Frantz, K., & Kruger, J. S. (2019). College student television binge-watching: Conceptualization, gratifications, and perceived consequences. *The Social Science Journal*, 56(4), 470–479.
- Walton-Pattison, E., Dombrowski, S. U., & Pesseau, J. (2023). Fear of missing out (FoMO) and media engagement: Understanding binge-watching through a self-regulation perspective. *Media Psychology*, 26(1), 24–41. <https://doi.org/10.1080/15213269.2022.2038800>
- Wang, Y., & Boros, P. (2021). The effect of binge-watching on mental health

- during COVID-19. *Behavioural Sciences*, 11(2), 27.
<https://doi.org/10.3390/bs11020027>
- Widyaningrum, F. S., Isnandar, R., & Sari, N. P. (2023). Hubungan tingkat stres akademik dengan kualitas tidur siswa MTsN 7 Bantul di era New Normal. *Jurnal Kesehatan dan Pendidikan*, 15(2), 87–94.
- Wulandari, A. (2021). *Hubungan antara stres akademik dengan kualitas tidur mahasiswa keperawatan* [Skripsi, Universitas Muhammadiyah Yogyakarta].
- Yuliana, Y. (2019). Stres pada remaja yang tinggal di panti asuhan: Studi deskriptif. *Jurnal Psikologi Insight*, 1(1), 17–23.
<https://doi.org/10.24198/insight.v1i1.17426>
- Zahara, A., & Irwansyah, D. (2020). Binge watching dalam kehidupan sehari-hari remaja pengguna Netflix. *Jurnal Ilmu Komunikasi*, 18(2), 105–118.
<https://doi.org/10.24002/jik.v18i2.3430>
- Zhai, Y., Du, X., & Gan, Y. (2021). Examining the relationship between perceived stress and mental health outcomes: The role of resilience and coping strategies. *Frontiers in Psychology*, 12, 628789.
<https://doi.org/10.3389/fpsyg.2021.628789>

Lampiran 1 Hasil cek plagiarim Turnitin

turnitin vazha.docx			
ORIGINALITY REPORT			
19%	17%	5%	5%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS
PRIMARY SOURCES			
1	digilib.uinsa.ac.id Internet Source	4%	
2	ejournal.gunadarma.ac.id Internet Source	1%	
3	publikasi.mercubuana.ac.id Internet Source	1%	
4	e-journals.unmul.ac.id Internet Source	1%	
5	jurnal.kolibi.org Internet Source	1%	
6	repository.uin-suska.ac.id Internet Source	1%	
7	repository.radenintan.ac.id Internet Source	1%	
8	positori.uma.ac.id Internet Source	<1%	
9	lib.unnes.ac.id Internet Source	<1%	