

DAFTAR PUSTAKA

- Agustina, L. (2020). *Hubungan Antara Kematangan Emosi Dengan Interaksi Sosial Pada Dewasa Awal* [Skripsi, Universitas 17 Agustus 1945 Surabaya]. Diakses dari <http://repository.untag-sby.ac.id/5143/>
- Ahmed, A. A. A. M. (2017). New era of TV-watching behavior: Binge watching and its psychological effects. *Media Watch*, 8(2), 192–207. Retrieved from <https://doi.org/10.15655/mw/2017/v8i2/49006>
- Aihie, O. N., & Ohanaka, B. I. (2019). Perceived Academic Stress among Undergraduate Students in a Nigerian University. *Journal of Educational and Social Research*, 9(2), 56–66. Retrieved from <https://doi.org/10.2478/jesr-2019-0013>
- Aina, Q., & Hermilia Wijayati, P. (2019). Coping the Academic Stress: The Way the Students Dealing with Stress. *KnE Social Sciences*, 3(10), 212. Retrieved from <https://doi.org/10.18502/kss.v3i10.3903>
- Alimoradi, Z., Jafari, E., Potenza, M. N., Lin, C.-Y., Wu, C.-Y., & Pakpour, A. H. (2022). Binge-Watching and Mental Health Problems: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*, 19(15), 9707. Retrieved from <https://doi.org/10.3390/ijerph19159707>
- Artiyana, A. (2020). *Hubungan perilaku Binge-Watching dengan Academic Stress pada remaja penggemar K-Pop* [Skripsi, Universitas Brawijaya]. Diakses dari <http://repository.ub.ac.id/id/eprint/180687>
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Pustaka Belajar.
- Badan Pusat Statistik. (2022). *Jumlah Perguruan Tinggi, Tenaga Pendidik, dan Mahasiswa (Negeri dan Swasta) di Bawah Kementerian Agama dan Risekditkt menurut Kabupaten/Kota di Provinsi DKI Jakarta, Bogor, Bekasi, Tangerang, dan Depok*. Badan Pusat Statistik. <https://www.bps.go.id/indikator/indikator/pencarian?keyword=mahasiswa>
- Barseli, M., Ifdil, I., & Nikmarijal, N. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148. Diakses dari <https://doi.org/10.29210/119800>
- Boudali, M., Hamza, M., Bourgou, S., Jouini, L., Charfi, F., & Belhadj, A. (2017). Depression and anxiety among Tunisian medical students “binge viewers.” *European Psychiatry*, 41(S1), S675–S676. Retrieved from <https://doi.org/10.1016/j.eurpsy.2017.01.1163>
- Buschmeyer, O. (2022). *The Relationship between Binge-watching and perceived Stress: An Experience Sampling Study* [Undergraduate Theses, University of Twente]. Retrieved from <https://essay.utwente.nl/81745/>
- Chambliss, C., Gartenberg, C., Honrychs, D., Elko, M., March, R., McGill, S., Watters, M., Bayer, K., Boylan, C., Hanson, A., Hawley, B., Ventura, D., & Boss, R. (2017). Distracted by Binge-watching: Sources of Academic and

- Social Disruption in Students. *ARC Journal of Pediatrics*, 3(1). Retrieved from <https://doi.org/10.20431/2455-5711.0301004>
- Chang, Y.-J., & Peng, C.-Y. (2022). Exploring experiences of binge-watching and perceived addictiveness among binge-watchers: a qualitative study. *BMC Public Health*, 22(1), 2285. Retrieved from <https://doi.org/10.1186/s12889-022-14789-z>
- Chaudhary, N. (2014). *The TV binge: a sickness*. Retrieved from <https://stanforddaily.com/2014/11/06/the-tv-binge-a-sickness/>
- Clarke, K. L. (2019a). *ScholarWorks Multivariate Relationships of Binge Watching-Drinking-Eating With Depression, Anxiety, and Stress in College Students*. Retrieved from <https://scholarworks.waldenu.edu/dissertations>
- Clarke, K. L. (2019b). *ScholarWorks Multivariate Relationships of Binge Watching-Drinking-Eating With Depression, Anxiety, and Stress in College Students* [Dissertation, Walden University]. Retrieved from <https://scholarworks.waldenu.edu/dissertations>
- CNN Indonesia. (2021, August 3). *Studi: Disney+ kalahkan jumlah pelanggan Netflix di Indonesia*. Diakses dari <https://www.cnnindonesia.com/hiburan/20210119172259-220-595764/studi-disney-kalahkan-jumlah-pelanggan-netflix-di-indonesia>
- Daldiyono. (2009). *How to be a real and succesful student*. Gramedia Pustaka Utama.
- Damri, E., & Anwar, F. (2017). Hubungan self-efficacy dan prokrastinasi akademik mahasiswa dalam menyelesaikan tugas perkuliahan. *Jurnal Edukasi: Jurnal Bimbingan Konseling*, 3(1), 74–95. Diakses dari <https://jurnal.ar-raniry.ac.id/index.php/cobaBK/article/view/1415/1034>
- Dandamudi, V., & Sathiyaseelan, A. (2018). *Binge watching: why are college students glued to their screens?* *Journal of Indian Health Psychology*, 12(2), 41 – 52. Retrieved from <https://www.researchgate.net/publication/326799916>
- de Feijter, D., Khan, V.-J., & van Gisbergen, M. (2016). Confessions of A “Guilty” Couch Potato Understanding and Using Context to Optimize Binge-watching Behavior. *Proceedings of the ACM International Conference on Interactive Experiences for TV and Online Video*, 59–67. Retrieved from <https://doi.org/10.1145/2932206.2932216>
- Devasagayam, R. (2014). *Media bingeing: A qualitative study of psychological influences*. In Paper presented at 2014 Annual Spring Conference Proceedings of the Marketing Management Association, Chicago, IL, USA, March 26.
- Devchoudhury, S., & Devasagayam, R. (2022). Academic stress and personality in relation to gender: A Study on the Undergraduates. *The International Journal of Indian Psychology*, 10(1), 1311–1318. Retrieved from <https://doi.org/10.25215/1001.134>

- 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. Retrieved from <https://doi.org/10.1016/j.chb.2018.08.022>
- Flayelle, M., Elhai, J. D., Maurage, P., Vögele, C., Brevers, D., Baggio, S., & Billieux, J. (2022). Identifying the psychological processes delineating non-harmful from problematic binge-watching: A machine learning analytical approach. *Telematics and Informatics*, *74*, 101880. Retrieved from <https://doi.org/10.1016/j.tele.2022.101880>
- Flayelle, M., Maurage, P., & Billieux, J. (2017). Toward a qualitative understanding of binge-watching behaviors: A focus group approach. *Journal of Behavioral Addictions*, *6*(4), 457–471. Retrieved from <https://doi.org/10.1556/2006.6.2017.060>
- Flayelle, M., Maurage, P., Karila, L., Vögele, C., & Billieux, J. (2019). Overcoming the unitary exploration of binge-watching: A cluster analytical approach. *Journal of Behavioral Addictions*, *8*(3), 586–602. Retrieved from <https://doi.org/10.1556/2006.8.2019.53>
- Flayelle, M., Verbruggen, F., Schiel, J., Vögele, C., Maurage, P., & Billieux, J. (2020). Non-problematic and problematic binge-watchers do not differ on prepotent response inhibition: A preregistered pilot experimental study. *Human Behavior and Emerging Technologies*, *2*(3), 259–268. Retrieved from <https://doi.org/10.1002/hbe2.194>
- Forte, G., Favieri, F., Tedeschi, D., & Casagrande, M. (2021). Binge-Watching: Development and Validation of the Binge-Watching Addiction Questionnaire. *Behavioral Sciences*, *11*(2), 27. Retrieved from <https://doi.org/10.3390/bs11020027>
- Gadzella, B. M. (1991). *Student-life Stress Inventory*. Library of Congress, Copyright.
- Gadzella, B. M. (1994). Student-Life Stress Inventory: Identification of and Reactions to Stressors. *Psychological Reports*, *74*(2), 395–402. Retrieved from <https://doi.org/10.2466/pr0.1994.74.2.395>
- Gadzella, B. M., & Baloglu, M. (2001). Confirmatory factor analysis and internal consistency of the Student-life Stress Inventory. *Journal of Instructional Psychology*, *28*(2), 84–94. Retrieved from Gale Academic OneFile, link.gale.com/apps/doc/A76696355/AONE?u=googlescholar&sid=bookmark-AONE&xid=1a15de6c
- Gadzella, B. M., & Masten, W. G. (2005). An analysis of the categories in the student-life stress inventory. *American Journal of Psychological Research*, *1*(1), 1–10. Retrieved from <https://api.semanticscholar.org/CorpusID:36624107>

- Ghozali, I. (2018). *Aplikasi Analisis Multivariate dengan Program IBM SPSS* (9th ed.). Badan Penerbit Universitas Diponegoro.
- Govaert, H. (2020). *How is the concept of “binge-watching” of TV shows by customers going to impact traditional marketing approaches in entertainment sector?* [Master Dissertation, Universitet Gent]. Retrieved from https://lib.ugent.be/fulltxt/RUG01/002/165/307/RUG01-002165307_2014_0001_AC.pdf
- Graves, B. S., Hall, M. E., Dias-Karch, C., Haischer, M. H., & Apter, C. (2021). Gender differences in perceived stress and coping among college students. *PLOS ONE*, *16*(8), e0255634. Retrieved from <https://doi.org/10.1371/journal.pone.0255634>
- Harjuna, R. T. B., & Magistarina, E. (2021). Tingkat Stress Akademik Mahasiswa Selama Daring Dimasa Pandemi. *Jurnal Pendidikan Tambusai*, *5*(3), 10791–10798. Diakses dari <https://jptam.org/index.php/jptam/article/download/2034/2344>
- Hartaji, D. A. (2012). *Motivasi Berprestasi Pada Mahasiswa yang Berkuliah Dengan Jurusan Pilihan Orangtua*. Fakultas Psikologi Universitas Gunadarma.
- Haryanto, A. T. (2023, March 8). *Kalahkan Jakarta, ini provinsi yang warganya terbanyak pakai internet*. Diakses dari <https://inet.detik.com/telecommunication/d-6607615/kalahkan-jakarta-ini-provinsi-yang-warganya-terbanyak-pakai-internet>.
- Hasan, V. A. (2017). Analisis faktor-faktor yang mempengaruhi willingness to subscribe: Telaah pada layanan Video on Demand Netflix. *Jurnal Ilmu Manajemen*, *9*(1), 22 – 38. DOI: 10.31937/manajemen.v9i1.595
- Hellweg, A. (2021). *VoD Watching : an Experience Sampling Study on Motivations and Perceived Stress*. [Undergraduate Theses, University of Twente]. Retrieved from <https://essay.utwente.nl/86532/>
- Hidayati, I. A., & Muttaqin, V. A. (2022). Pengalaman kesepian pada mahasiswa rantau selama Pandemi Covid-19. *Psikotudia: Jurnal Psikologi*, *11*(4). Retrieved from <https://e-journals.unmul.ac.id/index.php/PSIKO/article/view/8846/pdf>
- Hosmer, D. W., & Lemeshow, S. (2000). *Applied Logistic Regression* (2nd ed.). John Wiley & Sons, Inc.
- Jannah, A. B. N., Kholili, M. I., & Hidayat, R. R. (2022). Stres Akademik dalam mengikuti pembelajaran jarak jauh: Perbedaan Gender. *Jurnal Psikoedukasi Dan Konseling*, *6*(1), 36–48. Diakses dari <https://doi.org/10.20961/jpk.v6i1.62485>
- Kadapatti, M. G., & Vijayalaxmi, A. H. M. (2012). Stressors of academic stress--a study on pre-university students. *Indian Journal of Scientific Research*, *3*(1), 171–175. Retrieved from <http://www.ijsr.in/search.php?q=kadapatti>

- Kamus Besar Bahasa Indonesia Online. (n.d.). *Mahasiswa*.
<https://kbbi.kemdikbud.go.id/entri/mahasiswa>
- Kofi Brako, Dr. D., & Oduro-Appiah, G. (2022). Effects of binge-watching of Netflix on students: A study of department of theatre and film studies, University of Cape Coast, Ghana. *Journal of African History, Culture and Arts*, 2(4), 225–233. Retrieved from <https://doi.org/10.57040/jahca.v2i4.289>
- Lee, M., & Larson, R. (2000). The Korean ‘Examination Hell’: Long Hours of Studying, Distress, and Depression. *Journal of Youth and Adolescence*, 29(2), 249–271. Retrieved from <https://doi.org/10.1023/A:1005160717081>
- Liputan6. (2022, October 14). *Vidio kantong pengguna aktif terbanyak di Indonesia, kalahkan Netflix dan Disney+*. Diakses dari <https://www.liputan6.com/tekno/read/5097089/vidio-kantongi-pengguna-aktif-terbanyak-di-indonesia-kalahkan-netflix-dan-disney>
- Maulida, F. (2021). *Hubungan antara intensitas menonton seri drama korea dan stres akademik dengan prokrastinasi akademik pada mahasiswa di UIN Sunan Ampel Surabaya*. [(Skripsi, UIN Sunan Ampel Surabaya), UIN Sunan Ampel Surabaya]. Diakses dari http://digilib.uinsa.ac.id/49934/2/Fitriya%20Maulida_J71217067.pdf
- Merikivi, J., Bragge, J., Scornavacca, E., & Verhagen, T. (2020). Binge-watching Serialized Video Content: A Transdisciplinary Review. *Television & New Media*, 21(7), 697–711. Retrieved from <https://doi.org/10.1177/1527476419848578>
- Merrill Jr., K., & Rubenking, B. (2019). Go Long or Go Often: Influences on Binge Watching Frequency and Duration among College Students. *Social Sciences*, 8(1), 10. Retrieved from <https://doi.org/10.3390/socsci8010010>
- Misra, R., & Castillo, L. G. (2004). Academic Stress Among College Students: Comparison of American and International Students. *International Journal of Stress Management*, 11(2), 132–148. Retrieved from <https://doi.org/10.1037/1072-5245.11.2.132>
- Moore, A. E. (2015). Binge watching: Exploring the relationship of binge watched television genres and colleges at Clemson University. *Proceedings, Graduate Research and Discovery Symposium*. Retrieved from https://tigerprints.clemson.edu/grads_symposium/138/
- Oberschmidt, K. (2017). *The relationship between Binge-watching, Compensatory Health Beliefs, and Sleep* [Undergraduate Thesis , University of Twente]. Retrieved from <https://essay.utwente.nl/72663>
- Ort, A., Wirz, D. S., & Fahr, A. (2021). Is binge-watching addictive? Effects of motives for TV series use on the relationship between excessive media consumption and problematic viewing habits. *Addictive Behaviors Reports*, 13, 100325. Retrieved from <https://doi.org/10.1016/j.abrep.2020.100325>

- Panda, S., & Pandey, S. C. (2017). Binge watching and college students: motivations and outcomes. *Young Consumers*, 18(4), 425–438. Retrieved from <https://doi.org/10.1108/YC-07-2017-00707>
- Pittman, M., & Sheehan, K. (2015). Sprinting a media marathon: Uses and gratifications of binge-watching television through Netflix. *10.5210/Fm.V20i10.6138*, 20(10). Retrieved from <https://doi.org/10.5210/fm.v20i10.6138>
- Populix. (2021). *Serunya binge-watching dan dampak buruknya bagi kesehatan*. Retrieved from <https://info.populix.co/articles/binge-watching>
- Prodjo, W. A. (2020, April 17). *Sebulan terakhir, Telkomsel: Mahasiswa lebih banyak akses Netflix daripada aplikasi belajar*. Retrieved from <https://www.kompas.com/edu/read/2020/04/17/090000271/sebulan-terakhir-telkomsel-mahasiswa-lebih-banyak-akses-netflix-daripada>
- Purnama, B. E. (2022). Layanan video streaming semakin menarik bagi Indonesia. *MediaIndonesia.Com*. Diakses dari <https://mediaindonesia.com/humaniora/510355/layanan-video-streaming-semakin-menarik-bagi-konsumen-indonesia>
- Rahman, K. T., & Arif, Md. Z. U. (2021). Impacts of Binge-Watching on Netflix during the COVID-19 pandemic. *South Asian Journal of Marketing*, 2(1), 97–112. Retrieved from <https://doi.org/10.1108/SAJM-05-2021-0070>
- Raza, S. H., Yousaf, M., Sohail, F., Munawar, R., Ogadimma, E. C., & Marisa Lim Dao Siang, J. (2021). Investigating Binge-Watching Adverse Mental Health Outcomes During Covid-19 Pandemic: Moderating Role of Screen Time for Web Series Using Online Streaming. *Psychology Research and Behavior Management*, Volume 14, 1615–1629. Retrieved from <https://doi.org/10.2147/PRBM.S328416>
- Riddle, K., Peebles, A., Davis, C., Xu, F., & Schroeder, E. (2018). The addictive potential of television binge watching: Comparing intentional and unintentional binges. *Psychology of Popular Media Culture*, 7(4), 589–604. Retrieved from <https://doi.org/10.1037/ppm0000167>
- Rizky Rinaldi, M. (2021). *Benarkah Selama Pembelajaran Daring Mahasiswa Mengakses Internet Untuk Kepentingan Non Akademik? Does College Student Accessing Internet for Non-Academic Purpose during Online Learning?* Retrieved from <http://eprints.mercubuana-yogya.ac.id/id/eprint/15146/>
- Roy, R. D., & Mathias, P. M. (2022). Binge-Watching And Its Impact On The Academic Performance Of College Students. In *Journal of Positive School Psychology* (Vol. 2022, Issue 10). Retrieved from <http://journalppw.com>
- Rubenking, B., & Bracken, C. C. (2018). Binge-Watching: A Suspenseful, Emotional, Habit. *Communication Research Reports*, 35(5), 381–391. Retrieved from <https://doi.org/10.1080/08824096.2018.1525346>
- Sadli, C. (2012). *Mahasiswa dan Menulis*. PT. Remaja Rosdakarya.

- Santrock, J. W. (2011). *Life-Span Development: Thirteenth Edition* (13th ed.). McGraw-Hill.
- Sarwono, S. W. (2003). *Psikologi Remaja*. PT Raja Grafindo Persada.
- Schweidel, D. A., & Moe, W. W. (2016). Binge Watching and Advertising. *Journal of Marketing*, 80(5), 1–19. Retrieved from <https://doi.org/10.1509/jm.15.0258>
- Sholahuddin. (2020). *Hubungan Religiusitas dengan Stres Akademik Mahasiswa Fakultas Psikologi UIN Suska RIAU* [Skripsi, UIN Suska Riau]. Retrieved from <https://repository.uin-suska.ac.id/28293/>
- Spangler, T. (2013, December 13). *Netflix Survey: Binge-Watching Is Not Weird or Unusual*. Retrieved from <https://Variety.Com/2013/Digital/News/Netflix-Survey-Binge-Watching-Is-Not-Weird-or-Unusual-1200952292/>.
- Spruance, L., Karmakar, M., Kruger, J., & Vaterlaus, J. (2017). “Are you still watching?” Correlations between binge TV watching, diet, and physical activity. *Journal of Obesity & Weight Management*, 1–8. Retrieved from https://www.researchgate.net/publication/323200056_Are_you_still_watching_Correlations_between_binge_TV_watching_diet_and_physical_activity
- Starosta, J., Izydorczyk, B., & Dobrowolska, M. (2020). Personality Traits and Motivation as Factors Associated with Symptoms of Problematic Binge-Watching. *Sustainability*, 12(14), 5810. Retrieved from <https://doi.org/10.3390/su12145810>
- Starosta, J., Izydorczyk, B., & Lizińczyk, S. (2019). Characteristics of people’s binge-watching behavior in the “entering into early adulthood” period of life. *Health Psychology Report*, 7(2), 149–164. Retrieved from <https://doi.org/10.5114/hpr.2019.83025>
- Starosta, J., Izydorczyk, B., Sitnik-Warchulska, K., & Lizińczyk, S. (2021). Impulsivity and Difficulties in Emotional Regulation as Predictors of Binge-Watching Behaviours. *Frontiers in Psychiatry*, 12. Retrieved from <https://doi.org/10.3389/fpsy.2021.743870>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. CV Alfabeta.
- Sun, J., Dunne, M. P., Hou, X., & Xu, A. (2011). Educational Stress Scale for Adolescents. *Journal of Psychoeducational Assessment*, 29(6), 534–546. Retrieved from <https://doi.org/10.1177/0734282910394976>
- Sun, J.-J., & Chang, Y.-J. (2021). Associations of Problematic Binge-Watching with Depression, Social Interaction Anxiety, and Loneliness. *International Journal of Environmental Research and Public Health*, 18(3), 1168. Retrieved from <https://doi.org/10.3390/ijerph18031168>
- Sung, Y. H., Kang, E. Y., & Lee, W.-N. (2015). *A bad habit for your health? An exploration of psychological factors for binge watching behavior*. Paper presented at the ICA Annual Conference, San Juan, PR.

- 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. Retrieved from <https://doi.org/10.1080/08838151.2018.1451851>
- Suwartika, I., Nurdin, A., Ruhmadi, E., Politeknik, D., & Kemenkes Tasikmalaya, K. (2014). Analisis faktor yang berhubungan dengan tingkat Stress Akademik Mahasiswa Reguler Program Studi D III Keperawatan Cirebon Poltekkes Kemenkes Tasikmalaya. *Jurnal Keperawatan Soedirman*, 9(3), 173 – 189. Diakses dari <https://jks.fikes.unsoed.ac.id/index.php/jks/article/view/612/337>
- Tasya, N. (2023). *Hubungan antara perilaku binge-watching dengan prokrastinasi akademik pada mahasiswa* [Skripsi]. Universitas Esa Unggul.
- Vaterlaus, J. M., Spruance, L. A., Frantz, K., & Kruger, J. S. (2019). College student television binge watching: Conceptualization, gratifications, and perceived consequences. *The Social Science Journal*, 56(4), 470–479. Retrieved from <https://doi.org/10.1016/j.soscij.2018.10.004>
- Walter, N., Murphy, S. T., & Rosenthal, E. L. (2018). Narrative Persuasion in a New Media Environment: The Impact of Binge-Watching and Second-Screening. *Communication Research Reports*, 35(5), 402–412. Retrieved from <https://doi.org/10.1080/08824096.2018.1525348>
- Wilks, S. E. (2008). Resilience amid Academic Stress: The Moderating Impact of Social Support among Social Work Students. *Advances in Social Work*, 9(2), 106–125. Retrieved from <https://doi.org/10.18060/51>
- Yetter, C. B. (2018). *Motives of alone versus group binge-watching with the uses and gratifications approach* [Master Thesis, Sam Houston State University]. Retrieved from <https://hdl.handle.net/20.500.11875/2545>
- Yolanda, A. (2021). *Hubungan antara layanan video-on-demand Netflix dan minat berlangganan mahasiswa ilmu komunikasi Fakultas Ilmu Sosial dan Ilmu Politik Universitas Hasanuddin* [Skripsi, Universitas Hasanuddin, Universitas Hasanuddin]. Diakses dari <http://repository.unhas.ac.id/id/eprint/13985/>
- Yusuf, S. (2012). *Psikologi Perkembangan Anak dan Remaja*. PT. Remaja Rosda Karya.