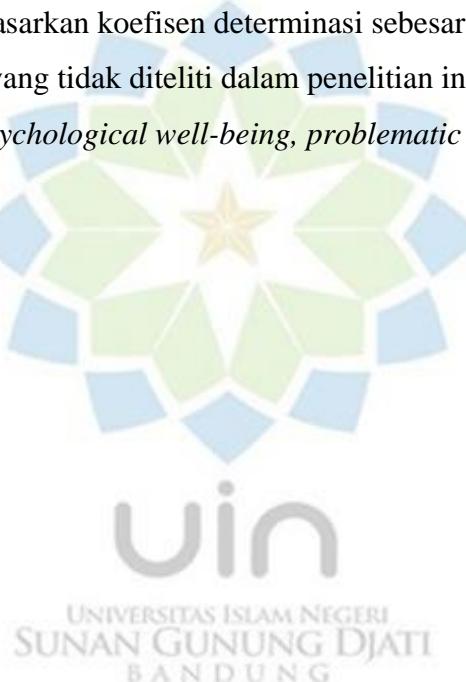**Abstrak**

Berdasarkan data dapat diketahui terjadinya peningkatan penggunaan internet yang tidak dapat dilewatkan perharinya dalam mengakses media sosial di luar kepentingan akademik salah satunya kalangan mahasiswa tingkat strata satu yang menyebabkan terjadinya *problematic internet use*. penelitian ini bertujuan untuk mengetahui bagaimana pengaruh *self-control* dan *psychological well-being* terhadap *problematic internet use* pada mahasiswa UIN Bandung. Metode penelitian ini menggunakan metode kuantitatif dengan desain kausalitas. Sebanyak 120 partisipan pada penelitian ini didapatkan dengan teknik *non-probability sampling* dengan jenis *accidental sampling*. Hasil penelitian dengan analisis regresi linier berganda menunjukkan terdapat pengaruh *self-control* dan *psychological well-being* terhadap *problematic internet use* berdasarkan koefisen determinasi sebesar 21,5% dan sisanya ditentukan oleh variabel lain yang tidak diteliti dalam penelitian ini.

Kata Kunci : *self-control, psychological well-being, problematic internet use*, mahasiswa.

Abstract

Based on various data, it can be seen that there is an increase in internet use that cannot be missed every day in accessing social media outside of academic interests, one of which is among undergraduate level students which causes problematic internet use. This research aims to find out how self-control and psychological well-being influence problematic internet use among UIN Bandung students. This research method uses a quantitative method with a causality design. A total of 120 participants in this study were obtained using a non-probability sampling technique with accidental sampling type. The results of research using multiple linear regression analysis show that there is an influence of self-control and psychological well-being on problematic internet use based on a coefficient of determination of 21.5% and the remainder is determined by other variables not examined in this research.

Key words*: self-control, psychological well-being, problematic internet use, students*