ABSTRAK

Abstrak: Perkembangan teknologi telah menjadikan *smartphone* sebagai bagian integral dalam kehidupan sehari-hari. *Smartphone* menawarkan berbagai fitur untuk komunikasi, informasi, pendidikan, dan hiburan. Namun, peningkatan penggunaan *smartphone* di kalangan mahasiswa menimbulkan fenomena *problematic smartphone use* yang dapat mengganggu produktivitas akademik dan kesejahteraan psikologis. Penelitian ini bertujuan untuk mengetahui pengaruh *self control* dan *self esteem* terhadap *problematic smartphone use*. Sampel penelitian berjumlah 177 mahasiswa yang dipilih menggunakan teknik *purposive sampling*. Analisis data menggunakan regresi linier berganda dengan bantuan *solftware* SPSS 27. Hasil penelitian menunjukkan *self control* berpengaruh positif signifikan (p=0,002 kontribusi 19,12%), *self esteem* berpengaruh negatif signifikan (p=0,009 kontribusi 16,98%), serta *self control* dan *self esteem* secara simultan berpengaruh signifikan terhadap *problematic smartphone use* (p=0,002 kontribusi 36,1%). Implikasi penelitian ini menunjukkan pentingnya meningkatkan *self esteem* dan memperhatikan aspek *self control* dalam penggunaan *smartphone* untuk mengurangi dampak negatif *problematic smartphone use* di kalangan mahasiswa.

Kata Kunci: *self control*, *self esteem*, *problematic smartphone use*, mahasiswa

ABSTRACT

Abstract: The rapid development of technology has made smartphones an integral part of daily life. Smartphones offer various features for communication, information, education, and entertainment. However, the increased use of smartphones among college students has led to the phenomenon of problematic smartphone use, which can interfere with academic productivity and psychological well-being. This study aims to determine the influence of self-control and self-esteem on problematic smartphone use. The research sample consisted of 177 university students selected using a purposive sampling technique. Data analysis was performed using multiple linear regression with SPSS 27 software. The results showed that self-control has a significant positive effect (p=0.002, contribution 19.12%), self-esteem has a significant negative effect (p=0.009, contribution 16.98%), and self-control and self-esteem simultaneously have a significant effect on problematic smartphone use (p=0.002, contribution 36.1%). The implications of this study indicate the importance of enhancing self-esteem and addressing aspects of self-control in smartphone usage to reduce the negative impacts of problematic smartphone use among university students.

Keywords*: self-control, self-esteem, problematic smartphone use, university students*