

## Daftar Isi

|                                          |      |
|------------------------------------------|------|
| Lembar Persetujuan .....                 | i    |
| Lembar Pengesahan .....                  | ii   |
| Lembar Pernyataan Bebas Plagiarism ..... | iii  |
| Lembar Pernyataan .....                  | iv   |
| Lembar Persembahan.....                  | v    |
| Abstrak.....                             | vii  |
| Abstract.....                            | viii |
| Kata Pengantar.....                      | ix   |
| Ucapan Terima Kasih .....                | x    |
| Daftar Isi .....                         | xii  |
| Daftar Tabel .....                       | xiii |
| Daftar Gambar .....                      | xiv  |
| Bab 1 Pendahuluan .....                  | 1    |
| Latar Belakang Masalah.....              | 1    |
| Rumusan Masalah .....                    | 10   |
| Tujuan Penelitian.....                   | 10   |
| Kegunaan Penelitian.....                 | 10   |
| Bab 2 Tinjauan Pustaka .....             | 11   |
| <i>Leisure Boredom</i> .....             | 11   |
| <i>Social Media Addiction</i> .....      | 13   |
| <i>Self Control</i> .....                | 18   |
| Kerangka Pemikiran.....                  | 23   |
| Hipotesis Penelitian.....                | 25   |
| Bab 3 Metode Penelitian.....             | 26   |
| Rancangan Penelitian .....               | 26   |
| Variabel Penelitian.....                 | 26   |

|                                 |    |
|---------------------------------|----|
| Subjek Penelitian.....          | 28 |
| Prosedur Penelitian.....        | 29 |
| Metode Pengumpulan Data .....   | 30 |
| Instrumen Penelitian.....       | 31 |
| Analisis Item .....             | 33 |
| Teknik Analisis Data.....       | 37 |
| Bab 4 Hasil dan Pembahasan..... | 41 |
| Hasil Penelitian .....          | 41 |
| Analisis Deskriptif.....        | 41 |
| Tabulasi Silang.....            | 44 |
| Analisis Inferensial.....       | 47 |
| Pembahasan.....                 | 53 |
| Bab 5 Simpulan dan Saran.....   | 60 |
| Simpulan.....                   | 60 |
| Saran.....                      | 61 |
| Daftar Pustaka.....             | 62 |
| Lampiran.....                   | 67 |