

The Relationship Self Control and Student Hedonism Behavior and Its Implications for Guidance and Counseling

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Abstract

This research is motivated by the phenomenon that there are adolescents who have low self-control and high hedonism. It can be seen that students lie to their parents to send money on the grounds of buying necessities on campus when in fact it is for fun and buying things that are not needed and it is difficult to control themselves to carry out a hedonistic lifestyle. Some even expect Bidikmisi scholarships to buy what they want instead of buying necessities for college or shopping for daily food. This study aims to (1) describe the control of students, (2) describe the hedonistic behavior of students, (3) examine the relationship between self-control and hedonistic behavior of students. This research is a type of quantitative research with a correlational descriptive method. The population in this study of 1906 students of the Faculty of Education, Padang State University, enrolled in 2018 with a sample of 295 people. The instrument used in collecting research data was a questionnaire with a choice of answers using a Likert scale model. The analysis used is a descriptive analysis of percentages and uses the Pearson Product Moment technique with the help of the SPSS For Windows 20.0 program. The results of the study revealed that (1) students' self-control was in a low category. (2) students' hedonistic behavior is in the moderate category, and (3) there is a significant negative relationship self-control and student hedonistic behavior. Based on the research findings, it is highly recommended that students increase self-control and carry out positive and productive activities. and avoiding hedonistic behavior.

Keywords: Self-Control, Hedonism

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Introduction

College can be a time of intellectual discovery and personality growth. Students as students in tertiary institutions are subjects who are directly involved in the learning process to achieve national education goals. After they graduate and serve in various fields, they will achieve these educational goals in the world of work where they work (Alizamar, 2012). The achievement of the educational goals mandated in Law No.20 of 2003 concerning the national education system is outlined through the vision and mission of national education, namely: national education has a vision of the realization of the education system as a strong and authoritative social institution to empower all Indonesian citizens to develop into human beings who are quality, so that they are able and proactive in responding to the

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challenges of the ever-changing times. Higher education is an educational institution that will produce many students who are expected to have the ability to be able to develop knowledge and professionals in accordance with their scientific fields. Students as subjects who study in higher education will never be separated from learning activities and having to do study assignments (Aryanto, E., Netrawati, & Yusri, 2019).

Lifestyle is a person's behavior that is shown in activities, interests and opinions, especially those related to self-image to reflect their social status. In another sense, lifestyle can have a positive or negative influence on those who run it, especially students studying in big cities. The lifestyle that is displayed between one social class or layer with another social class in many ways has its own tastes, and there is even a tendency for each class to try to develop its lifestyle. Starting from the speech, the way of dressing, the choice of entertainment, the use of free time, including the choice of education.

Students are faced with an environment where everything changes very rapidly in information technology. Access to information can be obtained through print, mass and electronic media, and various technologies that are already available, which have resulted in changes in the values and patterns or lifestyles of the Indonesian people, thus making it easier for people to determine the desired lifestyle. Students tend to have a hedon lifestyle so as not to be labeled outdated or age-old kids. As a form of actualization so as not to be outdated, they post their activities that are moving around the hangout or changing branded clothes on social media. Even though in fact there are still many of them who use money from their parents to channel their hedonistic lifestyle. Next (Hasibuan, MF, Firman & Ahmad, R, 2016) found the behavior shown by students, using school clothes that looked like celebrities to become the center of attention of their peers, like wearing expensive things, spending more time outside the home, extravagant, and every time they come home from school students prefer to spend their time hanging out in cafes rather than doing their study assignments. There are several cases of the impact of the hedonism lifestyle, such as higher competitiveness in student performance, resulting in bullying between friends such as mocking friends who do not use branded goods, resulting in social disparities between friends. like to use expensive things, spend more time outside the house, extravagant, and every time they come home from school students prefer to spend their time hanging out in cafes rather than doing their study assignments. There are several cases of the impact of the hedonism lifestyle, such as higher competitiveness in student performance, resulting in bullying between friends such as mocking friends who do not use branded goods, resulting in social disparities between friends. like to use expensive things, spend more time outside the house, extravagant, and every time they come home from school students prefer to spend their time hanging out in cafes rather than doing their study assignments. There are several cases of the impact of the hedonism lifestyle, such as higher competitiveness in student performance, resulting in bullying between friends such as mocking friends who do not use branded goods, resulting in social disparities between friends.

The hedonism lifestyle is very attractive to them, so that students are very enthusiastic about new things. This behavior slowly takes root in people's lives, including the students, which eventually becomes like a culture for them. The level of knowledge and education is also very influential in shaping the mental attitude of adolescents, but unfortunately sometimes all of this is defeated by their low way of thinking in dealing with

various problems such as, which one to buy for college needs. Many of the students who run away from problems include spending money given by their parents for leisure such as going to cafes, karaoke, to the mall, etc. Habits like this then become a necessity for students, they tend to want to be happy with their friends and less concerned with their studies. If they are given advice, they will not accept and get angry, and assume that they are right, never even use their time properly such as doing assignments from lecturers, carrying out activities on campus such as following organizations and not being able to control their mood in choosing which one is good. and bad for his life.

It is undeniable that in line with the rapid development of technology and science and communication, there are fast-paced social changes in almost all elements of life. These changes have an impact in life. The meeting of foreign and indigenous cultures results in rapid and radical changes that are positive and negative. One of the factors that can influence students to always think about happiness by buying things that are not needed at that time is a lack of self-control. Self-control is the ability to guide one's own behavior and the ability to stress or block impulses or impulsive behavior. Individuals with high self-control will be able to reduce to a hedonic lifestyle, On the other hand, individuals with low self-control have weakened their ability to control personal satisfaction and pleasure so that they will have a hedonistic lifestyle. A hedonic lifestyle is a lifestyle or interaction of a person with his environment which is only oriented to pleasure or enjoyment in activities, interests, and opinions.

Puspita, M., Erlamsyah & Syahnar (2013) self-control can be defined as the feeling that a person can make decisions and take effective action to produce something that is desired and avoid something that is not desired. The realization of a good learning process in schools depends on how students are able to control themselves during the learning process at school. Students who are able to control themselves during the learning process at school will display positive behavior because they are able to arrange, guide, regulate and direct forms of behavior that can lead to positive consequences (Syilvina Sari, Yusri, & Azrul Said, 2017).

Self-control is a set of behaviors that focus on the success of changing personal selves, success in warding off self-destructive, feelings of self-ability, feelings of autonomy or freedom from other people's influence, freedom to set goals, ability to separate feelings and rational thinking, as well as a set of behaviors that focus on personal responsibility (Fachrurrozi, Firman, Indra Ibrahim, 2018: 4). Self-control is a tool within oneself that functions as a force that will move oneself to become a perfect person, namely a person who is able to control all forms of ability to realize all the wishes that have been planned (Romarta Fitri Yana, Firman, & Yeni Karneli, 2015: 3).

Students are said to have strengthened self-control if they do not "blow up" their emotions in front of others, but rather wait for a more appropriate time and place to express their emotions in ways that are acceptable. Based on the results of research and discussion that has been described in Chapter IV regarding the relationship of self-control with student achievement of SMA Negeri 7 Padang, it can be concluded as follows: 1) Self-control based on the overall is in the moderate category with a percentage of 38.8%, 2) Control students based on the behavioral aspects are in the moderate category with a percentage of 32.5%, moderate cognitive aspects with a percentage of 39.2% and moderate decision control

aspects with a percentage of 28.5% (Citra Putri Intani, & Ifdil Ifdil, 2018: 70). Self control of class X and XI SMA Negeri 7 Padang of 108, 24 are in the high category, and there is a negative and significant relationship between self-control and student truancy behavior, with a correlation coefficient of -0.289 at a significance level of 0.000 which is smaller than 0.05. That is, if self-control is increased to be higher, truancy behavior will decrease, or vice versa if self-control is low, it will result in an increase in the number of behaviors (Megawati Silvia Putri, Daharnis & Zikra, 2017: 4).

A student who has high self-control is very concerned about the right way to behave according to the current situation and is responsible according to the existing rules. On the other hand, students who have low self-control tend to behave in a way that deviates from the existing rules. So, it can be interpreted that students who have low self-control will behave and act to things that are more pleasing to themselves even though these should not be done by students. One of the behaviors he does is hedonism, excessive lifestyle and satisfaction or enjoyment above all else. But it is different with students who have high self-control, they will behave more positively and are able to be responsible.

One of the factors that play a big role in determining the tendency of a person's hedonistic lifestyle is personality. Self-control, self-confidence and problem solving are all part of personality. Personality is a characteristic of thinking, feeling and behaving, to adapt to the environment in dealing with situations. The way of thinking, feeling and behavior shown by a person is a description of the personality of the individual (Students with high self-control are thought to be able to direct themselves to avoid hedonistic behavior that has a negative impact on themselves. Adolescents with high self-control are thought to be able to anticipate situations. unfavorable situation that comes from the environment. This will make adolescents form an attitude of rejecting or disapproving of a lifestyle that is excessive or can be called hedonism. Student hedonistic behavior such as deceiving parents so that they can shop using tuition fees, selling valuables owned and stealing parents' money to fulfill their wishes. If the behavior of hedonism is allowed, it will be toxic to the world of education, especially education in higher education. Therefore, parents have a role in supervision to educate their children, and they need awareness in students to prevent this behavior. selling valuables owned and stealing parents' money to fulfill their desires. If the behavior of hedonism is allowed, it will be toxic to the world of education, especially education in higher education. Therefore, parents have a role in supervision to educate their children, and they need awareness in students to prevent this behavior. selling valuables owned and stealing parents' money to fulfill their desires. If the behavior of hedonism is allowed, it will be toxic to the world of education, especially education in higher education. Therefore, parents have a role in supervision to educate their children, and they need awareness in students to prevent this behavior.

Based on the results of interviews conducted on August 28 2018 to seven Guidance and Counseling students, they often go to cafes to malls for mere pleasure. There is even one student if he doesn't shop for things he likes, such as clothes, shoes, bags, he feels sad, like there is something in his mind that makes him discouraged in college. Most students lie to their parents to send money on the pretext of buying necessities on campus when in fact it is for fun and buying things that are not needed. There are even students who feel inferior,

because their friends come from well-to-do families, have complete facilities such as bringing a car or motorbike while they do not have such facilities.

Based on the results of interviews conducted by researchers on January 28, 2019 with four Guidance and Counseling students and three Educational Administration students where their parents gave an average of 1,000,000 / month of spending money, they could not refuse their friends' invitation. to go to the mall or just hang out in a cafe because they can't refuse to be afraid that they will be excluded or not able to get along with other friends, with the shopping money given by their parents every month they feel they are not enough, some even borrow their friends' money only to go on around. Based on the results of interviews conducted by researchers on September 11-14 2019 with ten students of Outside School Education, said they often spend their money on things that are not really needed, such as bags and shoes, while these items are already in their possession and are still suitable for use. They often go to the mall, which is not too far from Padang State University, they go to the mall almost every day just to have fun and play games at the mall. Some even borrow money from friends just for fun. The jobs of the parents of the students who were interviewed were those whose parents were farmers, traders, private employees, honorary employees, and civil servants.

Based on observations made by researchers on September 17, 2019, students of the Faculty of Education, State University of Padang, there are some students who have a high and fashionable lifestyle, and are equipped with excessive accessories, excessive clothing styles, and make-up that always follow inappropriate fashions. with the rules set by the faculty. The results of the interview were reinforced by the results of the processing of the questionnaire as a preliminary study that was administered on September 25 and 26 2019 to 40 students of the Faculty of Education, State University of Padang regarding the relationship between self-control and hedonistic behavior in the medium category. On average, they find it difficult to control themselves to carry out a hedonistic lifestyle. Some even expect Bidikmisi scholarships to buy what they want instead of buying necessities for college or shopping for daily food. Because, most students tend to think "just think for today and think about the next day" even though their parents are struggling to find money for tuition fees. Seeing the phenomena described above, researchers are interested in conducting research entitled "The Relationship between Self-Control and Student Hedonistic Behavior."

Method

This study uses a quantitative method with a descriptive correlational approach. The population in this study were students of the Faculty of Education, State University of Padang, enrolled in 1906 students in 2018. The research sample was 295 students using the Stratified Random Sampling technique. The instrument used in collecting research data was a questionnaire with a choice of answers using a Likert scale model. The analysis used is a descriptive analysis of percentages and uses the Pearson Product Moment Correlation technique with the help of the SPSS For Windows 20.0 program.

Results and Discussion

Results

Data were analyzed based on the research questions asked. The following describes a description of the research results

A. Student Hedonism Behavior

The results of research on hedonistic behavior of students at the Faculty of Education, State University of Padang can be seen in the following picture:

Table 1. Hedonic Behavior of Students of the Faculty of Education, State University of Padang (n = 295)

CATEGORY	SCORE	f	%
Very high	≥ 148	1	0.34
High	120-147	58	19.66
Moderate	92-119	208	70.51
Low	64-91	28	9.49
Very low	≤ 63	0	0.00

Table 1 above describes the hedonistic behavior of students at the Faculty of Education, State University of Padang, 1 of the total 295 students or 0.34% are in the very high category, 58 of the total 295 students or 19.66% are in the high category, and 208 of the total. 295 students or 70.51% are in the medium category, 28 of the total 295 students or 9.98% are in the low category and 0% are in the very low category. In general, the hedonistic behavior of students of the Faculty of Education, State University of Padang is in the medium category.

B. Self-control

The results of self-control research by students of the Faculty of Education, State University of Padang can be seen as follows:

Table 2. Student Self Control of the Faculty of Education, State University of Padang (n = 295)

CATEGORY	SCORE	f	%
Very high	≥ 145	1	0.34
High	115-144	17	5.76
Moderate	85-114	103	34.91
Low	55-84	170	57.63
Very low	≤ 54	4	1.36

C. Relationship between Self Control and Student Hedonism Behavior

One of the objectives of this study was to test whether there was a relationship between self-control (X) and student hedonic behavior (Y). To find out whether there is a relationship between the two variables, the Pearson Product Moment correlation technique is used. The hypothesis put forward in this study is that there is a significant positive relationship between self-control and student hedonistic behavior. The correlation between variable (X) and variable (Y) can be seen in the table below:

Table 3. Correlation of Self Control (X) with Hedonism Behavior (Y)

Variable	n	r-table	r-count	Sig.	Information
Self control	295	0.113	0.118	0.063	There is a correlation between self-control and hedonistic behavior
Hedonistic Behavior					

Table 3 above shows that the value of the correlation coefficient between the self-control variable (X) and hedonism behavior (Y) is 0.118 with a significance of 0.063, which value is greater than 0.05. It can be concluded that the working hypothesis (Ha) proposed in the study is that there is a significant negative relationship between self-control and acceptable hedonistic behavior. The level of closeness of the relationship between self-control and student hedonistic behavior is in the very low category. The magnitude of the correlation 0.118 means that the higher the self-control, the lower the hedonistic behavior of the students. Conversely, the lower the self-control, the higher the hedonistic behavior of the students.

Discussion

At this stage, it will discuss the analysis of findings from the results of research that has been conducted regarding the relationship between self-control and student hedonistic behavior. Based on data analysis, the discussion will be adjusted to the following research questions.

a. Student Hedonism Behavior of the Faculty of Education, State University of Padang

Based on the results of the data analysis carried out, it was revealed that the hedonistic behavior of the students of the Faculty of Education, State University of Padang was generally in the medium category with a percentage of 70.51%, this shows that most students of the Faculty of Education, State University of Padang have hedonistic behavior.

Students who are in their teens are generally able to put themselves in the limits of norms and proper behavior. However, students nowadays are unable to put themselves in a wasteful life, chasing pleasure without considering the halal-haram. Hedonists have the wrong conception of pleasure. They think that something is good, because it is liked. However, pleasure is not a mere subjective feeling without any objective reference.

The following will discuss student career planning based on each sub-variable.

1) Hedonistic Behavior Aspects of activity

Based on the results of the study, students' hedonistic behavior in the activity aspect is generally in the medium category with a percentage of 54.92%, meaning that most students still spend a lot of time outside the house or boarding house rather than completing lecture assignments given by lecturers, so they need help from the counseling teacher. Activity is a way for individuals to use their time which is manifested in the form of tangible actions that can be seen, such as spending more time outside the house to play, have fun, go to shopping centers or cafes, and enjoy buying expensive things that are less necessary. likes fun activities that are important for teenagers is anything that is practical,

2) Interests Aspect Hedonism Behavior

Based on the research results, students' hedonistic behavior in the aspect of interest is generally in the medium category with a percentage of 53.56%. Interest is a level of pleasure that arises specifically and makes the person want to be the center of attention. Youth interest in branded products can be seen when teenagers buy branded products only to maintain appearance and prestige according to Sarlina, R. D (2016).

3) Hedonistic behavior aspects of opinion

Based on the research results, students' hedonistic behavior in the opinion aspect is generally in the high category with a percentage of 45.42%. An opinion that makes a person both verbally and in writing on goods or activities that lead to mere pleasure. Adolescents assume that by wearing branded clothes, partying, and clubbing, teenagers will be said to be out of date and trendy according to Sarlina, R. D (2016).

b. Self control

Based on the research results, self-control students of the Faculty of Education, State University of Padang are generally in the low category with a percentage of 57.63%. This shows that most students are not able to control themselves well, this can be obtained in terms of controlling behavior, controlling cognitive and controlling decisions, but there are also students who can control themselves well, are in the very low category with a percentage of 1, 36%. Self-control is an individual's ability to control impulses, both from within and from outside the individual. Self-control in controlling behavior, controlling cognitive and controlling decisions.

The following will discuss self-control based on each sub variable.

1) Self-Control Aspects of Controlling Behavior

Based on the results of the study, self-control in the aspect of controlling behavior is generally in the low category with a percentage of 32.25%, this shows that some students of the Faculty of Education, State University of Padang can control behavior well. However, overall controlling for the behavior obtained by students is in the low category with a percentage of 52.20%. This will indirectly harm individuals in interacting with their social environment. A person's behavior self-control is influenced by various factors. Hurlock in Ghufon, MN, & Risnawati, R. S (2011: 32) states that the individual's environment greatly influences self-control and the behavior that the individual displays. Therefore, it is very necessary to adjust and filter the good and bad impacts of the surrounding environment.

2) Self Control Aspects of Cognitive Controlling

Based on the results of the study, self-control in the cognitive control aspect is generally in the low category with a percentage of 40.68%, Averill in Thalib, S.B (2010: 110-111) suggests that controlling cognition is the ability to process unwanted information for reduce pressure. Therefore it is very necessary for individuals to control their cognitive in order to properly manage the information received and be able to live daily life effectively.

3) Self Control Aspects of Controlling Decisions

Based on the research results, self-control in the aspect of controlling decisions is in the medium category with a percentage of 38.97%. Averill in Thalib, S. B (2010: 110-111) suggests that controlling decisions is an individual's ability to choose and determine the desired goals. The ability to control decisions will function well when individuals have the opportunity, freedom, and various alternatives to take an action. The ability to control behavior is very necessary for individuals. Because this will be useful and make it easier for individuals to interact with their social environment and be able to effectively carry out their daily activities.

c. Relationship between Self Control and Student Hedonism Behavior

This research was conducted to determine whether there is a relationship between self-control and hedonistic behavior of students at the Faculty of Education, State University of Padang. The results obtained from the submission of the hypothesis revealed that there was a significant negative relationship between self-control and the hedonistic behavior of students at the Faculty of Education, State University of Padang. This means that the higher the self-control, the lower the hedonistic behavior of the students. Conversely, the lower the self-control, the higher the hedonism behavior. According to Goleman in Talib, S. B (2010: 107) The way students control themselves will affect their behavior. Students who lack self-control will increase their hedonistic behavior in their emotional skills such as being unable to withstand frustration, inability to control impulses and emotions, exaggerating pleasure, unable to regulate mood and stress that can paralyze thinking skills. One of the factors that play a big role in determining the tendency of a person's hedonistic lifestyle is personality. Self-control, self-confidence and problem solving are all part of personality.

Therefore, the ability of students to control themselves will have a big positive influence on themselves and be able to channel their potential well and maximally, and minimize the growth and development of hedonistic behavior in themselves.

Implications for Guidance and Counseling

Based on the results of the research that has been done, it is found that students' self-control is in the low category and their hedonistic behavior is in the high category. If this is left without any effort to increase student self-control and reduce hedonistic behavior, this will indirectly have an adverse impact on the individual, so that the individual cannot live his daily life effectively.

Based on these results, the role of guidance and counseling on self-control with hedonistic behavior among students is through providing guidance and counseling services to students. The services that can be provided to students are as follows.

a. Information Services

Information services add insights, knowledge and skills of students related to self-control and student hedonistic behavior. This is in line with what Prayitno (2013: 259) discloses, information services function for understanding, problem solving, to prevent problems, to develop and maintain existing potential, and allow students to open up and actualize themselves. The information services provided are expected to increase students' understanding to understand themselves and the environment, especially in relation to technological developments and human lifestyles. This can help students

choose and sort out which ones are good and bad technological developments that enter and the westernized lifestyle imitated by students.

b. Individual Counseling Services

This individual counseling service is the "heart of the heart" of the counseling service. Individual counseling services are services in guidance and counseling provided to individuals or someone who experiences KES-T (Interrupted Daily Effective Life) to return to KES (Daily Effective Life). The purpose of individual counseling is "the completion of the problems experienced by clients" (Prayitno, 2013: 288). So that this service allows students to get face-to-face services directly in the context of discussing personal problems related to technological developments and being able to accept people's culture positively and later being able to share time well instead of spending time just having fun. And can control himself positively.

c. Group Tutoring Services

Group guidance services allow a number of students together through group dynamics to discuss various rights that are useful for personal development and discuss general topics of concern with Prayitno (2012: 149). In the implementation of this group guidance, material on assignments related to the impact of having low self-control can be given, and how to improve it. Besides that, material about the impact of having hedonistic behavior can also be given.

Conclusion

Based on the results of research that has been conducted regarding the relationship of self-control with student hedonistic behavior, it can be concluded as follows:

1. Based on the results of research related to student self-control in terms of aspects of controlling behavior, controlling cognitive and controlling decisions, it was found that student self-control was in a low category.
2. Based on the results of research related to student hedonistic behavior in terms of activity, interest and opinion aspects, it was found that the hedonistic behavior of students was in the medium category.
3. There is a significant negative relationship between self-control and student hedonistic behavior, namely 0.118 with a significance of 0.063, which value is greater than 0.05. This means that there is a significant relationship between self-control and student hedonistic behavior. This means that the higher the self-control, the lower the hedonistic behavior of the students, and conversely, the lower the self-control, the higher the hedonistic behavior of the students..

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