

Self-Control and Nomophobia in College Students Universitas “X” Kudus

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ABSTRACT

This study aims to determine the relationship between self-control and nomophobia tendencies. Respondents in this study were active students at Muria Kudus University totaling 194 with an age range of 18-24 years. The measuring tool used is a self-control scale developed by Tangney (2004), while the nomophobia scale was developed by Yildirim & Correia (2015). Data analysis used in this study was the Pearson correlation test to see the relationship between research variables. The results showed that there was significant negative relationship between self-control and nomophobia ($r = -0.180$ and $p < 0.05$) with self-control contributing 3.2% to nomophobia.

Keywords: *Self Control and Nomophobia*