



Research Article

University female students' cybersex behaviours: correlational and regional study

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Abstract

Sexuality is a taboo topic for Indonesian families. Because sexual behavior is heavily influenced by cultural and customary norms, sexual orientation, and most importantly religion. Indonesians embrace Islam by the end of 2022 or 87.02% of the population in the country. Students are a group that uses and is connected to the internet every day, making all individual activities easier and accessing information faster. But behind the benefits, of course, there are also negative impacts from those who abuse the internet by sharing pornographic sites. Several social media found lots of pictures, videos, stories, with pornographic elements that spread freely without any protection. The activity of accessing, distributing and providing pornographic content is called cybersex. Cybersex is not a new phenomenon in Indonesia but it is increasing due to the pandemic and has had many negative impacts on the younger generation. One of the things that can be done to avoid cybersex is to increase self-control. The study aims to determine whether there is a relationship between self-control and cybersex behavior in female students in one of normal in Indonesia. Respondents in this study were female students in one of normal city university of Indonesia, as many as 350 subjects aged 18 to 24 years and were not married. This study uses a quantitative method with data collection techniques using a questionnaire through the Google form. The results of the data analysis show that there is a negative relationship between self-control and cybersex behavior. This can be seen from the results of the hypothesis test using Spearman rho with a result of 0.00 and a correlation value between variables of -0.385, which means that the higher the self-control, the lower the cybersex behavior. Cybersex is a topic of controversy because it relates to how physical and mental health conditions result from the negative impacts it causes. Recommended that future researchers use qualitative or experimental research methods to obtain more in-depth research results and it is not recommended to use quantitative research methods because the scale used will cause the subject to fill in a scale that does not correspond to his condition.

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Introduction

About Indonesian Culture and Stigma

Sexuality is a taboo topic for Indonesian families. Because sexual behavior is heavily influenced by cultural and customary norms, sexual orientation, and most importantly religion. Based on data from the Ministry of Home Affairs of the Republic of Indonesia, Indonesia's population is 273.32 million. 241.7 million Indonesians embrace Islam by the end of 2022 or 87.02% of the population in the country.

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In the cultural norms in Indonesia, both women and men are taught not to do anything related to sex before they get married. Because having sex before marriage is of course not allowed. This applies to both women and men. Society's stigma for men will appear such as being at risk of suffering from infectious diseases, and impregnating women before marriage. Whereas for women having sex before marriage is a disgrace to the family and is said to be no longer a virgin. The feminist movement that defends women's virginity in Indonesia is quite weak because there is still a lack of public awareness and the culture and beliefs of the people in Indonesia have been strong for a long time.

Therefore, in several cases it was found that teenagers channeled their sexual desires through masturbation by watching pornographic videos to reduce this risk. Society's associations with attraction to pornography are more closely related to men. The existence of pornography on the internet is also a fairly new phenomenon. There is therefore little scrutiny either in academia or in the popular media of women engaging in cybersex.

Problem Cybersex Students

Student is a title held by a person studying at a college or university (Fitriana, 2020) Students are required to have good morals, because students act as role models in the midst of society. The learning process at this time involves a lot of internet access. The emergence of the internet makes it easier for students to find reference materials and learning materials. According to APJII data (2022) it is stated that students and students contribute to the internet network as much as 99.26%. Based on these data, it is hoped that the internet can have a positive impact and be utilized as well as possible according to needs.

During their development, students are in a transitional phase from late adolescence to early adulthood. According to Santrock (2011) suggests that the transition from late adolescence to early adulthood is called emerging adulthood which occurs at the age of 18 to 25 years. This period is characterized by sexual activity. Students are intellectuals who should be able to use the internet for positive things and not take advantage of existing technology for negative things. The ease of accessing the fast and sophisticated internet cannot be separated from abuse. Quoted from Raharjo and Prastya (2021) stated that the Ministry of Communication and Informatics revealed that there were 1,573,282 negative content spread on internet sites from January to October 2021. Based on the overall data, Kominfo found that pornographic content dominated.

Based on initial data distributed via the Google form, it was found that out of 31 subjects, 67.7% of female students had accessed and opened adult sites, while 32.3% had never accessed adult sites. This statement supports the results of research conducted by Daneback, Cooper, and Mansson (2005) who argued that ages 19 to 24 years are the age group that engages in cybersex the most. The data shows that the adolescent to early adult age group dominates cybersex behavior.

In the results of further observations, the phenomenon of students doing cybersex has been found more and more and has been included in a lot of news where there are many female students offering sex video calls or selling porn video links. There is also a rise in the phenomenon of open booking out (open BO) where it is not uncommon for videos of their sexual relations to be traded.

Carnes, Delmonico, Griffin (2001) suggests that there are several categories of forms of cybersex behavior, the first of which is access to internet pornography (for example, images, videos, text stories, magazine, movie, and games) because anyone it's easy to find that. The second form of cybersex behavior is accessing multimedia software that does not have to be online (such as watching VCD/DVD videos or pornographic films and playing pornographic games on a laptop or computer). Maheu (Lestari & Hartosujono, 2017) argues that Cybersex takes place when a computer contains tests, the unique data and images obtained from software, and from the internet or the internet for sexual sexuality used by people mainly involving two or more people are involved in whom everything that arouses sexuality is caused at others through images, sound, videos and reading. There are 4 aspects of cybersex; Online Sexual Compulsivity, Online Sexual Behavior Isolated, Online Sexual Behavior Social, and Online Sexual Spending (Carnes et al in Sauvika, 2017).

Arifani (2016) argues that adolescents and adults aged 12 to 24 use the internet for sexual education, entertainment, and pornographic shows which are transmitted to each other through adult online activities. The allure of cybersex lies in anonymity, meaning that most people visiting sexual sites on the internet do so for reasons of security and anonymity.

Factors that influence cybersex

Lestari & Hartosujono (2017) argued that self-control is the factors that influence cybersex behavior. Self-control shows how individuals can control their behavior, emotions and other drives in order to be accepted by society and not disturb the comfort of other individuals. The higher a person is able to control himself, the higher the control of his behavior. Conversely, the lower the self-control, the lower a person makes decisions that have a large negative risk. Ghufroon and Risnawati (2011) suggest that when individuals have high self-control, individuals are able to control everything related to their behavior. This means that individuals can organize and give consideration to making decisions in carrying out an action such as not opening adult content and trying to divert attention when curiosity or lust arises. High self-control in individuals can overcome the lack of ability and overcome various bad things that might happen from outside. High self-control can also help individuals to suppress and or prevent impulsive behavior. Conversely, when self-control is low, what happens is that individuals cannot suppress or prevent impulsive behavior which will lead to deviant behavior and addiction.

Averil (1973) proposes three aspects of self-control. One is behavioral control which involves managing implementation and the ability to modify stimulus, the second cognitive aspect involves obtaining information and making judgments, then the last aspect is decision control.

The results of study by Lestari & Hartosujono (2017) on the relationship between self-control and cybersex behavior at Glagah Sari Yogyakarta with a total of 80 subjects, show that the hypothesis stating a negative relationship between self-control and cybersex behavior is acceptable. In other word, the higher the self-control, the lower the cybersex behavior. Conversely, the lower the self-control, the higher the cybersex behavior.

In Indonesia, there may be a shift in the value of causes based on research results Hening (2015) has conducted research with the title: "Cybering's Future Acceptance in Germany and Indonesia". This study aims to compare cybering activities (cybersex) in German and Indonesian society. This comparative research shows that no significant differences were found between Indonesians and Germans in viewing or accepting new ideas of sexuality such as cybering. However, there is quite a difference in their acceptance of the cybering phenomenon if the activity will continue to occur in the future. The results of the study show that Indonesians seem more able to accept the existence of cybersex activity in the future compared to Germans. Social and cultural aspects seem to be overshadowed by the fact that society has now become increasingly global. This is in line with the increasing influence of internet penetration and new media technology.

Based on the explanation above, it can be concluded that students who are connected to the internet at any time have a risk of being caught in deviant behavior, namely cybersex due to low self-control. Deviant behavior such as cybersex can also attack anyone, both men and women. Based on preliminary data, female students access adult content due to boredom, pressure and curiosity. The anonymity factor is an internet feature that makes it easier for female students to hide their identities when accessing adult content. For this reason, the researchers concluded that it was important to conduct research on the relationship between self-control and cybersex behavior in female students in Indonesia because most of the subjects who filled out the initial data came from Indonesia. The purpose of conducting research is to determine the relationship between self-control and cybersex behavior in female students Indonesia.

Problem of Study

The problem in this study is there a relationship between self-control and cybersex behavior in female students in Indonesia? and is there a shift in value?

Method

Research Model

Quantitative method with correlational design is used in this research. According to Punch (2005) quantitative research has a meaning as research conducted based on empirical experience by collecting data in the form of numbers that can be counted and are numerical in nature. In addition, quantitative research is also defined as research based on certain assumptions, as well as determining variables and conducting analysis using valid research methods. These variables are related to Cybersex and Self-control.

Participant

The population in the study is female students university at Indonesia who were still in college, aged 18-24 years, active internet users and not married. The sample in the study used non-probability sampling, namely accidental sampling. Accidental sampling is a sampling technique by chance, meaning that anyone who is found and assessed as suitable to be a data source will be asked for availability to be a research respondent (Hadi, 2015). The sampling technique uses Isaac and Michael's theory with a total sample size of 350 subjects.

Participants were exposed to demographic data based on age 18 years (13 respondents), 19 years (42 respondents), 20 years (46 respondents), 21 years (69 respondents), 22 years (134 respondents), 23 years (32 respondents), 24 years (14 respondents). Then based on the origin of the participating universities, namely Makassar State University (199 respondents), State Islamic University (8 respondents) STIE Tri Dharma (7 respondents), Indonesian Muslim University (13 respondents), Muhammadiyah University Makassar (12 respondents), Polinas LP3I (7 respondents), Gunung Sari STIKES (8 respondents), Pelamonia Institute of Health Sciences (1 respondent), Fajar University (13 respondents), Bosowa University (33 respondents), and Atmajaya University (12 respondents). Furthermore, data on ethnic origin of the participants were Bugis (145 respondents), Makassar (135 respondents), Mandar (15 respondents), Javanese (12 respondents), Batak (1 respondent), Malay (1 respondent), Toraja (21 respondents), Luwu (2 respondents), Manado (1 respondent), Betawi (1 respondent), Buton (2 respondents), Bali (1 respondent), Bugis Makassar (3 respondents), Bojo (1 respondent), Enrekang (8 respondents), and Selayar (1 respondent). The latest demographic data is the religion adhered to by the participants, Islam (320 respondents), Christianity (28 respondents), Hinduism (2 respondents).

Data Collection Tools

The data collection methods in this study use the Likert scale. The Likert scale is used to measure the attitudes, opinions and perceptions of individuals or groups of individuals towards social phenomena (Sugiyono, 2014). The Likert scale model in this indicator is presented in the form of statements (supportive and unfavorable statements). Likert-type response options consist of five options: Strongly Disagree (STS), Disagree (TS), Neutral (N), Agree (S), and Strongly Agree (SS) (Azwar, 2017). Two types of scales were used in this study, namely the cybersexual behavior scale and the self-control scale.

Validity was tested using Aiken's V and by competent expert testing (expert judgement). Azwar (2018) proposes calculating the content coefficient based on the results of expert assessment of up to n people on a set of items to determine the extent to which these items represent measured constructs with the validity of Aiken's V content.

Cybersex Scale

The cybersex scale uses aspects of Carnes, Delmonico, Griffin (2001) compiled by Sauvika (2016). The scale consists of 20 item statements. Each clause statement consists of two types namely favorable and unfavorable. Aspects of cybersex in this study are online sexual coercion, isolated online sexual behavior, isolated online sexual behavior, and spending on online sexual services. Cronbach alpha reliability value is 0.89.

Self-Control Scale

The self-control scale that will be used in this study is a Likert scale using aspects suggested by Averill (1973). This scale consists of 14 items compiled by Mulya (2021) and modified by the researcher according to the needs of the study. Aspects measured on the self-control scale include behavioral control, cognitive control, and decision-making control. Cronbach alpha reliability value is 0.79.

Data Analysis

The data analysis in this study uses a descriptive analysis and a correlation test. The descriptive analysis consisted of an analysis of the number of study participants (N), mean score on a scale (M), standard deviation (SD), minimum score (Xmin), and maximum score (Xmax). The descriptive analysis was carried out using the SPSS 26.0 application for Windows. Then, the obtained results were divided into five categorization areas, namely very low, low, medium, high and very high, according to the categorization standards. Correlation test using the *Spearman rho test*.

Ethic

Ethical Committee for Psychological Research valid until July 2nd 2023

Results

The self-control scale consists of 10 items with a score range of 1 to 5. The research data shows that the lowest score is 11 and the highest score is 50 with a standard deviation of 6.66.

Table 1. Self-control behavior self-report perception

	Hypothetical				Empirical	
	Min	Max	Mean	SD	Mean	SD
Self Control	11	50	30	6,66	40,40	6,05

The criteria for categorization of self-control variables in female students can be seen in the following table:

Table 2. Self-control perception level categorization

Category	Criteria	Frequency	Percent
Very low	< 17	1	0,29%
Low	17-22	1	0,29%
Medium	23-36	77	22,00%
High	37-43	152	43,43%
Very high	43 <	119	34,00%
Total		350	100%

The table above shows that there are 119 subjects who are in a very high category of self-control in 34.00%. The high category there are 152 subjects or 43.43%. In the medium category there are 77 subjects or 22.00%. In the low category there is 1 subject by percentage 0.29%. Then in the very low category there is one subject with a percentage of 0.29%. The results of the table above show that the empirical mean is greater than the hypothetical mean. This means that the respondent's level of self-control tends to be high.

The description of the results of the subject's score on the cybersex scale was obtained from the respondent's score on the scale item. The cybersex scale consists of 14 items with a score range of 1 to 5.

Table 3. Cybersex behavior self-report perception

Variable	Hypothetical				Empirical	
	Min	Max	Mean	SD	Mean	SD
Cybersex	14	58	42	9,333	24,80	8,83

The research data shows that the lowest score is 14 and the highest score is 58 and standard deviation is 9.333. The results of the table above show that the empirical mean is smaller than the hypothetical mean, this means that the level

of cybersex is low, or statistically there are more people who do not show cybersex behavior. The categorization of cybersex variables in female students can be seen on the table:

Table 4. Cybersex perception level categorization

Category	Criteria	Frequency	Percent
Very low	< 23	162	46,29%
Low	23-32	132	37,71%
Medium	33-50	54	15,43%
High	51-61	2	0,57%
Very high	61 <	0	0,00%
Total		350	100%

Table 4 shown that there are 0 subjects who are in the very high cybersex category with a percentage of 0.00%. High category there are 2 subjects with a percentage of 0.57. In the medium category there are 54 subjects with a percentage of 15.43%. In the low category there are 132 subjects with a percentage of 37.71%. In the very low category there are 162 subjects with a percentage value of 46.29%.

Correlation of Cybersex behavior with self-control

The hypothesis is, to shows that there is a negative relationship between self-control and cybersex behavior in female students in Indonesia. The analysis technique used is Spearman rho with the help of the SPSS 26 for windows program. Spearman rho test results can be seen in the following table:

Table 5. Hypothesis Test Results

Variable	<i>r</i>	<i>p</i>	Explanation
Self control	-0,385	0,000	Significant at $p < 0,05$
Cybersex			

According on the results of the Spearman's Rho correlation test in the table, the result is (r) = -0.385 ($p < 0.05$), that means the level of strength of the relationship (correlation) between self-control variables and cybersex behavior is -0.385. The correlation coefficient in the table above is negative (-0.385), be found a negative relationship between self-control and cybersex behavior in female students in Makassar City. This means that the higher the individual's self-control, the lower the cybersex behavior that appears. Contrarily, if self-control is low, cybersex behavior becomes high.

Discussion and Conclusion

The results of descriptive analysis on female students in Makassar City show that some subjects have high self-control. The research data in the table shows that only 1 subject shows low self-control which 0.29%. Then there was 1 subject who showed very low self-control with a percentage value of 0.29. While those included in the moderate category were 77 subjects or 22.00%. In addition, there were 152 subjects or 43.43% who were in the high category, shows that the majority of subjects are in the category of high self-control. For the very high category, 119 subjects were found with a percentage of 34.00%.

Self-control as the ability to organize, direct, control, and a form of direct behavior that can lead to positive consequences that can be developed and used by individuals during the process of life, in their social environment. Marsela and Supriatna (2019) suggest that individuals who have high self-control, they will behave more positively and be able to be responsible, such as the responsibility of being a student, namely by learning. Female students in Makassar City who are the majority of research samples have high self-control so they can still control themselves. High self-control allows individuals to consider decisions not to be tempted to open adult sites until addiction occurs.

In the results of the study there were 119 subjects with a percentage of 34.00% having very high self-control. Chita, David, and Pali (2015) suggest that individuals who have high self-control are very concerned about their responses to behavior in various situations. This means that when in a good situation the individual can perform good actions.

Meanwhile, when in a bad situation or condition, the individual makes a decision that has been considered and does not harm any party, including himself.

Horskotter (2014) (Mulya 2021) suggests that individuals who are included in the high category are considered to have good self-control. Good self-control means that individuals are able to overcome dilemmas over themselves so that the actions that emerge are decisions that have been considered based on goals and do not conflict with existing norms.

The results of the study showed that there were 2 subjects who were in low and very low self-control categories, in which each category contained 1 subject with a percentage value of 0.29%. Self-control plays a role in self-adjustment, so that when self-control is not good, the resulting behavior tends to deviate. It is clearer that individuals who are categorized as having a low level of self-control are those who are unable to direct and regulate their main behavior, are unable to interpret the stimulus they face into the main form of behavior and are unable to choose the right action so that it will lead to negative behavior such as smoking, fighting, stealing, robbing, and buying and selling illegal goods.

Horskotter (Mulya 2021) suggests that individuals make judgments about certain actions, such as good and bad, right and wrong, but sometimes feel tempted to act or do bad or wrong things because of a lack of ability to control their actions. When individuals act according to their goals and preferences about what is good and right, they are considered to be able to control themselves. Individuals who are in the high and medium categories are considered to have been able to control themselves.

The research data shows that there are no subjects who show very high cybersex. While in the high category there are 2 subjects with a percentage of 0.57% indicating that there are subjects who have cybersex behavior. Then there are 54 subjects with a percentage of 15.43% in the medium category, which means that individuals in the medium category have exploratory experiences of pornographic content but some can overcome this not to make it an addiction. The Internet provides an opportunity for individuals to explore pornographic content. In the low category there are 132 subjects with a percentage of 37.71%. In the very low category there are 162 subjects with a percentage value of 46.29%. This shows that female students in Makassar City are able not to be involved in cybersex behavior or in other words the subject is able not to abuse the internet towards deviant behavior.

According to a review by Ballester-Arnal, Castro, Gil-Llario, and Gil-Julia (2017) of ISST score results, women who spend more time online cybersex report high levels of cybersex addiction. With so much time online, experiencing cybersex addiction seems more relevant to women than men. This result is consistent with studies documenting a lower prevalence of cybersex-related problems in women than in men (Ross, Mansson & Daneback, 2012).

Cybersex is a series of online sexual activities such as finding sex partners, having conversations about sex and seeking sexual content in the form of photos, audio or video. Individuals who fall into the high category of this behavior have characteristics such as repeated cybersex, feel anxious when they cannot access cybersex sites, make jokes about sex, stay awake alone to access pornographic sites, and are willing to spend more money to buy pornographic content on social media. internet (Sauvika, 2017).

Cavaglion & Rashty (2010) In cybersex, women experience emotional instability and an ambiguous sense of loss when their partner is physically present but psychologically absent. There is a split in their perception of the past and present, the difficulty of integrating the "bad" behavior of porn addicts with the good side of their porn addicts. Due to the behavioral nature of pornography addiction, women oscillate between moral guilt and medical apology, between negligence, denial and spying. The presence of the computer in virtual life is unclear, which creates an unbearable feeling of contamination and competition in the bedroom and in real life.

The results of the descriptive analysis show that cybersex among female students in Makassar City is in the very low category of cybersex. Individuals who fall into the low category have characteristics such as feeling reluctant to make jokes about sex, being able to divert cybersex behavior to other, more positive behaviors.

The results of testing the hypothesis using the sperman rho test show results ($r = -0.385$ ($p < 0.05$)), which means that the level of strength of the relationship (correlation) between self-control variables and cybersex behavior is -0.385. So

that there is a negative relationship between self-control and cybersex behavior in female students in Indonesia. This means that the higher the individual's self-control, the lower the cybersex behavior that appears. Conversely, if self-control is low, cybersex behavior becomes high. The results of the hypothesis test show that H_a is accepted and H_0 is rejected, or in the sense that the research hypothesis is accepted.

Student activities that are inseparable from the internet allow students to use the internet every day. Especially students who previously did have an addiction to the internet. It is not uncommon to find someone who has internet addiction tends to lead to negative things, especially cybersex. While using the internet, students can easily find advertisements or sites that lead to pornography. With sexual urges that cannot be controlled properly, it can encourage them to do cybersex (Febriyani, 2017).

Individuals have a system in themselves to be able to regulate and direct behavior which is called self-control. Hurlock (2011) (Rahman, 2022) suggests that self-control is related to how individuals control their emotions and impulses from within themselves. Individuals who have a low level of self-control will lead to impulsive, selfish behavior, easily lose emotional control which causes frustration, prefer simple tasks that involve physical abilities and like to take risks. Someone who has low self-control is more likely to get involved in criminal matters and deviant acts.

Individuals who are able to develop self-control will be able to refrain from behavior that is contrary to social norms. If self-control is low then cybersex activities will be carried out and if it is carried out continuously without prevention then it will become cybersex addiction, but if self-control is high, then it will be able to control its cybersex activities, and seek information about sexuality only as needed and not make addiction (Robani, 2019).

Ferree, (2003) explain that the behavioral element of healthy sexuality is actually the absence of problematic sexual behaviors such as compulsiveness. As mentioned above, women who use the Internet for sexual purposes are not necessarily addicts. However, just as marijuana is often a gateway to harder drugs, even the recreational use of online sex exposes a woman to the possibility of addiction. For some people, going online is almost instantaneously addictive, similar to a heavy cocaine addiction.

Based on the results of the research that has been done, it can be concluded that self-control of female students in Makassar City is in the high category and cybersex behavior is in the very low category. The results of the hypothesis test carried out by Spearman rho analysis showed a result of 0.00 and a correlation value of -385, so it can be concluded that there is a relationship between self-control and cybersex behavior in female students in Makassar City.

Recommendations

In this study, the researcher is of course aware that the study is far from perfect. then the researcher makes suggestions. It is recommended that future researchers use qualitative or experimental research methods to obtain more in-depth research results and it is not recommended to use quantitative research methods because the scale used will cause the subject to fill in a scale that does not correspond to his condition.

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