

ABSTRACT

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Correlation Between Self-control in Studies Context with Habits Using Smartphone in Mobile Application; Sri Tiatri, Ph. D, M.Si, Psi & Erik Wijaya, M. Si. Undergraduate Program in Psychology, Tarumanagara University, (i-viii; 52 pages, R1 – R3, Appdx 1 - 45)

The aim of this research is to examine the correlation between self-control in the context of learning with using smartphone habit in mobile application. Self-control is an ability to formulate, guide, organize and direct forms of individual behavior toward the positive consequences. Using a smartphone habits is the act of using media applications repetitively resulting in an automatic behavioral response to a particular situation and goals. This study included 257 students of School X who own and use a smartphone. The result has showed that self-control in studies context and habits using smartphone has a low correlation level, as indicated by the value with $r = -0,123$ and $p = 0,049$.

KEYWORDS: Self-Control, Smartphone