

## The Relationship between Self-Adjustment and Self-Control Behavior Delinquency Themselves with High School Students Muhammadiyah I Jombang

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**ABSTRACT.** Adolescence is a transitional period in physical and psychological development that is influenced by several factors including the environment. Control and adjustment have an important role in it, so that adolescents do not have a tendency to behave delinquently when placed on the community and the new environment. On the basis of this, then this study aims to determine the relationship between self-control and adjustment with delinquent behavior in adolescents. The population in this study were students of SM A class X by using sampling technique saturated in sampling as many as 98 students and using self-control questionnaire, adjustment, and delinquent behavior and using statistics with spearman correlation technique and processed using computer program SPSS series 22 for IBM For Windows. The result of the analysis shows the significance value of 0.721 and the correlation coefficient of -0.037 between self-control with Delinquent, as well as the significance value of 0.345 and the correlation coefficient of -0.096 in Self-Adjustment with Delinquent ( $p > 0.05$ ). This indicates that there is no significant relationship between Self-Control and Adjustment to Delinquent's behavior.

**Keywords:** Self-control, Adjustment, Delinquency

### Introduction

God created human beings equipped with a variety of potential, but sometimes these capabilities are generally not realized, so that few were able to understand and take advantage of the potential. This can be experienced by an individual at any time of its development, particularly in individuals who are in transition to future stages of development, such as in early adolescence which is a period of transition from one stage of development to the next stage. This means that something that happens beforehand will leave its mark on something that is happening now and will affect the new behavioral patterns and attitudes that surround the environment that also contribute in influencing all his behavior like the people who are the closest

that is part From his life story, such as his parents, siblings, relatives, relatives, teachers or even his peers and friends.

Friendship is a very important context especially during adolescence, for the development of both individuals in attitudes and manifestations of constructive behavior (Hartup 1996; Piehler and Dishion 2007). Some even argue that peer groups are becoming a more important context for young people than for parents, especially in terms of their influence on short-term decision making (Harris 1995, Thornberry 1987). The quality of relationships in friendships varies greatly, and relationships that can spur conflicts with friends may be problematic for adolescents who engage in antisocial and perverted behaviors, including a tendency to behave in delinquency.

Head of Prevention of BNNP (Provincial Narcotics Board of Province) of East Java, Danang Sumiharta said that In East Java Province, the number of drug abusers was

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recorded 568,309 people, or 2.1% of the population in this area. At the national level, East Java is ranked 3. While nationally, the number of drug abuse more than 4 million, or 2.2% of the total population of Indonesia. Total of the number of drug abusers, the largest among teenagers, students and students. "Drug users from among the students in East Java largest in Indonesia". Other behaviors are also common in the community, such as with the April 2016 newsletter on bullying cases among students taking place in Gresik where the teenage girls who torture other schoolchildren simply because of the identity of the BlackBerry Messenger account (BBM). The same cases are also common, for example, a group of young women who are members of the Nero gank in central Java, who slap their victims repeatedly and often tortured, and recorded it through a mobile phone video and then circulated it (Jawa post, 2008).

Hartup and Stevens (1997) articulate an understanding of his research, that having friends can build or provide good support, besides friends also have risk factors, because it can increase the probability of problematic behavior. The definition of quality in friendship is as multidimensional as constructed by both individuals by seeing in affective proximity, security, assistance, the meaning of friendship itself, and lack of conflict with one another. Young (2011) found that the degree of self-control of the individual either affects the quality of friendship that is formed or create stress that ultimately leads to difficulties in friendship and delinquent behavior.

Siegel & Wesh (2011) assume that families, schools, and peers are the contributing factors of juvenile delinquency behavior. Many experts believe that troubled families are a major cause in the formation of emotional problems in children that can lead to long-term social problems. Parents who ignore or disregard the needs of the child well will increase the risk of child involvement in unacceptable social behavior, such as aggression and other external behavioral issues (Veerlan & Schwartzman, 2002).

Research conducted by Iga Serpianing Aroma & Dewi Retno Suminar (2012) on the Relationship between Self-Control Level and Delinquency Behavior Teenagers using data collection tools in the form of psychological scale, with the results of research that the higher the score on self-control, the lower the tendency of behavior Mischief in adolescents. Another study on adjustment related to delinkuen behavior has been done by Yuyuk Neni Yuniarti (2009) which shows the results of

his research that perceptions of effectiveness of interpersonal communication of parents and emotional maturity provide effective contribution of 51.1% to adolescent adjustment, with donation Effective of each variable is 35,2% for perception of effectiveness of interpersonal communication of parent and 15,9% for emotional maturity. This means there are still 48.9% other factors that affect adaptation in adolescents.

Gottfredson and Hirschi (1990) in the general theory of self-control or self-control, argue that individuals with low self-control or self-control possess stable characteristics that increase a person to commit criminal or other deviant actions in social life, Thus it takes individual adjustment with the characteristics of different friends. Adaptable responses, good or bad, can simply be seen as an attempt by an organism to reduce or stay away from tension and to maintain more balance and be supported by strong self-control, thus adjustment and self-control have a connection to individual behavior in strengthening and control Self from the influence of behavior that is not in accordance with the expectations of the surrounding social environment. However, with patience the individual can face problems in his life. Allah SWT says in Q.S. Al-Insyirah (5-6):

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا. إِنَّ مَعَ الْعُسْرِ يُسْرًا

Its meaning is: "For verily after difficulties there is convenience".

Based on the above description, the researcher decomposes the problem of whether there is a relationship between self-control with delinquent behavior, between adjustment to delinquent behavior, and is there a relationship between self-control and adaptation to delinquent behavior in adolescents. The purpose of this study was to prove the relationship between self-control with delinquent behavior, between adjustment to delinquent behavior, and the relationship between self-control and adjustment to delinquent behavior in adolescents.

Kartono (1992), argues that Delicate Being (Delinquency) in adolescents is a socially sick (pathological) phenomenon, which occurs in children and adolescents and is caused by a form of social devotion and stimulates them to dismantle distorted behaviors. The tendency of deliberate behavior (delinquency) in adolescents, has two aspects namely: outwardly (Verbal and non Verbal); And symbolically concealed (the attitude of life, the emotions in the teenager, and the motivations that can stimulate and develop deliberate in adolescents). The purpose of the tendency of

deliberate behavior (delinquency) of adolescents on the outer aspect is the aspect of deliberately verbal behaviors such as cursing, vilifying, or attacking others verbally. While non-verbal aspects are aspects of deliberate behavior that is shown physically such as hitting, or other behavior that is physically attacking whether it is done personally or done together with his group like brawl, and others. The tendency of deliberate behavior (delinquency) in adolescent symbolically is adolescent behavior which related to how attitude of adolescent life in interpreting every behavior of life that exists around it, and control every emotion in her which have an active and active role in motivations that can stimulate And develop deliberate behavior in adolescents.

According to Mulyono, some of the characteristic characteristics of Delikuen's behavior are divided into two groups: Amoral and anti-social delinquency that are not regulated by law so that such mischief can not be said as a violation of the law; And Misbehavior which is unlawful and its settlement in accordance with applicable law and law. This mischief is like gambling, stealing, grabbing, robbing, embezzling, deceit, and forgery, owning and carrying sharp weapons that could harm others, experiment or engage in murder, and persecution. Aroma, & Suminar (2012), states about the characteristics or characteristics of adolescents who have tendency to behave delinkuen which will serve as an indicator of behavior that is, among others:

Denial of status (denying the status of a child as a student by ditching, fleeing from home, refuting orders).

Delinquency that inflicts physical harm (inter-school brawl, fighting with schoolmates, rape, murder and others).

Misbehavior that caused the material victim (memalak, damaged school facilities and other public facilities and others). Misbehavior that endangers others and self (prostitution, free sex, drugs and others).

Walgito mentioned several factors that affect delinquency (deliberate behavior) in adolescents namely Family Factors, School Circumstances, Community Conditions Factors. Sukemi and Warsito say that the causes of the tendency of deliberate behavior are: Lack of religious education both in the family and in society; Lack of parental concern for children; Lack of quality leisure time for children in the family; Absence of stability in social, political and economic conditions; The occurrence of moral and mental deterioration

of adults; There are so many negative spectacles and readings that are easily accessible to the community including teenagers; The attention of the community to the education of children is still not comprehensive; Some attempts at confronting teenagers with teenagers or children, which are unacceptable and lead to negative alternatives by children. In general, the cause of the tendency of deliberate behavior in adolescents, comes from the internal aspects of the individual itself, and the external aspects, in this case is the environment around individuals who contribute in shaping one's behavior.

Chaplin (2006) argues that Self-control is the ability to guide one's own behavior in suppressing and impeding impulsive implications or behavior. This self-control serves as the ability to resist behavior that can harm others, where they have good self-control as well and will follow the rules. Based on the concept of Goldfried and Marbaum (Muhid, 2009), it can be concluded that self-control is a mechanism that can help regulate and direct individual behavior.

Gunarsa (2004), mentions that self-control (self-control) has functions such as: limiting individual attention to others; Limit the individual's desire to control others in his environment; Limiting the individual to behave negatively; Helping individuals meet their needs in a balanced way. Even Logue and Forzano (1995), characteristics or characteristics of adolescents who are able to have high self-control, which will serve as an indicator of research are (1) Be diligent and stick with the task to be done, despite the many obstacles. (2) Can change behavior adjust to the rules and norms that apply where it is located. (3) Not showing emotional or explosive behavior. (4) Be tolerant or can adapt to the situation that is not desired.

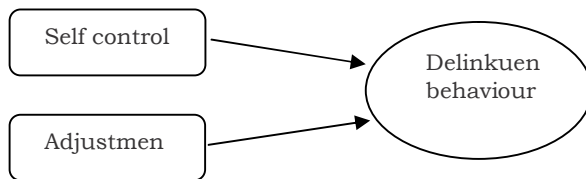
Adjustment according to William et all (1991), is a person's ability to live and get along naturally to the environment so that individuals feel satisfied about themselves and the environment. Gerungan (1991) also argues that Adjustment is a human ability to change in accordance with the environment and change the environment in accordance with the wishes of self, insofar as it does not cause conflicts for himself and does not violate the norms prevailing in society. Adjustment is the process of trying to meet the demands of self and the demands of the environment. Based on the concept of Kartini Kartono (1995), it can be concluded that Adjustment is a human effort to

achieve a harmony in themselves and the environment.

Ali & Asrori (2004), some characteristics of adaptation especially for adolescents are Adaptation to role and identity, Adjustment to education, Adjustment to sex life, Adjustment of social norm, Adjustment to use of leisure time, Adjustment to use Money, Adjustment to anxiety, conflict, and frustration. Adolescents are often confronted with anxiety, conflict, and frustration due to their dynamic development. Adjustment strategies for anxiety, conflict, and frustration are usually through a mechanism Freud called the self-defense mechanism. The ways taken there are likely to be negative or less healthy and some are positive. Within certain limits of reason and situation, for a while it still provides benefits in adolescent adjustment efforts. However, if these ways are often taken and become a habit, then it will become unhealthy. The concept of Subsada (in Sarwono, 1995), characteristics or characteristics of the adjustment that will be used as research indicators are as follows: Can empathize with others, unselfish, sensitive to the feelings of others, be mature and friendly; Can adapt to the new situation so that the self-defense mechanism is good; An optimistic attitude of life, feeling useful, having a strong desire in solving all problems.

Self-control is instrumental in the tendency of deliberate behavior in adolescents, because it is one aspect that must be had. Havighurst argues that one of the tasks of adolescent development is to be responsible as a citizen, attain socially responsible behavior, and develop in the meaning of the values that exist in society (Monks, 1999). The task of adolescence development is to achieve social skills (social skills) to make adjustments in daily life. In this case, self-adjustment is an attempt to reconcile the self-demand with the environment.

Therefore, the emergence of behaviors that lead to behavioral tendencies that are not in accordance with the rules and norms that apply in society (delinquen) in adolescents is one form of maladjustment. There are so many obstacles, especially the obstacles that stem from the characteristics of the teenager's personality that is the learner, so that can not be directed wisely, then the adolescent as learners in the educational environment, will fall into a variety of wrong behaviors and violate the rules that apply and not in accordance with expectations, As seen in various delinquency (deliberate behavior) in adolescents (Wardani, et al., 1994).



After examining the theories of Self-Control, Self-Adjustment and Deliberate Behavior, the hypothesis in this study is the relationship between Self-Control and Adjustment with Delicate Behavior in adolescents. The higher self-Control and Adjustment, the lower the tendency of deliberate behavior in adolescents.

### Method

The type of research used in this study is correlational research, which is a type of research to explain the relationship between two variables and examine the relationship between the variables. Every scientific study is always dealing directly with the problem of data sources and one of them is population. In this study, the population used was a student of S. M. A Muhammadiyah Jombang which amounted to 113 students using a saturated sampling technique which is a sampling used in a population that all members are used as a sample.

Table 1. Distribution of the number of Research Subjects

Class	The number of students	Number of attendance
X MIA MC 1	30	28
X MIA MC 2	28	22
X IIS REG	29	25
X IIS	26	23
Total	113	98

Data collection techniques in this study using a questionnaire that was prepared based on Modified Likert Scale (Method of Summated Rating). Preparation of questionnaire on the variable X1 (Self Control) based on the theory of Logue and Forzano (1995), characteristics or characteristics of adolescents who are able to have high self-control, which will serve as indicators of behavior in research are as follows: a) Diligent and persist with the task to be done, despite facing many obstacles. b) Can change behavior adjust to the rules and norms that apply where it is located. c) Does not show an emotional or explosive behavior. d) Be tolerant or adaptable to unwanted situations.

Preparation of the questionnaire on the variable X2 (Adjustment) based on the theory of Subsada (in Sarwono, 1995), because the theory is quite comprehensive and relevant as an indicator of behavior, namely: a) Can



empathize with others, such as selflessness, sensitivity to peer feelings, and being able to connect with others. b) Can adapt in new environments, such as friends, situations, and new places. c) Have an optimistic attitude of life, such as feeling useful and have a strong desire to solve problems.

Preparation of questionnaire on the variable Y (Behavior delinkueni) based on research from Aroma, I. S., & Suminar, D. R. (2012), characteristics or characteristics of adolescents who have tendency to behave delinkuen which will be used as an indicator of behavior, among others: a) Denial of status (denying the status of a child as a student by ditching, fleeing from home, refuting orders). b) Delinquencies that cause physical casualties (brawl between schools, fighting with friends one school, rape, murder and so on). c) Misbehavior that caused the material victim (memalak, damaged school facilities and other public facilities and others). d) Misbehavior that endangers others and self (prostitution, free sex, drugs and so forth).

Azwar S. (1999) argues that the validity analysis is done by calculating the correlation coefficient between the item score distribution and the test or total score distribution. Cronbach (Azwar S., 1999) states that in the test validity process, it does not actually aim to validate the tests, but the interpretation of those obtained by certain procedures. The validity test is done by correlating the value of each item with the total score and using the Product Moment analysis technique, and in calculating its validity, the researcher uses SPSS program series 22 for IBM.

Reliability is an index that demonstrates the ability of a reliable or reliable measuring tool. Azwar S. (1999) states that reliability is the extent to which measurement results can be trusted. Questionnaire Variable Self-control consists of 10 items and 18 items that fall with the value of Croanbach alpha ( $\alpha$ ) 0.724. Self adjustment variables consisted of 20 items and 12 fallen items with Croanbach alpha ( $\alpha$ ) 0.815 values, while the delinkuen variable consisted of 20 items with alpha ( $\alpha$ ) 0.905 values of Croanbach.

This study uses correlation analysis, which is the analysis used to see or investigate the relationship between two variables. Data analysis used is statistic with correlation technique and processed using computer program SPSS series 22 for IBM Windows with base on research purpose that is to prove there is a positive relationship between self-control and adjustment to behavior delinkuen in adolescent.

## Result

This study used questionnaires as a measurement tool that was disseminated to all students of class X of 113, but there were some students who did not attend because they had to represent the school in the Youth Red Cross race and for health reasons so that the remaining 98 students filled the questionnaire. Data from 98 returned questionnaires, do not have certain characteristics because in addition to filling out the statement in the questionnaire, the subject only gives the initials of the name. The results are then analyzed. In the validity test using the minimum value of 0.250 so it can be said valid ( $p = 0,000$ ) because  $r_{count} > r_{table}$ . Based on the results of the analysis, the self-control questionnaire obtained 15 valid items and 13 items that failed. In addition, in the Self-Adjustment Questionnaire 26 valid items were produced and 6 items failed. The normality test has an absolute value ( $p = -0.037$ ) for Self-control variables and ( $p = -0.096$ ) in Self-Adjustment variables. Thus both variables are not normal because the value of  $p < 0.05$ .

While in this research yield linearity with value  $p = 0,174$  (Self Control) and  $p = 0,072$  (Adjustment) so that the relation of variable in the research is not linear because  $p > 0,05$ . The researcher then used the non parametric statistical test of Spearman correlation, because the data from the study were not normal and did not have a linear relationship between Self-Control and Adjustment to Delinkuen's behavior. After the assumption test is done, it is followed by hypothesis testing. Based on the result of the research showing the significance value of 0.721 and the correlation coefficient of -0.037 in Self-control with delinkuen, and the significance value of 0.345 with the coefficient correlation -0.096 in Adjustment with delinkuen ( $p > 0.05$ ) is at insignificant level. This means that there is no significant relationship between Self-Control and Adjustment to Delinkuen's behavior. Thus the initial hypothesis is rejected. Here is the result of spearman's non parametric correlation test statistic:

From the results of descriptive analysis, the researchers tried to describe the grouping of data from low, medium, and high frequency categories. In the Low Self-control category (11-15), there are 14 students, moderate (16-25), 71 students, and High category (26-32) as many as 13 students. Variables Adjustment with Low category (44-55) as many as 12 students, Medium (56-71) as many as 67 students, and High (72-80) of 19 students.

While in the behavior of Delinkuen there is only Medium range (20-33) as many as 84 students and High category (34-56) as many as 14 students.

After performing data processing, the results of the study showed that there was no significant relationship between self-control and adjustment with delinquent behavior. This can be influenced by several aspects, namely the way filling reponden the perfunctory or behavior of Delinkuen on the subject influenced by other factors, such as the relationship of closeness with the family, the relationship of proximity to peers, support the surrounding social environment, or other factors. Siegel & Wesh (2011) states that families, schools, and friends are a contributing factor to juvenile delinquency behavior. Many experts believe that troubled families are a major cause in the formation of emotional problems in children that can lead to social problems in the long run. Parents who ignore or disregard the needs of the child will increase the risk of child involvement in unacceptable social behavior, such as aggression and other external behavioral issues (Veerlan & Schwartzman, 2002).

The statement is supported by a study that mentions a meta-analysis conducted by Hoeve, Dubas, Eichelsheim, van der Laan, Smeenk and Gerris (2009) who found that parental supervision, both active parental supervision, parental knowledge of the child and the openness of the child has a relationship Which is strong with the behavior of adolescent delinquency, particularly the behavior of delinquent delinquency (overt delinquency).

### Conclusion

Based on the results of data processing in this study obtained by using saturated sampling technique, it can be concluded that there is no significant relationship between self-control and Adjustment to the behavior of Delinkuen in grade X High School Muhammadiyah 1 Jombang.

Nevertheless, the researchers hope there are further studies that examine and discuss other variables that are more influential on the behavior of delinkuen, because many factors that indicate have an influence on the tendency of individuals in behaving delinkuen both the factor from within and outside factors such as environmental influences Around, in this case the family environment, school and especially relationships with friends.

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