JITSS
Journal of Innovation and
Trend in Social Sciences
https://journal.aapbk.org/index.php/jitss

Original Article

The Relationship Between Self-Regulation and Narcissistic Tendencies Among Students

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Abstract. The purpose of this study is to describe the relationship between Self-Regulation and Narcissistic Tendency in students with the research subject consisting of 70 students who are in the social sphere, the majority of whom have a sense of efficacy to anticipate themselves through social media. Posting their activities and personal life through social media in the hope of getting notice or praise from others reduces the sense of empathy, self-esteem, and self-control included in the self-regulation system. Data collection in this study uses the Self-Regulation scale and the Narcissistic Tendencies Scale. The data analysis techniques used were the normality test through SPSS statistic 25 (sig. 0.200 > 0.05 value) and the linearity test (sig. 0.307 > 0.05 value). From the value of the Pearson correlation test, it is known that the significance value of -0.827 > 0.05 between the two variables can be said to be a relationship between the self-regulation variable (X) and narcissistic tendency (Y) which means that the relationship is strongly correlated and has a negative effect.

Indonesia

Introduction

In the digital era, millennials are aged 18-24 years and are commonly referred to as Gen Z or Generation Z (Adityaputra & Salma, 2022). According to Hurlock (2014), this age group falls into the early adulthood developmental phase. The Central Bureau of Statistics (2018) defines Generation Z as largely consisting of the productive population in this era. This includes students in grades X to XII, who, upon entering late adolescence, experience psychological processes in exploring identity, seeking independence, finding life purpose, and developing intimate relationships as they transition from late adolescence to early adulthood. Digital technology is commonly used by most millennials to access social media in fulfilling their lifestyle needs. Each social media application has its own unique features and facilities (Afdal et al., 2019; Sandjaja & Syahputra, 2019; Syahputra et al., 2024).

Currently, individuals rely more on social media life, which increases intensity and may disrupt the optimal achievement of developmental tasks. The level of intensity in each individual varies due to differences in personality characteristics. According to Dorland (Lestary, 2019) personality is a combination of traits that tend to remain stable and consistent within an individual. Personality can be classified into various types based on similar characteristics, such as narcissistic personality, which is marked by arrogance, a tendency to attract attention to oneself, and a sense of entitlement (Nasri et al., 2024). Believing themselves to be superior makes individuals feel dominant, disregard the feelings of others, and seek attention and recognition.

In social relationships, narcissistic tendencies can affect interactions with family, school, and peers (Nurhartanti et al., 2024; Purnomo et al., 2024). In the long term, this may hinder individuals from developing social skills, building effective interpersonal relationships, and even triggering deviant behaviors. According to Miller & Campbell (Pratiwi, 2020) narcissism is the tendency to interact with others in an antagonistic manner, such as being manipulative, insensitive, uncooperative, and prone to anger. Individuals with high self-regulation skills understand their behavior and its consequences. Conversely, those with low self-regulation skills struggle to control their actions and behaviors

At this stage, individuals find it difficult to make decisions about their actions. According to (Hurlock, 2015), during early adolescence, individuals are required to adapt to physical and psychological changes and accept these changes as an integral part of themselves. Given these changes, individuals are expected to independently manage their personal issues both physically and mentally, which is part of self-regulation. Research by Gámez-Guadix et al. (Adityaputra & Salma, 2022) indicates that a lack of self-regulation plays a significant role in maintaining internet addiction. Additionally, narcissistic tendencies are often caused by an inability to manage or control oneself, a concept known as self-regulation. Beck et al. (Widiyanti et al., 2017) found that narcissistic individuals tend to believe they are special and deserve better treatment than others, making them less adaptable to their surroundings.

Woolfolk (2016) defines self-regulation as the ability to manage and control thoughts, behaviors, and emotions to achieve specific goals. Any form of failure in an individual often results from poor self-regulation. Bauer & Baumeister (Manab, 2016) describe self-regulation as a crucial personality process that enables individuals to control their thoughts, emotions, impulses, and desires in response to external stimuli, ensuring alignment with their goals and aspirations..

The ability to manage oneself including planning, directing, asserting, and monitoring one's behavior is a reflection of good self-regulation. An individual with effective self-management encompasses physical, cognitive, emotional, and social aspects that align with moral values and societal norms, ultimately leading to goal achievement. Baumeister et al. (Manab, 2016) urther explain that self-regulation involves planning, directing, and monitoring behavior to align with specific goals. It also includes the ability to generate thoughts, emotions, and actions that conform to societal values, morals, and rules. Furthermore, self-regulation is a continuous adaptive ability essential for achieving personal goals.

Method

This study employs a quantitative approach involving students from the Vocational High School of Health Analysis and Chemical Analysis. The sample consists of 70 students, determined using the Slovin formula. Data collection in this study was conducted through a questionnaire with predefined statements and multiple-choice responses in the form of a scale. The questionnaire, distributed via Google Forms, consists of a self-regulation instrument with 17 items and a narcissistic tendency instrument with 24 items, developed by Sugiyono (Arikunto suharsimi, 2019).

The validity of the research instrument was tested using a significance approach. The obtained significance value was 0.2352, which is greater than the commonly used threshold of 0.05 ($\alpha = 5\%$). This indicates that the instrument items are valid, meaning they are capable of measuring the intended constructs accurately. A significance value greater than 0.05 in the context of item-total correlation or validity testing suggests that the items are not significantly different from the overall construct and therefore can be retained.

In addition to validity, the reliability of the instruments was also tested using Cronbach's alpha, a statistical measure of internal consistency. For the Self-Regulation variable (X), the Cronbach's alpha coefficient was found to be 0.856, while for the Narcissistic Tendency variable (Y), the coefficient was 0.935. Both values are well above the minimum acceptable threshold of 0.7, indicating that the instruments possess excellent reliability. A reliability coefficient between 0.8 and 0.9 is generally considered good, and values above 0.9 indicate outstanding consistency among the items within the scale.

These results confirm that the instruments used in the study are both valid and reliable, thereby ensuring the accuracy and consistency of the data collected. As a result, any further analyses such as correlation tests or hypothesis testing can be interpreted with greater confidence, knowing that the measurement tools are psychometrically sound. This strong measurement foundation strengthens the credibility of the study's findings regarding the relationship between self-regulation and narcissistic tendencies among students.

Data analysis in this study was conducted using descriptive statistics to determine the level of self-regulation and narcissistic tendency in students, as well as linear regression analysis to test the relationship between the two variables. The results of the analysis showed that most students had a very high level of self-regulation, and there was a significant positive influence between self-regulation and narcissistic tendency.

Research Results

From the data analysis of the study conducted on students of SMK Analisis Kesehatan and Analisis Kimia Tunas Harapan, descriptive data were used to determine the relationship between self-regulation and narcissistic tendencies among students. The total population consisted of 225 students, and after applying the Slovin formula, a sample of 70 students was obtained.

This study involves two variables: the dependent variable (X), which is Self-Regulation, and the independent variable (Y), which is Narcissistic Tendency. The descriptive results are presented in the table below:

Table 1. *Frequency Distribution and Percentage of Self-Regulation*

Interval	Category	F	%
17 – 26	Very Low	0	0%
27 – 36	Low	0	0%
37 – 46	Moderat	2	3%
47 – 56	High	8	11%
57 – 66	Very High	60	86%
TOTAL		70	100%

Based on the table above, it can be concluded that out of the 70 respondents from SMK Tunas Harapan, there were no students (0%) in the very low or low self-regulation categories. In the moderate category, there were 2 students (3%), in the high category, there were 8 students

(11%), and in the very high category, there were 60 students (86%). The total number of respondents was 70 students, representing 100%. The table indicates that, in general, the level of self-regulation among students falls into the **very high category.**

The following is the frequency distribution and percentage of the (Y) variable, narcissistic tendency, as shown below:

Table 2. *Frequency Distribution and Percentage of Narcissistic Tendency*

Interval	Category	F	%
24 – 37	Very Low	1	1%
38 – 51	Low	27	39%
52 – 65	Moderat	20	29%
66 – 79	High	15	21%
80 – 93	Very High	7	10%
TOTAL		70	100%

Based on the table above, it can be concluded that out of the 70 respondents from SMK Tunas Harapan, 1 student (1%) fell into the very low narcissistic tendency category, 27 students (39%) were in the low category, 20 students (29%) were in the moderate category, 15 students (21%) were in the high category, and 7 students (10%) were in the very high category. The total number of respondents was 70 students, representing 100%. The table indicates that, in general, the level of narcissistic tendency among students falls into **the low category.**

From the obtained data, a prerequisite analysis test is required, namely the Normality Test and Linearity Test, to determine whether the data used follows a normal distribution or not.

conducted on students of Health Analysis and Chemical Analysis at Tunas Harapan using the Kolmogorov-Smirnov test through SPSS Statistics 25, as described in the following table:

Table 3. *Descriptive Significance* \

Variable	Sig.	K-S(Z)	Description
X	0,200	0,074	Normal
Y	0,200	-0,087	Normal

Based on the Normality Test results using SPSS Statistics 25, the significance value was found to be 0.200 > 0.05, indicating that variables X and Y follow a normal distribution. In decision-making, data is considered normally distributed if the significance value is greater than 0.05; thus, it can be concluded that the data meets the criteria for normal distribution. For the next test, the researcher conducted a Linearity Test to determine the nature of the relationship between the variables. The linearity test was used to assess whether the self-regulation variable is related to the narcissistic tendency variable through the Deviation from Linearity test, as presented in the following table:

Table 4. *Descriptive linearity*

Variable	F	Sig.	Description
XY	1,184	0,307	Linear

Based on the Linearity Test results using SPSS Statistics 25, the significance value between the Self-Regulation variable and the Narcissistic Tendency variable was found to be 0.307, with a frequency value (F) of 1.184. Since the significance value exceeds 0.05, it indicates that the assumption of linearity has been met. According to the decision-making criteria in linear regression analysis, if the significance value is greater than 0.05, the relationship between the two variables can be considered linear. This finding suggests that the relationship between self-regulation and narcissistic tendency follows a linear pattern, allowing for further statistical analysis using parametric tests such as the Pearson correlation.

Tabel 5. *Descriptive Correlation*

Self-Regulation	Pearson Correlation	1	-0,827[*]
	Sig. (2-Tailed)		0,012
	N	70	70
Narcissistic Tendency	Pearson Correlation	-0,827[*]	1
	Sig. (2-Tailed)	0,012	
	N	70	70

Following the confirmation of linearity, the researcher proceeded with hypothesis testing using the Pearson correlation test in SPSS Statistics 25. The Pearson correlation test was chosen to determine the strength and direction of the linear relationship between the independent

variable (self-regulation) and the dependent variable (narcissistic tendency). This statistical test yields a correlation coefficient (r), which ranges from -1 to +1. A positive value of r indicates a direct relationship, meaning that as self-regulation increases, narcissistic tendency also increases. Conversely, a negative r value suggests an inverse relationship. The closer the value of r is to ±1, the stronger the relationship between the variables. In addition to the coefficient value, the test also provides a significance (p-value) to assess whether the correlation is statistically significant. The results of the Pearson correlation analysis are presented in the following table:

correlation test results, the significance value was found to be   - 0.827 > 0.05, indicating that there is a correlation between variables X and Y. From the table above, the presence of positive or negative values suggests that the relationship between these variables is negative. For the next test, the researcher used JASP software to obtain a descriptive data distribution in the form of scatter plots, as shown below

Descriptive Scatter Plots Gender
Picture 1
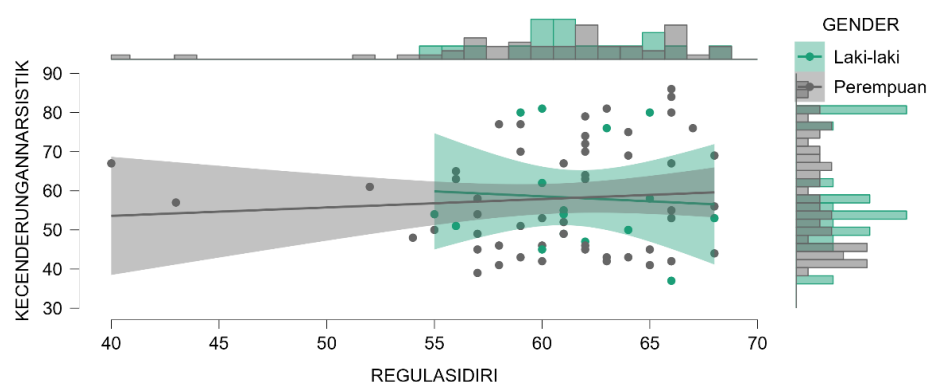
Based on the scatter plot presented above, the relationship between Self-Regulation (X-axis) and Narcissistic Tendency (Y-axis) is visually depicted, with data further analyzed by gender categories—Male and Female. The scatter plot provides a graphical representation of the distribution pattern of the data, enabling the identification of trends and differences across gender groups. From the visual analysis, it is evident that there is a general linear relationship between Self-Regulation and Narcissistic Tendency among the students. The points tend to align along an upward trajectory, suggesting a positive association between the two variables.

Furthermore, when gender is taken into consideration, differences in the pattern and spread of data can be observed. Among male students, the data points appear more concentrated, indicating a relatively consistent relationship between self-regulation and narcissistic tendencies. In contrast, the distribution among female students shows a wider dispersion, which may suggest greater variability in how self-regulation relates to narcissistic tendencies within this group. The regression lines for each gender also differ slightly in slope and intercept, which further supports the possibility of gender-based variations in this relationship.

Overall, the results of the scatter plot analysis reinforce the finding that self-regulation is positively associated with narcissistic tendency. This means that students with higher levels of self-regulation tend to exhibit higher levels of narcissistic traits. This pattern is consistently found across both male and female students of SMK Analisis Kesehatan dan Kimia Tunas Harapan, although the strength and consistency of the relationship may vary. These findings highlight the importance of considering individual differences, such as gender, when examining psychological constructs like narcissism and self-regulation. They also suggest that efforts to foster self-regulation skills among adolescents may need to take into account the potential for both adaptive and maladaptive outcomes, depending on the context and personal characteristics of the individuals involved.
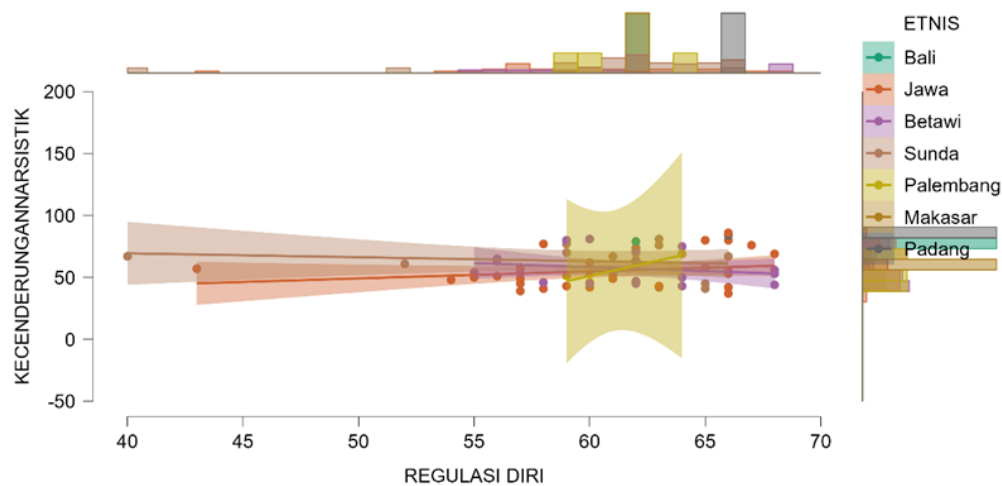

Figure 2. *Descriptive Scatter Plots Etnis.*

The scatter plot results above illustrate the relationship between Self-Regulation (X-Axis) and Narcissistic Tendency (Y-Axis), with data analyzed based on ethnicity, including Balinese, Javanese, Betawi, Sundanese, Palembang, Makassarese, and Padang. In general, there is a relationship between Self-Regulation and Narcissistic Tendency across various ethnic groups, with some differences in data distribution and regression among different ethnicities. This study indicates that the higher the Self-Regulation score, the higher the Narcissistic Tendency among students at SMK Analisis Kesehatan dan Kimia Tunas Harapan. Each ethnicity is represented by different colors in the scatter plot, and the legend on the right side of the image provides a description of the ethnic groups corresponding to each color.

Discussion

The study conducted at SMK Analisis Kesehatan and Analisis Kimia Tunas Harapan aims to measure the relationship between Self-Regulation and Narcissistic Tendencies. The research subjects consisted of 70 respondents who belong to a broad social environment, as they are part of the millennial generation, which largely has a strong sense of existence and expresses itself through social media platforms such as Instagram, Twitter, Facebook, TikTok, Skype, etc. Individuals who are excessively obsessed with themselves by posting pictures of themselves, their education, work, finances, and daily activities tend to develop narcissistic tendencies, Sari (2021). The results of Magfiroh et al. (2024) research show that phubbing behaviour affects social interaction in adolescents.

Narcissistic individuals often showcase their personal lives on social media to gain attention from others, which can become a social issue. These issues arise when individuals display different abilities, believe they have a significant influence on something, or perceive their abilities as the most correct in public, all to receive praise and attention. At this stage, individuals strive to fulfill one of their essential needs: self-actualization, which involves fully developing themselves, realizing their potential, and gaining recognition from others (Muslimin et al., 2019).

Field research findings indicate that students with narcissistic tendencies perceive themselves as having high self-values on social media. This influences their self-esteem and encourages them to regulate their actions accordingly. This phenomenon is particularly notable among millennials and can become an aspect that should be carefully managed. Pratiwi (2020) found that the higher an individual's self-esteem, the lower their level of narcissistic tendencies in social media usage.

The study conducted at SMK Analisis Kesehatan and Analisis Kimia Tunas Harapan revealed a negative relationship between Self-Regulation and Narcissistic Tendencies. The findings indicate a significant correlation between Self-Regulation and Narcissistic Tendencies among students. This hypothesis is supported by Laeli et al., (2018) who found that high self-control and self-esteem play an important role in influencing students' narcissistic tendencies in social media use. This research is also supported by Sesva et al. (2022) which found that there was a significant influence of social media addiction on students' narcissistic behavior. Therefore, self-regulation is crucial for managing and improving oneself towards positive goals. Strong self-regulation promotes various successes, particularly for teenagers during their growth and developmental stages, Manab & Tahimu (2022). This hypothesis suggests that increasing Self-Regulation can reduce Narcissistic Tendencies among students. Putri (2024) found that emotional regulation influences suicidal tendencies by 83.8%.

The data indicates a positively skewed distribution toward higher levels of self-regulation, which implies that self-regulatory competencies are highly developed among this group of students. This may be reflective of several contributing factors. First, it is possible that the school environment particularly if it emphasizes discipline, responsibility, and academic structure plays a significant role in shaping students' ability to self-regulate. Second, the high percentage of students in the "very high" category may also be influenced by developmental factors; adolescence is a critical period for the maturation of executive functions, including self-regulation, and students at the vocational high school level may have had more opportunities for applied, real-world decision-making that strengthens this skill.

From a counseling and educational psychology perspective, this finding is encouraging, as self-regulation is a foundational component of student success (Miswanto et al., 2016; Syahputra, 2024). It supports goal setting, emotional control, time management, and perseverance qualities crucial in both academic and vocational contexts. However, it is also important to interpret these results with caution. An overwhelmingly high percentage in the "very high" category may raise questions about the measurement tool's sensitivity or the possibility of social desirability bias, especially if the instrument was self-reported. Students may have responded in a way that reflects how they *wish* to be perceived rather than their actual behavior.

Additionally, the small number of students in the moderate category (3%) indicates that there is minimal variation within the sample, which may limit the ability to detect relationships between self-regulation and other psychological constructs (e.g., narcissistic tendencies) across a full spectrum of self-regulation levels. This suggests a need for more nuanced tools or complementary qualitative data to explore deeper behavioral patterns.

Based on the analysis of the Self-Regulation variable (X), the study found that no students were in the very low or low categories (0%), 2 students (3%) were in the moderate category, 8 students (11%) were in the high category, and 60 students (86%) were in the very high category, with a total of 70 students (100%). This indicates that most students at SMK Analisis Kesehatan and Analisis Kimia Tunas Harapan have a very high level of Self-Regulation. The Pearson correlation test results showed a significance value of -0.827 > 0.05, indicating that the relationship between the Self-Regulation variable (X) and the Narcissistic Tendencies variable (Y) is strong and negatively correlated.

Conclusions

Based on the research findings and discussion regarding Self-Regulation and Narcissistic Tendencies among students at SMK Analisis Kesehatan and Analisis Kimia Tunas Harapan, with a total of 70 respondents, it can be concluded that the relationship between students' Self-Regulation can be categorized as very high, with a percentage of 86% based on the calculated results. The significance value of 0.200 > 0.05 between variables X and Y indicates a normal distribution. The linearity test results showed a significance value of 0.307 with a frequency value of 1.184. Additionally, the Pearson correlation test revealed a significance value of -0.827 > 0.05 between the two variables, indicating that they are correlated. From the table above, the relationship between the variables can be interpreted as negative.

The positive relationship between self-regulation and narcissistic tendency opens up space for further research on the dominant type of narcissism, whether it is adaptive or maladaptive. Further research can also examine the mediating role of other factors such as self-esteem, social support, or life goal orientation. In addition, there is a need to develop instruments that can differentiate forms of narcissism more comprehensively.

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