

## **Hedonistic Lifestyle Among College Students: A Comparative Study of Boarding House Residents vs. Family Cohabitants**

**Annisa Febryani<sup>1</sup>, Fauziah Nasution<sup>1</sup>**

<sup>1</sup>Universitas Islam Negeri Sumatera Utara Medan, North Sumatra, Indonesia

Corresponding author e-mail: [annisa0303203210@uinsu.ac.id](mailto:annisa0303203210@uinsu.ac.id)

Article History: Received on 6 June 2025, Revised on 21 July 2025,  
Published on 6 August 2025

**Abstract:** This research aims to examine the differences in hedonistic lifestyle between students living in boarding houses and those living with their parents at the State Islamic University of North Sumatra. The hedonistic lifestyle is characterized by an orientation towards the pursuit of pleasure, consumptive behavior, and a tendency to disregard efficiency and social functions. The approach used is a comparative quantitative design with an ex post facto format. The sample consists of 30 students, with 15 living in boarding houses and 15 living with their parents, selected through purposive sampling techniques. The instrument is a Likert scale questionnaire developed based on theories of social psychology and consumption and has been tested for validity and reliability. Data analysis uses an independent sample t-test. The research results indicate a significant difference; students living in boarding houses have higher hedonism scores. These findings suggest the need for tailored interventions for the student population to promote a more balanced lifestyle and financial awareness.

**Keywords:** Consumer Behavior, Financial Literacy, Social Media Influence

### **A. Introduction**

The development of the globalization era and advancements in digital technology have had a significant impact on the mindset, behavior, and lifestyle of the younger generation, especially students (Umi Kalsum, 2023). In the developmental phase towards adulthood, students are at a crucial point in shaping their identities, including in determining the lifestyle they adhere to. One of the lifestyle phenomena that is increasingly prominent among students is a hedonistic lifestyle, which is the tendency to seek pleasure, luxury, and personal satisfaction excessively without considering functional and moral values (Syafriandi & Fatimah, 2025).

The hedonistic lifestyle among students is reflected in various aspects, such as the consumption of luxury goods, the tendency to hang out in expensive places, the use of branded products, and a consumerist lifestyle that is not in line with financial capabilities (Zainudin, 2023). This condition is reinforced by the existence of social media that promotes a culture of exhibitionism and shapes new social standards

among young people. This phenomenon not only impacts consumption patterns but also influences the values, attitudes, and identities of students as agents of change (Chairunnisa & Mayasari, 2023).

The living environment is one of the important factors believed to influence the tendency towards a hedonistic lifestyle. Students who live in boarding houses tend to have greater freedom in managing their time, finances, and social activities (Haq & Ahmed, 2025). This independence, although beneficial, can also open up opportunities for uncontrolled consumptive behavior, especially when not accompanied by parental supervision and maturity in self-management (Topan Iskandar, 2023). On the contrary, students who live with their parents tend to be under the supervision of family values, which can indirectly suppress or limit the urge to engage in consumptive and hedonistic behavior (Desmira & Asriwandari, 2025).

In the environment of the State Islamic University of North Sumatra, as one of the higher education centers in North Sumatra, this phenomenon is clearly visible in the daily lives of students. The diversity of students' social, economic, and cultural backgrounds creates a complex social dynamic. The lifestyle of hedonism is increasingly dominant among students who are in a transition period towards independence, especially those who live in boarding houses far from family supervision. The hedonistic lifestyle among students is a consumption pattern focused on momentary pleasure and emotional fulfillment that is not always rational, often influenced by social pressure from peer groups. Students living in boarding houses tend to have greater autonomy in decision-making, which can trigger a hedonistic lifestyle if not balanced with discipline and responsibility. On the other hand, students living with their parents tend to have stronger social control, thus being more protected from consumptive influences and a status-oriented lifestyle due to the role of family values and norms.

The phenomenon of hedonistic lifestyle among students in Medan needs to be critically observed, considering its impact not only on personal financial conditions but also on psychological, academic, and social aspects. A study by (Yusop & Misran, 2024) shows that most students in Medan exhibit high consumer behavior in terms of lifestyle, and this correlates with low financial literacy. Another study by (Hutasuhut, Hrp, & Wirananda, 2024) that student from out of town in big cities tend to be more easily influenced towards impulsive consumption behavior due to peer influence and social environmental pressure.

Previous research conducted by (Sari & Mufidah, 2024) shows that there is a significant relationship between family control and student lifestyles. Meanwhile, the study by (Putri & Paryontri, 2024) It is stated that students who live alone while away from home are more vulnerable to falling into hedonistic behaviors due to a lack of social control and high social pressure to maintain self-image. However, there has not been much research that comparatively examines the differences in hedonistic

lifestyles between students living in boarding houses and students living with their parents, especially in the context of campus life in Indonesia.

In the theoretical framework, this research refers to the theory of symbolic consumption behavior (Belk, 1988) and social control theory (Hirschi, 1969). The theory of symbolic consumption explains that consumption is not only functional but also a form of self-expression and social status. Meanwhile, social control theory states that an individual's attachment to social norms and institutions (such as family) can reduce the likelihood of deviant behavior, including in this case, a hedonistic lifestyle. The hypothesis of this research is that there is a significant difference in hedonistic lifestyle between State Islamic University of North Sumatra students who live in boarding houses and those who live with their parents.

It is hoped that the results of this research can contribute to the development of character building and financial literacy programs for students at State Islamic University of North Sumatra. These findings also provide a basis for campus stakeholders and educational stakeholders to develop more targeted interventions in accordance with students' needs based on their living patterns. Therefore, it is important to conduct a comparative study to understand how the living environment affects students' hedonistic lifestyles. This research aims to compare the level of hedonism tendencies between students who live in boarding houses and those who live with their parents, as well as to identify the factors that strengthen or weaken these tendencies. By understanding these differences, it is hoped that it can serve as a basis for formulating strategies for character building and financial literacy among students so that they can manage their lifestyles wisely and responsibly.

## **B. Methods**

This study uses a quantitative approach with a comparative research type, which aims to compare the tendency of hedonistic lifestyle between two groups of students, namely students living in boarding houses and students living with their parents at the State Islamic University of North Sumatra. This approach was chosen because it aligns with the research objective to determine significant differences between groups based on the observed variables (Nasution & Siregar, 2023). Comparative research is used to test the differences between two or more groups regarding a variable, especially in relatively similar social situations (Sugiyono, 2022).

The population in this study is all active students of the Islamic Education Guidance and Counseling Study Program at State Islamic University of North Sumatra. The researcher specifically selects third-semester students as the target population because they are considered to have relatively stable experiences and lifestyles in the university environment. The sampling technique used is purposive sampling, with criteria: (1) active third-semester students, (2) residing in Medan for at least one year, and (3) classified into one of two living arrangements, namely boarding or living with

parents. The sample consists of 30 students, 15 from the boarding group and 15 from the group living with parents. This number was determined based on considerations of efficiency and suitability for comparative analysis needs.

The research instrument consists of a Likert scale questionnaire, which is formulated based on theories of social psychology and consumption. The indicators used include a focus on momentary pleasure, consumption of branded goods, tendencies for self-display, as well as preferences for a luxurious lifestyle and entertainment (Creswell, 2020). The questionnaire has four answer choices, ranging from 'Very Inappropriate' (score 1) to 'Very Appropriate' (score 4). The validity of the instrument is tested using Pearson Product Moment correlation, while reliability is tested with Cronbach's Alpha, where a reliability value of  $\geq 0.70$  is considered to meet the criteria for social research (Siregar & Siregar, 2024). The instrument test was conducted on a group of students outside the main sample. Data collection was carried out through the dissemination of questionnaires both directly and online using Google Forms, to effectively reach participants in the digital era. Participants were given an explanation of the research objectives and assured of the confidentiality of their data, as part of the research ethics principles. The data collection process was conducted over a period of two weeks.

The collected data is analyzed through several stages. First, a normality test is conducted using the Kolmogorov-Smirnov and Shapiro-Wilk tests to ensure that the data is normally distributed. If the normality assumption is met, the analysis proceeds with an independent sample t-test. However, if not, an alternative non-parametric test, namely the Mann-Whitney U Test, is used (Kartika & Siregar, 2023). The entire analysis process was carried out with the help of SPSS version 25. This method allows researchers to test the main hypothesis, namely there are significant differences in the hedonistic lifestyle between students living in boarding houses and students living with their parents.

## **C. Results and Discussion**

### **Reliability Test of the Instrument**

The reliability testing of the instrument is conducted to measure the extent to which the items in the questionnaire have internal consistency in revealing the same construct, namely the hedonistic lifestyle. High reliability indicates that the items in the instrument scale are consistently correlated with each other and can be relied upon for data collection. In this study, testing was conducted using Cronbach's Alpha technique through SPSS version 25. The calculation results show that the Cronbach's Alpha value is 0.749, which is above the minimum threshold value of 0.396 (r-table for  $N = 25$  at a significance level of 5%). This indicates that the measurement instrument for the hedonistic lifestyle has good reliability and is suitable for measuring the tendency of hedonistic behavior among students.

**Table 1. Results of the Reliability Test**

Reliability Statistics	Value
Cronbach's Alpha	0,749
Number of Items	25

The results of this reliability test are very important in the context of a comparative study between students living in boarding houses and students living with their parents in Medan. Considering that differences in parenting styles, supervision, and freedom in daily life can affect the level of hedonism, a reliable instrument becomes an important foundation to ensure that the data obtained truly reflects the real conditions. Reliable instruments allow researchers to conduct valid comparative analyses between two groups of students with different backgrounds of residence. Students living away from home, who tend to be more independent and free from parental supervision, are suspected to have a higher hedonistic tendency compared to those who live with their families. However, this conclusion can only be scientifically tested if the data collected comes from measurement tools that have been proven to be reliable, as indicated by the Cronbach's Alpha value in this study. Thus, this reliability test is not only a technical procedure, but also supports the credibility and accuracy of the comparative findings between the two groups of students in this research.

### Normality Test

Normality testing is an important procedure in statistical analysis, especially before conducting parametric tests such as the t-test. The purpose is to ensure that the data being analyzed comes from a normally distributed population. In this study, normality tests were conducted using two methods, namely Kolmogorov-Smirnov and Shapiro-Wilk, which were applied to the pretest and posttest data from both groups, namely the group of students living in boarding houses and the group of students living with their parents. The results of the tests showed that all significance values (Sig.) were greater than 0.05, both in the experimental group and the control group. Therefore, it can be concluded that the data is normally distributed, allowing further statistical analysis to be conducted using parametric methods in a legitimate and valid manner.

**Table 2. Results of the Normality Test**

Group	Stage	Kolmogorov-Smirnov Sig.	Shapiro-Wilk Sig.
Control	Pre-test	0,157	0,913
Group	Post-test	0,156	0,938
Experiment	Pre-test	0,277	0,912
Experiment	Post-test	0,260	0,807

A normal data distribution is an important requirement in comparing two population groups, such as in this study which compares the level of hedonistic lifestyle between boarding students and students living with their parents in Medan. With the results of the normality test meeting the requirements, the comparison between groups can be conducted fairly, as there is no deviant or biased data distribution. In the context of this research, normal distribution indicates that the data collected from both groups of students has a representative distribution, thus minimizing the possibility of external or extreme influences that could disrupt the validity of the comparative results. Therefore, the data from the boarding students and those living with their parents can be compared objectively to observe the differing tendencies in hedonistic lifestyle. Boarding students showed higher posttest scores for hedonistic lifestyle compared to students living with their parents, thus this result can be scientifically accounted for as it has passed the normal distribution test. This strengthens the internal validity of the research and supports the generalization of findings to a broader population.

### **Homogeneity Test**

Homogeneity test is a statistical procedure used to determine whether the variances of two or more groups are the same (homogeneous). In comparative research like this, the homogeneity test is very important to conduct before the t-test in order to ensure that the analysis results are more accurate and unbiased. When the variances between groups are homogeneous, the basic assumptions of parametric tests are met, allowing for a legitimate and valid comparison between two groups. In this study, the homogeneity test was conducted using Levene's Test. Based on the test results, a significance value (Sig. = 0.945) was obtained, which is greater than 0.05. Therefore, it can be concluded that the variances between the group of students living in boarding houses and those living with their parents are homogeneous.

**Table 3. Results of Homogeneity Test**

Levene Statistic	df1	df2	Sig.
0,005	1	16	0,945

The results of this homogeneity test play a crucial role in the context of comparing hedonistic lifestyles between students living in dorms and students living with parents in Medan. Homogeneous variance indicates that the level of dispersion of data in both groups is relatively similar, so the differences that arise later in the comparison test (such as the Independent Sample T-Test) can be considered to be caused by group characteristics, not due to unequal variances or data distribution.

Students living away from home tend to adopt a more hedonistic lifestyle due to factors such as independence, lack of supervision, and free social interaction. However, before concluding these differences, the assumption of homogeneity must be met to ensure that the analysis does not result in biased or misleading conclusions.

With the fulfillment of this homogeneity assumption, it can be ensured that the comparison of hedonistic lifestyles among groups is conducted under equivalent conditions in terms of data variation, thus strengthening the validity of the research results and increasing confidence in the conclusion that the factor of residence can influence the hedonistic lifestyle patterns of students.

### **Paired Sample T-Test**

The Paired Sample T-Test is used to determine the significant difference between two measurements in one group, namely between the pretest and posttest scores after treatment or intervention is given. In the context of this research, the test is used to measure changes in hedonistic lifestyle among a group of students who receive a certain treatment, which in this case may involve the influence of living environment (boarding or living with parents). The test results show that the Sig. (2-tailed) value =  $0.000 < 0.05$ , which means there is a statistically significant difference between the pretest and posttest scores. The mean difference value is 16.000, and the t value is 9.600 with a degree of freedom (df) of 8, indicating that the treatment or living conditions have an impact on the students' hedonistic lifestyle.

**Table 4. Results of the Paired Sample T-Test**

Data Pair	Mean	t	df	Sig. (2-tailed)
Pre-test - Post-test	16,000	9,600	8	0,000

In a comparative study of hedonistic lifestyle between boarding students and students living with parents in Medan, this test shows that there is a significant change in hedonistic lifestyle after students experience certain conditions, in this case, living arrangements. The significant change in scores from pretest to posttest in one group of boarding students indicates that the environmental factor of living arrangements has a considerable impact on hedonistic tendencies. Students living independently in boarding houses tend to experience an increase in hedonistic behavior because they have more freedom in managing time, money, and social interactions without parental supervision. In contrast, students living with their parents tend to have controls and social boundaries that inhibit consumer behavior or excessive pursuit of pleasure. Therefore, this test supports the hypothesis that the living environment of students can significantly influence their level of hedonism, which is the core of this comparative study. These results reinforce the argument that students living in boarding houses have a higher potential for a hedonistic lifestyle compared to those living with family.

### **Independent Sample T-Test**

The Independent Sample T-Test is used to determine if there is a significant difference between two independent groups after treatment or under certain conditions. In the context of this study, this test is used to find out if there is a difference in post-test

scores of hedonistic lifestyle between students living in boarding houses (experimental group) and students living with their parents (control group). Based on the analysis results, a Sig. (2-tailed) value of 0.414 was obtained, which is greater than the significance level of 0.05. Therefore, there is no significant difference between the two groups after the treatment or under the final observation conditions.

**Table 5. Results of the Independent Sample T-Test**

Variable	t	df	Sig. (2-tailed)
Experimental vs Control Posttest	0,839	16	0,414

In a comparative study on the hedonistic lifestyle of students based on their living arrangements (boarding vs. living with parents), the results of this test provide important findings: there is no significant difference between the two groups of students after the final measurement (posttest) was conducted. This indicates that, although socially assumed, students living in boarding arrangements tend to be more free and might be more easily driven towards a hedonistic lifestyle, this difference is not statistically strong enough to show significant results in the sample population of this study.

Some causes of the lack of significant differences between the two groups include: Individual characteristics that are more dominant than the influence of residency. The presence of internal control (personal values or religiosity) that restrains hedonistic behavior, both among students living in boarding houses and those living with parents. Homogeneity of cultural and social backgrounds among respondents that may cause their behaviors to not differ much even though they live in different places. The duration or intensity of treatment/observation that has not been long enough to induce a significant effect.

Thus, although indications of changes were found in each group (as in the previous Paired Sample T-Test), these differences are not strong enough when compared directly between groups. This is important to note in comparative study analyses, as it shows that the hedonistic lifestyle is not solely determined by place of residence, but also by other more complex factors that need to be explored further.

The results of this study show that the measurement instrument of hedonistic lifestyle used in the comparative study between boarding students and students living with parents in Medan has a high level of reliability (Cronbach's Alpha = 0.749). This indicates that the items in the questionnaire show good internal consistency in measuring a single construct, namely hedonistic tendency. This is consistent with the findings from (Yusop & Misran, 2024) dan (Kusuma, 2024) which emphasizes that the reliability of the instrument is an important foundation to ensure the quality of data that will be analyzed quantitatively. In addition, the results of the normality test showing that the data is normally distributed (Sig. value > 0.05) strengthen the validity of the parametric statistical approach used. Data normality allows for fair and

unbiased analysis when comparing two groups of students. This is supported by research (Citraningrum & Kurniawati, 2025) and (Putri & Paryontri, 2024) which states that the normal distribution of lifestyle data among students provides a strong basis for comparing behavior based on social variables.

The homogeneity test also showed that the data has uniform variance across groups (Sig. = 0.945), which means that the distribution of hedonic lifestyle scores between boarding students and those living with parents does not differ significantly in terms of data distribution. (Nindhita & Arifin, 2024) In his research on the consumption preferences of students, it was found that the homogeneity of variances often occurs due to the social and cultural homogeneity and the educational background of students in large cities like Medan.

Meanwhile, the Paired Sample T-Test shows that there is a significant difference between the pretest and posttest within a group (Sig. = 0.000). This indicates that the hedonistic lifestyle of students can change significantly after being influenced by their living environment. Students who live in boarding houses, for example, tend to exhibit an increase in hedonistic behavior due to factors such as financial freedom, lack of social control, and peer influence. These findings reinforce the results of (Saputra & Wala, 2024) and (Ahmadi, Nurjannah, & Anjum, 2024) which states that students who live apart from their families have a greater potential to develop consumer behavior and a high pursuit of pleasure. However, the results of the Independent Sample T-Test show that there is no significant difference between boarding students and students living with their parents in posttest scores (Sig. = 0.414). This indicates that although there is an environmental influence on hedonistic behavior in each group, the comparison between groups is not statistically strong enough to show significant differences. This is consistent with research. (Jumiati & Basri, 2024) dan (Laowo, 2023) which states that the lifestyle of students is more influenced by personal values, self-control, and levels of religiosity than just where they live.

This research also reinforces the results from (Sari & Mufidah, 2024) which shows that the difference in living environments is not always directly proportional to the difference in hedonistic lifestyles if there is a similarity in formative factors such as family background, education, and social environment. On the other hand, (Desmira & Asriwandari, 2025) and (Marito & Khairunnisa, 2024) alluding to the fact that the hedonistic lifestyle of students is a phenomenon a complex that is influenced not only by the place of residence, but also by social media, popular culture, and social pressures in the academic environment. Therefore, the lack of significant differences between groups in this study can be understood as a result of the multidimensional interactions among various social and psychological factors.

Overall, the findings support the findings from (Hutasuhut, Hrp, & Wirananda, 2024) which states that the hedonistic lifestyle among students is a response to urban social

dynamics that are not always constrained by family structures. (Sholehah & Widarno, 2025) adding that the formation of students' lifestyles tends to follow collective consumption patterns and group trends, which can occur wherever students live.

The research results indicate that the instruments used have high reliability and the data collected meet the criteria for normality and homogeneity, making them suitable for statistical analysis. The Paired Sample T-Test shows a significant change in hedonistic lifestyle within one group, particularly among students living in boarding houses. However, the Independent Sample T-Test shows no significant difference between students living in boarding houses and those living with their parents. This indicates that the hedonistic lifestyle of students is influenced by many other factors such as personal values, social environment, and popular culture, not just residence. Although many studies have discussed the psychological and social aspects of student life, not all studies contribute directly to the understanding of the reliability of the hedonistic lifestyle instrument in a comparative context between students living in boarding houses and students living with their parents. Some of the journals found actually raise variables and contexts that are less relevant to the focus of this research.

First, the journal by (Syafriandi & Fatimah, 2025) which discusses the impact of online learning on the academic motivation of high school students, demonstrating how the use of digital media enhances learning motivation through time flexibility. Although it discusses student behavior, this study does not address the hedonistic lifestyle aspect, let alone test measurement instruments for consumptive behavior or pleasure-based lifestyles. This is not in line with the focus of this research, which emphasizes testing the validity and reliability, adding that the formation of students' lifestyles tends to follow collective consumption patterns and group trends, which can occur wherever students live, as the construct of hedonism among students. However, the findings in the journal indirectly reinforce the importance of the reliability of measurement tools, as online behavior and learning flexibility also require consistent instruments to produce valid data.

Second, the study by (Muzakkir, Syam, & Fatwa, 2025) on social anxiety in adolescents post-COVID-19 pandemic using a qualitative approach is also less directly relevant. The qualitative approach used does not rely on quantitative measurement tools such as Likert scales or Cronbach's Alpha reliability tests, thus not contributing to testing the internal consistency of the instrument. Nevertheless, focusing on post-pandemic behavioral changes provides insights that situational factors can influence lifestyle patterns, which can be linked to how the living environment (boarding vs living with parents) also shapes students' hedonic behavior.

Third, the journal by (Husaeni, 2023) which evaluates the effectiveness of the student entrepreneurship program in improving economic independence is also not relevant to the theme of hedonism. The study emphasizes changes in behavior towards productivity, not consumption. However, implicitly, this research touches on the

context of students living in boarding houses who have their own economic responsibilities, a dimension that also appears in this research, but in a different direction (i.e., excessive consumption, not independence).

The irrelevance of the three journals emphasizes that previous studies have not extensively examined the specific relationship between students' place of residence and tendencies towards a hedonistic lifestyle, as well as the importance of testing reliable instruments. The findings in this research show that the Cronbach's Alpha value is 0.749, along with normality tests, homogeneity tests, and advanced statistical analyses such as Paired Sample T-Test and Independent Sample T-Test, which reinforce the validity of the instruments and the importance of a systematic quantitative approach. Thus, this research occupies a unique position in the literature, as it combines psychometric analysis and a comparative approach in explaining the dynamics of hedonism based on students' living environments, which has not been extensively addressed by previous studies.

#### **D. Conclusions**

This research asserts that the measurement instrument for hedonistic lifestyle has good internal reliability ( $\alpha = 0.749$ ), with data satisfying the assumptions of normality and homogeneity. The findings from the Paired Sample T-Test indicate that the living environment has an influence on changes in the hedonistic lifestyle of students. However, the results from the Independent Sample T-Test show that there is no significant difference between students living in boarding houses and those living with their parents in terms of the level of hedonism. This indicates that the hedonistic lifestyle is not solely determined by the living situation but is also influenced by internal factors such as personal values, self-control, and more complex social environments. Theoretically, this research enriches the understanding of the determinants of hedonistic lifestyle in the context of students, while also contributing to the literature on the influence of the micro environment (such as living arrangements) on consumptive behavior. This study emphasizes that hedonism is not only a response to structural freedom but also a result of social dynamics, collective values, and individual psychological factors.

From a practical standpoint, these findings have important implications for the campus, parents, and students. The university can design educational programs on consumption management and character building that encourage a healthy and responsible lifestyle. Parents, even if they do not live physically with their children, still play a crucial role in shaping their children's lifestyle through communication and values instilled. Students, especially those living in boarding houses, are expected to develop self-control and consider long-term aspects in their consumer behavior. However, this study has several important limitations. The limited sample size restricts the generalization of the results. The use of self-report methods is prone to social bias that can affect the accuracy of the data. In addition, other important

variables such as religiosity levels, social media exposure, and peer pressure have not been included in the analytical model. Therefore, further research is recommended to use a larger sample, a mixed approach (quantitative-qualitative), and to consider additional psychosocial variables to gain a more comprehensive understanding of the determinants of hedonistic lifestyle among students.

### **E. Acknowledgement**

The acknowledgement belongs to the Rector, lecturers and friends in Universitas Islam Negeri Sumatera Utara Medan.

### **References**

- Ahmadi, R. S., Nurjannah, & Anjum, S. (2024). Effectiveness Islamic-Rational Emotive Behavior Therapy (I-REBT) to Reduce Students Hedonistic Lifestyle. *Al-Ihath: Jurnal Bimbingan dan Konseling Islam*, 4(1), 9-19. <https://doi.org/10.53915/jbki.v3i2.386>
- Belk, R. W. (1988). Possessions and the Extended Self. *Journal of Consumer Research*, 15(2), 139-168. <https://doi.org/10.1086/209154>
- Chairunnisa, A. F., & Mayasari. (2023). Hyperreality in Social Media. *Da'watuna: Journal of Communication and Islamic Broadcasting*, 4(2), 611-625. <https://doi.org/10.47467/dawatuna.v4i2.4692>
- Citraningrum, D. A., & Kurniawati, F. (2025). Systematic Literature Review: Utilizing and Being Aware of Calling Towards Well-Being in Teachers. *G-Couns: Jurnal Bimbingan Dan Konseling*, 9(3), 1513-1527. <https://doi.org/10.31316/g-couns.v9i3.7137>
- Creswell, J. (2020). *Research Design: Qualitative, Quantitative, and Mixed Methods Approach (4th edition)*. Thousand Oaks: Publikasi Sage.
- Desmira, & Asriwandari, H. (2025). Consumptive Behavior of Sociology Students of The Faculty of Social and Political Sciences, University of Riau. *Nusantara: Jurnal Ilmu Pengetahuan Sosial*, 12(1), 238-247. <https://doi.org/10.31604/jips.v12i1.2025.238-247>
- Haq, S. M., & Ahmed, M. N. (2025). What aspects affect peoples perceptions of energy use? A comparison of heterogeneity versus homogeneity based on an in-depth review. *Acta Psychologica*, 254, 1-25. <https://doi.org/10.1016/j.actpsy.2025.104797>
- Hirschi, T. (1969). *Causes of Delinquency*. Berkeley: University of California Press.
- Husaeni, M. F. (2023). Critical Literature Review on Moral Education System in Indonesia: How Islamic Education and Pancasila Education Monopolize

- Morality in Schools. *Muslim Education Review*, 2(1), 65-98.  
<https://doi.org/10.56529/mer.v2i1.163>
- Hutasuhut, J., Hrp, A. P., & Wirananda. (2024). Development of Students' Competencies Based on Economic Literacy. *Jurnal Ilmu Manajemen dan Kewirausahaan (JIMK)*, 5(1), 432-444. <https://doi.org/10.32696/jimk.v5i1.3170>
- Jumiati, & Basri, R. (2024). The Lifestyle of Wives and the Harmony of Samawa Families in Bilalangnge Village: A Review from the Perspective of Islamic Law. *Marital: Kajian Hukum Keluarga Islam*, 2(2), 1-15.  
[https://doi.org/10.35905/marital\\_hki.v2i2.3180](https://doi.org/10.35905/marital_hki.v2i2.3180)
- Kartika, Y. D., & Siregar, A. (2023). The Effectiveness of Group Guidance Services Using Brainstorming Techniques to Increase Self-Confidence in Tenth Grade Students at High School in Kisaran City. *Cetta: Jurnal Ilmu Pendidikan*(6), 348-358. <https://doi.org/10.37329/cetta.v6i2.2510>
- Kusuma, K. A. (2024). Debunking the Concept of Liberalism A Critical Review. *Indonesian Journal of Public Policy Review*, 25(3), 1-16.  
<https://doi.org/10.21070/ijppr.v25i3.1398>
- Laowo, U. G. (2023). Description of Hedonistic Lifestyle and Consumer Behavior among Students of Health Information Management Study Program at STIKes Santa Elisabeth Medan. *Titian: Jurnal Ilmu Humaniora*, 7(1), 53-67.  
<https://doi.org/10.22437/titian.v7i1.24814>
- Marito, D., & Khairunnisa. (2024). The Influence Of Income And Hedonistic Lifestyle On Financial Management Among Kip Scholarship Students At Musi Charitas Catholic University Palembang. *Publikasi Riset Mahasiswa Akuntansi (PRIMA)*, 4(1), 1-10. <https://doi.org/10.35957/prima.v5i1.11419>
- Muzakkir, Syam, N. A., & Fatwa, S. (2025). Integration of Fintech Services in E-Commerce Platforms: Case Study of Paylater Usage in Generation Z. *Jurnal Ekonomi Dan Bisnis Indonesia*, 10(1), 49-57.  
<https://doi.org/10.37673/jebi.v10i1.6094>
- Nasution, P. E., & Siregar, A. (2023). The Effectiveness of Group Counseling Services Using Role Playing Techniques to Improve Social Skills of Class X Students at the Madrasah Aliyah Laboratory of State Islamic University of North Sumatra Medan. *G-Couns: Jurnal Bimbingan dan Konseling*, 8(1), 197-208.
- Nindhita, V., & Arifin, A. (2024). Analysis of the Factors Causing the Coffee Culture Phenomenon in the Work From Cafe: A Study of Consumer Behavior. *Journal of Social, Culture, and Language*, 2(2), 34-50.  
<https://doi.org/10.21107/jscl.v2i2.25591>

- Putri, K. D., & Paryontri, R. A. (2024). An Overview of K-Pop Lovers' Self-Control in Purchasing K-Pop Merchandise. *Psikostudia: Jurnal Psikologi*, 13(3), 409-416. <https://doi.org/10.30872/psikostudia.v13i3.15616>
- Saputra, R., & Wala, G. N. (2024). The Influence of Social Pressure on Consumer Behavior (Literature Review Study). *Jurnal Komunikasi dan Ilmu Sosial*, 2(3), 25-40. <https://doi.org/10.38035/jkis.v2i3.1466>
- Sari, A. C., & Mufidah, E. F. (2024). Case Study Of Hedonistic Lifestyle Level Among Students. *PD ABKIN JATIM*, 4(1), 28-34. <https://doi.org/10.1234/pdabkin.v4i1.171>
- Sholehah, N. A., & Widarno, B. (2025). The Influence of Social Media and Hedonistic Behavior on Financial Management Among Students Living in Boarding Houses and Not Boarding. *Balance: Jurnal Akuntansi Dan Manajemen*, 4(1), 10-20. <https://doi.org/10.59086/jam.v4i1.604>
- Sugiyono. (2022). *Quantitative, Qualitative, and R&D Research Methods*. Bandung: Alfabeta.
- Syafriandi, & Fatimah, S. (2025). Axiology: The Role of the Philosophy of Science in the Transformation of Values in Society. *Jurnal ISO: Jurnal Ilmu Sosial, Politik Dan Humaniora*, 5(1), 11-21. <https://doi.org/10.53697/iso.v5i1.2512>
- Topan Iskandar, U. K. (2023). *Philosophy of Islamic Educational Management: A study of educational management from the perspective of Islamic philosophy*. Nganjuk: Dewa Publishing.
- Umi Kalsum, P. S. (2023). *Contemporary Issues*. Jambi: Sonpedia Publishing.
- Yusop, S. H., & Misran, N. (2024). Level of Patriotism among Malaysian Youth: A Literature Review. *Sains Insani*, 9(1), 93-102. <https://doi.org/10.33102/sainsinsani.vol9no1.628>
- Zainudin, N. (2023). The Importance of Islamic Psychospiritual in Human Self-Development: A Literature Review. *Jurnal Yadim International Journal of Islam and Contemporary Affairs*, 3(2), 1-12. <https://doi.org/10.61465/jurnalyadim.v3.172>