

## Plus minus Hedonism Lifestyle through Individual Counseling Services between Reality Approaches and Rational Emotive Therapy for Students of SMA Negeri 8 Medan

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### Abstract

*This study aims to determine the effectiveness of the hedonistic lifestyle through individual counseling services between the reality approach and rational emotive therapy for students at SMA Negeri 8 Medan. The type of research used is descriptive qualitative. The subjects in this study were 8 students of SMA Negeri 8 Medan who have a high hedonistic lifestyle. Data collection methods used are observation, interviews, and scale. The results showed that the provision of Reality counseling services can have an effect on increasing students' self-concept. While the application of individual counseling approach to rational emotive behavior therapy to overcome learning difficulties in students. By modifying irrational thoughts into rational ones, more rational emotional and behavioral consequences will be formed. It can be concluded that there are pluses and minuses to the hedonistic lifestyle in students that can affect students' self-concepts.*

### Keywords

hedonism lifestyle; individual counseling services; reality approach; rational emotive therapy



### I. Introduction

Lifestyle is always changing with the times. The increasingly modern life makes many people have a unique lifestyle and have a unique personality. This lifestyle is influenced by environmental factors such as the environment where you live, the school environment, and the environment in the community. A person's lifestyle can also be caused by the rapid development of technology.

The hedonistic lifestyle is a form of expression of experimental behavior possessed by teenagers to try something new. Experimental behavior is still considered reasonable if it does not lead to behavior patterns that are more dominant in the enjoyment of life than learning activities. Hedonism as a phenomenon and lifestyle has been reflected in their daily behavior. The majority of students compete and dream of being able to live in luxury, have fun and hang out at cafes, malls and plazas. Adolescence is a very important period in which teenagers are looking for their identity. Self-identity is an identity that will be carried into adulthood. Individuals at this time are very easily influenced by various things because of curiosity. Teenagers now tend to prefer fun and enjoyment in life. Concern for the surrounding environment is forgotten by momentary pleasures. Teenagers are often depicted as busy dating with a lifestyle that emphasizes physical appearance.

Not all teenagers can adapt to the times. Adolescents are individuals who change easily due to modernization. This is because adolescents are in a transition period from childhood to adulthood which is marked by rapid changes and developments both physically and psychologically.

Based on the results of research conducted by Timartati (2014) shows that the hedonistic lifestyle is influenced by internal factors, namely the desire to be seen as more fashionable and not out of date, while external factors are lack of awareness of the dangers of a hedonistic lifestyle among individuals such as being prone to drugs, drinking hard, and promiscuous. Furthermore, the results of research by Dauzan & Anita (2012) show that the impact of the hedonistic lifestyle is converging on 4 things, namely, (1) decreased motivation and learning achievement, (2) changes in lifestyle to become materialistic, (3) changes in mindset to become pragmatic and apathy, and, 4) choose excessive activities, immoral and negative behavior, eventually falling into night life, promiscuity and drugs.

Furthermore, based on the implementation of the Integrated Field Experience Program (PPLT) activities at SMA Negeri 8 Medan, some students were less able to control themselves. They seem to make the school "just a school", meaning they don't really care about their education, the most important thing for them is to be famous at school and outside of school. Even during teaching and learning activities they are just busy with their gadgets, to take pictures, and see the latest fashions from online shops. Some of them skip school, just to participate in photo hunting activities, so that the photos uploaded on their social media are more interesting and make them more admired by their friends. They even dare to upload vulgar photos just for mere existence.

Various efforts have been made to overcome this, such as advising students in the form of guidance and counseling, giving corporal punishment, and even calling parents. However, these efforts have not been able to overcome these problems optimally. Therefore, researchers want to try to maximize counseling guidance with one of its services to overcome these problems. In this study, researchers used individual counseling services.

These problems certainly cannot be left alone, because they will affect the behavior of teenagers in the future. Therefore, the role of the BK teacher is very important because it is needed to direct, guide, and assist students in dealing with these problems at school. Based on the above background, the researcher is interested in conducting a study with the title "The Effectiveness of Hedonism Lifestyle Through Individual Counseling Services Between Reality Approaches and Rational Emotive Therapy on Students of SMA Negeri 8 Medan"

## **II. Review of Literature**

### **2.1 Hedonism Lifestyle**

Lifestyle includes a set of habits, views and patterns of response to life, and especially the equipment for living. According to Adler (Trimartati, 2014) that lifestyle is a unique way of each person in striving to achieve the specific goals that have been determined by that person in the particular life in which an individual is located. The hedonistic lifestyle behavior that appears among teenagers today, in addition to changes from modern society, is also believed to be a change in the process of individual development.

Hedonism comes from the Greek, hedone means pleasure, and joy. Hedonism is a lifestyle that makes enjoyment the goal. In general, hedonism means a view of life which assumes that material pleasures and enjoyment are the main goals of life (Dictionary Compilation Team, in Dewojati 2010:16). The main teaching of hedonism is the attainment of pleasure (pleasure) and away from pain (pain), whether pleasure is temporary or eternal,

whether pleasure is physical or spiritual. But the emphasis of hedonism is the notion that emphasizes the fulfillment of physical pleasures.

## **2.2 Individual Counseling**

According to Djumhur (1976: 110) argues that individual counseling is assistance carried out in a face to face relationship (one-on-one relationship) which is carried out by interviews between counselors and clients, the purpose of which is solved through this counseling technique is personal problems.

According to Prayitno and Amti (2004: 288) individual counseling is intended as a special service in a direct face-to-face relationship between counselor and client. In this relationship, the client's problems are observed and efforts are made to resolve them, to the best of their ability. Willis (2010: 35) defines that individual counseling is assistance provided by a counselor to a student with the aim of developing student potential, being able to overcome problems on their own, and being able to adjust positively. Based on some of the definitions of the experts above, the researcher concludes that individual counseling is a form of direct face-to-face relationship between the counselor and the counselee in an effort to provide assistance that aims to alleviate, develop potential, be independent and overcome their own problems positively.

## **2.3 Reality Approach**

The reality approach rests on the main idea that individuals are responsible for their own behavior. Glasser (in Corey 1995: 522) also explains that the reality approach focuses on actions and thoughts that are done now and not on understanding, feelings, past experiences or unconscious motivations. . Furthermore, Glesser (in Corey 1995:522), states that the central task of reality therapy is to create therapeutic engagement with clients, which encourages them to make judgments about their current lifestyle. This assessment allows them to determine how well the behavior they have chosen is working for them. Furthermore, Glesser (in Corey, 2009:269), states that teaching responsibility is the core of reality therapy.

## **2.4 Rational Emotive Therapy**

According to Ellis (in Lumongga, 2011: 175), "rational-emotive is a theory that deals with problems related to individuals as a whole which includes aspects of emotion, cognition and behavior". Winkel (2004: 429) also provides an understanding that rational-emotive is a style of counseling that emphasizes togetherness and the interaction between thinking with common sense, feeling, and behaving and at the same time emphasizing that a profound change in the way of thinking can produce a significant change in the way you feel and feel. behave. So people who experience disturbances in their feelings, must be helped to review the way they think and use common sense.

From the definition above, the writer concludes that rational-emotive counseling is an effort of assistance provided in relation to individuals who emphasize togetherness between thinking and common sense for irrational ideas to become more rational to solve the problems they face in their lives.

### III. Research Methods

The type of this research is descriptive research with a qualitative approach, which is an approach which is also called an investigative approach because the researcher collects data by meeting face to face and interacting with the people who are the research subjects. Qualitative research is natural (naturalistic research) because this research is carried out in natural conditions (natural setting), where researchers conduct interpersonal communication with research subjects to obtain data as they are.

### IV. Results and Discussion

From the data obtained by the researcher, it is known that 8 students fall into the category of a high hedonistic lifestyle. Students who are indicated need to be handled through individual rational emotive and individual reality counseling services.

The results showed that the eight students, namely KM, PA, SA, YN and SS, Z, EN, IS, experienced a decrease in the hedonistic lifestyle. The decline in the hedonistic lifestyle is shown from the scores and percentages obtained by each student after receiving treatment through individual counseling with an emotive rational approach. The eight counselees experienced a gradual decline in the hedonistic lifestyle so that the problems of the hedonistic lifestyle could be minimized through rational emotive individual counseling services.

Armstrong (Trimartati, 2014: 21) says that the hedonistic lifestyle is a lifestyle whose activities are to seek the pleasures of life, such as spending more time outside the home, playing more, enjoying the hustle and bustle of the city, happy to buy expensive things he likes, and always want to be the center of attention. Lifestyle from one individual to another will be different. Lifestyle shows how a person regulates his personal life, public life, behavior in public, and attempts to distinguish his status from others through social symbols. Willis (2010: 35) defines that individual counseling is assistance provided by a counselor to a student with the aim of developing student potential, being able to overcome problems on their own, and being able to adjust positively. Winkel (2004: 429) also provides an understanding that rational-emotive is a style of counseling that emphasizes togetherness and the interaction between thinking with common sense, feeling, and behaving and at the same time emphasizing that a profound change in the way of thinking can produce a significant change in the way you feel and feel. behave. Meanwhile, to provide reinforcement in minimizing the hedonistic lifestyle, the researchers conducted individual counseling with an emotive rational approach which was carried out for three meetings. and behave and at the same time emphasize that a profound change in the way of thinking can produce a significant change in the way of feeling and behaving. Meanwhile, to provide reinforcement in minimizing the hedonistic lifestyle, the researchers conducted individual counseling with an emotive rational approach which was carried out for three meetings. and behave and at the same time emphasize that a profound change in the way of thinking can produce a significant change in the way of feeling and behaving. Meanwhile, to provide reinforcement in minimizing the hedonistic lifestyle, the researchers conducted individual counseling with an emotive rational approach which was carried out for three meetings.

Individual counseling with an emotive rational approach is carried out in several stages. So that the hedonistic lifestyle of students can be reduced/minimized. This is because the counselee changes his irrational beliefs into rational beliefs. This is in accordance with the purpose of rational emotive counseling that was conveyed by Ellis in

Latipun (2011: 79) that counseling aims to form a rational person by replacing irrational ways of thinking. This understanding includes minimizing self-defeating views and achieving a realistic life, a tolerant philosophy of life, including being able to achieve a state of self-direction, self-respect, flexibility, scientific thinking, acceptance of oneself and others.

Among the four counsees who were used as research subjects, those who had a high hedonism lifestyle decreased. The following will be discussed specifically for each counselee when following the counseling process.

#### **a. KM Counselor**

During the counseling process, KM shows a decrease in his hedonism. The results of the pre-test showed that KM got a score of 41, while in the post-test it got a score of 100 or a difference of 59. And if it was a percentage, the decline in the hedonistic lifestyle experienced by SS was 55%.

KM includes people who are open and do not cover anything. There is no hesitation when answering the questions given by the counselor. When the counselor said that KM had a hedonistic lifestyle, at first he didn't admit it. But after being explained, KM began to realize this.

KM revealed and shared that his hedonistic lifestyle emerged because he was used to living with money and his parents paid less attention to him because his parents were always busy. So since KM feels that he prefers to play with friends outside the house, go for a walk, shop at the mall than at home alone.

After doing the first counseling, KM said that he wanted to change by spending less time with his friends. So since KM feels that he prefers to play with friends outside the house, go for a walk, shop at the mall than at home alone. However, in KM there is a desire to gather with parents and their families, therefore with individual counseling the rational emotive approach tries to change the way of thinking and the counselee's point of view in addressing a problem and applying the right solution in everyday life.

#### **b. PA Counselor**

During the counseling process PA shows a decrease in his hedonism. The results of the pre-test showed that PA got a score of 43, while in the post-test it got a score of 102 or a difference of 59. And if it is a percentage, the decline in the hedonistic lifestyle experienced by KM is 54%. KM is an open individual, not hiding anything from the counselor.

PA explained at the beginning that PA admitted that from childhood he was used to experiencing life in everything. PA said that when all the existing facilities could not be used, he was always bored, PA also considered the hedonistic lifestyle necessary so that other people would not underestimate it. However, by attending PA counseling, they change their point of view and mindset so that they are more able to think rationally. Try to control yourself and not depend on people's wealth. PA revealed that the understanding he gained while attending counseling was that a wrong assessment of the hedonistic style would hinder the social interactions of those around him, especially among friends, which could damage good relations. PA feels happy because he gets a new understanding of how to understand a problem.



### **c. SA Counselor**

During the counseling process, SA showed a decrease in his hedonism. The results of the pre-test showed that SA got a score of 43, while in the post-test it got a score of 97 or a difference of 55. And if it is a percentage, the decline in the hedonistic lifestyle experienced by SA is 51%.

The character of SA, who is a bit introverted, requires extra treatment to convince him to reveal his problems. From the counseling results, it is known that SA's hedonistic style is caused by frequent gatherings with people who have a hedonistic style as well, so that he also has a hedonistic lifestyle. After being introduced to the ABC principles in emotive rational counseling, SA got a new understanding that her hedonistic style was caused by environmental influences and was more able to think self-controlled in wanting something, SA tried to change her mindset.

### **d. YN Counselor**

During the counseling process YN showed a decline in his hedonism. The results of the pre test showed that YN got a score of 44, while in the post test it got a score of 94 or a difference of 50. And if it was a percentage, YN's hedonism lifestyle decreased by 46%.

In general, the problems experienced by YN have the same background as PA and KM. YN revealed that his hedonistic lifestyle problem started because his parents had been accustomed to being generous in using money, because it was considered a substitute for parental attention. Therefore, researchers provide counseling with an emotive rational approach to change YN's wrong mindset towards her lifestyle.

At the beginning of the meeting, although YN seemed doubtful about solving the problem, the researcher continued to convince the counselee so that YN was willing to make the counseling goals expected by YN herself.

To strengthen YN and train her to think rationally, the researcher also provides counseling simulations that YN can practice with others in order to reduce the hedonistic lifestyle. From the aspect of feeling YN admitted that she felt relieved and happy when the problems she was experiencing could be helped to overcome through individual counseling. Meanwhile, from the action aspect, what YN will do is change a bad understanding of lifestyle by considering whether it is good or bad, important or not, something he wants.

### **e. SS Counselor**

During the counseling process, SS showed a decrease in his hedonism. The results of the pre-test showed that SS scored 38, while in the post-test the score was 55 or a difference of 17. And if it was a percentage, SS's decreased hedonism lifestyle was 15%.

SS includes people who are open and do not cover anything. There is no hesitation when answering the questions given by the counselor. When the counselor said that SS had a hedonistic lifestyle, at first he didn't admit it. But after being explained, the SS began to realize this.

SS also admitted that he had behavior that was not what a student should be. SS admits that he often hangs out with his friends. They feel that going out with friends is more fun than taking extra lessons and so on. SS also told about his family situation. SS is a child of a broken home, so with his status as a celebrity, he is insulted a lot by this situation.

After doing the first counseling, SS said that he wanted to change by reducing hangouts with his friends. In the second meeting, SS said that his method had not worked, so the counselor gave another way, namely by inviting his friends to take additional

lessons. In the third counseling, SS said that the method provided by the counselor had not been fully successful. But SS can reduce the hangout schedule with his friends.

The changes experienced by SS are not as many as changes experienced by other counselees. According to the researcher, the factor that causes SS has not been able to change completely is because SS is very concerned about his existence as a celebrity. SS has not dared to take risks if he changed his lifestyle completely.

#### **f. Z Counselor**

During the counseling process Z showed a decrease in his hedonism. The results of the pre-test showed that Z got a score of 42, while in the post-test it got a score of 80. or a difference of 38. And if it is a percentage, Z's decreased hedonism lifestyle is 34%. Z is an open individual, not hiding anything from the counselor.

The hedonism problem experienced by Z is because Z is very extravagant. Therefore, Z has a desire to change. The desire itself already exists before counseling is carried out. Besides wanting to change his extravagant life, Z also wants to change other people's responses to him, related to what people see on Instagram. Z also already has a way to change this, at the second counseling meeting, this method has started to work. So in this case, the counselor is only tasked with providing reinforcement.

After attending individual counseling three times, Z has made very good changes.

#### **g. EN Counselor**

During the counseling process, EN showed a decrease in his hedonism. The results of the pre test showed that EN got a score of 39, while in the post test it got a score of 75 or a difference of 36. And if it is a percentage, the decline in the hedonistic lifestyle experienced by EN is 32%.

EN's hedonism problem is because EN is a very extravagant person, likes to buy things that are not really needed. EN is also a transfer student from SMA Negeri 7 Medan. EN was transferred from SMA Negeri 7 Medan due to EN dropping out of school very often. The reason EN withdraws from school is because EN is more concerned with his existence in cyberspace. This is also the problem of hedonism experienced by EN.

EN's desire to change began with the way EN himself said, namely by not dropping out of school and starting to think carefully. In the second counseling meeting, this method has started to work. So in this case, the counselor is only tasked with providing reinforcement.

After attending individual counseling three times, EN has had very good changes.

#### **h. IS Counselor**

During the counseling process, IS showed a decline in his hedonism. The results of the pre-test showed that IS obtained a score of 42, while in the post-test it obtained a score of 90 or a difference of 48. And if it is a percentage, the decline in the hedonistic lifestyle experienced by IS is 43%. . Of the four research subjects, IS is a subject that is very good at changing. IS has a very open personality, and is a very easy-going individual. The first time IS was given counseling, at first IS was still hesitant to continue counseling, but after being explained again, IS became convinced.

IS's desire to change is because he wants to focus on studying, especially since he is already in class XII. The IS change can be seen from the way IS changes time to play games into time to sell taichan satay. IS's daily life has changed completely. IS almost never hangout with his friends anymore. After attending individual counseling three times, IS has had very good changes.

From the discussion of each client above, it can be concluded that overall from the eight clients there was an increase in score changes, but this increase can be seen from a hedonistic lifestyle change with an average score difference of 55.75 (51.5%). However, there are still clients who experience changes below 50% (46%), this is because the client is still unable to leave his extravagant habit of using money, this is because from a young age he is used to having his every wish fulfilled and his parents also don't mind always fulfill his wish. The client considers having fun outside the home and having fun as a substitute for his parents' attention.

## V. Conclusion

There are differences in the hedonistic lifestyle that students have before and after receiving individual counseling services with a reality approach. The counselee experienced a decrease in hedonistic lifestyle with the difference between pre-test and post-test. So it can be concluded that individual counseling with a reality approach can reduce the hedonistic lifestyle in SMA Negeri 8 Medan students

There are differences in the hedonistic lifestyle that students have before and after receiving individual counseling services with an emotive rational approach. The counselee experienced a decrease in hedonistic lifestyle with differences between pre-test and post-test. So it can be concluded that individual counseling with an emotive rational approach can reduce the hedonistic lifestyle in class XII IPS-1 Negeri 8 Medan students.

The provision of Reality counseling services can have an effect on increasing students' self-concept. While the application of individual counseling approach to rational emotive behavior therapy to overcome learning difficulties in students. By modifying irrational thoughts into rational ones, more rational emotional and behavioral consequences will be formed.

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