

Implications Of Counseling Guidance On Teenager's Hanging Out Lifestyles

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Info Artikel

Accepted:

November 2024

Published:

December 2024

Abstract

The purpose of this study is to explore interaction patterns, interaction dynamics, adolescent lifestyles, and their implications for guidance services among high school students. This research employs the symbolic interactionism approach, with informants selected using purposive sampling and further identified through a snowball sampling technique. The findings reveal that the observed group of high school adolescents engages in group activities not to showcase themselves on social media. While some members share their activities online, this is not intended to display material possessions or fashion. Instead, these groups assign meaning to their activities by exchanging ideas and sharing the latest information. The study concludes that these groups have significant potential to support guidance and counseling services, particularly through group guidance and group counseling approaches, which align closely with problem-solving techniques.

Keywords: hanging out; lifestyle; group counseling.

Abstrak

Penelitian ini bertujuan untuk mengetahui pola interaksi dan dinamika interaksi, gaya hidup remaja, serta implikasinya terhadap layanan bimbingan di kalangan siswa SMA. Metode penelitian ini menggunakan pendekatan interaksionisme simbolik dengan teknik pemilihan informan secara purposive sampling yang dikombinasikan dengan snowball sampling. Hasil penelitian menunjukkan bahwa kelompok remaja SMA yang diamati memiliki kebiasaan berkumpul dalam kelompok bukan untuk pamer di media sosial. Meskipun beberapa anggota kelompok mengunggah aktivitas mereka ke media sosial, hal tersebut bukan untuk memamerkan status atau penampilan pakaian yang dikenakan. Kelompok remaja siswa SMA yang diteliti memberikan makna pada aktivitas berkumpul sebagai aktivitas pertukaran ide dan informasi baru. Hasil akhir menunjukkan bahwa perkumpulan kelompok siswa remaja ini memiliki potensi besar untuk mendukung layanan bimbingan dan konseling terutama bimbingan kelompok dan konseling kelompok dengan teknik problem solving.

Kata kunci: nongkrong; gaya hidup; konseling kelompok.

INTRODUCTION

The widespread development of coffee shops in Tulungagung has made many Tulungagung people have a new habit of spending time in coffee shops. This habit of hanging out is also supported by coffee shop facilities which attract young people including school children to just pass the time or do their assignments. Apart from that, many school children take advantage of this hanging out moment and immortalize it with selfies in aesthetic coffee shop spots and upload the photos to social media. This is a pleasure for itself when you get good photos with an attractive coffee shop background and can spend hours.

This habit of hanging out previously often occurred in coffee shops, which are often found in Tulungagung, but the presence of coffee shops in Tulungagung is only visited by men, teenager and adults. So with the presence of coffee shop it has now become a new trend for society, not only teenagers but adults also like to spend time together. The existence of a coffee shop that can be used and accessed by anyone, without pressure or marginalization of status, anyone can visit, even women have a place to gather with men. Nowadays, many teenage boys prefer to spend time and gather in coffee shops because coffee shops usually provide smoke-free spaces.

According to the Big Indonesian Dictionary (KBBI), the term hanging out comes from the words *tongkrong* /*tong.krong*/ *me.nong.krong* which means squatting, just sitting around because you are not working, being somewhere. Hanging out is an activity carried out by both teenagers and adults which can be done anywhere, including in coffee shops, which for the people of Tulungagung is a popular friend. The comfort and freedom that coffee shops offer is a special attraction compared to other hangout places. Hanging out at coffee shops has become a lifestyle for people, especially in Tulungagung which has many coffee shops.

Lifestyle underlies a person's behavior in acting and living daily life. Lifestyle (Ugi. 2013) is a pattern of habits and styles of certain social groups in carrying out routine daily social practices in space and time. Piliang (2004) defines lifestyle as a way of life that is identified by how people spend time or activities, what they consider important in their environment (interests), and what they think about themselves and the world around them (opinions). Judging from these two definitions, lifestyle is a social activity carried out to spend time or carry out important activities in the environment and has become a daily habit for society.

Lifestyle is related to the patterns of actions that people carry out to compare one person with another. Lifestyle helps us to understand what people are doing and why they are doing it and whether what they do has meaning for themselves or others (Chaney, 2017:40). The lifestyle that began to emerge from a cup of coffee resulted in the coffee shop becoming an alternative lifestyle that could be accepted, adopted and also improved (Tucker, 2011: 6-7). The various alternatives marketed by coffee shops can enable people to have various new lifestyles, and will even make these new lifestyles part of people's daily lives so that they can lead to productive activities (Heryanto, 2008).

The increasingly entrenched habit of hanging out in coffee shops will influence social behavior in interactions. In the scope of a coffee shop, there is not only hours spent but there is also social interaction. Social interaction is defined as a dynamic social relationship in which the relationship in question can be formed between individuals and groups. Social interactions cannot be avoided and can occur to anyone and anywhere. When social interaction takes place, there are many behaviors that will emerge which will influence a person's lifestyle. The current reality of modern human life shows that everything is easy to do and obtain, especially lifestyle and consumption as a

result of changes and developments over time (Mambela, 2020)

For students, this lifestyle has become a habit, especially since many coffee shops provide attractive places, adequate facilities and menu prices that are affordable for their pockets. The existence of many coffee shops that are easily accessible to students is an alternative for students to take advantage of existing opportunities to gather together (social interaction) with the same interests and goals, so that in the end they will form groups with the same interests and become a lifestyle. This shows that there is a separate way of living life between traditional society and modern society, even though they live it at the same time. Lifestyle is more associated with urban society which is attached to the term consumerist lifestyle which dilutes needs and desires (Adian, 2007)

Dimiyati's (2009) research entitled *Cafe Community as a Lifestyle (Study of Student Motives and Cafe Culinary Construction in Yogyakarta)* concluded that cafe outlets in Yogyakarta can form a cafe community, in which every student can express their form of life.

Either through the construction of a cafe as an object of interest and interest to becoming a lifestyle. In contrast to Dimiyati (2009), this research attempts to describe behavior following explanations related to

how cafe space users bring themselves into the space, so that various roles and behaviors indirectly become part of social needs, and the cafe space they visit is directly or indirectly, it becomes a social stage that displays various roles in it which also define how the person makes themselves an actor in a social drama.

Young people express their self-image by visiting coffee shops, because for some people visiting a coffee shop compared to a simple coffee shop will show their different social status. Therefore, many young people use coffee shops as a way to channel their prestige, when they feel they want to show their social status and role in the surrounding environment (Suryani and Kristiyani, 2021). Researchers conducted short interviews with several teenagers who visited coffee shops. The results of the interviews were that many coffee shops provided an alternative atmosphere and place for them to do their assignments and enjoy time with friends. Apart from that, the coffee shop which has attractive room decorations is also used as a place to exist on social media by uploading photos. There are also some of their friends who say that visiting coffee shops is used as a way to show off to other people, because coffee shops have expensive menus. There are also those who force themselves economically to hang out with friends

because they want to be seen as capable even if they have to go into debt. This shows that many teenagers are trying to present themselves or actualize themselves.

The presence of coffee shops and changes in teenagers' lifestyles also influence student learning activities. Some people use the coffee shop as a place to do individual or group assignments, but there are also those who use it as a place to skip school hours, especially during the pandemic and online school, there are students who skip class and choose to spend time in the coffee shop rather than attending lessons. There are several other negative things, such as forcing oneself to look contemporary and uploading on social media, so that it can be recognized and accepted by the desired group of friends.

Based on this background, the researcher formulated the aim of this mini research to determine interaction patterns and interactional dynamics, teenage lifestyles and the implications of guidance services for high school students on the rise of coffee shops in Tulungagung by highlighting teenage lifestyles and youth actualization media.

THEORITICAL REVIEW

According to David Chaney (2011), lifestyle helps understand (i.e. explain but does not necessarily justify) what people do, why they do it, and whether what they

do is meaningful for themselves or others. According to Nugroho (2008), lifestyle is a way of life identified by how people spend (activities), what they consider important in their environment (interests), and what they think about themselves and the world around them (opinions). There are three characteristics of lifestyle according to David Chaney, namely (1) external appearance, (2) selfhood, (3) sensibility. The use of Lifestyle theory by Plummer (1983) is useful for understanding the new lifestyle of young people who are now interested in making it part of a new habit of coming to coffee shops in Tulungagung. Apart from that, the use of theories that define young people is also useful for understanding the formation of new lifestyles in young people. Apart from creating a new lifestyle, there will be social status that results from the self-image that young people show to the surrounding community

Hanging out culture is a form of cultural diversity in Indonesia. The diversity of cultural forms is seen as attitudes, ways of life, and values within a particular group. This is also understood as a certain activity pattern that has become a habit, namely hanging out. Even though its presence is underestimated, the culture of hanging out still exists as a form of expression of the diversity of society when filling free time such as gathering, chatting,

and even while enjoying certain dishes. On the one hand, the cultural tendency to hang out is visible such a lazy and useless culture, has great potential for reducing stress. Furthermore, the culture of hanging out also plays a role in increasing creativity in thinking and creating.

RESEARCH METHODS

Symbolic interactionism is what symbols and meanings appear to interpret someone's interactions. This approach emphasizes the importance of meaning and interpretation as important human processes as a reaction to behaviorism and mechanical stimulus-response psychology. According to Muhajir (2007), the most basic proportion of symbolic interactionism is that human behavior and interactions can be differentiated because they are displayed through symbols and their meanings. Symbolic interactionism is built on the basis of seven concepts (Muhajir, 2007):

- a. Human behavior has a meaning behind the symptoms.
- b. The use of humanity needs to find its source in human social interaction.
- c. Human society is a process that develops holistically, not separated, not linear and unpredictable.
- d. Human behavior is based on interpretation and goals, not based on mechanical and automatic processes.

Human behavior is purposeful and unpredictable.

- e. Human mental concepts develop dialectically.
- f. Human behavior is natural and creative-constructive, not elementary-reactive, and therefore,
- g. It is necessary to use a sympathetic introspection method, emphasizing an intuitive approach to grasping meaning.

Informants are people who can provide information about the situation and conditions of the research setting. The technique for determining informants in this research uses a purposive sampling technique, namely a sampling technique based on certain objectives (the people selected really have the criteria as a sample). This informant needed to know the conditions that correspond to the phenomenon of the hanging out lifestyle of high school students in Tulungagung. The technique used in selecting informants uses purposive sampling, meaning that the technique for determining data sources is considered first, not random. In this study, researchers have selected two informants who fit the established criteria. This informant selection technique is collaborated with the snowball strategy, which is a method for identifying, selecting and taking samples in a continuous network or chain of relationships. The snowball sampling technique is a sampling method

where samples are obtained through a rolling process from one respondent to another, usually this method is used to explain social or communication (sociometric) patterns in a particular community.

RESEARCH RESULT

The existence of coffee shops is a place that many young people are interested in because cafes provide a comfortable place for customers such as free internet connection, comfortable seating, air-conditioned rooms, delicious menu variations and several interesting aesthetic spots for them to take photos and upload on social media. From here, young people use cafes as a comfortable place to spend time with friends for hours. In general, teenagers like to socialize with friends who are easy to get along with and who have free time. There are various activities carried out in cafes, there are those who do their own work and spend hours, there are play groups who move between cafes to find comfort, and there are those who use the cafe as a stress reliever at home.

Usually young people spend time in cafes after school before the pandemic, just having lunch and killing time while waiting for their tutoring schedule to take place.

During the pandemic, cafes still exist because many teenagers do online school while in the cafe and doing

assignments in the cafe. The researcher asked several people about the benefits and activities carried out while in the cafe, the following are the results of interviews with informants who expressed their opinions regarding the existence of the coffee shop and its benefits for them:

"In my opinion, having a cafe is very beneficial because I get bored easily if I keep doing my assignments at home. So I looked for a comfortable cafe to do my assignments. "I often use cafes to do assignments and come when the cafe is quiet to focus on my assignments. If the cafe starts to get busy, I go look for another cafe." (US/14/10/2023)

"I use the cafe to spend time with friends to chat, gossip and give back. "Even though there are people who play games, we rarely do that, because we prefer to spend time chatting casually." (RA/14/10/2023)

"Cafes for me are an outlet to calm myself from routine by chatting and releasing fatigue from tasks. "Aside from that, sometimes there are also friends of mine who ask me to confide in them, he's a child from a broken home so he prefers to be outside the house, he says he's stressed if he stays at home all the time." (JN/14/10/2023).

The culture of hanging out has become a habit that teenagers cannot let go of because it seems to be a necessity for them. The researcher tried to join a hangout group of high school teenagers and observed for several days to be able to understand and study this group. The hangout group consists of 5 people, 2 women and 3 men. This hanging out group is not from the same school, they are

members of organizations outside the school. The researcher carried out an introduction stage with the group, which began with the researcher's interview. The introduction began by emphasizing that the activities carried out were only limited to research and did not affect other aspects of the youth. The researcher also provided the principle of confidentiality so that whatever the researcher heard would not be shared with anything other than research.

At the first meeting, on Saturday 14/10/2023, the group was still not open and it was a little awkward with the presence of the researcher. The researcher tried to blend in a conversation held by a man who was talking about one of the former members of the organization who had committed suicide. From this topic, the researcher tried to mingle and harmonize the conversation. The group also asked the researchers several questions regarding the reasons why people commit suicide. At this meeting, all members were still awkward, even though they had a little interest but were not yet able to open up. So at this meeting, researchers observed that they often did it distraction by playing smartphone. This meeting only lasted about 2 hours because some of the group members had appointments with people at home and some continued doing their own schoolwork.

At the second meeting, two days later. They gathered again to discuss group assignments from the organization. There were additional groups to discuss assignments so that the group at this second meeting had 8 people. At this meeting, the researcher only observed the activities carried out by the group. Researchers observed several members actively involved in group discussions. There are group members who observe and agree with what their friends say, there are group members who take control of the group to regulate the running of the group. Here the researcher only observes the progress of the group, does not mingle too much because the group is focused on the task. Researchers also observed that the group was very dynamic in carrying out tasks.

At the third meeting, the next day. They gathered again to discuss the assignment for a while and they chatted a lot, the group members were the same as yesterday but 2 people went home and there were 6 people left. In this conversation, they talked a lot about their friends around the organization and talked about their friends at their respective schools. In the conversation, they discussed the habits of their friends at school. One of the female members talked about children which seemed to have been discussed often in the group because they immediately responded and understood who was meant.

The researcher joined in and understood the flow of the conversation which said that his friend liked to upload contemporary styles in good places such as tourist attractions and cafes on social media but actually his real life did not match his style. The researcher tried to explore the opinions of group members by asking what caused them to be like that, this discussion continued with comments from group members, the following were the results of the analysis from group members:

"In my opinion, it's so that you look stylish and want to be praised. If someone comments that it's good or beautiful, they're also happy. "Usually he's like that because he wants to be recognized as equal to his playing friends, so he won't be seen as boring (lack of social interactions)" (JN/20/10/2023)

"Sometimes they force themselves to be the same as their friends, even one of my friends lied about their parents' jobs in front of their friends. Even though I know his parents' jobs are not what they say." (RA/20/10/2023)

"I have a friend who borrows his friend's money to buy drinks at a cafe, and that cafe is not a cheap cafe, the average price is 20-30k Rupiah and above. "Even though she went there by borrowing money, she uploaded it to Instagram and WA stories." (YS/20/10/2023)

"At that time, I felt a little self-conscious when hanging out with my classmates, they wore nice clothes and wore light make-up. Even though I'm just going to a cafe, I admit that I wear the appropriate outfit (clothes, bag and shoes) like someone hanging out at a cafe. Like now, but their appearance is above me. Yes, I understand that they weren't just

hanging out, I was the one who was wrong for agreeing with them, yes, I just wasn't confident, so in the end, when I took the photos, I didn't take part in the photos, I just became a photographer." (LR/20/10/2023)

"Yes, if someone does something like that, it will be detrimental to themselves. As much as possible, don't be like that. If I were a man, I might not think too much about my appearance or other people's views. If you have money, go to a cafe, if you don't have money, go to a coffee shop or angkringan, even ordinary clothes, the main thing is to be appropriate and neat. "But it really can't be compared to going to a cafe to going to a coffee shop where you usually wear a t-shirt, shorts or even flip-flops." (US/10/20/2023)

"But it's different for women, it's a bit complicated for me when choosing clothes, but that's because I just want to look good for hanging out and even if the photo fits well, if there's something good, upload it, if it fits badly, don't upload it." (MS/20/10/2023).

From these conversations and comments, researchers continued to observe what things were said in the group and what activities were carried out. In this observation, the group members were very focused and occasionally someone made an Instagram story showing the group conversation. MS made an Instagram story just to fill in the story because he hadn't uploaded an Instagram story for a long time. The conversation started from 17.00 WIB until almost 20.00 WIB, there were men who took a break to pray and the woman said she was unable to do so.

Sometimes they stay quiet and play on their cellphones and sometimes they continue talking about funny things when they find something on Instagram. And at that moment MS suddenly wanted to tell about his stepmother, because at that time he got a WhatsApp message from his stepmother and MS immediately became in a bad mood. The researcher observed the mood changes experienced by MS, the researcher tried to ask MS and convince MS to trust the researcher and the group. MS, who is a person who is very open about what he is experiencing, also said that his stepmother increasingly controls his life and interferes when his father sends money, even though MS now lives with his mother, his father has an obligation to pay for him until he finishes college according to the agreement during the divorce trial. The other group members said to remain patient and don't be discouraged, the female group members comforted him by giving him a hug saying not to think too much about it. Because it was already 20.00 WIB, they decided to go home after MS finished calming his mood. At the sixth meeting, four days later, namely 26/10/2023. The researcher was again present at the previous group hangout, but this time only 5 people attended. At this hangout, it started with a neutral topic and the one that got more attention was MS because of previous problems. MS is happy again because MS

just agreed to what her stepmother said, who told her not to easily ask her father for money.

The researcher joined in by asking about the condition of the house and his relationship with his father. When MS told the story, he suddenly cried because he wanted to have a good relationship with his father like the others and now that was impossible because his stepmother was there. The other group members just found out what MS wanted. Usually MS only talks about his family's problems and friends who listen give advice not to pay attention and divert to fun things. This meeting starts from 13.00 WIB until 17.00 WIB, because some members have appointments to finally meet up with other friends.

DISCUSSION

In this discussion, the researcher tries to analyze this group. This group is very open to group members who want to join in and mingle in the conversation, this was assessed from the third meeting where there were some who were not from the group who often hang out but they still enjoyed it and did not discriminate. Apart from that, what is most highlighted is that the group dynamics are very open and have almost similar views, even though the men in this group rarely express their feelings. According to Zaltman (1972) in group

dynamics there are forces that take place within the group, these forces aim to provide direction to group behavior. This is proven when a friend confides, another friend gives advice and comforts a friend who is sad.

This group is also not an informal group that exists only because of an outside school organization and is temporary, but they have views and compatibility and understand each other so that this group can last for a long time. Slamet Santosa (2004), group dynamics is an organized group of two or more individuals who have a clear psychological relationship between one member and another; Group members have psychological relationships that take place in situations experienced together. In this sense, the group that the researchers observed was psychologically connected, even though the male members showed more psychological connection by sharing and expressing sad feelings when their female friends told stories.

Regarding the group's lifestyle while hanging out in the cafe, they seemed to be chatting and discussing various kinds of latest things. They talk about friends, talk about funny things they found while looking at Instagram. They also do assignments in cafes and sometimes share experiences and views with friends. According to David Chaney (2011), lifestyle helps understand what people do,

why they do it, and whether what they do is meaningful for themselves or others. Today's modern life makes people consume food outside the home and not just to meet their needs, but can be used as a lifestyle (Harianto et al, 2022)

From the researchers' observations, the group carried out various kinds of activities as shown in the research results. They also used hanging out as a medium to relieve fatigue and boredom from their routine by hanging out with friends. They do too Using cafes as a medium for doing assignments, alone or with friends, they take advantage of cafe facilities such as smooth internet access and the comfort of an air-conditioned room, making them feel at home in the cafe for a long time. Groups also make their activities meaningful by exchanging ideas and the latest information. By gathering like this, they feel relieved because they can meet with friends and not think about the pressure and stress experienced at school or at home.

Lifestyle is an individual's lifestyle which is expressed through interests, opinions and activities (Dewi & Samuel, 2015). Mowen & Minor (2002) define lifestyle as the way a person allocates their time and spends their money. According to Kotler & Keller (2012), lifestyle is a person's attitude towards the results of their interactions and reactions with the world. Of course, the lifestyle of one individual

and another individual must be different, because lifestyle is a dynamic thing. There are two factors that influence lifestyle, namely internal factors and external factors. Internal lifestyle factors can be influenced by attitudes, experiences and observations, personality, self-concept, motives and also perceptions. Meanwhile, external lifestyle factors can be influenced by reference groups, family and social class (Nugraheni, 2003)

Factors that form the background for hanging out activities include the tendency of people nowadays to always take advantage of existing opportunities to gather together for social interaction and will ultimately form groups with the same interests (Estika 2017). This student uses his free time as time (leisure as time), where the free time he has is used to do things that are in accordance with his positive wishes, namely establishing friendships (Marbawani and Hendrastomo 2020).

After the researcher observed the group and hung out in the group, the researcher saw a lot of potential that could be developed in the group. Researchers observed that the group had good cohesiveness and this habit of hanging out meant that the group met frequently and had a place to meet together without differentiating between genders. The potential of this group is the ability to think

critically which can be seen from the way they analyze an incident when researchers try to find out about a phenomenon that they themselves have discovered.

Furthermore, their frequency of hanging out in cafes is not every day, because some of them also have other hanging out groups and there are those who like to play in shopping centers and those who like quality time alone in cafes, so they meet when one of them invites because you are bored or want to relieve fatigue. The hanging out activities they do can be very useful if every topic of discussion in the group is directed not just at meaningless chat, but can be directed towards finding solutions.

As happened at the first meeting, the researcher's initial arrival in the group felt awkward because the researcher was new. However, because researchers do not see themselves as teachers and they only see researchers as students, researchers can more easily mingle and try to understand and balance group conversations. It is easy for researchers to mingle because researchers also follow existing trends and understand the cases discussed at the first meeting. Apart from that, at the third meeting, some group members were a little more open about their problems.

Based on the results of the researcher's observations, the group that the researcher observed has great potential in

supporting guidance and counseling services. First, the group has members who are able to think critically so that they can provide service group guidance, the group can be directed using problem solving techniques to be able to help the group in planning problem solving systematically. From the researcher's point of view, this group is close to and similar to group guidance, only it requires direction. Second, the group can support the implementation of group counseling in which the group provides solutions to the problems faced by its group members.

CONCLUSION

Based on the research results and discussion, researchers can draw the conclusion that:

1. This group is very open to group members who want to join in and mingle in the conversation, this was assessed from the third meeting where there were some who were not from the group who often hang out but they still enjoyed it and did not discriminate. The group that the researchers observed had a habit of hanging out in this group not as a place to show off on social media, indeed there were those who uploaded to social media but not to show their orders or the appearance of the clothes they were wearing. But what is

uploaded is togetherness and the excitement of conversation when hanging out.

2. The group uses hanging out as a medium to relieve fatigue and boredom from routine by hanging out with friends. They also use cafes as a medium for doing assignments, alone or with friends. They take advantage of cafe facilities such as smooth internet access and the comfort of an air-conditioned room, making them feel at home in the cafe for a long time. Groups also make their activities meaningful by exchanging ideas and the latest information. So the existence of a cafe has a positive impact on this group.
3. This group has great potential in supporting guidance and counseling services. First, the group has members who are able to think critically so that the group guidance service uses problem solving techniques. Second, the group can support the implementation of group counseling in which the group provides solutions to the problems faced by its group members.

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