

## DAFTAR PUSTAKA

- Agolla, J. E. & Ongori, H. (2009). An Assessment of Academic Stress among Undergraduate Students: The Case of University of Botswana. *Educational Research and Review*, 4(2), 63–70.
- Akos, P.; Galassi, J. . (2004). Middle and high school transitions as viewed by students, parents and teachers. *Prof. Sch. Couns*, 7, 212–222.
- Anwar, K. (2018). *Hubungan antara Regulasi Emosi dengan Stres Akademik pada Mahasiswa Baru*.
- Augustyniak, K. M., Brooks, M., Rinaldo, V. J., Bogner, R., & Hodges, S. (2009). Emotion Regulation: Considerations for School – Based Group Interventions. *The Journal for Specialists in Group Work*, 34(4), 326–350.
- Azmy, A. N., Nurihsan, A. J., Eka, D., & Yudha, S. (2017). *Deskripsi Gejala Stress Akademik dan Kecenderungan Pilihan Strategi Koping Siswa Berbakat* DESKRIPSI GEJALA STRES AKADEMIK DAN KECENDERUNGAN PILIHAN STRATEGI KOPING SISWA BERBAKAT. 197–208.
- Azwar, S. (2012). *Penyusunan skala psikologi* (Edisi II). Pustaka Pelajar.
- Azwar, S. (2015). *Dasar-dasar psikometrika*. Pustaka Pelajar.
- Azwar, S. (2017). *Penyusunan Skala Psikologi*. Pustaka Pelajar.
- Bariyyah, K. (2013). Menurunkan Tingkat Stres Akademik Siswa dengan Teknik Cognitive-Behavioral Stres Management. *Proseding Kongres XII, Konvensi XVIII Asosiasi Bimbingan Dan Konseling Indonesia Dan Seminar Internasiol Konseling*.
- Barseli, M., & Ifdil, I. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143. <https://doi.org/10.29210/119800>
- Baumrind, D. (1966). Baumrind , D . ( 1966 ). Effects of authoritative parental

control on child. *Child Development*, 37(1966), 887–907.

Bloch, L., Haase, C. M., & Levenson, R. W. (2014). Emotion regulation predicts marital satisfaction: More than a wives' Tale. *Emotion*, 14(1), 130–144. <https://doi.org/10.1037/a0034272>

BPS. (2019). *Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin, 2019*. Badan Pusat Statistik, Indonesia. [https://www.bps.go.id/indikator/indikator/view\\_data\\_pub/0000/api\\_pub/58/da\\_03/1](https://www.bps.go.id/indikator/indikator/view_data_pub/0000/api_pub/58/da_03/1)

Cahyanuari, L. D. (2018). *Hubungan Antara Pola Asuh Otoriter Orangtua Dengan Perilaku Agresif Pada Remaja*.

Cassano, M., Perry-Parrish, C., & Zeman, J. (2007). Influence of gender on parental socialization of children's sadness regulation. *Social Development*, 16(2), 210–231. <https://doi.org/10.1111/j.1467-9507.2007.00381.x>

Cialdini, R. B., Darby, B. L., & Vincent, J. E. (1973). Transgression and altruism: A case for hedonism. *Journal of Experimental Social Psychology*, 9(6), 502–516. [https://doi.org/10.1016/0022-1031\(73\)90031-0](https://doi.org/10.1016/0022-1031(73)90031-0)

Dariyo, A. (2011). *Psikologi perkembangan anak tiga tahun pertama*. PT. Refika Aditama.

Desmita. (2010). *Psikologi Perkembangan Peserta Didik*. Remaja Rosdakarya.

Einstein, G., & Endang, S. I. (2016). Hubungan Antara Pola Asuh Otoriter Orangtua Dengan Perilaku Agresif Siswa/Siswi Smk Yudyakaryamagelang. *Empati*, 5(3), 491–502.

Erikson, E. H. (1959). Identity and the life cycle. *Psychological Issues*, 1.

Fan, C., Chu, X., Wang, M., & Zhou, Z. (2016). Interpersonal stressors in the schoolyard and depressive symptoms among Chinese adolescents: The mediating roles of rumination and co-rumination. *School Psychology International*, 37(6), 664–679. <https://doi.org/10.1177/0143034316678447>

- Fenzel, L. M. (2000). Prospective study of changes in global self-worth and strain during the transition to middle school. *Journal of Early Adolescence*, 20(1), 93–116. <https://doi.org/10.1177/0272431600020001005>
- Fitriyah, L., & Jauhar, M. (2014). *Pengantar Psikologi Umum*. Prestasi Pustakaraya.
- Garnefski, N., & Kraaij, V. (2006). Relationships between cognitive emotion regulation strategies and depressive symptoms: A comparative study of five specific samples. *Personality and Individual Differences*, 40(8), 1659–1669. <https://doi.org/10.1016/j.paid.2005.12.009>
- Gross, J. J., Richards, J. M., & John, O. P. (2006). Emotion regulation in everyday life. *American Psychological Association*.
- Gross, J. (1998). *The Emerging Field of Emotion Regulation : An Integrative Review Ih Ih*. 2(5), 271–299.
- Gross, J. (2008). *Handbook of emotions*.
- Gross, J. J. (2015). *Emotion Regulation : Current Status and Future Prospects*. 1–26. <https://doi.org/10.1080/1047840X.2014.940781>
- Gross, J. J., & John, O. P. (2003). Individual Differences in Two Emotion Regulation Processes: Implications for Affect, Relationships, and Well-Being. *Journal of Personality and Social Psychology*, 85(2), 348–362. <https://doi.org/10.1037/0022-3514.85.2.348>
- Gross, J. J., Sheppes, G., & Urry, H. L. (2011). Cognition and emotion lecture at the 2010 SPSP emotion preconference: Emotion generation and emotion regulation: A distinction we should make (Carefully). *Cognition and Emotion*, 25(5), 765–781. <https://doi.org/10.1080/02699931.2011.555753>
- Gunawati, R., Hartati, S., & Listiara, A. (2010). Hubungan antara efektivitas komunikasi mahasiswa-dosen pembimbing utama skripsi dengan stres dalam menyusun skripsi pada mahasiswa Program Studi Psikologi Fakultas

- Kedokteran Universitas Diponegoro. *Jurnal Psikologi Undip*, 3(2), 93–115.
- Gyurak, A., Gross, J. J., & Etkin, A. (2011). Explicit and implicit emotion regulation: A dual-process framework. *Cognition and Emotion*, 25(3), 400–412. <https://doi.org/10.1080/02699931.2010.544160>
- Harris, L. M., Cumming, S. R., & Campbell, A. J. (2006). Stress and psychological well-being among allied health professionals. *Journal of Allied Health*, 35(4), 198–207.
- Hendryadi. (2017). Validitas isi: tahap awal pengembangan kuesioner. *Jurnal Riset Manajemen Dan Bisnis (JRMB) Fakultas Ekonomi UNIAT*, 2(2), 169–178. <https://doi.org/10.36226/jrmb.v2i2.47>
- Hoferichter, F.; Raufelder, D.; Eid, M. (2014). THE MEDIATING ROLE OF SOCIO-MOTIVATIONAL RELATIONSHIPS IN THE INTERPLAY OF PERCEIVED STRESS, NEUROTICISM, AND TEST ANXIETY AMONG ADOLESCENT STUDENTS. *Psychology in the Schools*, 51(7), 736–752. <https://doi.org/10.1002/pits>
- Humphrey, J. H., Yow, D. A., & Bowden, W. W. (2000). *Stress in College Athletes: Causes, Consequences, Coping*. 2–3.
- Hurlock, B. E. (2007). *Psikologi perkembangan anak(edisi 6.)*. Penerbit Erlangga.
- Hussain, A., Kumar, A., & Husain, A. (2008). Academic Stress and Adjustment among High School Students. *Journal of the Indian Academy of Applied Psychology*, 34(special issue), 70–73.
- Jaffe, M., Gullone, E., & Hughes, E. K. (2010). The roles of temperamental dispositions and perceived parenting behaviours in the use of two emotion regulation strategies in late childhood. *Journal of Applied Developmental Psychology*, 31(1), 47–59. <https://doi.org/10.1016/j.appdev.2009.07.008>
- Jogaratanam, G. & Buchanan, P. (2004). Balancing the Demands of School and Work: Stress and Employed Hospitality Students. *International Journal of*

*Contemporary Hospitality Management*, 16(4), 237–245.

John, O. P., & Srivastava, S. (1999). The Big Five Trait Taxonomy: History, Measurement, and Theoretical Perspectives. In L. A. Pervin & O. J. P. (Eds.), *Handbook of Personality: Theory and Research 2nd ed* (2nd ed., pp. 102–138). Guilford.

John, O. P., & Gross, J. J. (2004). Healthy and unhealthy emotion regulation: Personality processes, individual differences, and life span development. *Journal of Personality*, 72(6), 1301–1334. <https://doi.org/10.1111/j.1467-6494.2004.00298.x>

Johns, N., P Mathew, J. P. M., & M Mathai, D. S. (2016). Emotional Maturity and Loneliness as Correlates of Life Satisfaction among Adolescents. *IRA- International Journal of Management & Social Sciences* (ISSN 2455-2267), 3(3), 558–567. <https://doi.org/10.21013/jmss.v3.n3.p16>

Kadi, A. R., Bahar, H., & Sunarjo, I. S. (2020). Hubungan antara Regulasi Emosi dengan Stress Akademik pada Mahasiswa Fakultas Kedokteran Universitas Halu Oleo. *Sublimapsi*, 1(2), 1–10.

Kartini, K. (1992). *Peran Keluarga Memandu Anak*. Rajawali Press.

Kholifah, N. (2020). *Jurnal Keperawatan Muhammadiyah Hubungan Pola Asuh Orang Tua Dan Lingkungan Teman Sebaya Dengan Masalah Mental Emosional Remaja Di SMP N 2 Sokaraja*. 5(2), 99–108.

Kouzma, N. M., & Kennedy, G. A. (2004). *Self-Reported Sources of Stress in Senior High School Students* (pp. 314–316).

Kurniasih, W., & Pratisti, W. D. (2016). Regulasi Emosi Remaja Yang Diasuh Secara Otoriter Oleh Orangtuanya. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.

Lepore, S. J., Greenberg, M. A., Bruno, M., & Smyth, J. M. (2002). *Expressive writing and health: Self-regulation of emotion-related experience*,



- physiology, and behavior*. <https://doi.org/https://doi.org/10.1037/10451-005>
- Liu, Y., & Lu, Z. (2011). Longitudinal analysis of Chinese high school student's stress in school and academic achievement. *Educational Psychology, 31*(6), 723–729. <https://doi.org/10.1080/01443410.2011.600245>
- Lo, M. C., Thurasamy, R., & Liew, W. T. (2014). Relationship between bases of power and job stresses: Role of mentoring. *SpringerPlus, 3*(1), 1–15. <https://doi.org/10.1186/2193-1801-3-432>
- Martínez, I., & García, J. F. (2007). Impact of parenting styles on adolescents' self-esteem and internalization of values in Spain. *Spanish Journal of Psychology, 10*(2), 338–348. <https://doi.org/10.1017/S1138741600006600>
- Matondang, Z. (2009). Validitas dan reliabilitas suatu instrumen penelitian. *Jurnal Tabularasa PPS Unimed, 6*(1), 87–97.
- McKean, M., & Misra, R. (2000). College students' academic stress and its relation to their anxiety, ... *American Journal of Health Studies; 2000; 16, 1 Proquest, January 2000*, 41. <http://search.proquest.com/docview/210480531?pq-origsite=gscholar>
- Meinarno, E. (2010). *Konsep dasar keluarga. Keluarga Indonesia aspek dan dinamika zaman* (E. . Silalahi, Meinarno (ed.)). PT. Raja Grafindo Persada.
- Morris, A. S., Silk, J. S., Steinberg, L., Myers, S. S., & Robinson, L. R. (2007). The role of the family context in the development of emotion regulation. *Social Development, 16*(2), 361–388. <https://doi.org/10.1111/j.1467-9507.2007.00389.x>
- Nancy Darling, & Steinberg, L. (1993). Parenting Style as Context: An Integrative Model. *Psychological Bulletin, 113*(3), 487–496. <https://doi.org/0033-2909/93/S3.00>
- Nezlek, J. B., & Kuppens, P. (2008). Regulating positive and negative emotions in daily life. *Journal of Personality, 76*(3), 561–580.

<https://doi.org/10.1111/j.1467-6494.2008.00496.x>

- Ningrum, S. D., & Soeharto, T. N. E. D. (2016). Hubungan Pola Asuh Otoriter Orang Tua dengan Bullying di Sekolah pada Siswa SMP. *Indigenous*, 13(3), 29–38.
- Papalia, D. E., Old, S., & Feldman, R. D. (2009). *Human development. Perkembangan manusia. Edisi 10, buku 2* (10th ed.). Salemba Humanika.
- Peter, R. (2015). Peran Orangtua dalam Krisis Remaja. *Humaniora*, 6(4), 453.  
<https://doi.org/10.21512/humaniora.v6i4.3374>
- Pratisti, W. D. (2012). Peran Kehidupan Emosional Ibu, Budaya dan Karakteristik Remaja pada Regulasi Emosi Remaja. *Jurnal Psikologi*, 116–130.
- Pratiwi, L. (2019). Peran Orang Tua Dalam Mencegah Kenakalan Remaja Desa Gintungan Kecamatan Gebang Kabupaten Purworejo. *Diklus: Jurnal Pendidikan Luar Sekolah*, 1(1), 75–83.  
<https://doi.org/10.21831/diklus.v1i1.23854>
- Puspitasari, W. (2013). Hubungan antara Manajemen Waktu dan Dukungan Sosial dengan Prestasi Akademik Mahasiswa yang Bekerja. *EMPATHY Jurnal Fakultas Psikologi*, 2(1).
- Putri, C. M., Fakultas, A., & Unissula, P. (2015). Hubungan Antara Kematangan Emosi dengan Perilaku Agresi pada Siswa SMK Dinamika Kota Tegal. *Proyeksi*, 10(1), 39–48.
- Rahmawati, W. K. (2017). Efektivitas Teknik Restrukturisasi Kognitif untuk Menangani Stres Akademik Siswa. *Jurnal Konseling Indonesia*, 2.
- Ribeiro, L. (2009). *Construction and validation of a four Parenting Styles Scale*.  
<http://humboldt-dspace.calstate.edu/handle/2148/522>
- Richlin-Klonsky, J. & Hoe, R. (2003). *Sources and Levels of Stress among UCLA Students*. 2.
- Riediger, M., & Klipker, K. (2014). *Emotion Regulation in Adolescence*.

- Safaria & Saputra. (2012). *Manajemen Emosi: Sebuah Panduan Cerdas Bagaimana Mengelola Emosi Positif dalam Hidup Anda*. Bumi Aksara.
- Salovey & D. J. Sluyter. (1997). *Emotional development and emotional intelligence: Educational implications* (Basic Book).
- Santrock, J. . (2003). *Perkembangan Remaja* (Keenam). Erlangga.
- Santrock J. W. (2007). *Life-span development*(5th ed.). Penerbit Erlangga.
- Saputro, K. Z. (2018). Memahami Ciri dan Tugas Perkembangan Masa Remaja. *Aplikasia: Jurnal Aplikasi Ilmu-Ilmu Agama*, 17(1), 25.  
<https://doi.org/10.14421/aplikasia.v17i1.1362>
- Sarafino, E. P., & Smith, T. W. (2014). *Health psychology : Biopsychosocial interactions* (8th ed.) (J. W. & Sons & Inc (eds.)).
- Schmidt, K. L., & Cohn, J. F. (2001). Human facial expressions as adaptations: Evolutionary questions in facial expression research. *American Journal of Physical Anthropology*, 116(S33), 3. <https://doi.org/10.1002/ajpa.20001.abs>
- Schwarz, N., & Clore, G. L. (1983). Mood, misattribution, and judgments of well-being: Informative and directive functions of affective states. *Journal of Personality and Social Psychology*, 45(3), 513–523.  
<https://doi.org/10.1037/0022-3514.45.3.513>
- Sheppes, G., Scheibe, S., Blechert, J., & Gross, J. J. (2014). *Emotion Regulation Choice : A Conceptual Framework and Supporting Evidence*. 143(1), 163–181. <https://doi.org/10.1037/a0030831>
- Simon, H. A. (1967). Motivational and Emotional Controls of Cognition. *Psychological Review*, 74(1), 29–39. <https://doi.org/10.1037/h0024127>
- Suana, S., & Firdaus, F. (2018). Pola Asuh Orangtua Akan Meningkatkan Adaptasi Sosial Anak Prasekolah Di Ra Muslimat Nu 202 Assa'Adah Sukowati Bungah Gresik. *Journal of Health Sciences*, 7(2), 180–185.  
<https://doi.org/10.33086/jhs.v7i2.509>



- Suarajatim.id. (2020). Penyesalan Anggota Gengster Remaja Surabaya Setelah Bunuh Lawannya. *Suarajatim.Id*.  
<https://jatim.suara.com/read/2020/12/03/103839/penyesalan-anggota-gengster-remaja-surabaya-setelah-bunuh-lawannya>
- Sugiyono. (2018). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta.
- Sun, J., Dunne, M. P., Hou, X. yu, & Xu, A. qiang. (2011). Educational stress scale for adolescents: Development, validity, and reliability with Chinese students. *Journal of Psychoeducational Assessment*, 29(6), 534–546.  
<https://doi.org/10.1177/0734282910394976>
- Susskind, J. M., Lee, D. H., Cusi, A., Feiman, R., Grabski, W., & Anderson, A. K. (2008). Expressing fear enhances sensory acquisition. *Nature Neuroscience*, 11(7), 843–850. <https://doi.org/10.1038/nn.2138>
- Takeuchi, M. M., & Takeuchi, S. A. (2008). Authoritarian versus authoritative parenting styles: Application of the cost equalization principle. *Marriage and Family Review*, 44(4), 489–510.  
<https://doi.org/10.1080/01494920802454090>
- Tanzeh, A. (2009). *Pengantar metode penelitian*. Teras.
- Thompson, R. A. (1994). Emotion Regulation: A Theme in Search of Definition. In *Monographs of the Society for Research in Child Development* (Vol. 59, Issue 2/3, p. 25). <https://doi.org/10.2307/1166137>
- Thompson, R. A. (2011). Emotion and emotion regulation: Two sides of the developing coin. *Emotion Review*, 3(1), 53–61.  
<https://doi.org/10.1177/1754073910380969>
- Thursan, H. (2005). *Belajar Secara Efektif*. Puspa Swasta.
- Vermunt R, S. H. (2005). How can justice be used to manage stress in organisations? *Handbook of Organisational Justice*, 383–410.
- Wilks, S. E. (2008). Resilience amid Academic Stress: The Moderating Impact of

Social Support among Social Work Students. *Advances in Social Work*, 9(2), 106–125.

Wright, N. H. (2009). *Konseling Krisis: Membantu Orang Dalam Krisis dan Stress*. Gandum Mas.

Zembylas, M. (2004). Emotional issues in teaching science: A case study of a teacher's views. *Research in Science Education*, 34(4), 343–364.

<https://doi.org/10.1007/s11165-004-0287-6>

Zonya, O. L. (2019). *Perbedaan Regulasi Emosi Siswa Laki-laki dan Perempuan*.

<http://repository.unp.ac.id/id/eprint/26016>

