

DAFTAR PUSTAKA

- Alcantara, R. R., Barcelata-Eguiarte, B. E., Garcia-Mendez, M., Bermudez-Jaimes, M. E., & Fuentes, N. I.-A. (2020). Examining the Mediating Role of Coping and Emotion Regulation in Stress Models in Adolescents. *Auctores Publishing*, 1(5), 1-10.
- Andover, M. S., & Morris, B. (2014). Expanding and Clarifying the Role of Emotion Regulation in Nonsuicidal Self-Injury. *The Canadian Journal of Psychiatry*, 59(11), 559-575.
- Armstrong, M. (2006). *A Handbook of Human Resource Management Practice*. London: Kogan Page.
- Berking, M., & Schwarz. (2014). Affect Regulation Therapy. In J. J. Gross, *Handbook of Emotion Regulation* (2 nd ed., pp. 529-547). New York: Guilford Press.
- Berking, M., & Whitley, B. (2014). *Affect Regulation Training: A Practitioners' Manual*. New York: Springer Science Business.
- Berking, M., & Znoj, H. (2008). Entwicklung Und Validierung Eines Fragebogens Zur Standardisierten Selbsteinschätzung Emotionaler Kompetenzen (SEK-27). *Zeitschrift für Psychiatrie, Psychologie und Psychotherapie*, 56(2), 141-153.
- Berking, M., Elchler, E., Luhmann, M., Diedrich, A., Hiller, W., & Rief, W. (2019). Affect Regulation Training Reduces Symptom Severity in Depression - A Randomized Controlled Trial. *Plos One*, 8, 1-23.
- Berking, M., Poppe, C., Luhmann, M., Wupperman, P., Jaggi, V., & Seiftriz, E. (2012). Is The Association Between Various Emotion-Regulation Skills and Mental Health Mediated by The Ability to Modify Emotions? Results From Two Cross-Sectional Studies. *Journal of Behavior Therapy and Experimental Psychiatry*, 931-937.
- Boccagno, C., & Hooley, J. M. (2023). Emotion Regulation Strategy Choices Following Aversive Self-Awareness in People who Engage in NSSI and Indirect Self-Injury. *Journal of Emotion and Psychopathology*, 1(1), 8-22.
- Chen, W.-L., & Chun, C.-C. (2019). Association between Emotion Dysregulation and Distinct Groups of Non-Suicidal Self-Injury in Taiwanese Female Adolescents. *International Journal of Environmental Research and Public Health*, 16(3361), 1-13.

- Crane, Z. G., Masoumi, S., Boorboor, N., Dabiri, T., Anaraki, N. S., & Alibakshi, Z. (2023). Emotion Regulation Training on Psychological Resilience of Self-Harming Female Students. *Journal of Preventive Counseling (JPC)*, 4(3), 82-91.
- Dastagir, M., Khan, M. R., & Israr, R. (2020). Emotion Dysregulation and Psychological Distress in Students. *Journal of Peace, Development and Communication*, 4(3), 38-50.
- Deng, Y., Li , M., Wang, H., Li, J., He, X., & Yu, C. (2022). Parent-Adolescent Conflict, Depressive Symptoms, and Non-Suicidal Self-Injury among Chinese Adolescents: The Moderating Effect of the COMT Gene rs4860 Polymorphism. *International Journal of Environment Research and Public Health*, 19(10567), 1-11.
- Dicky, W., Carey, L., & Carey, J. (2006). The Systematic Design of Instruction. *Pearson*, 417–420.
- Doak, C. C., Doak, L. G., & Root, J. H. (1996). *Teaching Patients with Low Literacy Skill*. Philadelphia: J. B. Lippincott Company.
- Edmondson, A. J., Brennan, C. A., & House, A. O. (2016). Non-Suicidal Reasons for Self-Harm- A Systematic Review of Self-Reported Accounts. *Journal of Affective Disorders*, 109-117.
- Ehring, T., & Watkins, E. R. (2008). Repetitive Negative Thinking as a Transdiagnostic Process. *International Journal of Cognitive Therapy*, 1(3), 192-205.
- Faradiba, A. T., & Abidin, Z. (2022). Bagaimana dan Apa Cara Remaja dalam Melakukan Self-Harm? Studi Kualitatif pada Remaja Perempuan di Jakarta. *Bulletin of Counseling and Psychotherapy*, 4(2), 342 - 348.
- Faradiba, A. T., Paramita, A. D., & Dewi, R. P. (2022). Emotion Dysregulation And Deliberate Self-Harm In Adolescent. *Konselor*, 11(1), 20 - 24.
- Farkas, B. F., Takacs, Z. K., Kollarovics, N., & Balazs, J. (2023). The Prevalence of Self-Injury in Adolescence: A Systematic Review and Meta-Analysis. *European Child & Adolescent Psychiatry*, 1-20.
- Favazza, A. R. (1996). *Bodies under Siege: Self Mutilation and Body Modification in Culture and Psychiatry* (2nd ed.). Baltimore: John Hopkins University Press.
- Fox, C., & Hawton, K. (2004). *Deliberate Self-Harm in Adolescence*. London: The Royal College of Psychiatrists.

- Gagne, R. M., Wager, W. W., Golas, K. C., & Keller, J. M. (2005). *Principles of Instructional Design*. California: Wadsworth Publishing.
- Garofalo, C., Velotti, P., & Zavattini, G. C. (2017). Emotion Regulation and Aggression: The Incremental Contribution of Alexithymia, Impulsivity, and Emotion Dysregulation Facets. *Psychology of Violence*, 8(4), 470-483.
- Gehart, D. (2016). *Theory and Treatment Planning in Counseling and Psychotherapy*. Boston: Cengage Learning.
- Ghorbani, S., Khameneh, A. S., Motahedi, A., & Alipour, Z. (2020). Comparative Effectiveness of Cognitive-Behavioral Therapy and Dialectical Behavior Therapy on Emotion Regulation, Positive and Negative Affection, Aggressive and Self-Harm Behaviors of 13-16-Year-Old Female Students. *International Journal of Multicultural and Multireligious Understanding*, 7(9), 20 - 32.
- Gross, J. J. (1998). The Emerging Field of Emotion Regulation: An integrative review. *Review of General Psychology*, 2(3), 271-299.
- Gross, J. J. (2006). Handbook of Emotion Regulation. In M. M. Linehan, M. Bohus, & T. R. Lynch, *Dialectical Behavior Therapy for Pervasive Emotion Dysregulation: Theoretical and Practical Underpinnings* (pp. 581-605). 2007: New York.
- Gross, J. J. (2014). *Handbook of Emotion Regulation* (2nd ed.). New York: The Guilford Press.
- Gross, J. J., & Ford, B. Q. (2024). *Handbook of Emotion Regulation* (3rd ed.). New York: The Guilford Press.
- Gross, J. J., & Thompson. (2007). Handbook of Emotion Regulation. In B. Rime, *Interpersonal Emotion Regulation* (pp. 466 - 485). New York: The Guilford Press.
- Guss, C. D., & Starker, U. (2023). The Influence of Emotion and Emotion Regulation on Complex Problem-Solving Performance. *Systems*, 11(276), 1-18.
- Guus, C. D., & Starker, U. (2023). The Influence of Emotion and Emotion Regulation on Complex Problem-Solving Performance. *Systems*, 11(276), 1-18.
- Hawton, K., Rodham, K., & Evans, E. (2006). *By Their Own Young Hand: Deliberate Self-Harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers.

- Ho, K. (2019, June 26). *A Quarter of Indonesians Have Experienced Suicidal Thoughts*. Retrieved from YouGov: <https://business.yougov.com/content/23994-quarter-indonesians-have-experienced-suicidal-thou>
- Hu, T., Zhang, D., Wang, J., Mistry, R., Ran, G., & Wang, X. (2014). Relation Between Emotion Regulation and Mental Health: A Meta-Analysis Review. *Psychological Reports*, 114(2), 341-362.
- Jiang, M.-m., Gao, K., Wu, Z.-y., & Guo, P.-p. (2022). The Influence of Academic Pressure on Adolescents Problem Behavior: Chain Mediating Effects of Self-Control, Parent-Child Conflict and Subjective Well-Being. *Frontiers in Psychology*, 1-10.
- Khanipour, H., Borjali, A., Azar, J. H., & Khanzadeh, A. A. (2014). Comparasion of Emotion Regulation Skills and Suicide Probability in Adolescents with Self-Harm. *Practice in Clinical Psychology*, 2(1), 9 - 15.
- Kusumadewi, A. F., Yoga, B. H., & Ismanto, S. H. (2019). Self-Harm Inventory (SHI) Versi Indonesia sebagai Instrumen Deteksi Dini Perilaku Self-Harm. *Jurnal Psikiatri Surabaya*, 8(1), 20-25.
- Laporte, N., Tuente, S. K., Ozolins, A., Westrin, A., Westling, S., & Wallinius, M. (2021). Emotion Regulation and Self-Harm Among Forensic Psychiatric Patients. *Frontiers in Psychology*, 12, 1-12.
- Li, Y., Li, X., Xiao, Y., Li, C., Chen, J., Li, Y., . . . Du, N. (2023). The Effects of Family Environment Cognition and Its Difference Perceived by Adolescents and Their Parents on The Treatment Effect of NSSI Behaviors in Adolescents A 1 Year Prospective Cohort Study. *Frontiers in Psychiatry*, 1-9.
- Lockwood, J., David, D., Townsend, E., & Sayal, K. (2017). Impulsivity and Self-Harm in Adolescence: A Systematic Review. *Eur Child Adolesc Psychiatry*, 26, 387-402.
- Lou, W. (2023). Research on the Influence of Peer Pressure on Adolescents. *Proceedings of the International Conference on Social Psychology and Humanity Studies*, 163-169.
- Malumbot, C. M., Naharia, M., & Kaunang, S. E. (2020). Studi Tentang Faktor-Faktor Penyebab Perilaku Self-Injury Dan Dampak Psikologis pada Remaja. *Psikopedia*, 1(1), 15 - 22.
- Mazelis, R. (2008). Self-Injury: Understanding and Responding to People Who Live with Self-Inflicted Violence. *National Center for Trauma Informed Care (NCTIC)*, 1-6.

- Mennin, D. S., & Fresco, D. M. (2014). Emotion Regulation Therapy. In J. J. Gross, *Handbook of Emotion Regulation* (2nd ed., pp. 469 - 490). New York: The Guilford Press.
- Mestre, J. M., Nunez-Lozano, J. M., Gomez-Molinero, R., Zayas, A., & Guil, R. (2017). Emotion Regulation Ability and Resilience in a Sample of Adolescents from a Suburban Area. *Frontiers in Psychology*, 8, 1-13.
- Peh, X. C., Shahwan, S., Fauziana, R., Mahesh, M. V., Sambasivam, R., Zhang, Y., . . . Subramaniam, M. (2017). Emotion Dysregulation as A Mechanism Linking Child Maltreatment Exposure and Self-Harm Behaviors in Adolescents. *Child Abuse & Neglect*, 383-390.
- Pierro, R. D., Sarno, I., Gallucci, M., & Madeddu, F. (2014). Nonsuicidal Self-Injury as an Affect-Regulation Strategy and The Moderating Role of Impulsivity. *Child and Adolescent Mental Health*, 19(4), 259-264.
- Putri, A. W., & Hariyono, D. S. (2023). Correlation Between Emotion Regulation and Self-Harm Tendencies in College Students. *Psikodimensia Kajian Ilmiah Psikologi*, 22(2), 103-110.
- Rakhmi, D. I. (2023). Rational Emotive Behavior Therapy untuk Menurunkan Perilaku Melukai Diri pada Pasien dengan Gangguan Umum. *PROCEDIA: Studi Kasus dan Intervensi Psikologi*, 11(1), 13-18.
- Rapee, R. M., Oar, E. L., Johnco, C. J., Forbes, M. K., Fardouly, J., Magson, N. R., & Richardson, C. E. (2019). Adolescent Development and Risk for the Onset of Social-Emotional Disorder: A Rivew and Conceptual Model. *Behaviour Research and Therapy*, 1-65.
- Riediger, M., Schmiedek, F., Wagner, G. G., & Lindenberger, U. (2015). Seeking Pleasure and Seeking Pain: Differences in Prohedonic and Contra-Hedonic Motivation From Adolescence to Old Age. *Psychological Science*, 20(12), 1529 - 1535.
- Rime, B. (2024). The Social Sharing of Emotions. In J. J. Gross, & B. Q. Ford, *Handbook of Emotion Regulation* (3rd ed., pp. 520-528). New York: The Guilford Press.
- Sabrina, V. A., & Afiatin, T. (2023). Peran Disregulasi Emosi terhadap Kecenderungan Melakukan Perilaku Non-Suicidal Self-Injury (NSSI) pada Remaja. *Gajah Mada Journal of Psychology (GamaJoP)*, 9(2), 192 - 214.
- Sanchis-Sanchis, A., Grau, M. D., Moliner, A.-R., & Morales-Murillo, C. P. (2020). Effect of Age and Gender in Emotion Regulation of Children and Adolescents. *Frontiers in Psychology*, 1-13.

- Seligman, L. (2004). *Diagnosis and Treatment Planning in Counseling* (3nd ed.). New York: Springer Science+Busniess Media, LLC.
- Septiawan, R. R., Sugiyo, & Awalya. (2022). Kenakalan Remaja dilihat dari Regulasi Emosi dan Penyesuaian Sosial pada Siswa SMP. *Indonesian Journal of Guidance and Counseling: Theory and Application*, 9(2), 110-115.
- Stuyck, P. A., Zacares, J. J., & Ferreres, A. (2017). Emotional Separation, Autonomy in Decision-Making, and Psychosocial Adjustment in Adolescence: A Proposed Typology. *J Child Fam Stud*, 1-11.
- Sullivan, E. C., James, E., Henderson, L.-M., McCall, C., & Cairney, S. A. (2023). The Influence of Emotion Regulation Strategies and Sleep Quality on Depression and Anxiety. *Elsevier: Cortex*, 166, 286-305.
- Sungkono. (2012). Pengembangan Instrumen Evaluasi Media Modul Pembelajaran. *Majalah Ilmiah Pembelajaran*(2), 1-16.
- Sutton, J. (2007). *Healing the Hurth Within: Understand Self-Injury and Self-Harm and Heal The Emotional Wounds*. Oxford: Howtobooks.
- Theurel, A., & Gentaz, E. (2018). The Regulation of Emotions in Adolescents: Age Differences and Emotion-Specific Patterns. *Plos One*, 1-24.
- Thompson, R. A. (1998). Emotional Competence and The Development of Self. *Psychological Inquiry*, 9, 309-309.
- Verzeletti, C., Zammuner, V. L., Galli, C., & Agnoli, S. (2016). Emotion Regulation Strategies and Psychosocial Well-being in Adolescence. *Cogent Psychology*, 3, 1-15.
- Walsh, B. W. (2006). *Treating Self-Injury: A Practical Guide*. New York: The Guilford Press.
- Wang, F., & Hannafin, M. J. (2005). Design-Based Research and Technology Enhanced Learning Environments. *Educational Technology Research & Development*, 53, 5-23.
- Willroth, E. C., & John, O. P. (2024). Assessing Individual Differences in Emotion Regulation: Habitual Strategy Use and Beyond. In J. J. Gross, & B. Q. Ford, *Handbook of Emotion Regulation* (3nd ed., pp. 22-30). New York: The Guilford Press.
- Wylie, M. S., France, K. D., & Hollenstein, T. (2023). Adolescents Suppress Emotional Expression More With Peers Compared to Parents Less When They Feel Close to Others. *International of Behavioral Development*, 47(1), 1-8.

Xu, J., Wang, H., Liu, S., Hale, M. E., Weng, X., Ahemaitijiang, N., . . . Han, Z. R. (2023). Relations among family, peer, and academic stress and adjustment in Chinese adolescents: A daily diary analysis. *Developmental Psychology*, 59(7), 1346-1458.

Yunus, M., & Chaudhary, P. K. (2023). The Role of Emotion Regulation in Stress Management: An Overview. *Journal of Clinical Research and Applied Medicine*, 3(1), 9-12.

Zahra, A. (2023). *Gambaran Kesulitan Regulasi Emosi Remaja Awal yang Mengalami Kecanduan Game Online*. Skripsi (tidak dipublikasikan). Universitas Negeri Jakarta.

Zhou, X., Bambling, M., Bai, X., & Edirippulige, S. (2023). Chinese School Adolescents' Stress Experience and Coping Strategies: A Qualitative Study. *BMC Psychology*, 11(91), 1-15.

