

DAFTAR PUSTAKA

- Arnett, J. J. (2015). *EMERGING ADULTHOOD: THE WINDING ROAD FROM THE LATE TEENS THROUGH THE TWENTIES* (Second Edi). Oxford University Press.
- Arnett, J. J. (2024). *Emerging Adulthood THE WINNING ROAD FROM THE LATE TEENS THROUGH THE TWENTIES* (Third Edit). Oxford University Press.
- Burešová, I., Jelínek, M., Dosedlová, J., & Klimusová, H. (2020). *Predictors of Mental Health in Adolescence: The Role of Personality , Dispositional Optimism , and Social Support*. <https://doi.org/10.1177/2158244020917963>
- Broekhof, R., Rius-ottenheim, N., Spinhoven, P., Mast, R. C. Van Der, Penninx, B. W. J. H., Zitman, F. G., & Giltay, E. J. (2015). Long-lasting effects of affective disorders and childhood trauma on dispositional optimism. *Journal of Affective Disorders*, *175*, 351–358. <https://doi.org/10.1016/j.jad.2015.01.022>
- Carver, C. S., Scheier, M. F., & Segerstrom, S. C. (2010). Optimism. *Clinical Psychology Review*, *30*, 879–889. <https://doi.org/10.1016/j.cpr.2010.01.006>
- Chen, J., Christ, N. M., Shih, C., Xie, H., Grider, S. R., Lewis, C., Elhai, J. D., & Wang, X. (2021). Child Abuse & Neglect Dispositional optimism mediates relations between childhood maltreatment and PTSD symptom severity among trauma-exposed adults. *Child Abuse & Neglect*, *115*(March), 105023. <https://doi.org/10.1016/j.chiabu.2021.105023>
- Creswell, J. W., & Creswell, J. D. (2023). *Research Design : Qualitative, Quantitative, and Mixed Methods Approaches* (Sixth Edit). SAGE Publications, Inc.
- Dimeitri, C., Hutapea, A., & Mashoedi, S. R. I. F. (2019). *Hubungan antara Optimisme dan Distres Psikologis pada Emerging Adults Miskin di DKI Jakarta (The relationship between Optimism and*

- Psychological Distress of Poor Emerging Adults in Jakarta*). 10(2), 87–103.
- Feist, Gregory J., Roberts, Tomi-Ann, Feist, Jess. (2017). *Teori Kepribadian = Theories of Personality* (Ed. 8 Buku 1). Jakarta: Salemba Humanika.
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (1998). *Household Dysfunction to Many of the Leading Causes of Death in Adults The Adverse Childhood Experiences (ACE) Study*. 14(4), 245–258.
- Field, A. (2018). *DISCOVERING STATISTICS USING IBM SPSS STATISTICS* (5th Editio). SAGE Publications Ltd.
- Ghozali, I. (2021). *APLIKASI ANALISIS MULTIVARIATE* (10th ed.). Badan Penerbit Universitas Diponegoro.
- Haekal M. (2020, November 09). Riset di Aceh: Trauma Perundungan dari SD Terbawa hingga Dewasa. [Trauma Perundungan dari SD Terbawa hingga Dewasa](#).
- Hardani, Adriani, H., Ustiawaty, J., Utami, E. F., Istiqomah, R. R., Fardani, R. A., Sukmana, D. J., & Auliya, N. H. (2020). *Metode Penelitian Kualitatif & Kuantitatif* (H. Abadi (ed.); 1st ed.). CV. Pustaka Ilmu Group.
- Ibrahim, A., Alang, A. H., Madi, Baharuddin, Ahmad, M. A., & Darmawati. (2018). *METODOLOGI PENELITIAN* (I. Ismail (ed.); 1st ed.). Gunadarma Ilmu.
- Imanina, R., & Surjaningrum, E. R. (2022). *Penganiayaan Masa Kecil dan Gangguan Stress Pasca Trauma Pada Perempuan Dewasa*. 11(4), 702–714.
- Jannah, M., Hariastuti, R. T., & Nursalim, M. (2023). *Negative impact of a dysfunctional family on adolescents : A literature study*. 10(2), 109–121.
- Kalmakis, K. A., & Chandler, G. E. (2013). *Adverse childhood experiences : towards a clear conceptual meaning*. November, 1489–1501. <https://doi.org/10.1111/jan.12329>

- Kusumawardhani A. (2024, June 13). Depresi hingga Suicidal Thought 'Hantui' Gen Z Indonesia. CNN Indonesia. https://www.cnnindonesia.com/gaya-hidup/20240613165243-255-1109563/depresi-hingga-suicidal-thought-hantui-gen-z-indonesia?utm_source=chatgpt.com.
Download Apps CNN Indonesia sekarang <https://app.cnnindonesia.com/>
- Lestari, R. D., & Kowi, M. S. (2024). DAMPAK DANN PENCEGAHAN PERUNDUNGAN (BULLYING) DI LEMBAGA PENDIDIKAN INDONESIA. *Jurnal Social Pedagogy*, 5 (02), 109–119.
- [Masalembo.id](https://masalembo.id) (2025). https://masalembo.id/hasil-survei-jakpat-60-gen-z-khawatirkan-masa-depan/?utm_source
- Mathur, A., Graham-engeland, J. E., Slavish, D. C., Smyth, J. M., Lipton, R. B., Katz, M. J., & Sliwinski, M. J. (2018). Recalled early life adversity and pain : the role of mood , sleep , optimism , and control. *Journal of Behavioral Medicine*. <https://doi.org/10.1007/s10865-018-9917-8>
- Manulife Asia Care Survey (2024). [Manulife Asia Care Survei 2024 | Manulife Indonesia](#)
- Mclaughlin, K. A., Sheridan, M. A., & Lambert, H. K. (2014). Neuroscience and Biobehavioral Reviews Childhood adversity and neural development : Deprivation and threat as distinct dimensions of early experience &. *Neuroscience and Biobehavioral Reviews*, 47, 578–591. <https://doi.org/10.1016/j.neubiorev.2014.10.012>
- Mumford, E. A., Copp, J., & Maclean, K. (2023). Childhood Adversity , Emotional Well - Being , Loneliness , and Optimism : a National Study. *Adversity and Resilience Science*, 4(2), 137–149. <https://doi.org/10.1007/s42844-022-00084-8>
- Ningias, R. P., & Andriani, F. (2022). Pengaruh Perceived Parental Expectation terhadap Psychological Distress pada Emerging Adulthood di Indonesia. *Buletin Riset Psikologi Dan Kesehatan Mental*, 2(1), 37–48.

- Nunnally, J. C., & Bernstein, I. H. (1994). *PSYCHOMETRIC THEORY* (J. Vaicunas & J. R. Belser (eds.); Third Edit). McGRAW-HILL, INC.
- Qolbi, F. H., & Musthofa, A. (2020). Masa Emerging Adulthood pada Mahasiswa: Kecemasan akan Masa Depan, Kesejahteraan Subjektif, dan Religiusitas Islam. *Jurnal Psikologi Dan Psikologi Islam*, 17(1), 44–54.
- Prasastisiwi A. H. (2024, Agustus 15). Kekerasan Anak Indonesia Capai 15.267 Kasus di 2024. [Kekerasan Anak Indonesia Capai 15.267 Kasus di 2024 - GoodStats](#)
- Rahapsari, S., Puri, V. G. S., & Putri, A. K. (2021). An Indonesian Adaptation of the World Health Organization Adverse Childhood Experiences International Questionnaire (WHO ACE-IQ) as a Screening Instrument for Adults. *Journal of Psychology*, 7(1), 115–130. <https://doi.org/10.22146/gamajop.62623>
- Rizkina, A. T., Rizqika, F., Rosa, F., & Nurmalitasari, F. (2022). Pengembangan Skala Burnout pada Pekerja : Modifikasi Skala The Maslach-Trisni Burnout Inventory. *Jurnal Flourishing*, 2(11), 672–684. <https://doi.org/10.17977/10.17977/um070v2i112022p672-684>
- Saifuddin, A. (2021). *Validitas Dan Reliabilitas Alat Ukur Psikologi* (1st ed.). Depok: Rajawali Pers.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). *Distinguishing Optimism From Neuroticism (and Trait Anxiety , Self-Mastery , and Self-Esteem) : A Reevaluation of the Life Orientation Test*. 67(6), 1063–1078.
- Seligman, M. E. P. (2006). *LEARNED OPTIMISM: How to Change Your Mind and Your Life* (First Vint). Pocket Books.
- Seligman, M. E. P., Reivich, K., Jaycox, L., & Gillham, J. (1995). *The Optimistic Child*. William Heinemann.
- Snyder, C. R., & Lopez, S. J. (2002). *Handbook of Positive Psychology*. Oxford University Press.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D* (Sugiyono (ed.)). ALFABETA.

Sugiyono. (2023). *METODE PENELITIAN KUANTITATIF, KUALITATIF dan R&D* (Sugiyono (ed.); Second Edi). ALFABETA.

Undang-Undang Republik Indonesia Nomor 18 Tahun 2014.

Waite, R., & Ryan, R. A. (2020). *Adverse Childhood Experiences : What Students and Health Professionals Need to Know*. Routledge.

WHO. (2018). *ADVERSE CHILDHOOD EXPERIENCES and associated health-risk behaviours in university students from the Republic of Moldova*. World Health Organization Regional Office for Europe.

