

DAFTAR PUSTAKA

- Akbar, Z., & Aisyawati, M. S. (2021). Coping Strategy, Social Support, and Psychological Distress Among University Students in Jakarta, Indonesia During the COVID-19 Pandemic. *Frontiers in Psychology, 12*(August), 1–7. <https://doi.org/10.3389/fpsyg.2021.694122>
- Alves, D. de M., Pompeo, D. A., Sacardo, Y., Eid, L. P., Lourenção, L. G., & André, J. C. (2024). Influence of self-efficiency beliefs on the health and well-being of university students in COVID-19. *Revista Gaucha de Enfermagem, 45*, 1–10. <https://doi.org/10.1590/1983-1447.2024.20230117.en>
- Ambarwati, I. A. S., Jannati, S., & Khairina, N. (2024). Coping Mechanism Terhadap Stress Akademik Pada Mahasiswa. *Flourishing Journal, 4*(2), 47–58. <https://doi.org/10.17977/um070v4i22024p47-58>
- Angelica, K., Sukamto, M. E., Chandra, C. C., & Andrea, K. (2022). Coping Strategies to Predict The Psychological Well-Being of College Students During The COVID-19 Pandemic. *Humanitas: Indonesian Psychological Journal, 19*(2), 148–160.
- Apriansyah, M. A., Nabilah, K., Kalihza, I. A., Najwan, M., Fawwazatha, N., Alfarano, M. R., & Agung, R. (2024). Kesejahteraan Psikologis Pada Mahasiswa Tingkat Akhir Ditinjau Dari Perbedaan Gender. *Journal of Psychology and Social Sciences, 2*(3), 119–127. <https://doi.org/10.61994/jpss.v2i3.725>
- Asmawan, Moh. C. (2016). Analisis Kesulitan Mahasiswa Menyelesaikan Skripsi. *Jurnal Pendidikan Ilmu Sosial, 26*(2), 51–57.
- Aulia, S. S., & Panjaitan, R. U. (2019). Kesejahteraan Psikologis Dan Tingkat Stres Pada Mahasiswa Tingkat Akhir. *Jurnal Keperawatan Jiwa, 7*(2), 127. <https://doi.org/10.26714/jkj.7.2.2019.127-134>
- Ayu, H. R., & Mujiasih, E. (2022). Kesejahteraan Psikologis Ditinjau Dari Problemfocused Coping Pada Karyawan Pt. Pantjatunggal Knitting Mill Semarang. *Jurnal Empati, 11*(4), 245–250. <https://doi.org/10.14710/empati.0.36469>

- Azaria, R., Lizhardy, U., Ekayati, I. N., & Santi, D. E. (2022). Support Group Dan Psychological Well Being Ibu Dari Anak Tuli Ditinjau Dari Strategi Coping. *International Journal of Educational Resources*, 3(3), 322–335.
- Azwar, S. (2018). *Metode Penelitian Psikologi* (Kedua).
- Baiju, M., & Rajalakshmi, V. R. (2021). Academic Stress and Psychological Well-Being among College Students. *The International Journal of Indian Psychology*, 9(3), 194–202. <https://doi.org/10.25215/0903.022>
- Bandura, A. (1997). Self-Efficacy: The Exercise of Control. In *W.H Freeman and Company New York* (Vol. 43, Issue 9).
- Basaria, D., Xaveria Aryani, F., & Psikologi, F. (2023). *PERAN STRATEGI COPING TERHADAP PSYCHOLOGICAL WELL-BEING PADA MAHASISWA DALAM MASA PANDEMI COVID-19 The Role of Coping Strategies for Psychological Well-Being in University Students during the Covid-19 Pandemic*. 16(2), 99–104. <https://doi.org/10.30813/psibernetika>
- Basaria, D., Zamralita, & Aryani, F. X. (2024). Peran Strategi Koping Terhadap Kesejahteraan Psikologis Mahasiswa dalam Masa Pandemi Covid-19. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, 8(1), 20–25.
- Batchelder, A. W., Safren, S. A., Coleman, J. N., Boroughs, M. S., Thiim, A., Ironson, G. H., Shipherd, J. C., & O’Cleirigh, C. (2021). Indirect Effects From Childhood Sexual Abuse Severity to PTSD: The Role of Avoidance Coping. *Journal of Interpersonal Violence*, 36(9–10), 1–20. <https://doi.org/10.1177/0886260518801030>
- Bussè, C., Barnini, T., Zucca, M., Rainero, I., Mozzetta, S., Zangrossi, A., & Cagnin, A. (2022). Depression, Anxiety and Sleep Alterations in Caregivers of Persons With Dementia After 1-Year of COVID-19 Pandemic. *Frontiers in Psychiatry*, 13(February), 1–12. <https://doi.org/10.3389/fpsy.2022.826371>
- Canestrari, C., Bongelli, R., Fermani, A., Riccioni, I., Bertolazzi, A., Muzi, M., & Burro, R. (2021). Coronavirus Disease Stress Among Italian Healthcare Workers: The Role of Coping Humor. *Frontiers in*

- Psychology*, 11(January), 1–10.
<https://doi.org/10.3389/fpsyg.2020.601574>
- Carver, C. S. (1997). You want to measure coping but your protocol's too long: Consider the brief COPE. *International Journal of Behavioral Medicine*, 4(1), 92–100.
- Carver, C. S., Scheier, M. F., & Weintraub, K. J. (1989). Assessing Coping Strategies: A Theoretically Based Approach. *Journal of Personality and Social Psychology*, 56(2), 267–283. <https://doi.org/10.1037/0022-3514.56.2.267>
- Chan, I. Y. S., Leung, M. Y., & Liang, Q. (2018). The Roles of Motivation and Coping Behaviours in Managing Stress: Qualitative Interview Study of Hong Kong Expatriate Construction Professionals in Mainland China. *International Journal of Environmental Research and Public Health*, 15(3), 1–24. <https://doi.org/10.3390/ijerph15030561>
- Chao, R. C.-L. (2012). Managing Perceived Stress Among College Students: The Roles of Social Support Dysfunctional Coping. *Journal of College Counseling*, 15(April), 5–21.
- Chiesa, R., Massei, F., & Guglielmi, D. (2016). Career Decision-Making Self-Efficacy Change in Italian High School Students. *Journal of Counseling and Development*, 94(2), 210–224. <https://doi.org/10.1002/jcad.12077>
- Coluccio, G., Muñoz-Herrera, S., Adriasola, E., & Escobar, E. (2024). Leadership Development in Women STEM Students: The Interplay of Task Behaviors, Self-Efficacy, and University Training. *Behavioral Sciences*, 14(11), 1–16. <https://doi.org/10.3390/bs14111087>
- Commission, I. T. (2017). *The ITC Guidelines for Translating and Adapting Tests* (Second edi). <https://doi.org/10.1111/j.1464-0597.1975.tb00322.x>
- Creswell, J. W. (2017). Research design: Qualitative, quantitative, and mixed methods approaches. In *Sage Publications*.
- Daffanur, S., Basaria, D., & Anggraini, A. (2025). Hubungan Fear of Missing Out (FoMO) dengan Kesejahteraan Psikologi pada Mahasiswa yang Sedang Mengerjakan Skripsi. *Journal of Multidisciplinary Research and Devolepment*, 7(2), 925–936.

- Dalfiqih, I., Gismin, S. S., & Saudi, A. N. A. (2023). Gambaran Coping Stres pada Mahasiswa Tingkat Akhir yang Sedang Mengerjakan Skripsi di Kota Makassar. *Jurnal Psikologi Karakter*, 3(1), 107–111. <https://doi.org/10.56326/jpk.v3i1.2154>
- Danusatyawati, R. A. (2020). Hubungan Efikasi Diri Dengan Strategi Coping pada Mahasiswa Dalam Menyelesaikan Tugas Akhir di Universitas Sahid Surakarta. *Talenta Psikologi*, 15(2), 207–221.
- Darmayanti, K. K. H., Anggraini, E., Winata, E. Y., & Mardianto, M. F. F. (2021). Confirmatory Factor Analysis of the Academic Self-Efficacy Scale: An Indonesian Version. *Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia*, 10(2), 118–132. <https://doi.org/10.15408/jp3i.v10i2.19777>
- Dassa, A., Sutamrin, & Naufal, M. A. (2023). Analysis of Constraints and Efforts to Accelerate the Completion of Students' Final Project. *Advances in Computer Science Research*, 128–137. https://doi.org/10.2991/978-94-6463-332-0_15
- Dewi, A. D., & Purwandari, E. (2024). Keharmonisan Keluarga, Integrasi Sosial, Locus Kendali, dan Kesejahteraan Psikologis Anak yang Berhadapan dengan Hukum. *Jurnal Ilmu Keluarga Dan Konseling*, 17(1), 90–102.
- Ding, Y., Fu, X., Liu, R.-D., Hwang, J., Hong, W., & Jia, W. (2021). The Impact of Different Coping Styles on Psychological Distress During the COVID-19: The Mediating Role of Perceived Stress. *International Journal of Environmental Research and Public Health*, 18, 1–11. <https://doi.org/10.3390/ijerph182010947>
- Dumciene, A., & Pozeriene, J. (2022). The Emotions, Coping, and Psychological Well-Being in Time of COVID-19: Case of Master's Students. *International Journal of Environmental Research and Public Health*, 19(10), 1–16. <https://doi.org/10.3390/ijerph19106014>
- El Roy, B. G., & Soetjiningsih, C. H. (2022). Problem Focused Coping pada Mahasiswa yang Sedang Mengerjakan Skripsi: Apakah Terkait dengan

- Efikasi Diri Akademik? *Psikoborneo: Jurnal Ilmiah Psikologi*, 10(4), 644–652. <https://doi.org/10.30872/psikoborneo.v10i4.8773>
- Eva, N., Shanti, P., Hidayah, N., & Bisri, Moh. (2020). Pengaruh Dukungan Sosial terhadap Kesejahteraan Psikologis Mahasiswa dengan Religiusitas sebagai Moderator. *Jurnal Kajian Bimbingan Dan Konseling*, 5(3), 122–131. <https://doi.org/10.17977/um001v5i32020p122>
- Fadilah, A. A., Hartantri, S. D., & Noviyanti, W. (2022). Analisis Kesulitan Mahasiswa Menyelesaikan Skripsi di Masa Pandemi Covid-19 Program Studi Pendidikan Guru Sekolah Dasar Universitas Muhammadiyah Tangerang. *Jurnal Pendidikan Tambusai*, 6(2), 9476–9479.
- Fajar, P., & Aviani, Y. I. (2022). Hubungan Self-Efficacy dengan Penyesuaian Diri: Sebuah Studi Literatur. *Jurnal Pendidikan Tambusai*, 6(1), 2186–2194.
- Fajhriani, D., Afnibar, & Rahmi, A. (2020). Psychological Well Being Mahasiswa Dalam Menjalani Kuliah Daring Untuk Mencegah Penyebaran Virus Corona (Studi terhadap Mahasiswa Bimbingan Konseling Islam UIN Imam Bonjol Padang). *Al Irsyad: Jurnal Bimbingan ...*, 11(1), 15–22. <https://www.ejournal.uinib.ac.id/jurnal/index.php/alirsyad/article/view/1510>
- Fatima, U., & Soomro, K. A. (2023). University Student's Perception of Academic Stress and Coping Strategies. *SBBU Journal of Social Sciences*, 1(1), 1–11. <http://journals.sbbusba.edu.pk/jss/index.php/abc/article/view/15%0Ahttp://journals.sbbusba.edu.pk/jss/index.php/abc/article/download/15/6>
- Faul, F., Erdfelder, E., Buchner, A., & Lang, A. G. (2009). Statistical Power Analyses using G*Power 3.1: Tests for Correlation and Regression Analyses. *Behavior Research Methods*, 41(4), 1149–1160. <https://doi.org/10.3758/BRM.41.4.1149>
- Fauziah, N., Supriatna, E., & Manuardi, A. R. (2022). Studi Deskripsi Efikasi Diri Akademik Pada Siswa Mts Al-Badar. *FOKUS (Kajian Bimbingan &*

- Konseling Dalam Pendidikan*), 5(2), 162–171.
<https://doi.org/10.22460/fokus.v5i2.7989>
- Field, A. (2009). *Discovering Statistics Using SPSS Statistics*. In *Sage* (4th ed, Vol. 2nd, Issue Third Edition).
- Freire, C., Ferradás, M. d. M., Valle, A., Núñez, J. C., & Vallejo, G. (2016). Profiles of Psychological Well-Being and Coping Strategies Among University Students. *Frontiers in Psychology*, 7.
<https://doi.org/10.3389/fpsyg.2016.01554>
- Galleguillos-Herrera, P., & Olmedo-Moreno, E. (2019). Academic self-efficacy and motivation: A measurement for the achievement of school objectives. *European Journal of Investigation in Health, Psychology and Education*, 9(3), 119–135. <https://doi.org/10.30552/ejihpe.v9i3.329>
- Ghasemi, A., & Zahediasl, S. (2012). Normality Tests for Statistical Analysis: A guide for Non-Statisticians. *International Journal of Endocrinology and Metabolism*, 10(2), 486–489. <https://doi.org/10.5812/ijem.3505>
- Ghozali, I. (2011). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 19* (5th ed.). Badan Penerbit Universitas Diponegoro.
- Ghufron, M. N. (2017). Penyesuaian Akademik Tahun Pertama Ditinjau Dari Efikasi Diri Mahasiswa. *Konseling Edukasi Journal of Guidance and Counseling*, 1(1), 66–81. <https://doi.org/10.21043/konseling.v1i1.3860>
- Gisela, E. S., Kinkie, E. A., Sabbilla, A., & Subroto, U. (2025). Pengaruh Stres Akademik terhadap Kesejahteraan Psikologis Mahasiswa Semester Akhir yang Terlambat Lulus. *AKADEMIK: Jurnal Mahasiswa Humanis*, 5(1), 331–341. <https://doi.org/10.37481/jmh.v5i1.1179>
- Grande, M. R. Le, Salvacion, M., Shwaita, L., Murphy, B. M., Jackson, A. C., & Alvarenga, M. E. (2024). Does Coping Style Mediate The Relationship Between Knowledge and Psychosocial Outcomes in Women With Atrial Fibrillation? *Frontiers in Psychiatry*, 15(March), 1–12.
<https://doi.org/10.3389/fpsyg.2024.1328111>
- Grotan, K., Sund, E. R., & Bjerkeset, O. (2019). Mental health, academic self-efficacy and study progress among college students - The SHoT study,

- Norway. *Frontiers in Psychology*, 10(JAN), 1–11.
<https://doi.org/10.3389/fpsyg.2019.00045>
- Groves, O., & O'Shea, S. (2019). Learning to 'be' a University Student: First in Family Students Negotiating Membership of The University Community. *International Journal of Educational Research*, 98(May), 48–54. <https://doi.org/10.1016/j.ijer.2019.08.014>
- Gujarati, D. N., & Porter, D. C. (2009). *Basic Econometrics* (5th ed.). McGraw-Hill.
- Gurvich, C., Thomas, N., Thomas, E. H. X., Hudaib, A. R., Sood, L., Fabiatos, K., Sutton, K., Isaacs, A., Arunogiri, S., Sharp, G., & Kulkarni, J. (2021). Coping Styles and Mental Health in Response to Societal Changes During The COVID-19 Pandemic. *International Journal of Social Psychiatry*, 67(5), 540–549. <https://doi.org/10.1177/0020764020961790>
- Hafidha, S. I. (2021). *Stres Karena Skripsi, Wanita Ini Menangis dan Mengeluh Setiap Hari*. <https://www.liputan6.com/hot/read/4482588/stres-karena-skripsi-wanita-ini-nangis-dan-mengeluh-setiap-hari>
- Hafnidar, Yuziani, & Verasari, M. (2024). Addressing the Psychological Well-Being of Indonesian Migrant Workers: A Holistic Approach for PMI in KBRI Kuala Lumpur Shelter Care. *International Journal of Community Care of Humanity (IJCCH)*, 2(1), 12–18.
- Hanapi, I., & Agung, I. M. (2018). Dukungan Sosial Teman Sebaya Dengan Self Efficacy Dalam Menyelesaikan Skripsi Pada Mahasiswa. *Jurnal RAP (Riset Aktual Psikologi) Universitas Negeri Padang*, 9(1), 37–45.
- Hanidah, E. (2023). *Pengaruh Self-Compassion, Coping Stress dan Dukungan Sosial Terhadap Stres Akademik Mahasiswa Tingkat Akhir pada Perguruan Tinggi di Jabodetabek*. Universitas Islam Negeri Syarif Hidayatullah Jakarta.
- Hianto, S., & Shanti, T. I. (2018). Dinamika Stres, Strategi Coping, dan Dukungan Sosial yang Diharapkan Mahasiswa Skripsi di Universitas XYZ. *Provita: Jurnal Psikologi Pendidikan*, 11(2), 41–60. <https://doi.org/10.24912/provita.v11i2.2758>

- Higuchi, D., & Echigo, A. (2016). Characteristics of coping strategies and the relationships between coping strategies and stress reactions in physical therapy students during clinical practice. *Journal of Physical Therapy Science*, 28(10), 2867–2870. <https://doi.org/10.1589/jpts.28.2867>
- Hochberg, Z., & Konner, M. (2020). Emerging Adulthood, a Pre-Adult Life-History Stage. *Frontiers in Endocrinology*, 10(January), 1–12. <https://doi.org/10.3389/fendo.2019.00918>
- Huda, N., Yun-Yen, Deli, H., Shaw, M. K., Huang, T. W., & Chang, H. J. (2021). Mediation of Coping Strategies among Patients with Advanced Cancer. *Clinical Nursing Research*, 30(8), 1153–1163. <https://doi.org/10.1177/10547738211003276>
- Huppert, F. A. (2009). Psychological Well-being: Evidence Regarding its Causes and Consequences. *Applied Psychology: Health and Well-Being*, 1(2), 1–28. <https://doi.org/10.1111/j.1758-0854.2009.01008.x>
- Incentia, P. A. (2022). *Efikasi Diri Akademik Sebagai Mediator Antara Problem-Focused Coping Dan Emotion-Focused Coping Terhadap Kesejahteraan Psikologis Pada Mahasiswa Yang Sedang Mengerjakan Skripsi* [Tesis]. Universitas Gadjah Mada.
- Indreswari, H., Probawati, D., & Rachmawati, I. (2022). Psychological Well-Being and Student Academic Burnout. *Jurnal Kajian Bimbingan Dan Konseling*, 7(3), 138–149. <https://doi.org/10.17977/um001v7i32022p138-149>
- International Test Commission. (2017). *The ITC Guidelines for Translating and Adapting Tests (Second Edition)*. www.InTestCom.org
- Ismiati. (2015). Problematika dan Coping Stress Mahasiswa dalam Menyusun Skripsi. *Jurnal Al-Bayan*, 21(32), 15–27.
- Jambione.com. (2023). *Fenomena Bunuh Diri, Ada Apa?* <https://www.jambione.com/kolom/1362684563/Fenomena-Bunuh-Diri-Ada-Apa>
- Jannati, Y., Sharif Nia, H., Froelicher, E. S., Goudarzian, A. H., & Yaghoobzadeh, A. (2020). Self-blame Attributions of Patients: a

- Systematic Review Study. *Central Asian Journal of Global Health*, 9(1), 1–12. <https://doi.org/10.5195/cajgh.2020.419>
- Johnston, M. G., & Faulkner, C. (2021). A Bootstrap Approach is a Superior Statistical Method for The Comparison of Non-Normal Data With Differing Variances. *New Phytologist*, 230(1), 23–26. <https://doi.org/10.1111/nph.17159>
- Khalika, N. N. (2019). *Depresi Karena Skripsi, Kampus dan Dosen Wajib Menolong Mahasiswa*. <https://tirto.id/depresi-karena-skripsi-kampus-dosen-wajib-menolong-mahasiswa-ddqy>
- Khoury, J. E., Atkinson, L., Bennett, T., Jack, S. M., & Gonzalez, A. (2021). Coping Strategies Mediate The Associations Between COVID-19 Experiences and Mental Health Outcomes in Pregnancy. *Archives of Women's Mental Health*, 24(6), 1007–1017. <https://doi.org/10.1007/s00737-021-01135-2>
- Kim, H. K., Seo, J. H., & Park, C. H. (2022). The Mediating Effect of Self-Efficacy and Coping Strategy in Relation to Job Stress and Psychological Well-Being of Home-Visiting Care Workers for Elderly during the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 19(19), 1–14. <https://doi.org/10.3390/ijerph191912164>
- Kim, J. H. (2019). Multicollinearity and Misleading Statistical Results. *Liminal Minorities*, 72(6), 558–569. <https://doi.org/10.7591/cornell/9781501774676.005.0002>
- Kuserawati, S., & Farida, I. A. (2022). Hubungan Antara Efikasi Diri Akademik dan Kesejahteraan Psikologis pada Mahasiswa Universitas Negeri Malang. *Flourishing Journal*, 2(4), 277–290. <https://doi.org/10.17977/um070v2i42022p277-290>
- Kuswanto, H. (2025). The Impact of Academic Stress on Psychological Well-Being with Life-College Balance as a Moderating Variable for Students in Jakarta. *Jurna; Indonesia Sosial Sains*, 6(1), 260–265.
- Kwak, S. G., & Kim, J. H. (2017). Central Limit Theorem: The Cornerstone of Modern Statistics. *Korean Journal of Anesthesiology*, 70(2), 144–156.

- Lazarus, R., & Folkman, S. (1984). *Stress, Appraisal and Coping*. Springer Publishing Company.
- Lee, T. S. H., Tzeng, W. C., & Chiang, H. H. (2019). Impact of Coping Strategies on Nurses' Well-Being and Practice. *Journal of Nursing Scholarship, 51*(2), 195–204. <https://doi.org/10.1111/jnu.12467>
- Lee, Y., & Song, Y. (2021). Coping as a Mediator of the Relationship Between Stress and Anxiety in Caregivers of Patients With Acute Stroke. *Clinical Nursing Research, 31*(1), 136–143. <https://doi.org/10.1177/10547738211021223>
- Lestari, B. A. K., & Hastuti, M. M. S. (2023). Hubungan Antara Tingkat Stres dengan Motivasi Penyusunan Skripsi Pada Mahasiswa Bimbingan dan Konseling Angkatan 2019 Universitas Sanata Dharma. *Solusi: Jurnal Konseling Dan Pengembangan Pribadi, 5*(2), 1–9. <https://doi.org/10.24071/sol.v5i2.7873>
- Linh, D. L. K., & Quyen, B. T. T. (2022). The Challenges Faced by Students in School of Advanced Study at Ho Chi Minh City Open University in Doing Research. *Ho Chi Minh City Open University Journal of Science - Social Sciences, 12*(2), 104–117. <https://doi.org/10.46223/hcmcoujs.soci.en.12.2.2342.2022>
- Loureiro, F., Peças, D., Neves, A. C., & Antunes, A. V. (2024). Coping Strategies and Social Support in Nursing Students During Clinical Practice: A Scoping Review. *Nursing Open, 11*(2), 1–13. <https://doi.org/10.1002/nop2.2112>
- Macawalang, N. N. S., & Purnawinadi, I. G. (2025). Strategi Koping Mahasiswa Tingkat Akhir Dalam Menyelesaikan Skripsi. *Klabat Journal of Nursing, 7*(2), 231–241. <https://doi.org/10.37771/kjn.v7i2.1405>
- Mahesti, N. P. R. E., & Rustika, I. M. (2020). Peran Kecerdasan Emosional dan Efikasi Diri terhadap Resiliensi pada Mahasiswa Universitas Udayana yang Sedang Menyusun Skripsi. *Jurnal Psikologi Udayana, 7*(2), 53–65. <https://doi.org/10.24843/jpu.2020.v07.i02.p06>

- Maryam, S. (2017). Strategi Coping: Teori Dan Sumberdayanya. *JURKAM: Jurnal Konseling Andi Matappa*, 1(2), 101. <https://doi.org/10.31100/jurkam.v1i2.12>
- Mawarpury, M. (2013). Coping sebagai Prediktor kesejahteraan psikologis: Studi meta analisis. *Psycho Idea*, 11(1), 38–47.
- Meng, Q., & Zhang, Q. (2023). Influence of Psychological Hardiness on Academic Achievement of University Students: The Mediating Effect of Academic Engagement. *Sustainability*, 14(4), 1–14. <https://doi.org/10.3233/WOR-211358>
- Moreno-Montero, E., Ferradás, M. del M., & Freire, C. (2024). Personal Resources for Psychological Well-Being in University Students: The Roles of Psychological Capital and Coping Strategies. *European Journal of Investigation in Health, Psychology and Education*, 14(10), 2686–2701. <https://doi.org/10.3390/ejihpe14100177>
- Muarifah, A., & Nurliyana, T. (2022). Student Career Decision Making: Self-Efficacy and Future Orientation. *IJIP : Indonesian Journal of Islamic Psychology*, 4(2), 1–17. <https://doi.org/10.18326/ijip.v4i2.22>
- Mufidah, E. F., Pravesti, C. A., & Farid, D. A. M. F. (2022). Urgensi Efikasi Diri: Tinjauan Teori Bandura. *Open Journal System*, 3(2), 30–35.
- Mugiarso, H., Setyowani, N., & Tedra, L. B. (2018). Self-efficacy dan Persistensi Mahasiswa Ketika Mengerjakan Skripsi Ditinjau dari Kecemasan Akademik. *TERAPUTIK: Jurnal Bimbingan Dan Konseling*, 1(3), 171–175. <https://doi.org/10.26539/1370>
- Mulawarman, M. (2022). Konseling Online Untuk Meningkatkan Kesejahteraan Psikologis. *Terapeutik Jurnal Bimbingan Dan Konseling*, 5(3), 266–274. <https://doi.org/10.26539/terapeutik.53798>
- Mülder, L. M., Deci, N., Werner, A. M., Reichel, J. L., Tibubos, A. N., Heller, S., Schäfer, M., Pfirrmann, D., Edelmann, D., Dietz, P., Beutel, M. E., Letzel, S., & Rigotti, T. (2021). Antecedents and Moderation Effects of Maladaptive Coping Behaviors Among German University Students. *Frontiers in Psychology*, 12(May), 1–13. <https://doi.org/10.3389/fpsyg.2021.645087>

- Nabila, S., & Ashshiddiqi, M. (2023). *MENGERJAKAN SKRIPSI RELATIONSHIP BETWEEN SELF-EFFICACY AND RESILIENCE IN STUDENTS WORKING ON*. 18(1), 23–35.
- Nastiti, D., & Damayanti, A. (2018). Stresor dan Strategi Koping Terhadap HIV/AIDS Pada Remaja dengan HIV/AIDS. *Prosiding Seminar Nasional Dan Call for Paper: Community Psychology Sebuah Kontribusi Psikologi Menuju Masyarakat Berd, 1*, 233–246.
- Nebhinani, M., Kumar, A., Parihar, A., & Rani, R. (2019). Physical Violence Against Doctors: A Content Analysis from Online Indian Newspapers. *Indian Journal of Community Medicine*, 45(1), 172–175. <https://doi.org/10.4103/ijcm.IJCM>
- Nuraini, A., & Nawangsih, E. (2022). Pengaruh Efikasi Diri Menyelesaikan Skripsi terhadap Kesejahteraan Psikologis pada Mahasiswa yang Sedang Menyusun Skripsi di Universitas Islam Bandung. *Conference Series: Psychology Science*, 2(2), 311–318.
- Pang, H. P., & Veloo, A. (2024). The Relation Between Learning Engagement and Academic Self-Efficacy Toward Academic Achievement among University Students. *Qubahan Academic Journal*, 4(2), 170–183. <https://doi.org/10.48161/qaj.v4n2a512>
- Park, S. II. (2022). A Study on Academic Self-Efficacy, Self-Confidence and Creative Problem-Solving Ability of Nursing Students. *Asia-Pacific Journal of Convergent Research Interchange*, 8(9), 85–94. <https://doi.org/10.47116/apjcri.2022.09.08>
- Pedhu, Y. (2022). Kesejahteraan Psikologis dalam Hidup Membiara. *Jurnal Konseling Dan Pendidikan*, 10(1), 65–78. <https://doi.org/10.29210/162200>
- Pérez-San-Gregorio, M. Á., Martín-Rodríguez, A., Borda-Mas, M., Avargues-Navarro, M. L., Pérez-Bernal, J., & Gómez-Bravo, M. Á. (2017). Coping Strategies in Liver Transplant Recipients and Caregivers According to Patient Posttraumatic Growth. *Frontiers in Psychology*, 8(January), 1–9. <https://doi.org/10.3389/fpsyg.2017.00018>
- Periantalo, J. (2017). *Penelitian Kuantitatif untuk Psikologi*.

- Pitaloka, L. C. T., & Mamahit, H. C. (2021). Problem-Focused Coping pada Mahasiswa Aktif Fakultas Pendidikan dan Bahasa Universitas Katolik Indonesia Atma Jaya Jakarta. *JKI (Jurnal Konseling Indonesia)*, 6(2), 41–49. <http://ejournal.unikama.ac.id/index.php/JKI>
- Portento, K. M. B., Borboran, A. M. T., & Paredes, E. A. (2022). Self-Efficacy as a Mediator between Motivation and Engagement and Academic Performance. *Journal of Mathematics and Statistics Studies*, 3(2), 37–41. <https://doi.org/10.32996/jmss.2022.3.2.4>
- Pragholapati, A., & Ulfitri, W. (2019). Gambaran Mekanisme Coping pada Mahasiswa Program Studi Sarjana Keperawatan Tingkat IV yang Sedang Menghadapi Tugas Akhir di Sekolah Tinggi Ilmu Kesehatan X Bandung. *Humanitas (Jurnal Psikologi)*, 3(2), 115–126. <https://doi.org/10.28932/humanitas.v3i2.2168>
- Pramiari, N. M. A. S., & Perbawa, Kt. S. L. P. (2022). Informed Consent Dalam Penggunaan Layanan Psikologi ditinjau dari KUHPERDATA. *Jurnal Hukum Mahasiswa*, 2(2), 458–471.
- Pratiwi, D. E., & Roosyanti, A. (2019). Analisis Faktor Penghambat Skripsi Mahasiswa Jurusan Pendidikan Guru Sekolah Dasar Universitas Wijaya Kusuma Surabaya. *Jurnal Pendidikan Dasar*, 10(1), 101–114. <https://doi.org/10.21009/jpd.v10i1.11272>
- Putri, T. H., Priyono, D., & Fitrianingrum, I. (2022). Coping Strategies Among Indonesian College Students During The Covid-19 Pandemic. *Malaysian Journal of Medicine and Health Sciences*, 18(6), 100–107. <https://doi.org/10.47836/mjmhs18.6.15>
- Qiao, G., Li, S., & Hu, J. (2011). Stress, Coping, and Psychological Well-Being Among New Graduate Nurses in China. *Home Health Care Management and Practice*, 23(6), 398–403. <https://doi.org/10.1177/1084822311405828>
- Rabinovitch, A. E., Perrin, P. B., Tabaac, A. R., & Brewster, M. E. (2015). Coping Styles and Suicide in Racially and Ethnically Diverse Lesbian, Bisexual, and Queer Women. *American Ps*, 2(4), 497–504.

- Rahma, A., Dewi, A. A., & Nisa, H. (2025). Hubungan Karakteristik Individu, Kualitas Tidur, dan Kepuasan Hidup dengan Stres pada Mahasiswa di Jabodetabek. *Jurnal Psikologi*, 21(1), 1–10. <https://doi.org/10.24014/jp.v21i1.21001>
- Raihana, P. A., Dewi, A. D., Syahrina, H. M., Sukmakarti, L. D., & Hapsari, W. H. (2023). Pengembangan Alat Ukur Kesejahteraan Psikologis Remaja dalam Lingkup Keluarga. *TRILOGI: Jurnal Ilmu Teknologi, Kesehatan, Dan Humaniora*, 4(3), 167–176. <https://doi.org/10.33650/trilogi.v4i3.6282>
- Rasyid, M. (2016). *Asumsi Homoskedastisitas Dalam Analisis Regresi: Pendekatan Eksperimen Sederhana*. August. Asumsi Homoskedastisitas Dalam Regresi
- Reeina, A., Istiqomah, E., & Zwagery, R. V. (2019). Hubungan Strategi Coping Yang Berfokus Pada Emosi Dengan Burnout Belajar Pada Mahasiswa Program Studi Keperawatan Fakultas Kedokteran Universitas Lambung Mangkurat Banjarbaru. *Jurnal Kognisia Universitas Lambung Mangkurat Banjarbaru Kalimantan*, vol 2(2), 7–12.
- Rismen, S. (2015). Analisis Kesulitan Mahasiswa Dalam Penyelesaian Skripsi di Prodi Pendidikan Matematika STKIP PGRI. *Lemma*, 1(2), 57–62.
- Ryff, C. D. (1995). Psychological Well-Being in Adult Life. *Current Directions in Psychological Science*, 4(4), 99–104. <https://doi.org/10.1111/1467-8721.ep10772395>
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.2466/pr0.1995.77.1.275>
- Ryff, C. D., & Singer, B. (1996). Psychological Well-Being: Meaning, Measurement, and Implications for Psychotherapy Research. *Psychotherapy and Psychosomatics*, 15, 14–23. <http://www.ncbi.nlm.nih.gov/pubmed/24281296>
- Sabouripour, F., Roslan, S., Ghiami, Z., & Memon, M. A. (2021). Mediating Role of Self-Efficacy in the Relationship Between Optimism, Psychological Well-Being, and Resilience Among Iranian Students.

- Frontiers in Psychology*, 12(June).
<https://doi.org/10.3389/fpsyg.2021.675645>
- Safitri, S. N. (2021). *Hubungan antara Strategi Coping dengan Psychological Well Being pada Mahasiswa Tingkat Akhir Angkatan 2017 Fakultas Sains dan Teknologi UIN Maulana Malik Ibrahim Malang* [Skripsi]. Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Sagone, E., & Caroli, M. E. De. (2014). Locus of Control and Academic Self-efficacy in University Students: The Effects of Self-concepts. *Procedia - Social and Behavioral Sciences*, 114, 222–228.
<https://doi.org/10.1016/j.sbspro.2013.12.689>
- Salazar, A., Palomo-Osuna, J., de Sola, H., Moral-Munoz, J. A., Dueñas, M., & Failde, I. (2021). Psychological Impact of The Lockdown Due to The Covid-19 Pandemic in University Workers: Factors Related to Stress, Anxiety, and Depression. *International Journal of Environmental Research and Public Health*, 18(8), 1–16.
<https://doi.org/10.3390/ijerph18084367>
- Salleh, R. R., Ismail, N. A. H., & Idrus, F. (2021). The Relationship Between Self-Regulation, Self-Efficacy, and Psychological Well-Being Among the Salahaddin University Undergraduate Students in Kurdistan. *International Journal of Islamic Educational Psychology*, 2(2), 105–126.
<https://doi.org/10.18196/ijiep.v2i2.12572>
- Saputra, M., Ratumbusang, M. F. N. G., Rahmattullah, M., & Hasanah, M. (2024). Analisis Faktor-Faktor Keterlambatan Mahasiswa Tingkat Akhir Di Program Studi Pendidikan Ekonomi FKIP ULM Dalam Menyelesaikan Skripsi. *Jurnal Pendidikan Ekonomi (JUPE)*, 12(2), 183–189. <https://doi.org/10.26740/jupe.v12n2.p183-189>
- Saputri, K. A., & Sugiharto. (2020). Hubungan Antara Self Efficacy dan Social Support Dengan Tingkat Stres Pada Mahasiswa Akhir Penyusun Skripsi di FIP Unnes Tahun 2019. *Journal of Guidance and Counseling*, 4(1), 101–122. <https://doi.org/10.2224/sbp.2013.41.9.1519>

- Sari, E. N. M. (2019). Hubungan Antara Emotion Focused Coping dan Kepuasan Hidup Pada Mahasiswa. *Cognicia*, 7(1), 95–111. <https://doi.org/10.22219/cognicia.v7i1.8116>
- Schunk, D. H., & DiBenedetto, M. K. (2020). Self-Efficacy and Human Motivation. *Advances in Motivation Science*, 8, 1–27. <https://doi.org/10.1016/bs.adms.2020.10.001>
- Seligman, M. (2011). *Flourish: A visionary new understanding of happiness and well-being*.
- Semraputri, S. A. K. T., & Rustika, I. M. (2018). Peran Problem Focused Coping dan Konsep Diri Terhadap Penyesuaian Diri pada Remaja Akhir yang Menjadi Pengurus Organisasi Kemahasiswaan di Fakultas Kedokteran Universitas Udayana. *Jurnal Psikologi Udayana*, 5(1), 35–47.
- Sharma, H. L., & Nasa, G. (2014). Academic Self Efficacy : A reliable Predictor of Educational Performaces. *British Journal of Education*, 2(3), 57–64.
- Shin, H., Park, Y. M., Ying, J. Y., Kim, B., Noh, H., & Lee, S. M. (2014). Relationships Between Coping Strategies and Burnout Symptoms: A Meta-Analytic Approach. *Professional Psychology: Research and Practice*, 45(1), 44–56. <https://doi.org/10.1037/a0035220>
- Siddiqui, S. (2015). Impact of Self-Efficacy on Psychological Well-Being among Undergraduate Students. *International Journal of Indian Psychology*, 2(3), 5–16. <https://doi.org/10.25215/0203.040>
- Sirois, F. M., Molnar, D. S., & Hirsch, J. K. (2015). Self-Compassion, Stress, and Coping in the Context of Chronic Illness. *Self and Identity*, 14(3), 1–14. <https://doi.org/10.1080/15298868.2014.996249>
- Solove, E. D., Fisher, G. G., & Kraiger, K. (2014). Coping With Job Loss and Reemployment: A Two-Wave Study. *Journal of Business and Psychology*, 30(3), 529–541. <https://doi.org/10.1007/s10869-014-9380-7>
- Sousa, V. D., & Rojjanasrirat, W. (2011). Translation, Adaptation and Validation of Instruments or Scales for use in Cross-Cultural Health Care Research: A Clear and User-Friendly Guideline. *Journal of Evaluation in*

Clinical Practice, 17(2), 268–274. <https://doi.org/10.1111/j.1365-2753.2010.01434.x>

Srivastava, S., Upadhaya, P., & Jain, R. (2023). Listen to the Heart or Mind First? Examining Sequential Coping Mechanisms Among Indians During the COVID-19 Pandemic. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1104973>

Steinmayr, R., Heyder, A., Naumburg, C., Michels, J., & Wirthwein, L. (2018). School-Related and Individual Predictors of Subjective Well-Being and Academic Achievement. *Frontiers in Psychology*, 9(Desember), 1–16. <https://doi.org/10.3389/fpsyg.2018.02631>

Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (2nd ed.). Alfabeta.

Sumiati, N. T., & Sita, F. A. (2022). Kesejahteraan Psikologis Tenaga Kesehatan Indonesia Selama Pandemi Covid-19: Pengaruh Strategi Koping, Dukungan Sosial, dan Faktor Demografis. *Jurnal Psikologi Sains Dan Profesi*, 6(3), 199–211.

Syaudah, Y. (2019). Coping Strategy and Psychological Well-Being of Final Year University Student. *Psychological Research and Intervention*, 2(2), 73–81. <https://doi.org/10.21831/pri.v2i2.30364>

Tanujaya, W. (2014). Hubungan Kepuasan Kerja Dengan Kesejahteraan Psikologis (Psychological Well Being) pada Karyawan Cleaner (Studi Pada Karyawan Cleaner yang Menerima Gaji Tidak Sesuai Standar UMP Di PT. Sinergi Integra Services, Jakarta). *Jurnal Psikologi*, 12(2), 67–79. <https://www.academia.edu/download/46530154/1308-2643-1-SM.pdf>

Ullman, S. E., & Peter-Hagene, L. (2014). Social Reactions to Sexual Assault Disclosure, Coping, Perceived Control, and PTSD Symptoms in Sexual Assault Victims. *Journal of Community Psychology*, 42(4), 495–508. <https://doi.org/10.1002/jcop>

Usraleli, Melly, & Deliana, R. (2020). Hubungan Strategi Koping dengan Tingkat Stres Mahasiswa Poltekkes Kemenkes Riau yang Menyusun Skripsi. *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(3), 967–970. <https://doi.org/10.33087/jiubj.v20i3.1085>

- Utami, W. (2016). Pengaruh Kecenderungan Neurotik dan Self-Efficacy Terhadap Psychological Well Being. *Journal An-Nafs: Kajian Penelitian Psikologi*, 1(2), 202–226.
- Valentsia, G. K. D., & Wijono, S. (2020a). Optimisme dengan Problem Focused Coping pada Mahasiswa yang Sedang Mengerjakan Tugas Akhir. *Edukatif: Jurnal Ilmu Pendidikan*, 2(1), 15–22. <https://doi.org/10.31004/edukatif.v2i1.74>
- Valentsia, G. K. D., & Wijono, S. (2020b). Optimisme Dengan Problem Focused Coping Pada Mahasiswa Yang Sedang Mengerjakan Tugas Akhir. *Edukatif: Jurnal Ilmu Pendidikan*, 2(1), 15–22.
- Vidyputri, Y. X., Zefanya, N., & Hestyanti, Y. R. (2023). Gambaran Strategi Coping Pada Mahasiswa yang Mengalami Academic Burnout di Masa Pandemi. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, 7(1), 10–18. <https://doi.org/10.24912/jmishumsen.v7i1.20480.2022>
- Vosoogh, N. S. H., Tavakolizadeh, J., & Pakdaman, M. (2021). The Role of Self-efficacy in the Relationship Between Classroom Climate and Students' Educational Motivation. *Journal of Research and Health*, 11(4), 225–233. <https://doi.org/10.32598/JRH.11.4.1839.1>
- Wahyudhi, Q. I., Winarsunu, T., & Amalia, S. (2019). Kematangan Sosial dan Problem Focused Coping pada Laki-Laki Usia Dewasa Awal. *Jurnal Ilmiah Psikologi Terapan*, 7(1), 52–64. <https://doi.org/10.22219/jipt.v7i1.7835>
- Wang, Q., Lee, K. C. S., & Hoque, K. E. (2020). The Effect of Classroom Climate on Academic Motivation Mediated by Academic Self-Efficacy in A Higher Education Institute in China. *International Journal of Learning, Teaching and Educational Research*, 19(8), 194–213. <https://doi.org/10.26803/ijlter.19.8.11>
- Wang, X., & Cheng, Z. (2020). Cross-Sectional Studies: Strengths, Weaknesses, and Recommendations. *Chest*, 158(15), 565–571. <https://doi.org/10.1016/j.chest.2020.03.012>
- Wasley, D., & Eden, S. (2017). Predicting Psychological Distress of Informal Carers of Individuals With Major Depression or Bipolar Disorder.

- International Journal of Mental Health Nursing*, 27(1), 358–367.
<https://doi.org/10.1111/inm.12329>
- Weigold, I. K., Weigold, A., Dykema, S. A., Drakeford, N. M., & Ethridge, E. T. (2024). Personal Growth Initiative: Relation to Coping Styles, Strategies, and Self-Efficacy. *Journal of Happiness Studies*, 25(6), 1–23.
<https://doi.org/10.1007/s10902-024-00782-3>
- Wibowo, M. E. S., & Djastuti, I. (2019). Psychological Well-being Pekerja Informal Sektor Industri Kreatif UMKM di Kota Semarang (Studi Fenomenal pada Kampung Batik Semarang). *INOBIS: Jurnal Inovasi Bisnis Dan Manajemen Indonesia*, 3(1), 1–16.
<https://doi.org/10.31842/jurnal-inobis.v3i1.116>
- Wijayanti, E. T. (2021). Strategi Koping Mahasiswa Keperawatan Universitas Nusantara PGRI Kediri Selama Pembelajaran Jarak Jauh. *Jurnal Nusantara Medika*, 5(1), 43–48.
- Wulan, D. A. N., & Abdullah, S. M. (2014). Prokrastinasi Akademik dalam Penyelesaian Skripsi. *Jurnal Sosio - Humaniora*, 5(1), 55–74.
- Yahaya, A. Z. bin, Yee, A., & Sulaiman, A. H. (2022). The Pattern of Substance Use among People Who Use Drugs (PWUD) Receiving Treatment at University Malaya Medical Centre (UMMC) during the COVID-19 Pandemic and the Associated Factors. *Healthcare (Switzerland)*, 10(8), 1–16. <https://doi.org/10.3390/healthcare10081366>
- Yeh, P. M., & Waters, G. (2020). Path Analysis Testing the Development of Personality and Psychological Well-being Model. *Western Journal of Nursing Research*, 43(1), 1–11.
<https://doi.org/10.1177/0193945920932559>
- Yokoyama, S. (2019). Academic Self-Efficacy and Academic Performance in Online Learning: A mini review. *Frontiers in Psychology*, 9(JAN), 1–4.
<https://doi.org/10.3389/fpsyg.2018.02794>
- Zahara, J. I., & Abdullah, S. M. (2025). Strategi Coping Stress Akademik pada Mahasiswa Gangguan Mental di Yogyakarta. *Jurnal Penelitian Inovatif*, 5(4), 2987–2998. <https://jurnal-id.com/index.php/jupin>

- Zhang, X. H., Meng, L. N., Liu, H. H., Luo, R. Z., Zhang, C. M., Zhang, P. P., & Liu, Y. H. (2018). Role of Academic Self-Efficacy in The Relationship Between Self-Directed Learning Readiness and Problem-Solving Ability Among Nursing Students. *Frontiers of Nursing*, 5(1), 75–81. <https://doi.org/10.1515/fon-2018-0011>
- Zhavira, R., & Palupi, L. S. (2022). Academic Hardiness and Psychological Well-Being among University Students. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 7(2), 145–155. <https://doi.org/10.20473/jpkm.v7i22022.145-155>
- Zusya, A. R., & Akmal, S. Z. (2016). Hubungan Self Efficacy Akademik dengan Prokrastinasi Akademik pada Mahasiswa yang Sedang Menyelesaikan Skripsi. *Psymphatic : Jurnal Ilmiah Psikologi*, 3(2), 191–200. <https://doi.org/10.15575/psy.v3i2.900>

