

DAFTAR PUSTAKA

- Agustin, M., & Arianti, E. F. (2024). Gambaran Regulasi Emosi pada Pegawai Pengadilan Agama Bagian PTSP (Pelayanan Terpadu Satu Pintu). *Corona: Jurnal Ilmu Kesehatan Umum, Psikolog, Keperawatan Dan Kebidanan*, 2(3), 122–134. <https://doi.org/https://doi.org/10.61132/corona.v2i3.569>
- Alam, I., Nazneen, L., & Zafar, I. (2025). Gender Differences in Parenting Styles and their effect on Emotional Regulation Difficulties in Adolescents. *Competitive Research Journal Archive*, 3(1), 217–231. <https://thecrja.com/index.php/Journal/article/view/89>
- Alfaeni, D. K., & Rachmawati, Y. (2023). Etnoparenting: Pola Pengasuhan Alternatif Keluarga Di Indonesia. *Aulad : Journal on Early Childhood*, 6(1), 51–60. <https://doi.org/10.31004/aulad.v6i1.432>
- Aniela, C., & Soetikno, N. (2024). Peran Regulasi Emosi dalam Memprediksi Efikasi Diri pada Warga Binaan Pemasyarakatan Perempuan. *JIPSI*, 6(2), 122–133. <https://doi.org/10.37278/jipsi.v6i2.990>
- Anjelita, G. S., & Wahyuni, E. (2023). Pengembangan Media Video Tutorial Loving-Kindness Meditation untuk Meningkatkan Regulasi Emosi Mahasiswa Universitas Negeri Jakarta. *Insight: Jurnal Bimbingan Dan Konseling*, 12(1), 1–7.
- Aritonang, S. A. D., & Soetjiningsih, C. H. (2024). Pola Asuh Otoritatif dan Regulasi Emosi pada Remaja Akhir. *G-COUNS: Jurnal Bimbingan Dan Konseling*, 8(2), 653–661. <https://doi.org/10.31316/gcouns.v8i2.5572>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Azwar, S. (2012). *Penyusunan Skala Psikologi* (2nd ed.). Pustaka Pelajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi* (2nd ed.). Pustaka Pelajar. https://books.google.co.id/books/about/Metode_Penelitian_Psikologi_Edisi_I.html?hl=id&id=bX_bzwEACAAJ&redir_esc=y
- Azzahara, A., & Adetya, S. (2024). Hubungan Regulasi Emosi dengan Stres Akademik pada Mahasiswa Akhir. *Edukatif: Jurnal Ilmu Pendidikan*, 6(4), 2868–2875. <https://doi.org/https://doi.org/10.31004/edukatif.v6i4.6960>

- Baumrind, D. (1971). Current patterns of parental authority. *Developmental Psychology*, 4(1), 1–103. <https://doi.org/10.1037/H0030372>
- Beaton, D. E., Bombardier, C., Guillemin, F., & Ferraz, M. B. (2000). Guidelines for the Process of Cross-Cultural Adaptation of Self-Report Measures. *SPINE*, 25(24), 3186–3191. <https://pubmed.ncbi.nlm.nih.gov/11124735/>
- Buri, J. R. (1991). Parental Authority Questionnaire. *Journal of Personality Assessment*, 57(1), 110–119.
- Carbone, A., Pestell, C., Nevill, T., & Mancini, V. (2025). The Indirect Effects of Fathers' Parenting Style and Parent Emotion Regulation on the Relationship Between Father Self-Efficacy and Children's Mental Health Difficulties. *International Journal of Environmental Research and Public Health*, 22(1). <https://doi.org/10.3390/ijerph22010011>
- Cheung, R. Y. M., Leung, M. C., Chan, K. K. S., & Lam, C. B. (2019). Effects of mother-offspring and father-offspring dynamics on emerging adults' adjustment: The mediating role of emotion regulation. *PLOS ONE*, 14(2). <https://doi.org/10.1371/journal.pone.0212331>
- Danasasmita, F. S., Pandia, V., Fitriana, E., Afriandi, I., Purba, F. D., Ichsan, A., Pradana, K., Santoso, A. H. S., Mardhiyah, F. S., & Engellia, R. (2024). Validity and reliability of the Difficulties in Emotion Regulation Scale Short Form in Indonesian non-clinical population. *Front. Psychol*, March, 1–12. <https://doi.org/10.3389/fpsy.2024.1380354>
- Darmagita, S. F., & Susanto, H. (2022). Adaptasi Alat Ukur Parental Authority Questionnaire Revised (PAQ-R) untuk Orang Tua Dengan Anak Usia 2-18 Tahun. *Psikostudia Jurnal Psikologi*, 11(4), 561–574. <https://doi.org/http://dx.doi.org/10.30872/psikostudia.v11i4>
- Das, R. (2022). Relationship Between Perceived Parenting Style and Emotional Regulation Ability Among Indian Young Adults. *The International Journal of Indian Psychology*, 10(4), 1–10. <https://doi.org/10.25215/1004.001>
- Ebel, R. L., & Frisbie, D. A. (1991). *Essentials of Educational Measurement* (5th ed.). Prentice Hall.
- Fadila, & Nurudin. (2024). Self-disclosure dalam Komunikasi Antara Orangtua dan Anak Rantau Pada Pola Asuh Authoritarian. *JlIP - Jurnal Ilmiah Ilmu*

- Pendidikan*, 7(12), 14164–14175.
<https://doi.org/https://doi.org/10.54371/jiip.v7i12.6512>
- Fatmawati, E., Ismaya, E. A., & Setiawan, D. (2021). Pola Asuh Orang Tua Dalam Memotivasi Belajar Anak Pada Pembelajaran Daring. *Jurnal Educatio*, 7(1), 104–110. <https://doi.org/10.31949/educatio.v7i1.871>
- 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>
- Fauzy, M. L., Murtinah, Sulystiowato, P., & Purwantini, L. (2026). Pengaruh Konsep Diri dan Regulasi Emosi Terhadap Burnout Akademik Pada Mahasiswa. *Observasi: Jurnal Publikasi Ilmu Psikologi*, 3(1), 365–382. <https://doi.org/https://doi.org/10.61722/jinu.v3i2.8655>
- Forester, B. J., Khater, A. I. A., Afgani, M. W., & Isnaini, M. (2024). Penelitian Kuantitatif: Uji Reliabilitas. *Edu Society: Jurnal Pendidikan, Ilmu Sosial, Dan Pengabdian Kepada Masyarakat*, 4(3), 1812–1820. <https://www.jurnal.permapendis-sumut.org/index.php/edusociety/article/view/577/463>
- Ghasemi, A., & Zahediasl, S. (2012). Normality Tests for Statistical Analysis: A guide for Non-Statisticians. *Int J Endocrinology Metab*, 10(2), 486–489. <https://doi.org/10.5812/ijem.3505>
- Goagoses, N., Bolz, T., Eilts, J., Schipper, N., Schütz, J., Rademacher, A., Vesterling, C., & Koglin, U. (2023). Parenting dimensions/styles and emotion dysregulation in childhood and adolescence: a systematic review and Meta-analysis. *Current Psychology*, 42, 18798–18822. <https://doi.org/https://doi.org/10.1007/s12144-022-03037-7>
- Gratz, K. L., & Roemer, L. (2004). Multidimensional Assessment of Emotion Regulation and Dysregulation: Development, Factor Structure, and Initial Validation of the Difficulties in Emotion Regulation Scale. *Journal of Psychopathology and Behavioral Assessment*, 26(1), 41–54. <https://doi.org/10.1023/B:JOBA.0000007455.08539.94>
- Harmalis. (2022). Regulasi Emosi dalam Perspektif Islam. *Journal on Education*,

- 04(04), 1781–1788. <http://jonedu.org/index.php/joe>
- Kaufman, E. A., Xia, M., Fosco, G., Yaptangco, M., Skidmore, C. R., & Crowell, S. E. (2015). The Difficulties in Emotion Regulation Scale Short Form (DERS-SF): Validation and Replication in Adolescent and Adult Samples. *Journal of Psychopathology and Behavioral Assessment*, 38(3), 443–455. <https://doi.org/10.1007/s10862-015-9529-3>
- Khaeriah, A., Minarni, & Saudi, A. N. A. (2023). Perbedaan Regulasi Emosi Berdasarkan Jenis Kelamin pada Mahasiswa di Kota Makassar. *Jurnal Psikologi Karakter*, 3(2), 411–416. <https://doi.org/10.56326/jpk.v3i2.2317>
- Laisina, A. S. (2026). Hubungan faktor individu terhadap peningkatan omzet pada toko bangunan sinar abadi sorong. *JMA: Journal of Management and Accounting*, 2(1), 19–28. <https://ejournal.um-sorong.ac.id/index.php/jma/article/view/5330/2574>
- Lubis, N. S., Dewi, I. S., & Saragih, N. A. (2025). Hubungan Pola Asuh Demokratis Orang Tua dengan Regulasi Emosi Siswa Kelas X SMAN 1 Lubuk Pakam Tahun Ajaran 2024/2025. *Indonesian Journal of Educational Counseling*, 9(2), 309–317. <https://doi.org/10.30653/001.202592.510>
- Manggoa, G. A., & Murti, H. A. S. (2026). The Relationship Between Emotional Regulation and Academic Burnout in Universitas Kristen Satya Wacana Students. *G-COUNS: Jurnal Bimbingan Dan Konseling*, 10(01), 459–470. <https://doi.org/10.31316/g-couns.v10i01.7698>
- Mardhiati, R. (2023). Variabel Pengetahuan Dalam Penelitian Kesehatan Masyarakat. *IKRAITH-HUMANIORA*, 7(1), 163–171. <https://doi.org/10.37817/ikraith-humaniora.v7i1.2286>
- Memon, M. A., Hiram, T., Cheah, J.-H., Thurasamy, R., Francis, C., & Cham, H. T. (2020). Sample size for survey research: review and recommendations. *Journal of Applied Structural Equation Modeling*, 4(2).
- Mirza, R., Hutagalung, M. U., Silalahi, L., Petrisely, W., Elvinawanty, R., & Hafni, M. (2024). Resiliensi Ditinjau Dari Regulasi Emosi Pada Mahasiswa Perantauan. *Jurnal Diversita*, 10(1), 143–155. <https://doi.org/10.31289/diversita.v10i1.9040>
- Mirza, R., Sipayung, E. M., Salsabila, A. S., Silalahi, R. B. br, & Marpaung, W.

- (2025). Peran Ayah dalam Pembentukan Regulasi Emosi pada Remaja Perempuan: Sebuah Tinjauan Pengasuhan. *Psikoborneo Jurnal Ilmiah Psikologi*, 13(2), 277–284.
<https://doi.org/http://dx.doi.org/10.30872/psikoborneo.v13i2>
- 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 (Oxford, England)*, 16(2), 361. <https://doi.org/10.1111/J.1467-9507.2007.00389.X>
- Muna, S. M. (2021). *Hubungan pola asuh orang tua dengan regulasi emosi pada anak tuna grahita di slb purna yuda bhakti surabaya*. Sekolah Tinggi Ilmu Kesehatan Hang Tuah.
- Nadeem, A., Umer, F., & Anwar, M. J. (2023). Emotion Regulation as Predictor of Academic Performance in University Students. *Journal of Professional & Applied Psychology*, 4(1), 20–33.
<https://doi.org/https://doi.org/10.52053/jpap.v4i1.157>
- Nurlina; & Selian, S. N. (2025). Gambaran Regulasi Emosi pada Mahasiswa yang Mengalami Kecemasan Sosial. *JISOH: Jurnal Ilmu Sosial Dan Humaniora*, 1(4), 2082–2089.
- Pratama, R., & Paramita, G. V. (2025). Hubungan Pola Asuh dan Tingkat Alexithymia pada Remaja di Kota Jakarta. *Ranah Research: Journal of Multidisciplinary Research and Development*, 8(1), 382–395.
<https://doi.org/https://doi.org/10.38035/rrj.v8i1>
- Pratiwi, J. A., & Ampuni, S. (2025). *Hubungan Pola Asuh Otoritatif dengan Kemampuan Regulasi Emosi pada Individu Dewasa Awal* [Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/250406>
- Puspita, S. (2020). *MONOGRAF: Fenomena Kecanduan Gadget Pada Anak Usia Dini - Sylvie Puspita, S.Kep., Ns., M.Kep - Google Books*. Cipta Media Nusantara.
<https://books.google.co.id/books?id=iI0OEAAAQBAJ&printsec=copyright#v=onepage&q&f=false>
- Putri, A., Darmayanti, N., & Menanti, A. (2023). Pengaruh regulasi emosi dan dukungan sosial keluarga terhadap resiliensi akademik siswa. *JIVA: Journal*

of Behaviour and Mental Health, 4(1), 21–31.

- Putri, D. A. J. (2019). Hubungan Pola Asuh Otoritatif dan Kontrol Diri Dengan Sikap Remaja Terhadap Perilaku Seks Bebas. *CONSILIUM: Berkala Kajian Konseling Dan Ilmu Keagamaan*, 6(1), 9–16.
<http://jurnal.uinsu.ac.id/index.php/consilium>
- Putri, S. A. (2024). *Pengaruh Peningkatan Regulasi Emosi terhadap Penurunan Tingkat Depresi pada Mahasiswa* [Universitas Muhammadiyah Malang].
<https://eprints.umm.ac.id/id/eprint/2613/1/TESIS.pdf>
- Radde, H. A., Nurrahmah, N., Nurhikmah, N., & Saudi, A. N. A. (2021). Uji Validitas Konstrak dari Emotion Regulation Questionnaire Versi Bahasa Indonesia dengan Menggunakan Confirmatory Factor Analysis. *Jurnal Psikologi Karakter*, 1(2), 152–160. <https://doi.org/10.56326/jpk.v1i2.1284>
- Rahmawati, R. D. (2024). Pengaruh Pola Asuh Demokratis Terhadap Kecerdasan Emosional Remaja Akhir. *IJBITH Indonesian Journal of Business ...*, 1(1), 289–301.
<https://journal.drafpublisher.com/index.php/ijith/article/view/173%0Ahttps://journal.drafpublisher.com/index.php/ijith/article/download/173/158>
- Ribeiro, B., Costa, M., Mota, C. P., & Relva, I. C. (2026). The Role of Parenting Styles and Emotional Regulation on Adolescents' Bullying Behaviors. *Marriage and Family Review*, 1–31.
<https://doi.org/10.1080/01494929.2026.2672027>
- Risawandi, & Fadlisyah. (2023). Sistem Rekomendasi Penerima Bantuan Zakat Padabaitul Mal Kota Lhokseumawe Menggunakan Metode Z-Score. *Jurnal Teknologi Terapan & Sains* 4.0, 4(3).
<https://ojs.unimal.ac.id/index.php/tts/article/view/14887>
- Rizki, F. K., & Aulia, R. (2025). Pengaruh Kelekatan Ayah terhadap Regulasi Emosi pada Remaja Akhir di Kota Padang. *Corona: Jurnal Ilmu Kesehatan Umum, Psikolog, Keperawatan Dan Kebidanan*, 3(3), 325–338.
<https://doi.org/https://doi.org/10.61132/corona.v3i3.1688>
- Santrock, J. W. (2013). *Life-Span Development* (fourteenth). Mc-Graw Hill.
- Siswandi, W., & Caninsti, R. (2020). Peran Dukungan Sosial Teman Sebaya Terhadap Regulasi Emosi Mahasiswa Perantau Tahun Pertama di Jakarta.

- Jurnal Psikogenesis*, 8(2).
<https://academicjournal.yarsi.ac.id/index.php/Jurnal-Online-Psikogenesis/article/view/1586/pdf>
- Sugiyono. (2023). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. ALFABETA.
- Sun, L., Li, A., Chen, M., Li, L., Zhao, Y., Zhu, A., & Hu, P. (2024). Mediating and moderating effects of authoritative parenting styles on adolescent behavioral problems. *Front. Psychol*, 15, 1–15.
<https://doi.org/10.3389/fpsyg.2024.1336354>
- Sya'diyah, H., Hanggarani, N. R., & Ariyanti, A. F. (2022). Kesulitan Regulasi Emosi Pada Dewasa Awal Dengan Moderate Depression. *Mediapsi*, 8(1), 16–27. <https://doi.org/10.21776/ub.mps.2022.008.01.296>
- Tahir, M., Farhan, S., Zulfiqar, Z., & Khan, H. (2025). IMPACT OF PARENTING STYLES ON MACHIAVELLIANISM AND EMOTIONAL REGULATION. *International Journal of Social Sciences Bulletin*, 3(6), 166–174.
<https://doi.org/https://doi.org/10.5281/zenodo.15629213>
- Vijayamohanan, P. N., & Rjumohan, A. (2020). *Reliability, Validity and Unidimensionality: A Primer*. 1–28.
<https://doi.org/10.13140/RG.2.2.25145.80489>.
- Voorhis, C. R. W. Van, & Morgan, B. L. (2007). Understanding Power and Rules of Thumb for Determining Sample Sizes. *Tutorials in Quantitative Methods for Psychology*, 3(2), 43–50. <https://doi.org/10.20982/tqmp.03.2.p043>
- Widyaningsih, W. (2019). Pengaruh pola asuh otoritatif terhadap regulasi emosi dan konformitas kelompok sebaya dalam aktivitas kelas. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 5(10), 832–838.
- Wulan, G. C., Sholikhah, K., & Nafisah, A. D. (2026). Pola Asuh Ayah dalam Perspektif Pendidikan Islam dan Implikasinya terhadap Regulasi Emosi Anak Usia Dini. *Academicus: Journal of Teaching and Learning*, 5(2), 136–146.
<https://doi.org/10.59373/academicus.v5i1.118>
- Yao, H., Chen, S., & Gu, X. (2022). The impact of parenting styles on undergraduate students' emotion regulation: The mediating role of academic-social student-faculty interaction. *Front. Psychol*, 1–15.

<https://doi.org/10.3389/fpsyg.2022.972006>

