

DAFTAR PUSTAKA

- Adzkiyya, F. N., Suciani, S. N., Meylani, D., Hisan, H., Rahma, H. M., & Farida, R. (2024, Desember). Pengembangan Alat Ukur Psikologi Kemampuan Regulasi Emosi pada Mahasiswa di Kalimantan Timur. *Jurnal Ilmu Sosial Humaniora Indonesia*, 4, 285-295. DOI: <https://doi.org/10.52436/1.jishi.228>
- Alfayez, A. (2026). *Meta-cognitive awareness and emotion regulation mechanisms in mindfulness*. *Journal of Psychological Studies*, 18(1), 45–58.
- Arnett, J. J., Žukauskienė, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18–29 years: Implications for mental health. *The Lancet Psychiatry*, 1(7), 569–576. [https://doi.org/10.1016/S2215-0366\(14\)00080-7](https://doi.org/10.1016/S2215-0366(14)00080-7)
- Azizah, E. A., & Hendriani, W. (2023, Februari). Efektivitas Penggunaan Strategi Regulasi Emosi Ditinjau Dari Perbedaan Gender: Sebuah Tinjauan Literatur Sistematis. *Psychopolytan : Jurnal Psikologi*, 6. https://www.researchgate.net/publication/370096594_Efektivitas_Penggunaan_Strategi_Regulasi_Emosi_Ditinjau_Dari_Perbedaan_Gender
- Azwar, S. (2021). Penyusunan skala psikologi (2th edition). Pustaka Pelajar.
- Azwar, S. (2022). Penyusunan Skala Psikologi (2nd ed.). Pustaka Pelajar.
- Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of Mindfulness by Self-Report The Kentucky Inventory of Mindfulness Skills. *Assesment*, 11, 191-206. DOI: 10.1177/1073191104268029

- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27–45. <https://doi.org/10.1177/1073191105283504>
- Berking, M. (2024). Emotion regulation and mental health: Current evidence and beyond. *World Psychiatry*, 23(3), 438–439. <https://doi.org/10.1002/wps.21244>
- Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being. *Journal of Personality and Social Psychology*, 84, 822–848. DOI: 10.1037/0022-3514.84.4.822
- Cavour-Więclawek, N., & Rogowska, A. M. (2024). Does self-reported trait mindfulness contribute to reducing perceived stress in women who practice yoga and are physically active? *Behavioral Sciences*, 14(9), Article 772. <https://doi.org/10.3390/bs14090772>
- Diamond, D. M., Rosenfield, D., Kaiser, N., Baker, A. W., Hoge, E. A., Khalsa, S. B. S., Hoffman, S. G., & Simon, N. M. (2024). Changes in mindfulness facets across yoga, CBT and stress education in individuals with generalized anxiety disorder. *Journal of Mood & Anxiety Disorders*, 6. <https://pubmed.ncbi.nlm.nih.gov/39086907/>
- Fathyadiva, R., & Safitri, S. (2025). Regulasi emosi pada individu dalam masa transisi menuju dewasa. *Jurnal Intervensi Psikologi*, 17(1), 22–34.
- Fauzi, R. B., & Selian, A. (2025). Quarter-life crisis dan dampaknya terhadap kesejahteraan psikologis emerging adulthood. *Jurnal Psikologi Perkembangan*, 10(1), 50–62.

- Fourianalistyawati, E., Listiyandini, R. A., Sahidah, T., Kumalasari, D., & Grasiawaty, N. (2023, Juni). Measuring mindfulness in one minute or less: A 10-item short version of the Five Facet Mindfulness Questionnaire (FFMQ) for Indonesian population. *Jurnal Psikogenesis*, 11. <https://academicjournal.yarsi.ac.id/index.php/Jurnal-Online-Psikogenesis/article/view/3797>
- Garland, E. L., Farb, N. A., Goldin, P. R., & Fredrickson, B. L. (2015). Mindfulness broadens awareness and builds eudaimonic meaning: A process model of Mindful Positive Emotion Regulation. *Psychological Inquiry*, 26(4), 293–314.
- Ghozali, I. (2016) *Aplikasi Analisis Multivariete Dengan Program IBM SPSS 23*. Edisi 8. Semarang: Badan Penerbit Universitas Diponegoro.
- 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, 348–362. <https://doi.org/10.1037/0022-3514.85.2.348>
- Gross, J. J. (2015). Emotion Regulation: Current Status and Future Prospects. *Psychological Inquiry*, 26. <https://psycnet.apa.org/record/2015-10978-001>
- Husniana, V. M., & Jannah, M. (2021). Perbedaan regulasi emosi di tinjau dari jenis kelamin pada kelas x sekolah menengah atas boarding school. *Character: Jurnal Penelitian Psikologi*, 8. <https://ejournal.unesa.ac.id/index.php/character/article/view/41335>
- Iba, Z., & Wardhana, A. (2024). *Analisis regresi dan analisis jalur untuk riset bisnis menggunakan spss 29.0 & smart-pls 4.0*. EUREKA MEDIA AKSARA.

- Iyer, S., Bhat, R., Gulati, K., & Bhargav, H. (2026). Dawn vs. Dusk: Yoga practice timing shapes sleep, mood and well-being in young adults - results of a randomized controlled trial. *Journal of Ayurveda and Integrative Medicine*, 17, Artikel 101314. <https://doi.org/10.1016/j.jaim.2025.101314>
- Jackson, R., & Wattkin, C. (2004, December). The resilience inventory: Seven essential skills for overcoming life's obstacles and determining happiness. *Selection & Development Review*, 20. <https://da7648.approby.com/m/84223279b0001e87.pdf>
- Jatmika, D. (2020). Mindfulness sebagai Mediator Fear of Missing Out dan Problematic Internet Use pada Penduduk Asli Digital. *JURNAL ILMU PERILAKU*, 4, 135-153. <https://jip.fk.unand.ac.id/index.php/jip/article/view/219>
- Johnston, T. E., Gross, J. J., Chen, W., McEvoy, P., Becerra, R., & Preece, D. A. (2025). Emotion beliefs and emotion regulation strategy use. *Personality and Individual Differences*, 240. <https://www.sciencedirect.com/science/article/pii/S0191886925000285>
- Kathirasan, K. (2024). The Vedic foundations of secular mindfulness: A study of Upaniṣad and Yoga influences. *Qeios*. <https://doi.org/10.32388/UFNTEE>
- Kehoe, J. (1997). Basic item analysis for multiple-choice tests. ERIC Digest. <http://www.ericdigests.org/1997-1/basic.html>
- Kozubal, M., Szuster, A., & Wielgopolan, A. (2023, August 14). Emotion regulation strategies in daily life: the intensity of emotions and regulation choice. *Frontiers in Psychology*. DOI: 10.3389/fpsyg.2023.1218694

Krisdiyanto, F. J. (2022, September). Meningkatkan regulasi emosi mahasiswa dalam mengendalikan perilaku agresif melalui pelatihan meditasi mindfulness.

Jurnal Psikologi Malahayati, 4.

https://www.researchgate.net/publication/363652033_Meningkatkan_regulasi_emosi_mahasiswa_dalam_mengendalikan_perilaku_agresif_melalui_pelatihan_meditasi_mindfulness

Kumala, K. H. (2022). Strategi regulasi emosi pada mahasiswa dengan banyak peran.

Character: Jurnal Penelitian Psikologi, 9.

<https://ejournal.unesa.ac.id/index.php/character/article/view/46151>

Kusumastuti, S. Y., Nurhayati, Faisal, A., Rahayu, D. H., & Hartini. (2024). *Metode penelitian kuantitatif: Panduan lengkap penulisan untuk karya ilmiah terbaik*.

PT Sonpedia Publishing Indonesia.

Lindsay, E. K., & Creswell, J. D. (2019, August). Mindfulness, acceptance, and emotion regulation: Perspectives from Monitor and Acceptance Theory (MAT).

Author manuscript, 28, 120-125. oi:10.1016/j.copsyc.2018.12.004.

Matud, M. P., Diaz, A., Bethencourt, J. M., & Ibanez, I. (2020). Stress and Psychological Distress in Emerging Adulthood: A Gender Analysis. *Journal of*

Clinical Medicine. doi:10.3390/jcm9092859

McRae, K., & Gross, J. J. (2020). Emotion Regulation. *American Psychological Association*, 20, 1-9. <http://dx.doi.org/10.1037/emo0000703>

Meindy, N., Djunaidi, A., & Triwahyuni, A. (2022). Adaptasi Five Facet Mindfulness

Questionnaire Bahasa Indonesia. *Psychocentrum Review*.

<https://journal.unindra.ac.id/index.php/pcr/article/view/849>

- Menefee, D. S., Ledoux, T., & Johnston, C. A. (2022, February). The Importance of Emotional Regulation in Mental Health. *American Journal of Lifestyle Medicine*, 16. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8848120/>
- Pamungkas, R. A. (2016). *Statistik untuk perawat dan kesehatan*. Trans Info Media.
- Pahlevi, R. (2022, April 11). *Mudah marah, masalah kesehatan mental terbanyak yang dialami warga RI*. Databoks. <https://databoks.katadata.co.id/layanan-konsumen-kesehatan/statistik/684ecab7cf4a8/mudah-marah-masalah-kesehatan-mental-terbanyak-yang-dialami-warga-ri>
- Periana, I. P. D., & Fridari, I. G. A. D. (2025). Mindfulness Sebagai Strategi Regulasi Emosi: Review Literatur Psikologi Klinis. *Mindfulness Sebagai Strategi Regulasi Emosi: Review Literatur Psikologi Klinis*, 5, 1597-1608. <https://jurnal.permapendis-sumut.org/index.php/edusociety/article/view/1571>
- Preece, D. A., Petrova, K., Mehta, A., & Gross, J. J. (2023). The Emotion Regulation Questionnaire-Short Form (ERQ-S): A 6-item measure of cognitive reappraisal and expressive suppression. *Journal of Affective Disorders*, 340, 855-861. <https://www.sciencedirect.com/science/article/pii/S0165032723010583>
- Primanita, R. Y., Elvika, R. R., Ulfa, R., Elsafitri, H., & Putra, A. Y. (2026). *Psikologi emosi*. CV. Mega Press Nusantara.
- Pusvitasari, P., & Yuliasari, H. (2021). Strategi regulasi emosi dan resiliensi pada ibu yang mendampingi anak study from home (sfh) di masa pandemi covid-19. *Motiva : Jurnal Psikologi*, 4, 109-118. <http://ejurnal.untag-smd.ac.id/index.php/MV/article/view/5844>

- Radde, H. A., Nurrahmah, Nurhikmah, & Saudi, A. N. A. (2021, Desember). Uji Validitas Konstrak dari Emotion Regulation Questionnaire Versi Bahasa Indonesia dengan Menggunakan Confirmatory Factor Analysis. *Jurnal Psikologi Karakter*, 1, 152-160.
<https://journal.unibos.ac.id/jpk/article/view/1284>
- Ratnasari, S., & Suleeman, J. (2017). Perbedaan regulasi emosi perempuan dan laki-laki di perguruan tinggi. *Jurnal Psikologi Sosial*, 15, 35-46. doi: 10.7454/jps.2017.4
- Raugh, I. M., James, S. H., & Bell, M. D. (2024). Monitoring and equanimity as core components of mindfulness in emotional processing. *Mindfulness*, 15(3), 512–524.
- Rindiyan, D., Faridah, F., Mirnawati, & Afiati, E. (2025, Desember). Penerapan teknik mindfulness dalam mengelola emosi siswa. *journal of islamic education guidance and counseling*, 6, 156-160.
<https://jurnal.idaqu.ac.id/index.php/jiegc/article/download/773/520>
- Roca, P., Vazquez, C., Diez, G., & McNally, R. J. (2023). How do mindfulness and compassion programs improve mental health and well-being? The role of attentional processing of emotional information. *Journal of Behavior Therapy and Experimental Psychiatry*, 81.
<https://www.sciencedirect.com/science/article/pii/S0005791623000629>
- Sadighpour, M., Vargahan, F. A., Zarezadeh, S., Farahani, H., & Doosalivand, H. (2026). The network structure of motivation: Interplay with perfectionism,

- mindfulness and emotion regulation styles. *Acta Psychologica*, 264.
<https://www.sciencedirect.com/science/article/pii/S0001691826003367>
- Saurabh, S., Giri, A., Gupta, S., Bhadwaj, S., & Kumar, N. (2025, January). Exploring The Role of Yoga in Promoting Mental Well – Being and Emotional Resilience. *International Journal of Scientific Research in Engineering and Management (IJSREM)*, 09(01). <https://ijsrem.com/download/exploring-the-role-of-yoga-in-promoting-mental-well-being-and-emotional-resilience>
- Septiani, H., Dwidiyanti, M., & Andriany, M. (2022). The influence of mindful thought on emotional regulation in adults: A literature review. *Nurse and Health: Jurnal Keperawatan*, 11(1), 70–79. <https://doi.org/10.36720/nhjk.v11i1.359>
- Spataro, P., Messina, I., Saraulli, D., & Longobardi, E. (2025). Mindful attention awareness reduces binge watching engagement: The mediating role of emotion regulation difficulties. *Acta Psychologica*, 254.
<https://www.sciencedirect.com/science/article/pii/S0001691825001180>
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Ulfah, U., & Fourianalistyawati, E. (2024). Peran Trait mindfulness terhadap Regulasi Emosi pada Remaja Panti Asuhan. *Majalah Sainstekes*.
<https://academicjournal.yarsi.ac.id/index.php/sainstekes/article/view/3914>
- Vikaliana, R., Mulyati, A., Ronaldo, R., Ngii, E., & Suharni. (2022). *RAGAM PENELITIAN DENGAN SPSS*. Tahta Media Group.
- World Health Organization. (2022, March 2). *COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide*.

<https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>

Zhou, S., Wu, Y., & Xu, X. (2023). Linking Cognitive Reappraisal and Expressive Suppression to Mindfulness: A Three-Level Meta-Analysis. *International Journal of Environmental Research and Public Health*, 20. <https://doi.org/10.3390/ijerph20021241>

