

DAFTAR PUSTAKA

- Abdani, Z. A., Fauziyani, W., Rahmah, M., & Nisa, Z. A. (2025). Melemahnya identitas lokal di era globalisasi: Analisis faktor, dampak, dan strategi penguatan berbasis tinjauan pustaka sistematis. *Jurnal Penyelidikan Terkemuka*, 1(2).
- Aisiyah, W., & Sururie, R. W. (2024). Perkawinan dini di era modern: Analisis relevansi, tantangan penetapan dan implementasi batas minimal usia nikah. *Jurnal Hukum dan Agama*, 1(1).
- Amin, S. M., El-Sayed, M. M., El-Monshed, A. H., et al. (2024). The hidden link: Dysmenorrhea, emotion regulation, and attitudes toward marriage in female nursing students. *BMC Nursing*, 23, Artikel 721. <https://doi.org/10.1186/s12912-024-02341-w>
- Arini, D. P. (2021). Emerging adulthood: Pengembangan teori Erikson mengenai teori psikososial pada abad 21. *Jurnal Ilmiah PSYCHE*, 15(1), 11–20.
- Davita, J. R. (2021). Hubungan antara kematangan emosi dengan kesiapan menikah pada dewasa awal. *Character: Jurnal Penelitian Psikologi*, 8(7).
- Ekinci, B., & Canpolat, M. (2025). Romantic relationship satisfaction and marriage attitudes in young adults: The mediating role of cognitive flexibility. *BMC Psychology*, 13, Artikel 3901. <https://doi.org/10.1186/s40359-025-03901-8>
- Etesami, H., Behboodi, M., & Dokaneifard, F. (2025). Predicting attitudes towards marriage based on perceived social support and emotion regulation in female students. *Rooyesh-e-Ravanshenasi Journal (RRJ)*, 14(3), 105–112.
- Ford, B. Q., Lam, P., John, O. P., & Mauss, I. B. (2019). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Journal of Personality and Social Psychology*, 115(6), 1075–1092. <https://doi.org/10.1037/pspp0000157>
- Gherashiran, S., et al. (2022). *Attitudes toward marriage and related factors among young adults*.
- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271–299. <https://doi.org/10.1037/1089-2680.2.3.271>
- Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39(3), 281–291. <https://doi.org/10.1017/s0048577201393198>
- 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(2), 348–362. <https://doi.org/10.1037/0022-3514.85.2.348>

- Gross, J. J., & John, O. P. (2012). *Emotion Regulation Questionnaire (ERQ)*. Journal of Personality and Social Psychology.
- Herawati, I., Yendra, D., & Amita, N. (2025). Kesiapan menikah pada Generasi Z: Marital attitudes dan kematangan emosi. *Jurnal Psikologi*, 22(2), 476–487.
- Hippen, K. A. (2016). *Attitudes toward marriage and long-term relationships across emerging adulthood*(Tesis/Disertasi).
- Huang, Y. C., & Lin, Y. C. (2014). *Marital attitudes and relationship perspectives*.
- Klein, D. M. (2005). *Marriage and family in the modern world*.
- Latifa, R. (2016). Pengaruh kelekatan terhadap ekspresi emosi dalam relasi pernikahan. *Psikologika: Jurnal Pemikiran dan Penelitian Psikologi*, 21(1).
- Lopes, P. N., Salovey, P., Côté, S., & Beers, M. (2005). Emotion regulation abilities and the quality of social interaction. *Emotion*, 5(1), 113–118. <https://doi.org/10.1037/1528-3542.5.1.113>
- Mauss, I. B., Bunge, S. A., & Gross, J. J. (2007). Automatic emotion regulation. *Social and Personality Psychology Compass*, 1(1), 146–167. <https://doi.org/10.1111/j.1751-9004.2007.00005.x>
- Md Rais, N., & Mokhtar, D. (2024). Keutamaan kerjaya dan pilihan perkahwinan: Persepsi wanita terhadap trend kahwin tertangguh di Malaysia. *Jurnal Wacana Sarjana*, 8(5), 1–10.
- Medellu, G. I. R., & Azzahra, F. A. (2022). Emotion regulation strategies on family functioning among young married couples. *TAZKIYA Journal of Psychology*, 10(2), 132–144.
- Nalurinda, A. (2024). *Pengaruh kecerdasan emosional terhadap kesiapan menikah pada mahasiswa Bimbingan dan Penyuluhan Islam UIN Syarif Hidayatullah Jakarta* (Skripsi tidak diterbitkan). UIN Syarif Hidayatullah, Jakarta.
- OECD. (2024). *Society at a glance 2024: OECD social indicators*. OECD Publishing. https://www.oecd.org/en/publications/society-at-a-glance-2024_918d8db3-en.html
- Ochsner, K. N., & Gross, J. J. (2005). The cognitive control of emotion. *Trends in Cognitive Sciences*, 9(5), 242–249. <https://doi.org/10.1016/j.tics.2005.03.010>
- Park, Y. S., & Rosén, L. A. (2013). *The development of marital attitudes and expectations*.
- Prosser, J. L., & Rosén, L. A. (2019). Marital Attitude Scale/The Marital Scales.

Dalam

Encyclopedia of Couple and Family Therapy (hlm. 1769–1773). Springer International Publishing.

Purba, W. G. M., & Kusumiati, R. Y. E. (2024). Emotional maturity as a predictor of marriage readiness in early adult women from Batak ethnic groups.

Putri, D. M. (2021). *Regulasi emosi pada pernikahan dini remaja* (Skripsi tidak diterbitkan).

Putri, R. S. (2014). Gaya hidup kaum urban dalam iklan 3.

Ramadhan, A., et al. (2025). Marriage or freedom? Indonesia's Generation Z dilemma. *International Journal of Scientific Research*.

Reifman, A., & Niehuis, S. (2023). Extending the five psychological features of emerging adulthood into established adulthood. *Journal of Adult Development*, 30(1), 6–20. <https://doi.org/10.1007/s10804-022-09412-9>

Ross, J. M., Nguyen, T. P., Karney, B. R., & Bradbury, T. N. (2022). Three tests of the vulnerability-stress-adaptation model: Independent prediction, mediation, and generalizability. *Frontiers in Psychology*, 13, Artikel 881515.

Santrock, J. W. (2020). *Life-span development* (Edisi ke-17). McGraw-Hill Education.

Sarabizadeh, M., & Sedaghati Fard, M. (2023). Prediction of attitude towards marriage based on emotional intelligence in female students. *Journal of Adolescent and Youth Psychological Studies*, 4(5), 28–35.

Sonkaya, Z. İ., & Öcal, N. Ü. (2024). Young people's attitudes toward marriage, gender roles, and related factors. *BMC Public Health*, 24(1), Artikel 3347. <https://doi.org/10.1186/s12889-024-20835-0>

Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.

Suryadi, D., Permatasari, M., & Michiko, R. (2024). *Persepsi terhadap pernikahan pada Generasi Z di Jabodetabek*. Universitas Tarumanagara, Jakarta.

Suryadi, D., Sari, M. P., & Michiko, R. (2023). The attitudes and intention of marriage among young adults in Greater Jakarta: A descriptive study. 174–179.

Suwartono, C., & Bintamur, D. (2019). Validation of the Emotion Regulation Questionnaire (ERQ): Network analysis as an alternative of Confirmatory Factor Analysis (CFA). *ANIMA Indonesian Psychological Journal*, 34(3), 115–124.

- Willoughby, B. J. (2010). *Marital attitudes and expectations among young adults*.
- Wiranata, K., & Ashari, W. S. (2025). Implikasi pernikahan dini terhadap pola asuh anak: Studi kasus di Desa Sumberpinang Kabupaten. 6, 393–415.
- Wulan, D. K., & Chotimah, K. (2017). Peran regulasi emosi dalam kepuasan pernikahan pada pasangan suami istri usia emerging adult. *Jurnal Ecopsy*.
- Yan, N. A., & Arisman. (2026). Married is Scary: Ketakutan Gen Z terhadap pernikahan di era modern. *Al-Zayn: Jurnal Ilmu Sosial & Hukum*, 4(1), 3786–3799. <https://doi.org/10.61104/alz.v4i1.3732>
- Yeung, W. J., & Jones, G. W. (2024). Emerging dimensions of marriage in Asia. *Journal of Family Issues*, 45(5), 1–8. <https://doi.org/10.1177/0192513X231157403>

