

DAFTAR PUSTAKA

- Alves, F. D., Camacho, T. P. P., & Reis, E. E. da S. (2023). Emotional dependency and the impacts on the lives of people: An integrative literature review. *International Journal of Scientific Research*, 12(8), 5–9.
- Anjani, P. A., Merdiaty, N., & Sulistiasih, S. (2026). Pengaruh Coping Strategies terhadap Psychological Distress pada Kelompok Remaja Akhir Pasca Putus Cinta. *Madani: Jurnal Ilmiah Multidisiplin*, 4(5), 346–353. <https://doi.org/10.5281/zenodo.20955501>
- 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>
- Arnett, J. J. (2004). *Emerging adulthood: The winding road from the late teens through the twenties*. Oxford University Press.
- Atrup, A., & Anisa, Y. P. N. (2018). Hipnoterapi teknik part therapy untuk menangani siswa kecewa akibat putus hubungan cinta pada siswa Sekolah Menengah Kejuruan. *Jurnal PINUS*, 4(1), 1–10.
- Azwar, S. (2018). *Reliabilitas dan validitas* (4th ed.). Pustaka Pelajar.
- Azwar, S. (2021). *Penyusunan skala psikologi* (3rd ed.). Pustaka Pelajar.
- Baron, R. A., & Byrne, D. (1997). *Social psychology* (8th ed.). Allyn & Bacon.
- Bhattacharjee, A. (2012). *Social science research: Principles, methods, and practices* (2nd ed.). University of South Florida.
- Boelen, P. A., & Reijntjes, A. (2009). Negative cognitions in emotional problems following romantic relationship break-ups. *Stress and Health*, 25(1), 11–19. <https://doi.org/10.1002/smi.1219>
- Bornstein, R. F. (1992). The dependent personality: Developmental, social, and clinical perspectives. *Psychological Bulletin*, 112(1), 3–23. <https://doi.org/10.1037/0033-2909.112.1.3>
- Brassard, A., St-Laurent, D., Gehl, K., & Lecomte, T. (2018). Romantic attachment and post-breakup depression symptoms and suicidal behaviour. *Santé Mentale au Québec*, 43(1), 145–162.

- Camarillo, L., Ferre, F., Echeburúa, E., & Amor, P. J. (2020). Partner's Emotional Dependency Scale: Psychometric properties. *Actas Españolas de Psiquiatría*, 48(4), 145–153.
- Castelló Blasco, J. (2000). Análisis del concepto “dependencia emocional”. *I Congreso Virtual de Psiquiatría*.
- Castelló Blasco, J. (2005). *Dependencia emocional: Características y tratamiento*. Alianza Editorial.
- Chalisa, C. (2023). *Pengaruh Breakup Distress terhadap Personal Growth pada Mahasiswa*. Universitas Gadjah Mada.
- Chong, J. Y., & Fraley, R. C. (2026). *The long-term stability of affective bonds after romantic separation: Do attachments simply fade away?* *Social Psychological and Personality Science*, 17(1), 120–133. <https://doi.org/10.1177/19485506251323624>
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310–357. <https://doi.org/10.1037/0033-2909.98.2.310>
- Creswell, J. W. (2014). *Research design: Qualitative, quantitative, and mixed methods approaches* (4th ed.). SAGE Publications.
- Creswell, J. W., & Creswell, J. D. (2018). *Research design: Qualitative, quantitative, and mixed methods approaches* (5th ed.). SAGE Publications.
- Dailey, R. M., Zhong, L., Varga, S., Zhang, Z., & Kearns, K. (2024). Explicating a comprehensive model of post-dissolution distress. *Journal of Social and Personal Relationships*, 41(4), 1018–1052. <https://doi.org/10.1177/02654075231207588>
- Davis, C. G., Shaver, P. R., & Vernon, M. L. (2003). Physical, emotional, and behavioral reactions to breaking up: The roles of gender, age, emotional involvement, and attachment style. *Personality and Social Psychology Bulletin*, 29(7), 871–884. <https://doi.org/10.1177/0146167203029007006>
- Del Castillo, A., Hernández, M. E., Romero, A., & Iglesias, S. (2015). Violencia en el noviazgo y su relación con la dependencia emocional pasiva en estudiantes universitarios. *PSICUMEX*, 5(1), 4–18. <https://doi.org/10.36793/psicumex.v5i1.248>
- Del Palacio-González, A., Clark, D. A., & O'Sullivan, L. F. (2016). Cognitive processing in the aftermath of relationship dissolution: Associations with

- concurrent and prospective distress and posttraumatic growth. *Stress and Health*, 33(5), 540–548. <https://doi.org/10.1002/smi.2738>
- Duck, S. (1982). A topography of relationship disengagement and dissolution. In S. Duck (Ed.), *Personal relationships 4: Dissolving personal relationships* (pp. 1–30). Academic Press.
- Ebel, R. L., & Frisbie, D. A. (1991). *Essentials of educational measurement* (5th ed.). Prentice Hall.
- Eisma, M. C., Tonus, D., & de Jong, P. J. (2022). Desired attachment and breakup distress relate to automatic approach of the ex-partner. *Journal of Behavior Therapy and Experimental Psychiatry*, 75, 101713. <https://doi.org/10.1016/j.jbtep.2021.101713>
- Erikson, E. H. (1968). *Identity: Youth and crisis*. W. W. Norton & Company.
- Estévez, A., Chávez-Vera, M. D., Momeñe, J., Olave, L., Vázquez, D., & Iruarizaga, I. (2018). The role of emotional dependence in the relationship between attachment and impulsive behavior. *Anales de Psicología*, 34(3), 438–445. <https://doi.org/10.6018/analesps.34.3.313681>
- Estévez, A., Urbiola, I., Iruarizaga, I., Onaindia, J., & Jauregui, P. (2017). Emotional dependency in dating relationships and psychological consequences of Internet and mobile abuse. *Anales de Psicología*, 33(2), 260–268. <https://doi.org/10.6018/analesps.33.2.255111>
- Evans, J. R. (2018). Online surveys. In B. B. Frey (Ed.), *The SAGE encyclopedia of educational research, measurement, and evaluation*. SAGE Publications.
- Fernandes, J. G., Santos, C. M., & Martins, M. V. (2025). Psychosocial effects of romantic breakups during emerging adulthood: A systematic review. *Clinical Psychology & Psychotherapy*, 32(5), e70139. <https://doi.org/10.1002/cpp.70139>
- Field, A. (2018). *Discovering statistics using IBM SPSS Statistics* (5th ed.). SAGE Publications.
- Field, T. (2011). Romantic breakups, heartbreak and bereavement. *Psychology*, 2(4), 382–387. <https://doi.org/10.4236/psych.2011.24060>
- Field, T., Diego, M., Pelaez, M., Deeds, O., & Delgado, J. (2009). Breakup distress in university students. *Adolescence*, 44(176), 705–727.

- Field, T., Diego, M., Pelaez, M., Deeds, O., & Delgado, J. (2010). Breakup distress and loss of intimacy in university students. *Psychology, 1*(3), 173–177. <https://doi.org/10.4236/psych.2010.13023>
- Fordwood, S. R., Asarnow, J. R., Huizar, D. P., & Reise, S. P. (2007). Suicide attempts among adolescent psychiatric inpatients: The role of interpersonal stressors. *Journal of Clinical Child & Adolescent Psychology, 36*(1), 52–60. <https://doi.org/10.1080/15374410709336568>
- García Bulder, L. B. (2023). *Resiliencia y PC, familias y programas de intervención* [Tesis Magister, Universidad Pontificia Comillas]. <http://hdl.handle.net/11531/74187>
- Gehl, K., Brassard, A., Dugal, C., Lefebvre, A.-A., Daigneault, I., Francoeur, A., & Lecomte, T. (2024). Attachment and breakup distress: The mediating role of coping strategies. *Emerging Adulthood, 12*(1), 41–54. <https://doi.org/10.1177/21676968231209232>
- Ghozali, I. (2018). *Aplikasi analisis multivariate dengan program IBM SPSS 25* (9th ed.). Badan Penerbit Universitas Diponegoro.
- González-Jiménez, A. J., & Hernández-Romera, M. M. (2014). Emotional dependency based on the gender of young adolescents in Almería, Spain. *Procedia - Social and Behavioral Sciences, 132*, 527–532. <https://doi.org/10.1016/j.sbspro.2014.04.348>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson.
- Harake, N. R., & Dunlop, W. L. (2020). Storying the heartbreak: The transformational processing of romantic breakups. *Narrative Inquiry, 30*(1), 18–40. <https://doi.org/10.1075/ni.18064.har>
- Hatch, E., & Farhady, H. (1981). *Research design and statistics for applied linguistics*. Newbury House Publishers.
- Havighurst, R. J. (1972). *Developmental tasks and education* (3rd ed.). David McKay Company.
- Hunt, L. J., & Chung, M. C. (2012). Breaking up is hard to do: The impact of relationship dissolution on psychological distress. In M. A. Paludi (Ed.), *The Psychology of Love* (pp. 107–131). Praeger.
- Kansky, J., & Allen, J. P. (2018). Making sense and moving on: The potential for individual and interpersonal growth following emerging adult breakups.

Emerging Adulthood, 6(3), 172–190.
<https://doi.org/10.1177/2167696817711766>

- Kharisatun, S. (2019). *Regulasi emosi dalam mengatasi keputusan pasca putus cinta pada remaja* (Studi kasus pada dua mahasiswa Tarbiyah IAIN Purwokerto) [Skripsi, Institut Agama Islam Negeri Purwokerto]. Jurusan Bimbingan dan Konseling Islam, Fakultas Dakwah.
- Kline, R. B. (2018). *Principles and practice of structural equation modeling* (4th ed.). The Guilford Press.
- Kurniawan, A. W., & Puspitaningtyas, Z. (2016). *Metode penelitian kuantitatif*. Pandiva Buku.
- Langeslag, S. J. E., & Shaver, P. R. (2013). Emotional attachment to an ex-partner is stronger than attachment to a new partner. *Journal of Experimental Social Psychology*, 49(3), 520–526.
- Lantagne, A., Furman, W., & Novak, J. (2017). Romantic relationship dissolution during emerging adulthood: Patterns, predictors, and adjustment. *Journal of Social and Personal Relationships*, 34(6), 923–945.
- Lemos, M., & Londoño, N. H. (2006). Construcción y validación del cuestionario de dependencia emocional en población colombiana. *Acta Colombiana de Psicología*, 9(2), 127–140.
- Macía, L., Jauregui, P., & Estévez, A. (2023). Emotional dependence as a predictor of emotional symptoms and substance abuse in individuals with gambling disorder: Differential analysis by sex. *Public Health*, 223, 24–32. <https://doi.org/10.1016/j.puhe.2023.07.023>
- Mancone, S., Celia, G., Bellizzi, F., Zanon, A., & Diotaiuti, P. (2025). Emotional and cognitive responses to romantic breakups in adolescents and young adults: The role of rumination and coping mechanisms in life impact. *Frontiers in Psychiatry*, 16, 1525913. <https://doi.org/10.3389/fpsy.2025.1525913>
- Marshall, T. C., Bejanyan, K., & Ferenczi, N. (2013). Attachment styles and personal growth following romantic breakups: The mediating roles of distress, rumination, and tendency to rebound. *PLOS ONE*, 8(9), e75161. <https://doi.org/10.1371/journal.pone.0075161>
- Martínez Gómez, J. A., Sandoval Cano, M., Soler Cantillo, M. L., & Bolívar Suárez, Y. (2021). Duelo amoroso, dependencia emocional y salud mental

- en mujeres que han terminado una relación de pareja. *Informes Psicológicos*, 21(1), 101–116. <https://doi.org/10.18566/infpsic.v21n1a07>
- Momeñe, J., Estévez, A., Griffiths, M. D., & Iruarrizaga, I. (2017). The role of emotional dependence in the relationship between attachment and emotional symptoms. *Anales de Psicología*, 33(2), 412–418.
- Momeñe, J., Estévez, A., Griffiths, M. D., Macía, P., Herrero, M., Olave, L., & Iruarrizaga, I. (2024). The impact of insecure attachment on emotional dependence on a partner: The mediating role of negative emotional rejection. *Behavioral Sciences*, 14(10), 909. <https://doi.org/10.3390/bs14100909>
- Monk, J. K., Ogolsky, B. G., & Maniotes, C. (2022). On–off relationship instability and distress over time in same- and different-sex relationships. *Family Relations*, 71(2), 630–643. <https://doi.org/10.1111/fare.12614>
- Monroe, S. M., Rohde, P., Seeley, J. R., & Lewinsohn, P. M. (1999). Life events and depression in adolescence: Relationship loss as a predictor of depressive symptoms. *Journal of Abnormal Psychology*, 108(4), 606–614.
- Moral, M. de la V., Sirvent, C., Ovejero, A., & Cuetos, G. (2018). Dependencia emocional en las relaciones de pareja como Síndrome de Artemisa: Modelo explicativo. *Terapia Psicológica*, 36(3), 156–166. <https://doi.org/10.4067/S0718-48082018000300156>
- Nolen-Hoeksema, S. (2000). The role of rumination in depressive disorders and mixed anxiety/depressive symptoms. *Journal of Abnormal Psychology*, 109(3), 504–511. <https://doi.org/10.1037/0021-843X.109.3.504>
- Norona, J. C., & Olmstead, S. B. (2017). Developmental perspectives on romantic relationships in emerging adulthood. In J. J. Arnett (Ed.), *The Oxford Handbook of Emerging Adulthood*. Oxford University Press.
- Norwood, R. (1985). *Women who love too much*. Pocket Books.
- Nunnally, J. C., & Bernstein, I. H. (1994). *Psychometric theory* (3rd ed.). McGraw-Hill.
- Papalia, D. E., & Feldman, R. D. (2014). *Experience human development* (12th ed.). McGraw-Hill Education.
- Patino, C. M., & Ferreira, J. C. (2018). Inclusion and exclusion criteria in research studies: Definitions and why they matter. *Jornal Brasileiro de*

Pneumologia, 44(2), 84.
<https://doi.org/10.1590/S1806-37562018000000088>

- Pertiwi, L. C., & Yudiarso, A. (2024). Validation of the Indonesian version of the Partner's Emotional Dependency Scale (SED): A Rasch model approach. *Jurnal Psikologi*, 22(2), 102–117. <https://doi.org/10.14710/jp.22.2.102-117>
- Prakasha, G. S., & Das, S. (2025). Role of breakup distress on perceived academic performance and psychosocial functioning among university students. *Youth Voice Journal*, 16(2), 2–31.
- Putri, K. A. Z. M., Ramadhan, F. N., Maharani, A., Rosuly, R., & Ramanda, P. (2025). Efek ruminasi pada remaja yang mengalami kesulitan move on. *Pendas: Jurnal Ilmiah Pendidikan Dasar*, 10(2), 212–222. <https://doi.org/10.23969/jp.v10i02.26999>
- Rajabi, S., & Nikpoor, N. (2018). Comparison of the effectiveness of the transactional analysis training and emotion regulation on the improvement of love trauma syndrome: Dealing with the problems caused by the separation and love break up. *Archives of Psychiatry and Psychotherapy*, 20(4), 17–28. <https://doi.org/10.12740/APP/99970>
- Rhoades, G. K., Kamp Dush, C. M., Atkins, D. C., Stanley, S. M., & Markman, H. J. (2011). Breaking up is hard to do: The impact of unmarried relationship dissolution on mental health and life satisfaction. *Journal of Family Psychology*, 25(3), 366–374. <https://doi.org/10.1037/a0023627>
- Riso, W. (2013). *Guía práctica para vencer la dependencia emocional*. Editorial Planeta.
- Roscoe, J. T. (1982). *Fundamental research statistics for the behavioral sciences* (2nd ed.). Holt, Rinehart and Winston.
- Rusbult, C. E. (1980). Commitment and satisfaction in romantic associations: A test of the investment model. *Journal of Experimental Social Psychology*, 16(2), 172–186.
- Santrock, J. W. (2002). *Life-span development* (8th ed.). McGraw-Hill.
- Santrock, J. W. (2012). *Life-span development* (13th ed.). McGraw-Hill.
- Sarafino, E. P., & Smith, T. W. (2014). *Health Psychology: Biopsychosocial Interactions* (7th ed.). John Wiley & Sons.

- Sbarra, D. A. (2006). Predicting the onset of emotional recovery following nonmarital relationship dissolution: Survival analyses of sadness and anger. *Personality and Social Psychology Bulletin*, 32(3), 298–312. <https://doi.org/10.1177/0146167205280913>
- Sbarra, D. A., & Emery, R. E. (2005). The emotional sequelae of nonmarital relationship dissolution: Analysis of change and intraindividual variability over time. *Personal Relationships*, 12(2), 213–232. <https://doi.org/10.1111/j.1350-4126.2005.00112.x>
- Sekaran, U., & Bougie, R. (2016). *Research methods for business: A skill-building approach* (7th ed.). John Wiley & Sons.
- Shulman, S., & Connolly, J. (2013). The challenge of romantic relationships in emerging adulthood: Reconceptualization of the field. *Emerging Adulthood*, 1(1), 27–39. <https://doi.org/10.1177/2167696812467330>
- Shulman, S., Seiffge-Krenke, I., Scharf, M., Lev-Ari, L., & Levy, G. (2017). Adolescent depressive symptoms and breakup distress during early emerging adulthood: Associations with the quality of romantic interactions. *Emerging Adulthood*, 5(4), 251–258. <https://doi.org/10.1177/2167696817698900>
- Simpson, J. A. (1987). The dissolution of romantic relationships: Factors involved in relationship stability and emotional distress. *Journal of Personality and Social Psychology*, 53(4), 683–692. <https://doi.org/10.1037/0022-3514.53.4.683>
- Sirvent, C. (2000). *La dependencia sentimental o afectiva*. Instituto Spiral.
- Sprecher, S. (1994). Two sides to the breakup of dating relationships. *Personal Relationships*, 1(3), 199–222. <https://doi.org/10.1111/j.1475-6811.1994.tb00062.x>
- Sugiyono. (2009). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Sugiyono. (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan R&D* (2nd ed.). Alfabeta.
- Sugiyono. (2021). *Metode penelitian kuantitatif, kualitatif, dan R&D* (2nd ed.). Alfabeta.

- Sugiyono, & Susanto, A. (2015). *Cara mudah belajar SPSS & LISREL: Teori dan aplikasi untuk analisis data penelitian*. Alfabeta.
- Syahrum, & Salim. (2014). *Metodologi penelitian kuantitatif*. Citapustaka Media.
- Tashiro, T., & Frazier, P. (2003). "I'll never be in a relationship like this again": Personal growth following romantic relationship breakups. *Personal Relationships*, 10(1), 113–128. <https://doi.org/10.1111/1475-6811.00039>
- Urbiola, I., Estévez, A., Iruarrizaga, I., & Jáuregui, P. (2017). Dependencia emocional en jóvenes: relación con la sintomatología ansiosa y depresiva, autoestima y diferencias de género. *Ansiedad y Estrés*, 23(1), 6–11. <https://doi.org/10.1016/j.anyes.2016.11.003>
- Utami, G. N. (2021). *Hubungan breakup distress dengan perilaku online surveillance di media sosial pada individu emerging adulthood* [Skripsi, Universitas Padjadjaran]. Fakultas Psikologi Universitas Padjadjaran.
- Valle, L., & Moral, M. V. (2018). Dependencia emocional y estilo de apego adulto en las relaciones de noviazgo en jóvenes españoles. *Revista Iberoamericana de Psicología y Salud*, 9(1), 27–41. <https://doi.org/10.23923/j.rips.2018.01.013>
- Van der Watt, A. S. J., Kidd, M., Roos, A., Lesch, E., & Seedat, S. (2023). Romantic relationship dissolutions are significantly associated with posttraumatic stress symptoms as compared to a DSM-5 Criterion A event: a case-case-control comparison. *European Journal of Psychotraumatology*, 14(2), 2238585. <https://doi.org/10.1080/20008066.2023.2238585>
- Verhallen, A. M., Renken, R. J., Marsman, J.-B. C., & Ter Horst, G. J. (2019). Romantic relationship breakup: An experimental model to study effects of stress on depression (-like) symptoms. *PLOS ONE*, 14(5), e0217320. <https://doi.org/10.1371/journal.pone.0217320>