

DAFTAR PUSTAKA

- Alawiyah, F. (2014). Pendidikan Madrasah Di Indonesia Islamic School Education in Indonesia. *Jurnal DPR RI*, 5(1), 51–58.
- Alifah, I., Hanoum, M., & Purwantini, L. (2022). Stres Akademik dan Optimisme terhadap Resiliensi Akademik pada Mahasiswa Tingkat Akhir. *Jurnal Ilmiah Psikologi*, 14(2), 29–40.
- Anadita, D. (2021). Hubungan antara Dukungan Sosial dengan Stres Akademik pada Siswa yang Mengikuti Pembelajaran Daring. *Borobudur Psychology Review*, 1(1), 38–45. <https://doi.org/10.31603/bpsr.4867>
- Anggraini, A., & Widyastuti, W. (2022). The Relationship Between Emotion Regulation And Academic Stress In Class XII High School Students. *Academia Open*, 6. <https://doi.org/10.21070/acopen.6.2022.2618>
- Antika, R. E., & Wisma, N. (2025). Hubungan antara Dukungan Sosial Keluarga dan Stres Akademik Peserta Didik di SMA Negeri 10 Palembang. *Edutech: Jurnal Teknologi Pendidikan*, 24(3), 1598-. <https://doi.org/10.17509/e.v24i3.88041>
- Aprilia, N. S., & Yoenanto, N. H. (2022). Pengaruh Regulasi Emosi dan Persepsi Dukungan Sosial terhadap Stres Akademik Mahasiswa yang Menyusun Skripsi. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 19–30. <https://doi.org/10.20473/brpkm.v2i1.31924>
- Azwar, S (2019). Penyusunan Skala Psikologi: Metode Penelitian Psikologi Edisi II. Yogyakarta: Pustaka Pelajar.
- Bandura, A. (1978). Self-efficacy: Toward a unifying theory of behavioral change. *Advances in Behaviour Research and Therapy*, 1(4), 139–161. [https://doi.org/10.1016/0146-6402\(78\)90002-4](https://doi.org/10.1016/0146-6402(78)90002-4)
- Barseli, M., Ifdil, I., & Fitria, L. (2020). Stress akademik akibat Covid-19. *JPGI (Jurnal Penelitian Guru Indonesia)*, 5(2), 95. <https://doi.org/10.29210/02733jpgi0005>
- Barseli, M., Ifdil, I., & Nikmarijal, N. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148. <https://doi.org/10.29210/119800>
- Bi, S., Stevens, G. W. J. M., Maes, M., *et al.* (2021). Perceived social support from different sources and adolescent life satisfaction across 42 countries. *Child Indicators Research*, 14, 1389–1410. <https://doi.org/10.1007/s12187-021-09809-7>
- Bunjamin, A. (2021). Mengelola Stres Dengan Pendekatan Islami Dan Psikologis. *Idaarah: Jurnal Manajemen Pendidikan*, 5(1), 145. <https://doi.org/10.24252/idaarah.v5i1.20971>
- Ciri, M., Tugas, D., Masa, P., Khamim, R., & Putro, Z. (2017). *APLIKASIA: Jurnal Aplikasi Ilmu-ilmu Agama*. 17(1).

- Cobb, S. (1976). Social Support as a Moderator of Life Stress. *Psychosomatic Medicine*, 38(5), 300–314. <https://doi.org/10.1097/00006842-197609000-00003>
- Cohen, S., & Syme, S. L. (1985). Issues in the Study and Application of Social Support. In *Social Support and Health* (pp. 3–22). Academic Press.
- 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>
- Cole, P. M., Martin, S. E., & Dennis, T. A. (2004). Emotion Regulation as a Scientific Construct: Methodological Challenges and Directions for Child Development Research. *Child Development*, 75(2), 317–333. <https://doi.org/10.1111/j.1467-8624.2004.00673.x>
- Cutrona, C. E., & Russell, D. W. (1987). The provisions of social relationships and adaptation to stress. *Advances in Personal Relationships*, 1, 37–67.
- Deviana, F., & Herdajani, F. (2024). Hubungan antara Efikasi Diri dan Kepribadian Tangguh dengan Stres Akademik Siswa Kelas XI DI SMA Taman Harapan 1 Kota Bekasi. *Psikologi Kreatif Inovatif*, 4(2), 23–32. <https://doi.org/10.37817/psikologikreatifinovatif.v4i2.3290>
- Dewi, D. K., Agindaris, A. L., Susanto, A. R. A., & Wardani, F. D. (2024). Confirmatory Factor Analysis of the Academic Stress Scale. *Indonesia Journal of Sport and Health Psychology* | 2025, 1(01), 26–37. <https://journal.unesa.ac.id/index.php/indojsHP/index>
- Dzulfikri, M. I., & Affandi, G. R. (2023). The Relationship Between Emotion Regulation and Academic Stress in Madrasah Aliyah Students in Sidoarjo. *Psikologia : Jurnal Psikologi*, 10. <https://doi.org/10.21070/psikologia.v10i0.1711>
- Ekawarna. (2018). *Manajemen Konflik dan Stres* (S. B. Fatmawati, Ed.). Bumi Aksara.
- Fatmayanti, W., Nopitasari, A., & Natajaya, I. N. (2023). Profil stres akademik pada siswa SMK Al-Insan kelas XII. *PRIMER: Jurnal Ilmiah Multidisiplin*, 1(2), 72–79. <https://doi.org/10.55681/primer.v1i2.51>
- Ghozali, I. (2021). *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 26 IBM" SPSS" Statistics »* (10th ed.). Universitas Diponegoro.
- Glozah, F. N., & Pevalin, D. J. (2017). Psychometric Properties of the Perceived Social Support from Family and Friends Scale: Data from an Adolescent Sample in Ghana. *Journal of Child and Family Studies*, 26(1), 88–100. <https://doi.org/10.1007/s10826-016-0535-1>
- Gratz, K. L., & Roemer, L. (2004). Multiaspekonal 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>
- 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>
- Hasanah, P. N., Rahmah, A. P. N., & Effendi, A. (2024). Hubungan Dukungan Sosial Dengan Disregulasi Emosi Pada Remaja. *Jurnal Keperawatan 'Aisyiyah*, 11(2), 119–127. <https://doi.org/10.33867/zc4y3d44>
- Hasbi, A. Z., Damayanti, R., Hermina, D., & Hilmi, M. (2023). Penelitian Korelasional (Metodologi Penelitian Pendidikan). *Jurnal Agama, Sosial, Dan Budaya*, 2(6). <https://publisherqu.com/index.php/Al-Furqan>
- Homba, C. V. (2018, May 22). *Akhir Tragis ABG Terjun dari Apartemen karena Stres Hadapi Ujian Baca artikel detiknews, Akhir Tragis ABG Terjun dari Apartemen karena Stres Hadapi Ujian*. DetikNews.
- Ikromi, Z. A. (2025). Stres Akademik di Kalangan Santri: Analisis Literatur Mengenai Faktor-Faktor Penghambatnya. In *Eudaimonia Journal Psychology Universitas Sains Indonesia E-ISSN* (Vol. 1, Issue 2).
- Irmayanti. (2022). Stres akademik siswa SMK Negeri se-kota Cimahi. *TERAPUTIK: Jurnal Bimbingan dan Konseling*, 6(1), 82–86.
<https://doi.org/10.26539/teraputik.61907>
- Janna, N. M., & Herianto, H. (2021). *Konsep Uji Validitas Dan Reliabilitas Dengan Menggunakan SPSS*. <https://doi.org/10.31219/osf.io/v9j52>
- Kaufman, E. A., Xia, M., Fosco, G., Yaptangco, M., Skidmore, C. R., & Crowell, S. E. (2016). 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>
- Kementrian Agama Kabupaten Bekasi. (2023). *MAN 1 Bekasi menjadi Tilok KSM. Kankemenag Targetkan 5 Besar Provinsi di KSM 2023*.
- Kementrian Pendidikan, K. R. dan T. (2024). *Data Induk Peserta Didik: Jumlah Peserta Didik Aktif di Kota Bekasi*.
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer.
- Lie, I., Matulessy Andik, & Suhadianto. (2024). Stres Akademik pada Siswa Sekolah Menengah Atas: Bagaimana Peran Regulasi Emosi dan Dukungan Sosial? *Jiwa: Jurnal Psikologi Indonesia*, 02(04), 189–197. <https://jurnal.untag-sby.ac.id/index.php/jiwa>
- Lumban Gaol, N. T. (2016). Teori Stres: Stimulus, Respons, dan Transaksional. *Buletin Psikologi*, 24(1), 1. <https://doi.org/10.22146/bps.11224>

- Marlina, L., Kartika, I. I., Andini, R. F., Sulistiawati, S., & Hasanah, S. N. (2024). Penerapan Psikoedukasi dalam Penanganan Stress Akademik pada Siswa Kelas XI MAN I Bekasi. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM)*, 7(9), 3959–3974. <https://doi.org/10.33024/jkpm.v7i9.15788>
- Mufidah, V. N., & Fadilah, N. N. (2023). Hubungan Dukungan Sosial Terhadap Motivasi Belajar Mahasiswa. *Mozaic : Islam Nusantara*, 9(2), 119–126. <https://doi.org/10.47776/mozaic.v9i2.850>
- Matud, M. P. (2004). Gender differences in stress and coping styles. *Personality and Individual Differences*, 37(7), 1401–1415.
- Nadia, Minarni, & Thalib, T. (2025). Gambaran stres akademik siswa Sekolah Menengah Atas di Kota Makassar. *JURIHUM: Jurnal Inovasi dan Humaniora*, 3(1), 14–19.
- Nolen-Hoeksema, S. (2012). Emotion regulation and psychopathology: The role of gender. *Annual Review of Clinical Psychology*, 8, 161–187. <https://doi.org/10.1146/annurev-clinpsy-032511-143109>
- NST, R. H., Mukhtar, D. Y., & Dewi, I. S. (2022). Peran Dukungan Sosial Terhadap Reaksi Stres Akademik Pada Mahasiswi Baru Pasca Pandemi. *Psikologi Konseling*, 21(2), 1450. <https://doi.org/10.24114/konseling.v21i2.41108>
- Nurzanah, A. S. (2024). Studi komparasi stres akademik pada siswa remaja antara sekolah umum dan sekolah berbasis Islam [Skripsi, UIN Sunan Gunung Djati Bandung]. Digital Library UIN Sunan Gunung Djati Bandung. <https://digilib.uinsgd.ac.id/113082/>
- Putra, M. D. K. (2015). Uji validitas konstruk the social provisions scale. *Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia*, 4(4), 1-18.
- Putri, C. P., Mayangsari, M. D., & Rusli, D. R. (2018). Pengaruh Stres Akademik Terhadap Academic Help Seeking Pada Mahasiswa Psikologi Unlam Dengan Indeks Prestasi Kumulatif Rendah The Influence Of Academic Stress On Academic Help Seeking Among Psychology Student Of Unlam With Low Grade Point Average. In *Jurnal Kognisia* (Vol. 1, Issue 2).
- Qotrunnada, N., & Hasanat, N. U. (2025). The roles of patience and social support on the academic stress of undergraduate students. *Gadjah Mada Journal of Psychology*
- Qurrotu'ain, Q. (2019). Perbedaan Stres Akademik Berdasarkan Latar Belakang Pendidikan. *Psikoborneo: Jurnal Ilmiah Psikologi*, 7(3), 403–409.
- Radisti, M., Suyanti, S., & Albadri, A. (2023). Religiusitas dan konsep diri akademik dengan stres akademik mahasiswa santri. *PSYCOMEDIA : Jurnal Psikologi*, 2(2), 102–111. <https://doi.org/10.35316/psycomedia.2023.v2i2.102-111>

- Radjah, C. L., & Utami, N. W. (2024). Peningkatan Kemampuan Melatihkan Manajemen Stres Bagi Guru BK SMP di Kota Malang. *Abdimas Pedagogi: Jurnal Ilmiah Pengabdian Kepada Masyarakat*, 7(1), 1–7. <https://doi.org/10.17977/um050v7i12024p1-7>
- Ramadanti, R., & Herdi. (2022). Hubungan antara Resiliensi dan Dukungan Sosial dengan Stress Akademik Mahasiswa Baru di Jakarta pada Masa Pandemi Covid-19. *INSIGHT: Jurnal Bimbingan Konseling*, 10(2), 150–163. <https://doi.org/10.21009/INSIGHT.102.07>
- Rizqullah, R. D., & Ansyah, H. (2024). Dukungan Sosial dan Stres Akademik pada Siswa Madrasah Aliyah. *Pubmedia Journal of Islamic Psychology*, 1(2), 1–11. <https://diksima.pubmedia.id/index.php/Psychology>
- Rueger, S. Y., Malecki, C. K., Pyun, Y., Aycock, C., & Coyle, S. (2010). Relationship between multiple sources of perceived social support and psychological and academic adjustment in early adolescence. *Journal of Youth and Adolescence*, 39(1), 47–61. <https://doi.org/10.1007/s10964-008-9368-6>
- Rumbrar, D. M. (2022). Hubungan Antara Dukungan Sosial Dengan Stres Akademik Pada Mahasiswa Papua Program PKP3N Di Universitas Kristen Satya Wacana. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 12(3). <https://doi.org/10.23887/jibk.v12i3.40878>
- Santrock, J. W. (2019). *Life-span development* (17th ed.). McGraw-Hill Education
- Sarafino, E. P., & Smith, T. W. (2011). *Health Psychology Biopsychosocial Interactions- Sarafino- E.P. 7ed* (7th ed.). John Wiley & Sons, Ltd.
- Sari, P., Bulantika, S. Z., Dewantari, T., & Rimonda, R. (2020). Effects of stress coping and emotion regulation on student academic stress. *KONSELI : Jurnal Bimbingan Dan Konseling (E-Journal)*, 7(1), 73–80. <https://doi.org/10.24042/kons.v7i1.6300>
- Savia Syahroni, J., Psikologi, F., & Islam Sultan Agung, U. (n.d.). *Prosiding KONSTELASI ILMIAH MAHASISWA UNISSULA (KIMU) 7 Hubungan Antara Self-Efficacy Dengan Stres Akademik pada Siswa SMA Negeri 1 Lasem Ketika Mengikuti Pembelajaran Melalui Daring*.
- Seto, S. B., Wondo, M. T. S., & Mei, M. F. (2020). Hubungan Motivasi Terhadap Tingkat Stress Mahasiswa Dalam Menulis Tugas Akhir (Skripsi). *Jurnal Basicedu*, 4(3), 733–739. <https://doi.org/10.31004/basicedu.v4i3.431>
- Sihotang, A. I. (2021). *Adaptasi Alat Ukur Stres Akademik Untuk Remaja* (Doctoral dissertation, Universitas Sumatera Utara).
- Singh, G., Sharma, S., Sharma, V., & Zaidi, S. Z. H. (2023). Academic stress and emotional adjustment: A gender-based post-COVID study. *Annals of Neurosciences*, 30(2), 100–108. <https://doi.org/10.1177/09727531221132964>

- Siregar, I. K., & Putri, S. R. (2020). Hubungan Self-Efficacy dan Stres Akademik Mahasiswa. *Consilium : Berkala Kajian Konseling Dan Ilmu Keagamaan*, 6(2), 91. <https://doi.org/10.37064/consilium.v6i2.6386>
- Stanley, I. H., Hom, M. A., Chu, C., Dougherty, S. P., Gallyer, A. J., Spencer-Thomas, S., Shelef, L., Fruchter, E., Comtois, K. A., Gutierrez, P. M., Sachs-Ericsson, N. J., & Joiner, T. E. (2019). Perceptions of Belongingness and Social Support Attenuate PTSD Symptom Severity Among Firefighters: A Multistudy Investigation. *Psychological Services*, 16(4), 543–555. <https://doi.org/10.1037/ser0000240>
- Sugiyono. (2023). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (Sutopo, Ed.). Alfabeta.
- Sun, J., Dunne, M. P., Hou, X. yu, & Xu, A. qiang. (2011). Educational stress scale for adolescents: Development, validity, and reliability with Chinese students. *Journal of Psychoeducational Assessment*, 29(6), 534–546. <https://doi.org/10.1177/0734282910394976>
- Szkody, E., Stearns, M., Stanhope, L., & McKinney, C. (2021). Stress-Buffering Role of Social Support during COVID-19. *Family Process*, 60(3), 1002–1015. <https://doi.org/10.1111/famp.12618>
- Teixeira, R. J., Brandão, T., & Dores, A. R. (2022). Academic stress, coping, emotion regulation, affect and psychosomatic symptoms in higher education. *Current Psychology*, 41(11), 7618–7627. <https://doi.org/10.1007/s12144-020-01304-z>
- Tiyas, R. R., & Utami, M. S. (2021). Online Learning Saat Pandemi Covid-19: Stres Akademik terhadap Subjective Well-being dengan Adaptive Coping sebagai Mediator. *Gadjah Mada Journal of Psychology (GamaJoP)*, 7(2), 225. <https://doi.org/10.22146/gamajop.64599>
- Ullah, M. S., Akhter, S., Aziz, M. A., & Islam, M. (2023, September 5). *Social support: mediating the emotional intelligence-academic stress link*. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2023.1218636>
- Universitas Gadjah Mada. (2019, July 31). *Siswa Rentan Alami Stres Akademik*. Universitas Gadjah Mada.
- Vickri, M., Saputra, D., & Affandi, G. R. (2024). Efikasi Diri Lebih Efektif Mengurangi Stres Akademik Dibandingkan Dukungan Sosial. In *Pubmedia Journal of Islamic Psychology* (Vol. 1, Issue 1). <https://diksima.pubmedia.id/index.php/Psychology>
- Wardani, G. Y., Imawati, D., Mariskha, S. E., Sulistyanio, N. W., & Herawati, T. (2023). Perbedaan tingkat stres akademik pada siswa Sekolah Menengah Atas (SMAN 1) dengan siswa Sekolah Menengah Atas berbasis agama (MAN) di Sendawar. *Motivasi: Jurnal Mahasiswa Psikologi*, 8(1), 36–39.
- Weiss, R. S. (1974). The Provisions of Social Relationship. In Z. Rubin (Ed.), *Doing Unto Others* (pp. 17–26). Prentice-Hall.

- Yusuf, N. M., & Yusuf, J. M. (2020). Faktor-Faktor yang Mempengaruhi Stres Akademik. *Psyche Journal*, 165, 235–239. <https://doi.org/10.35134/jpsy165.v13i2.84>
- Zahara, M., Alfiandi, R., Program Studi Ilmu Keperawatan Fakultas Keperawatan Universitas Syiah Kuala Banda Aceh, M., & Keilmuan Keperawatan Jiwa Fakultas Keperawatan Universitas Syiah Kuala Banda Aceh, B. (2022). The Relationship between Emotional Regulation and Academic Stress on Students at Universtas Syiah Kuala. *Jurnal Ilmiah Mahasiswa Fakultas Keperawatan*, VI(1).
- Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The Multiaspekonal Scale of Perceived Social Support. *Journal of Personality Assessment*, 52(1), 30–41. https://doi.org/10.1207/s15327752jpa5201_2
- Zwagery, R. V., & Nurliani, R. (2018). Studi Kasus Regulasi Emosi Pada Masyarakat Yang Terkena Dampak Pencemaran Lingkungan Batubara Di Kabupaten Barito Kuala. *Jurnal Ecopsy*, 5(3). <https://doi.org/10.20527/ecopsy.v5i3.5567>
- Zyusifa, R., & Affandi, G. R. (2021). The Relationship Between Emotion Regulation and Academic Stress in Class XII Students of Vocational High School Accounting Department. *Academia Open*, 4. <https://doi.org/10.21070/acopen.4.2021.2741>

Intelligentia - Dignitas