

DAFTAR PUSTAKA

- Afnan, Fauzia, R., Tamau, M. U. (2020). Hubungan efikasi diri dengan stress pada mahasiswa yang berada dalam fase quarter life crisis relationship of self-effication with stress in students who are in the quarter. *Jurnal Kognisia*, 3(1), 23-29.
- Afwina, R. (2019). Kecerdasan emosional, dukungan sosial, dan stres kerja dokter residen di Rumah Sakit Umum Pusat H. Adam Malik. *Journal of Education, Humaniora and Social Sciences (JEHSS)*, 2(2): 229-236.
- Agarwal, S., Guntuku, S. C., Robinson, O., Dunn, A., Ungar, L. (2020). Examining the phenomenon of quarter-life crisis through Artificial Intelligence and the Language of Twitter. *Front. Psychol*, 11, 1-23. <https://doi.org/10.3389/fpsyg.2020.00341>.
- Aristawati, A. R. Meiyuntariningsih, T., Cahya, F. D., Putri, A. (2021). Emotional intelligence dan stress pada mahasiswa yang mengalami quarter-life crisis. *Jurnal Psikologi Konseling*, 19(2), 1035-1046.
- Arnett, J. (2006). Emerging adulthood in Europe: A response to Bryner. *Journal of Youth Studies*, 9(1), 111-123.
- Atwood, J. D., Scholtz, C. (2008). The Quarter-life time period: An age of indulgence, crisis or both?. *Contemporary Family Therapy*, 30(4), 233-250.
- Azwar, S. (2016). *Penyusunan skala psikologi (Edisi ke-2)*. Yogyakarta: Pustaka Pelajar.
- Azzyati, R. A. (2021). *Krisis seperempat kehidupan ditinjau dari kematangan beragama dan dukungan sosial pada mahasiswa*. [Skripsi]. Universitas Islam Negeri Sunan Kalijaga Yogyakarta.
- Black, A. S. (2010). *Halfway between somewhere and nothing: An exploration of the quarter-life crisis and life satisfaction among*. [Tesis]. University of Arkansas.
- Bronk, K. C., Hill, P. L., Lapsley, D. K., Talib, T. L., Finch, H. (2009). Purpose, hope, and life satisfaction in three age groups. *The Journal of Positive Psychology*, 4(6), 500-510.
- Byock, S. D. (2010). *The quarterlife crisis and the path to individuation in the first half of life*. [Tesis]. Pacifica Graduate Institute.
- Canavan, J., Dolan, P., Pinkerton, J. (2000). *Family support: direction from diversity*. London: Jessica Kingsley Publishers.

- Carr, A. (2004). *Positive psychology: The science of happiness and human strengs*. New York: Brunner Routledge.
- Censuswide. (2017, November 15). *New LinkedIn research shows 75 percent of 25-33 year olds have experienced quarter-life cirses*. LinkedIn Pressroom. Diakses pada 12 Mei 2022, dari <https://news.linkedin.com/2017/11/new-linkedin-research-shows-75-percent-of-25-33-year-olds-have-e>.
- Collins, W. A., Laursen, B. (2004). Changing relationships, changing youth: Interpersonal contexts of adolescent development. *The Journal of Early Adolescence*, 24(1), 55-62.
- Dariyo, A. (2004). *Psikologi perkembangan dewasa muda*. Bogor: Ghalia Indonesia.
- Djaali. (2020). *Metodologi penelitian kuantitatif*. Jakarta: Bumi Aksara.
- Dwivedi, A., Rastogi, R. (2017). Future time perspective, hope and life satisfaction: A study on emerging adulthood. *Jindal Journal of Business Research*, 5(1), 17–25. <https://doi.org/10.1177/2278682116673790>
- Feist, J., Feist, G. J. (2017). *Theories of personality*. New York: McGraw-Hill Education.
- Fischer, K. (2008). *Ramen noodles, rent and resumes: An after-college guide to life*. Belmont: Supercollege Llc.
- Friedman. (2013). *Keperawatan keluarga*. Yogyakarta: Gosyen Publishing.
- Gardner, K. A., Cutrona, C. E. (2004). *Social support communication in families*. New York: Lawrence Erlbaum Associates Publishers. <https://doi.org/10.4324/9781410609564>.
- Gungor, A. (2019). Investigating the relationship between social support and school burnout in Turkish middle school students: The mediating role of hope. *School Psychology International*, 40(6), 581–597. <https://doi.org/10.1177/0143034319866492>
- Herawati, I., Hidayat, A. (2020). Quarterlife crisis pada dewasa awal di Pekanbaru. *Journal An-Nafs: Kajian Penelitian Psikologi*, 5(2), 145-156.
- Howell, A. J., Larsen, D. J. (2015). *Understanding other-oriented hope: An integral concept within hope studies*. Cham: Springer International Publishing.
- Husnar, A. Z., Saniah, S., Nashori, F. (2017) Harapan, tawakal, dan stres akademik. *Psikohumaniora: Jurnal Penelitian Psikologi*, 2(1), 94-105.

- Juliani, D. (2022). *Pengaruh orientasi masa depan dan dukungan keluarga terhadap quarter life crisis pada mahasiswa tingkat akhir di Kabupaten Purwakarta*. [Skripsi]. UIN Syarif Hidayatullah Jakarta.
- Julianto, V., Cahayani, R. A., Sukmawati, S., Aji, E. S. R. (2020). Hubungan antara harapan dan harga diri terhadap kebahagiaan pada orang yang mengalami toxic relationship dengan kesehatan psikologis. *Jurnal Psikologi Integratif*, 8(1), 103-115. <https://doi.org/10.14421/jpsi.v8i1.2016>.
- Li, Q., Xiang, G., Song, S., Chen, H. (2022). How people reach their goals: Neural basis responsible for trait self-control association with hope. *Personality and Individual Differences*, 184, 111228. <https://doi.org/10.1016/j.paid.2021.111228>.
- Linley, P. A. Joseph, S. (2004). *Positive psychology in practice*. New Jersey: John Wiley & Sons, Inc.
- Lyell, K. M., Coyle, S., Malecki, C. K., Santuzzi, A. M. (2020). Parent and peer social support compensation and internalizing problems in adolescence. *Journal of School Psychology*, 83, 25-49.
- Mariatun, Munir, A., Metia, C. (2020). Hubungan self efficacy dan dukungan keluarga dengan kecemasan siswa pada pelajaran matematika sekolah menengah atas negeri 2 Sinabang self efficacy relationship and family support with students 'anxiety in mathematics high school 2 Sinabang. *Tabularasa: Jurnal Ilmiah Magister Psikologi*, 2(1), 1-7.
- McGoldrick, M., Preto, N. A. G., Carter, B. A. (2016). *The expanding family life cycle: Individual, family, and social perspectives*. Boston: Pearson.
- Murphy, M. (2011). *Emerging adulthood in Ireland: Is the quarter life crisis a common experience?*. [Tesis]. Dublin Institute of Technology.
- Olson, K. (2005). *Psikologi harapan: Bangkit dari keputusan meraih kesuksesan*. Yogyakarta: Pustaka Pelajar.
- Olson-Madden, Herold, J. (2007). Correlates and predictors of life satisfaction among 18 to 35-year olds: An exploration of the "quarterlife crisis" phenomenon. *ProQuest Dissertations And Theses (PQDT) UMI 3278560*.
- Periantolo, J. (2015). *Penyusunan skala psikologi: Asyik, mudah & bermanfaat*. Yogyakarta: Pustaka Pelajar.
- Periantolo, J. (2016). *Penelitian kuantitatif untuk psikologi*. Yogyakarta: Pustaka Pelajar.

- Peterson, S. J., Byron, K. (2008). Exploring the role of hope in job performance: Results from four studies. *Journal of Organizational Behavioral*, 29(6), 785-803.
- Peterson, C., Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press.
- Pinkerton, J., Dolan, P. (2007). Family support, social capital, resilience and adolescent coping. *Child and Family Social Work*, 12(3), 219-228.
- Priyono. (2008). *Metode penelitian kuantitatif*. Sidoarjo: Zifatama Publishing.
- Puspitarini, W. (2020). *Hubungan dukungan sosial terhadap kecemasan dalam menghadapi quarter-life crisis pada individu dewasa awal*. [Skripsi]. Universitas Gunadarma.
- Putri, A. R. (2020). *Hubungan antara dukungan sosial dengan quarter life crisis pada mahasiswa tingkat akhir*. [Skripsi]. UIN RADEN INTAN LAMPUNG.
- Putri, G. N. (2019). *Quarter life crisis – ketika hidupmu berada di persimpangan*. Jakarta: PT Alex Media Komputindo.
- Rambe, Y. (2017). Hubungan self efficacy dan dukungan sosial dengan kecemasan siswa menghadapi ujian nasional berbasis komputer (unbk) di SMK Swasta PAB 12 Saentis. *Analitika: Jurnal Magister Psikologi UMA*, 9(1), 60-67. doi:<https://doi.org/10.31289/analitika.v9i1.740>
- Rahajeng, A. L. (2022). *Hubungan antara dukungan keluarga dengan quarter life crisis pada dewasa awal yang bekerja*. [Skripsi]. Universitas Mercu Buana Yogyakarta.
- Riyanto, A., Arini, D. P. (2021). Analisis deskriptif quarter-life crisis pada lulusan perguruan tinggi Universitas Katolik Musicharitas. *Jurnal Psikologi Malahayati*, 3(1), 12-19.
- Robbins, A., Wilner, A. (2001). *Quarter life crisis: The unique challenge of life in your twenties*. New York: Tarcher Penguin.
- Robinson, O. C. (2018). A longitudinal mixed-methods case study of quarter-life crisis during the post-university transition: Locked-out and locked-in forms in combination. *Emerging Adulthood*, 7(3), 167-179.
- Robinson, O. C., Demetre, J. D., & Litman, J. A. (2017). Adult life stage and crisis as predictors of curiosity and authenticity. *International Journal of Behavioral Development*, 41(3), 426–431. <https://doi.org/10.1177/0165025416645201>

- Robinson, O. (2016). *Emerging adulthood in a European context*. New York: Routledge.
- Robinson, O. C., Wright, G. R. T., Smith, J. A. (2013). The holistic phase model of early adult crisis. *Journal of Adult Development*, 20(2), 27-37.
- Rossi, N. E., Mebert, C. J. (2011). Does a quarter life crisis exist?. *The Journal of Genetic Psychology*, 172(2), 141–16.
- Santrock, John W. (2011). *Life-span development*. New York: McGraw-Hill Education.
- Santrock, John W. (2019). *Life-span development*. New York: McGraw-Hill Education.
- Sarafino, E. P., & Smith, T. W. (2011). *Health psychology biopsychosocial interactions*. New Jersey: John Wiley & Sons, Inc.
- Satici, S. A., Okur, S. (2022). Investigating the link between psychological maltreatment, shyness, hope, and wellbeing. *Personality and Individual Differences*, 196, 111746. <https://doi.org/10.1016/j.paid.2022.111764>.
- Schulenberg, J. E., & Zarrett, N. R. (2006). Mental health during emerging adulthood: Continuity and discontinuity in courses, causes, and functions. Dalam J. J. Arnett & J. L. Tanner (Ed.), *Emerging adults in America: Coming of age in the 21st century* (hal. 135-172). Washington, DC: American Psychological Association.
- Sefrina, F., Latipun. (2016). Hubungan dukungan keluarga dan keberfungsian sosial pada pasien skizofrenia rawat jalan. *Jurnal Ilmiah Psikologi Terapan*, 4(2), 140-160.
- Setiawan, N. A., Milati, A. Z. (2022). Hubungan antara harapan dan quarter life crisis pada mahasiswa yang mengalami toxic relationship. *Anfusina: Journal of Psychology*, 5(1), 13-24.
- Shaughnessy, J. J., Zechmeister, E. B., Zechmeister, J. S. (2012). *Metodologi penelitian dalam psikologi*. Jakarta: Salemba Humanika.
- Sinambela, L. P. (2014). *Metodologi penelitian kuantitatif; untuk bidang ilmu administrasi, kebijakan publik, ekonomi, sosiologi, komunikasi dan ilmu sosial lainnya*. Yogyakarta: Graha Ilmu.
- Snyder, C. R. (2005). Teaching: The lessons of hope. *Journal of Social and Clinical Psychology*, 24(1), 72-84.

- Snyder, C. (2000). *Handbook of hope: Theory, measures & applications*. San Diego: Academic Press.
- Snyder, C. R., Rand, K. L., Sigmon, D. R. (2002). Hope theory a member of the positive psychology family. Dalam C. R. Snyder & S. J. Lopez (Eds). *Handbook of Positive Psychology* (pp. 257-276). New York: Oxford University Press.
- Stapleton, A., Gardens, C. (2012). Coaching clients through the quarter-life crisis: What works?. *International Journal of Evidence Based Coaching and Mentoring Special Issue*, 6, 130-145.
- Sudaryana, B., Agusiady, H. R. R. (2022). *Metodologi penelitian kuantitatif*. Yogyakarta: Deepublish.
- Sugeng, B. (2020). *Fundamental metodologi penelitian kuantitatif (eksplanatif)*. Yogyakarta: Deepublish.
- Sumartha, A. R. (2020). *Pengaruh trait kepribadian neuroticism terhadap quarter life crisis dimediasi oleh harapan pada mahasiswa tingkat akhir di Universitas Islam Negeri Maulana Malik Ibrahim*. [Skripsi]. Universitas Islam Negeri Maulana Malik Ibrahim.
- Syuhadak, N.O., Hardjono, Mardhiyah, Z. (2022). Harapan dan kecemasan akan masa depan pada mahasiswa tingkat akhir hope and future anxiety in final-year student. *Jurnal Ilmiah Psikologi Candradiwa*, 7(2), 76-85.
- Thakre, N. (2013, June). Satisfaction with life and hope in youth. ResearchGate. Diakses pada 4 Januari 2023, dari https://www.researchgate.net/publication/326225633_Satisfaction_with_life_and_hope_in_youth.
- Upton, P. (2012). *Psikologi perkembangan*. Jakarta: Penerbit Erlangga.
- Waryanti, S. (2022). *Hubungan antara dukung keluarga dan motivasi belajar dengan self regulated learning pada siswa sma*. [Skripsi]. Universitas Muria Kudus.
- Wijaya, D. A. P., Utami, M. S. (2021). Peran kepribadian kesungguhan terhadap krisis usia seperempat abad pada emerging adulthood dengan dukungan sosial sebagai mediator. *Gadjah Mada Journal of Psychology (GamaJoP)*, 7(2), 143-161.
- Wijaya, D. A. P., Saprowi, F. S. N. (2022). Analisis dimensi: Dukungan sosial dan krisis usia seperempat abad pada emerging adulthood dimensional analysis:

social support and quarter-life crisis in emerging adulthood. *Psycho Idea*, 20(1), 41-49.

Worgan, T., Lechlade, G. (2013). Hope theory in coaching: How clients respond to interventions based on Snyder's theory of hope. *International Journal of Evidence Based Coaching and Mentoring*, 7, 100-114.

