

## DAFTAR PUSTAKA

- Acquah, E. O., Topalli, P. Z., Wilson, M. L., Junntila, N., & Niemi, P. M. (2016). Adolescent loneliness and social anxiety as predictors of bullying victimisation. *International Journal of Adolescence and Youth*, 21(3), 320–331. <https://doi.org/10.1080/02673843.2015.1083449>
- Agusti, R. D. C. W., & Leonardi, T. (2015). Hubungan Antara Kesepian dengan Problematic Internet Use pada Mahasiswa. *Jurnal Psikologi Klinis Dan Kesehatan Mental*, 4(1), 9–13.
- Ajidahun, B. (2015). Dual Career Family and Emotional Development of Adolescents. *British Journal of Education, Society & Behavioural Science*, 8(3), 159–166. <https://doi.org/10.9734/bjesbs/2015/16839>
- Akgül, H., Güven, A. Z., Güven, S., & Ceylan, M. (2023). Loneliness, Social Support, Social Trust, and Subjective Wellness in Low-Income Children: A Longitudinal Approach. *Children*, 10(9), 1–11. <https://doi.org/10.3390/children10091433>
- Ali, M., & Sastro, M. (2019). *Psikologi Remaja : Perkembangan Peserta Didik*. PT Bumi Aksara.
- Channitun, Z., & Soetikno, N. (2022). Hubungan Kesepian Dengan Agresi Pada Remaja Ditinjau dari Pola Komunikasi Orang Tua-Anak. *Versi Cetak*, 6(2), 359–367. <https://doi.org/10.24912/jmishumsen.v6i2.18971>
- Ami Rokach. (2013). *Loneliness Updated: Recent Reseacrh on Loneliness and How it Affects Our Lives*. Routledge.
- Sha'ked, A., & Rokach, A. (2015). *Addressing Loneliness: Coping, Prevention and Clinical Interversion*. Routledge.
- Andriyani, J. (2019). Strategi Coping Stres dalam Mengatasi Problema Psikologis. *At-Taujih Bimbingan Dan Konseling Islam*, 2(2), 37–55. <http://jurnal.ar-raniry.ac.id/index.php/Taujih>
- Austin, B. A. (1983). Factorial Structure of The UCLA Loneliness Scale. *Psychological Reporjr*, 53, 883–889.
- Azka, F. A., & Ninin, R. H. (2023). Persepsi Remaja Dengan Kedua Orang Tua Yang Bekerja Mengenai Keberfungsian Keluarga Adolescent Perceptions With Both Working Parents Regarding Family Functioning. *PSYCHE: Jurnal Psikologi Universitas Muhammadiyah Lampung*, 5(1), 2686–0430. <http://journal.uml.ac.id/TIT>
- Azwar, S. (2012). *Reliabilitas dan validitas* (Cet. 2). Pustaka Belajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi* (2nd ed.). Pustaka Pelajar.

- Azwar, S. (2019). *Penyusunan Skala Psikologi* (2nd ed.). Pustaka Pelajar.
- Azwar, S. (2021). *Penyusunan Skala Psikologi* (3rd ed.). Pustaka Pelajar.
- Badan Pusat Statistik. (2023). *Persentase Rumah Tangga menurut Provinsi, Jenis Kelamin Kepala Rumah Tangga (KRT) yang Bekerja, dan Daerah Tempat Tinggal, 2009-2023*. Badan Pusat Statistik (BPS - Statistics Indonesia). <https://www.bps.go.id/id/statistics-table/1/MTYwNiMx/persentase-rumah-tangga-menurut-provinsi--jenis-kelamin-kepala-rumah-tangga--krt--yang-bekerja--dan-daerah-tempat-tinggal--2009-2023.html>
- Bakhtiar, M. I., & Asriani, D. (2015). Effectiveness Strategy of Problem Focused Coping and Emotion Focused Coping in Improving Stress Management Student of SMA Negeri 1 Barru. *Guidena Jurnal of Guidance and Counseling*, 5(2), 69–82.
- Bee, H., & Boyd, D. (2004). *The Development Child* (10th ed.). Pearson Education.
- Besevegis, E., & Galanaki, E. P. (2010). Coping with loneliness in childhood. *European Journal of Developmental Psychology*, 7(6), 653–673. <https://doi.org/10.1080/17405620903113306>
- Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing Coping Strategies: A Theoretically Based Approach. *Journal of Personality and Social Psychology*, 56(2), 267–283. [https://doi.org/0022-3514/89/\\$00.75](https://doi.org/0022-3514/89/$00.75)
- Cauberghe, V., Van Wesenbeeck, I., De Jans, S., Hudders, L., & Ponnet, K. (2020). How Adolescents Use Social Media to Cope with Feelings of Loneliness and Anxiety during COVID-19 Lockdown. *Cyberpsychology, Behavior, and Social Networking*, 00(00), 1–8. <https://doi.org/10.1089/cyber.2020.0478>
- Christine, W. S., Oktorina, M., & Mula, I. (2010). Pengaruh Konflik Pekerjaan dan Konflik Keluarga Terhadap Kinerja dengan Konflik Pekerjaan Keluarga Sebagai Intervening Variabel (Studi pada Dual Career Couple di Jabodetabek). *Jurnal Manajemen Dan Kewirausahaan*, 12(2), 121–132. <https://doi.org/https://doi.org/10.9744/jmk.12.2.pp>
- Christy, N., & Partasari, W. D. (2022). Gambaran Kesepian dan Strategi Coping pada Lansia di Masa Pandemi COVID-19 Loneliness and Coping Strategies on Elderly During COVID-19 Pandemic. *Jurnal Psikogenesis*, 10(2), 169–183. <https://doi.org/https://doi.org/10.24854/jps.v10i2.2891>
- Elvika, R. R., & Tanjung, R. F. (2023). Analisis Strategi Coping Generasi Z: Tinjauan terhadap Emotion-Focused Coping dan Problem-Focused Coping. *Consilium: Berkala Kajian Konseling Dan Ilmu Keagamaan*, 10(1), 19–31. <https://doi.org/10.37064/consilium.v10i1.15334>
- Eremie, M., & Kennedy, M. (2015). Dual Career Spouse' Perception of Work And Family Involment in Rivers State, Nigeria: Implications For Counselling.

- Journal of Business Economics and Management*, 4(7), 38–44. <https://www.researchgate.net/publication/284169175>
- Febriani, Z. (2021). Perbedaan Tingkat Kesepian Pada Remaja Ditinjau Dari Jenis Kelamin. *Jurnal Pendidikan Tambusai*, 5(3), 7032–7037.
- Fikrie, F., Hermina, C., & Ariani, L. (2021). Apakah Anda Merasa Kesepian? Eksplorasi Kepribadian dan Kualitas Pertemanan pada Remaja. *Jurnal Studia Insania*, 9(1), 82–99. <https://doi.org/10.18592/jsi.v9i1.4166>
- Fitri, N. F., & Adelya, B. (2017). Kematangan emosi remaja dalam pengentasan masalah. *Jurnal Penelitian Guru Indonesia-JPGI*, 2(2), 30–39.
- Garvin. (2017). Hubungan Kecerdasan Sosial dengan Kesepian pada Remaja. *Jurnal Muara Ilmu Sosial, Humanioral, Dan Seni*, 1(1), 93–99.
- Hawkley, L. C., & Capitanio, J. P. (2015). Perceived social isolation, evolutionary fitness and health outcomes: A lifespan approach. In *Philosophical Transactions of the Royal Society B: Biological Sciences* (Vol. 370, Issue 1669). Royal Society of London. <https://doi.org/10.1098/rstb.2014.0114>
- Hendrayu, V. F., Kinanthi, M. R., & Brebahama, A. (2017). Resiliensi Keluarga Pada Keluarga Yang Memiliki Kedua Orang Tua Bekerja. *SCHEMA (Journal of Psychological Research)*, 3(2), 104–115.
- Hestiningrum, E. (2012). Perbedaan Emotional Focused Coping Mahasiswa Kost dengan Mahasiswa yang Tinggal dengan Orang Tua pada Mahasiswa Jurusan Bimbingan dan Konseling Fakultas Keguruan dan Ilmu Pendidikan Universitas Ahmad Dahlan Yogyakarta. *PSIKOPEDAGOGIA*, 1(2).
- Hidayati, D. S. (2015). Self Compassion dan Loneliness. *Jurnal Ilmiah Psikologi Terapan*, 03(01), 154–264.
- Howard Sharp, K. M., Meadows, E. A., Keim, M. C., Winning, A. M., Barrera, M., Gilmer, M. J., Akard, T. F., Compas, B. E., Fairclough, D. L., Davies, B., Hogan, N., Vannatta, K., & Gerhardt, C. A. (2020). The Influence of Parent Distress and Parenting on Bereaved Siblings' Externalizing Problems. *Journal of Child and Family Studies*, 29(4), 1081–1093. <https://doi.org/10.1007/s10826-019-01640-0>
- Hutajulu, H. (2020). Hubungan Bentuk-bentuk Perilaku Orangtua dengan Perkembangan Emosi Remaja pada Siswa (Studi Kasus SMK Negeri 2 Tanjung Pinang). *Cendikia : Media Jurnal Ilmiah Pendidikan*, 10(2), 88–98.
- Iram Fatima, Masood Nadeem, Muhammad Waqar Naem, & Hafiz Muhammad Zeeshan Raza. (2021). Impact of MDCAT scores on pessimism, loneliness, and depressive symptoms: Moderating role of coping strategies. *World Journal of Advanced Research and Reviews*, 12(2), 354–364. <https://doi.org/10.30574/wjarr.2021.12.2.0600>

- Karimah, K. (2021). Kesepian dan Kecenderungan Perilaku Menyakiti Diri Sendiri pada Remaja dari Keluarga Tidak Harmonis. *Jurnal Imiah Psikologi*, 9(2), 367–380. <https://doi.org/10.30872/psikoborneo>
- Khaeruddin, K. N., & Ridfah, A. (2017). Kelekatan Remaja dengan Ibu yang Bekerja. *Jurnal Psikologi TALENTA*, 3(1), 1–9. <https://doi.org/10.26858/talenta.v3i1.13065>
- Lazarus, & Folkman. (1984). *Stress, Appraisal, and Coping*. Springer publishing company.
- Lubis, I. R., & Yudhaningrum, L. (2020). Gambaran Kesepian pada Remaja Pelaku Self Harm. *JPPP - Jurnal Penelitian Dan Pengukuran Psikologi*, 9(1), 14–21. <https://doi.org/10.21009/jppp.091.03>
- Macdonald, S. J., Deacon, L., Nixon, J., Akintola, A., Gillingham, A., Kent, J., Ellis, G., Mathews, D., Ismail, A., Sullivan, S., Dore, S., & Highmore, L. (2018). ‘The invisible enemy’: disability, loneliness and isolation. *Disability and Society*, 33(7), 1138–1159. <https://doi.org/10.1080/09687599.2018.1476224>
- Mahardika, H., & Sulistyarini, I. (2022). Positive Religious Coping dan Kesepian Selama Masa Pandemi COVID-19. *Bandung Conference Series: Psychology Science*, 2(3), 828–837. <https://doi.org/10.29313/bcsps.v2i3.4883>
- Majd Ara, E., Talepasand, S., & Rezaei, A. M. (2017). A structural model of depression based on interpersonal relationships: The mediating role of coping strategies and loneliness. *Noropsikiyatri Arsivi*, 54(2), 125–130. <https://doi.org/10.5152/npa.2017.12711>
- Marisa, D., & Afriyeni, N. (2019). Kesepian dan Self Compassion Mahasiswa Perantau. *Psibernetika*, 12(1), 1–11. <https://doi.org/10.30813/psibernetika.v12i1.1582>
- Miller, R. S., Perlman, D., & Brehm, S. S. (2007). *Intimate Relationship* (4th ed.). McGraw Hill.
- Monalisa, U., & Santosa, B. (2022). Pengaruh Strategi Emotion-Focused Coping Terhadap Pengelolaan Stres Akademik Mahasiswa Penyusun Skripsi IAIN Bukittinggi. *IRJE: Jurnal Ilmu Pendidikan*, 2(3), 947–956. <https://irje.org/index.php/irje>
- Moore, D., & Schultz, N. R. (1983). Loneliness at Adolescence: Correlates, Attributions, and Coping. *Journal of Youth and Adolescence*, 12(2), 95–100. <https://doi.org/10.1007/BF02088307>
- Morgan, D., & Burholt, V. (2022). Transitions in loneliness in later life: the role of social comparisons and coping strategies. *Ageing and Society*, 42(7), 1607–1628. <https://doi.org/10.1017/S0144686X20001634>

- Noret, N., Hunter, S. C., & Rasmussen, S. (2020). The Role of Perceived Social Support in the Relationship Between Being Bullied and Mental Health Difficulties in Adolescents. *School Mental Health*, 12(1), 156–168. <https://doi.org/10.1007/s12310-019-09339-9>
- Nurdiani, A. F., & Mulyono, R. (2014). Pengaruh Dukungan Sosial dan Attachment Style Terhadap Perasaan Kesepian pada Remaja yang Tinggal di Panti Asuhan Khazanah Kebajikan. *TAZKIYA Juournal of Psychology*, 2(2), 183–195.
- Nurhalisa, A., & Handayani, D. E. (2023). Coping dan Kebahagiaan pada Remaja Selama Pandemi COVID-19 Proyeksi. *Proyeksi: Jurnal Psikologi*, 18(2), 144–156. <https://doi.org/http://dx.doi.org/10.30659/jp.18.2.144-156>
- Nurrahman, A. B., & Chairani, L. (2024). Agung budi nurrahman-Strategi Koping Remaja Mengatasi Kesepian Strategi Koping Remaja Mengatasi Kesepian. *Psychopolytan: Jurnal Psikologi*, 7(2), 38–49.
- Octaviany, C. (2019). Dinamika Kesepian pada Wanita Dewasa Awal. *Calyptra: Jurnal Ilmiah Universitas Surabaya*, 8(1), 1722–1741.
- Periantalo, J. (2016). *Penelitian Kuantitatif untuk Psikologi*. Pustaka Pelajar.
- Periantalo, J. (2020). *Penyusunan Skala Psikologi: Asyik, Mudah & Bermanfaat*. Pustaka Pelajar.
- Pranitika, M., Hendriyani, R., Iqbal Maburri, M., & Psikologi, J. (2014). Hubungan Emotion Focused Coping dengan Game Online Addcition pada Remaja di Game Centre Bagian Semarang Barat dan Selatan. *INTUISI JURNAL ILMIAH PSIKOLOGI (IJIP)*, 6(1), 24–27. <http://journal.unnes.ac.id/nju/index.php/INTUISI>
- Priyatama, A. N., & Karyanta, N. A. (2010). Hubungan Antara Emotional Focus Coping dan Kecerdasan Emosional dengan Kecenderungan Bunuh Diri pada Remaja. *WACANA Jurnal Psikologi*, 2(1), 59–73.
- Rachmanie, A. S. L., & Swasti, I. K. (2022). Peran Kualitas Persahabatan terhadap Tingkat Stres dengan Mediator Kesepian. *Gajah Mada Journal of Psychology (GamaJoP)*, 8(1), 82–94. <https://doi.org/10.22146/gamajop.69047>
- Raissachelva, E. P., Handayani, E., Raya, J. M., Cina, P., & Beji, K. (2020). Hubungan antara Kelekatan pada Orang Tua dan Teman Terhadap Subjective Well-being Remaja yang Ditinggalkan Orang Tua Bekerja Sebagai Pekerja Migran Relationship between Parent and Peer Attachment to Subjective Well-being among Adolescents Who Are Left Behind by Their Parent to Work as Migrant Worker. In *Jurnal Psikologi Sains dan Profesi* (Vol. 4, Issue 1).
- Revenson, T. A. (1981). Coping with Loneliness : The Impact of Causal Attributions. *Personality and Social Psychology Bulletin*, 7(4), 565–571.

- Rokach, A. (2018). Effective Coping with Loneliness: A Review. *Open Journal of Depression*, 07(04), 61–72. <https://doi.org/10.4236/ojd.2018.74005>
- Sandra, L., Koesma, R. E., Soetikno, N., Iriani, F., & Dewi, R. (2022). Emotion-Focused Coping as a Mediator in the Relationship between Loneliness and Self-injurious Behavior in Adolescents during the Covid-19 Pandemic. *Journal of Positive Psychology & Wellbeing*, 6(1), 2526–2537. <http://journalppw.com>
- Santrock. (2002). *Life span development*. Erlangga.
- Santrock, J. W. (1995). *Life-span Development: Perkembangan masa hidup* (5th ed., Vol. 2). Penerbit Erlangga.
- Santrock, J. W. (2012). *Life-Span Development: Perkembangan Masa Hidup* (13th ed.). Erlangga.
- Sari, E. N. M. (2019). Hubungan antara Emotion Focused Coping dan Kepuasan Hidup pada Mahasiswa. *Gognicia*, 7(1), 95–111. <https://doi.org/10.22219/cognicia.v7i1.8116>
- Sary, Y. E. N. (2017). Perkembangan Kognitif dan Emosi Psikologi Masa Remaja Awal. *Jurnal Pengabdian Kepada Masyarakat*, 1(1), 6–12.
- Savitri, R. A., & Rahmahana, R. S. (2009). Kesepian Ditinjau Dari Kualitas Komunikasi Pada Remaja dengan Orangtua Tunggal. *PSIKOLOGIKA*, 14(1), 71–79.
- Schoenmakers, E. C., van Tilburg, T. G., & Fokkema, T. (2015). Problem-focused and emotion-focused coping options and loneliness: how are they related? *European Journal of Ageing*, 12(2), 153–161. <https://doi.org/10.1007/s10433-015-0336-1>
- Sears, D. O., F. J. L., & P. L. A. (1994). *Psikologi Sosial* (M. Adryanto, Ed.; Vol. 2). Erlangga.
- Septiningsih, D. S., & Na'imah, T. (2012). Kesepian pada Lanjut Usia: Studi tentang Bentuk, Faktor Pencetus dan Strategi Koping. *Jurnal Psikologi*, 11(2), 1–9. <https://doi.org/https://doi.org/10.14710/jpu.11.2.9>
- Setiawan, R., & Suryadi, D. (2021). Hubungan Antara Harga Diri dengan Kesepian pada Remaja Akhir di JABODETABEK Selama Pandemi COVID-19. *Jurnal Muara Medika Dan Psikologi Klinis*, 1(2), 169–176. <https://doi.org/10.24912/jmmpk.v1i2.17894>
- Sihotang, N., Yusuf, A. M., & Daharnis, D. (2013). Pengaruh Layanan Bimbingan Kelompok Terhadap Pencapaian Tugas Perkembangan Remaja Awal dalam Aspek Kemandirian Emosional (Studi Eksperimen di SMP Frater Padang). *Konselor*, 2(4). <https://doi.org/https://doi.org/10.24036/02013242898-0-00>

- Sutanto, S. H., & Suwartono, C. (2019). Hubungan Antara Kesepian dan Keterlibatan Ayah pada Remaja. *Jurnal Psikologi Ulayat*, 6(1), 53–68. <https://doi.org/10.24854/jpu02019-222>
- Sudirman, S. A. (2018). Stres Kerja Dengan Keharmonisan Keluarga Pada Karyawan. *Jurnal Al-Qalb*, 10(1).
- Tagomori, H., Fardghassemi, S., & Joffe, H. (2022). How young adults cope with loneliness: a study of London's most deprived boroughs. *International Journal of Adolescence and Youth*, 27(1), 1–22. <https://doi.org/10.1080/02673843.2021.2013263>
- Uruk, A. C., & Demir, A. (2003). The role of peers and families in predicting the loneliness level of adolescents. *Journal of Psychology: Interdisciplinary and Applied*, 137(2), 179–193. <https://doi.org/10.1080/00223980309600607>
- Van Buskirk, A. M., & Duke, M. P. (1991). The Relationship Between Coping Style and Loneliness in Adolescents: Can “Sad Passivity” be Adaptive? *Journal of Genetic Psychology*, 152(2), 145–157. <https://doi.org/10.1080/00221325.1991.9914662>
- van Daalen, G., Willemsen, T. M., & Sanders, K. (2006). Reducing work-family conflict through different sources of social support. *Journal of Vocational Behavior*, 69(3), 462–476. <https://doi.org/10.1016/j.jvb.2006.07.005>
- Widyarini, M. M. (2009). *Relasi Orang Tua dan Anak*. Elex Media Komputindo.
- World Health Organization. (2019). *Adolescent Health in the South-East Asia Region*. <https://www.who.int/southeastasia/health-topics/adolescent-health>
- Wulandari, I., Hernisawati, & Tohir, M. (2019). Kondisi Psikologis Remaja Akibat Kurangnya Perhatian Orangtua di Desa Balekencono. *Bulletin of Counseling and Psychotherapy*, 1(2), 53–60. <http://journal.kurasinstitute.com/index.php/bocp>
- Zammuner, V. L. (2019). Adolescents' Coping Strategies Influence Their Psychosocial Well-Being. *Current Journal of Applied Science and Technology*, 36(3), 1–17. <https://doi.org/10.9734/cjast/2019/v36i330232>
- Zhang, Y., Huang, L., Luo, Y., & Ai, H. (2021). The Relationship Between State Loneliness and Depression Among Youths During COVID-19 Lockdown: Coping Style as Mediator. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.701514>