

DAFTAR PUSTAKA

- Alsa, A. & Kholidah, E. N. (2012). Berpikir Positif untuk Menurunkan Stres Psikologis. *Jurnal Psikologi*, 39(1), 67-75
- Akhtar, H. (2019). Evaluasi properti psikometris dan perbandingan model pengukuran konstruk subjective well-being. *Jurnal Psikologi*, 18(1), 29-40
- Amico, K.R., Alfonso, J.T., Fisher. J.D. (2005). *An Empirical Test of The Information, Motivation and Behavioral Skills Model of Antiretroviral Therapy Adherence.*
- Anggraini, F. W., & Prasetyo, A. R. (2015). Hardiness Dan Subjective Well-Being Pada Perawat. *Jurnal Empati*, 73-74.
- Azwar, S. (2015). *Penyusunan Skala Psikologi Edisi 2*. Yogyakarta: Pustaka Belajar.
- Azwar, S. (2016). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Bower, A. (1998). Hardiness in Families With and Without A Child With Down Syndrome. *Journal of Down Syndrome Research And Practice*, 78-81.
- Bowman,N.A. (2010).The Development of Psychological well-being Among Firstyear College Students. *Journal of College Student Development*, 51.
- Carr, A. (2004). Positive Psychology : The Science of Happiness and Human Strengths. Hove & NewYork : Brunner – Routledge Taylor & Francis Group.
- Chao, R. C.-L. (2012). Managing perceived stress among college students: The roles of social support and dysfunctional coping. *Journal of College Counseling*, 15(1), 5-21.
- Chaplin. (2011). *Kamus Lengkap Psikologi (terjemahan Kartini Kartono)*. Jakarta: PT. RajaGrafindo Persada.
- Choirunisa, N. L., & Marheni, A. (2019). Perbedaan Motivasi Berpretasi dan Dukungan Sosial Teman Sebaya Antara Mahasiswa Perantau dan Non Perantau Di Fakultas Kedokteran Universitas Udayana. *Jurnal Psikologi Udayana*, 6(01), 21.
- Compton, W.C. 2005. *Introduction to Positive Psychology*. New York: Thomson Wodsworth.
- Depdiknas. 2012. Kamus Besar Bahasa Indonesia Jakarta : Gramedia Pustaka Utama.

- Devinta, M., & Hendrastomo, G. (2015). Fenomena Culture Shock (gegar budaya) pada Mahasiswa Perantauan di Yogyakarta. *Jurnal Pendidikan Sosiologi*. Yogyakarta: Universitas Negeri Yogyakarta.
- Dewi, E. M. (2014). Konsep Kebahagiaan pada Remaja yang Tinggal di Jalan, Panti Asuhan dan Pesantren. Intuisi: *Jurnal Psikologi Ilmiah*, 28-33.
- Diba, D.S. (2014). Peranan Kontrol Diri terhadap Pembelian Impulsif pada Remaja Berdasarkan Perbedaan Jenis Kelamin di Samarinda. *E-Jurnal Psikologi*, 1(3),313-323.
- Diener, E., & Chan, M. Y. (2011). Happy People Live Longer: Subjective Well-Being Contributes To Health And Longevity. *Applied Psychology: Health and Well-being*, 3 (1), 1-43.
- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71–75.
- Diener, Ed, Lucas,RE, & Oishi, S. (2014). Subjective Well-being: *The Science of Happiness and Life Satisfaction*.
- Diener,E., Scollon, C.N., & Lucas, R.E. 2003. The evolving concept of subjective well-being: the multifaceted nature of happiness. In P. T. Costa & I.C. siegler (Eds.), 15, 187-219.
- Diener, E., Suh, E., & Oishi, S. (1997). Recent findings on subjective well-being. *Indian journal of clinical psychology*. www.psych.uiuc.edu.
- Diener, Ed., Richard E. Lucas, dan Oishi S. 2005. Subjective Well-Being: The Science of Happiness and Life Satisfaction. *Handbook of Positive Psychology*, 63-73.
- Eddington, N. dan Shuman, R. (2005). *Subjective Well Being (Happiness)*. Continuing Psychology Education: 6 Continuing Education Hours.
- Gunarsa, S. D. & Ny Singgih D. G. (2004). *Psikologi Anak bermasalah*. Jakarta: BPK Gunung Mulia.
- Hall, C. S. & Lindzey, G. (2006). *Teori-Teori Holistik* (OrganismikFenomenologis). Yogyakarta: Kanisius.
- Harijanto, J. & Setiawan, J., L. (2017). Hubungan antara dukungan sosial dan kebahagiaan pada mahasiswa perantau di surabaya. *Psychopreneur Journal*, 1(1), 85-93.
- Hurlock, E. B. (1999). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan*. Jakarta: Erlangga
- Husein, T., & Tiffany, N. (2018). Hardiness as a Predictor of Subjective Well-Being. *Researchgate Publication*, 89-98.

- Hutapea, Bonar. (2014). Stres Kehidupan, Religiusitas, dan Penyesuaian Diri Warga Indonesia Sebagai Mahasiswa Internasional. *Jurnal Psikologi Sosial*, 1.(1), 18, Fakultas Psikologi, Universitas Tarumanegara Jakarta.
- Jannah, R., Putra, M.S., Nurudin, A.S., & Situmorang, N, Z. (2019). Makna kebahagiaan mahasiswa perantau. *Jurnal psikologi terapan dan pendidikan*, 1(1), 22-29
- Karaca, S., dkk. 2016. Comparison of subjective wellbeing and positive future expectations in between working and nonworking adolescents in Turkey. *Iranian Red Crescent Medical Journal*, 18(2), 1-6.
- Kartono. Kartini. (2008). *Patologi Sosial 2*. Jakarta: Grafindo Persada.
- Kelly, D. R., Matthews, M. D., & Bartone, P. T. (2014). Grit and hardiness as predictors of performance among west point cadets. *Military Psychology*, 26(4), 327–342.
- Kobasa, S. C. (1979). Stressful life events, personality, and health : An inquiry into hardiness. *Journal of Personality & Social Psychology*, 37, (1), 1-11
- Kobasa, S.C., Maddi, S.R., Kahn, S. (1982). Hardiness and Health : A Prospective Study. *Journal of Personality and Social Psychology*. 42 (1). 168-177.
- Eid, M dan Larsen, R. J. (2008). *The Science of Subjective Well-Being*. New York: The Guilford Press.
- Lee, J.S., Koeske, G.F., & Sales, E. (2004). Social Support Buffering of Acculturative Stress: A Study of Mental Health Symptoms Among Korean International Students. *International Journal of Intercultural Relations*. 28, 399-414.
- Lestari, S. (2012). *Psikologi Keluarga: Penanaman Nilai dan Penanganan Konflik dalam Keluarga*. Jakarta: Kencana Prenada Media Grup.
- Lingga, R. W., & Tuapattinaja, J. M. (2012). Gambaran Virtue Mahasiswa Perantau. *Predicara*, 1 (2), 60.
- Maddi, S. R., Kobasa, S. C. (2005). The Story of Hardiness. Twenty Years of Theorizing Research and Practice. *Consulting Psychology Journal Practice and Research*, 54(3), 175-185.
- Marta, S. (2014). Konstruksi Makna Budaya Merantau Di Kalangan Mahasiswa Perantau. *Jurnal Kajian Komunikasi*, 27-43.
- Maryati, & Suryawati. 2003. *Sosiologi 1*. Jakarta : Erlangga.

- Mental Health Foundation. (2018). Results of the Mental Health Foundation's 2018 Study. Retrieved from <https://www.mentalhealth.org.uk/statistics/mentalhealth-statistics-stress>
- Mufliah, A. I. H. Anindhita, N., Maulida,N. H., & Nashori, F (2018). "Hubungan Antara Amanah dan Dukungan Sosial dengan Kesejahteraan Subjektif Mahasiswa Perantau," *Psikohumaniora: Jurnal Penelitian Psikologi.* 3(1), 101–116.
- Mulyana, D, Rahman, J. (2006). Komunikasi antar budaya panduan berkomunikasi dengan orang-orang berbeda budaya. 7th Ed. Bandung: Rosda Karya
- Myers, David G. & Diener, Ed. (1995). Who Is Happy?. General Article. *Psychological Science* Vol. 6, No. 1. American Psychological Society.
- Nezlek, J. B., Krejtz, I., Rusanowska, M., & Holas, P. (2018). Within-Person Relationships Among Daily Gratitude, Well-Being, Stress, and Positive Experiences. *Journal of Happiness Studies*, 20(3), 883–898.
- Nisfiannor, M., Rostiana, & Puspasari, T. (2004). Hubungan Antara Komitmen Beragama dan Subjective Well Being Pada Remaja Akhir Di Universitas Tarumanagara. *Jurnal Psikologi* , (2), 1. Jakarta: Universitas Tarumanegara.
- Nayyeri, M & Ausie, S. (2011). Prediction Well- Being on Basic Components of Hardiness. *Journal Procedia Social and Behavioral Sciences*, 30, 1571-1575
- Nurtjahjanti, H & Ratnaningsih, I. Z. (2011). Hubungan Kepribadian Hardiness dengan Optimisme pada Calon Tenaga Kerja Indonesia (CTKI) Wanita di BLKLN DISNAKERTRANS Jawa Tengah. *Jurnal Psikologi Undip* Vol. 10, No.2: Fakultas Psikologi Universitas Diponegoro.
- Peraturan Pemerintah Republik Indonesia no.30 tahun 1990 tentang pendidikan tinggi.
- Presbitero, A. (2016). Culture shock and reverse culture shock: The moderating role of cultural intelligence in international students' adaptation. *International Journal of Intercultural Relations*, 53, 28–38.
- Putri, S., Agustine, V., Ranimpi, Y.Y. (2019). Subjective Well-Being Berhubungan dengan Prestasi Akademik Mahasiswa Program Studi Ilmu Keperawatan. *Jurnal keperawatan* : 11(4), 243-250.
- Santrock. J. W. (2002). *Adolescence: Perkembangan Remaja.*(edisi keenam) Jakarta: Erlangga.

- Sarafino. E. P. 1997. *Health Psychology: Biosocial Interactions*. New York: John Wiley & Sons . Inc.
- Saulina, L. I. (2013). Perbedaan Tingkat Kemandirian dan Penyesuaian Diri Ditinjau Dari Jenis Kelamin. *Character*, 01 (02).
- Schiffrin, H. H., & Nelson, S. K. (2010). Stressed and happy? investigating the relationship between happiness and perceived stress. *Journal Happiness Study*, 11(1), 33-39.
- Seligman, M. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: The Free Press.
- Setiyanto, A, I. (2017). Pengaruh Kepuasan Kerja dan Komitmen Organisasi terhadap Turnover Intention. *Jurnal Akutansi, Ekonomi dan Manajemen Bisnis*. Vol.5, No.1, 105-110.
- Siswanto. (2007). Kesehatan Mental: Konsep, Cakupan dan Perkembangannya. Yogyakarta: CV Andi Offset.
- Sugiyono (2015). Metode Penelitian Kombinasi (Mix Methods). Bandung: Alfabeta.
- Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R&D. Bandung: PT Alfabet.
- Sriyanti, Lilik. 2013. Psikologi Belajar. Yogyakarta: Ombak.
- Syah, M. (2010) .Psikologi Pendidikan.PT Remaja Posdakarya Offset: Bandung.
- Thurber, C. A., & Walton, E. (2012). Homesickness and Adjustment in University Students. *Journal of American College Health*, 60(5), 4.
- Veenhoven, R. 1988. The utility of happiness. *Social indicators research*, 20(4), 333- 354.
- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of personality and social psychology*, 54 (6),1063 –1070. PsychArticles.
- Widiastuti , D., & Indriana , Y. (2018). Hubungan Antara Konsep Diri dengan Hardiness Pada Mahasiswa yang Mengerjakan Skripsi di Fakultas Psikologi Universitas Diponegoro. *Jurnal Empati* , 333-334.
- Yulia Woro Puspitorini. (2012). Tingkah Laku Prososial dan Kebahagiaan. Skripsi Publikasi: Fakultas Psikologi Universitas Katolik Soegijapranata
- Yusainy, C., Karti, P. I. M., Ikhsan, R. R., & Hikmiah, Z. (2019). Left unheard: Detecting mood and aggression through ostracism and trait mindfulness. [Manuskrip diterima di Anima Indonesian Psychological Journal]

Yusainy, C., & Lawrence, C. (2015). Brief mindfulness induction could reduce aggression after depletion. *Consciousness and Cognition*, 33(1), 125–134.

Yusainy, C., & Wicaksono, W. (2019). Postdepletion aggression restrained: Replicability of brief mindfulness induction in Indonesian sample. *Jurnal Psikologi*, 46(1), 1-18.