

DAFTAR PUSTAKA

- Adilia, M. D. (2010). Hubungan Self Esteem dengan Optimisme Meraih Kesuksesan Karir pada Mahasiswa Fakultas Psikologi UIN Syarif Hidayatullah Jakarta. Skripsi. UIN Syarif Hidayatullah
- Adamson, E. (2005). Adopting a pet for dummies. John Wiley & Sons.
- Animal Medicins Australia. (2021). Pet and the Pandemic: A social research snapshot of pets and people in the COVID-19 era. Diakses tanggal 29 Oktober 2022. https://animalmedicinesaustralia.org.au/wp-content/uploads/2021/08/AMAU005-PATP-Report21_v1.4_WEB.pdf
- Armsden, G. C., & Greenberg, M. T. (1987). The inventory of parent and peer attachment: Individual differences and their relationship to psychological well-being in adolescence. *Journal of youth and adolescence*, 16(5), 427-454.
- As'ari, Z. Q. (2021, December). Hubungan Pet Attachment Terhadap Subjective Well-Being Pemilik Hewan Saat Pandemic. In Prosiding Seminar Nasional UNIMUS (Vol. 4).
- Azwar, S. (2010). *Metode penelitian*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2015). *Metode penelitian*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2016). *Dasar-dasar Psikometri*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2020). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik. (2021) Berita Resmi Statistik D.I. Yogyakarta 2017-2021. 24 April 2022. <https://www.bps.go.id/indicator/34/601/1/indeks-kebahagiaan-menurut-provinsi.html> (diakses: 24/4/2022)
- Badan Pusat Statistik. (2021) Berita Resmi Indeks Kebahagiaan 2021. Diakses 10 Oktober 2022. <https://www.bps.go.id/publication/2021/12/27/ba1b0f03770569b5ac3ef58e/indeks-kebahagiaan-2021.html>
- Baron, A, R., Byrne, & Donn. (2005). *Psikologi Sosial*. Jakarta: Erlangga
- Berndt, J. (2002). Friendship Quality and Social Development. *Journal of Psychological Sciences*. American: Departement of Psychologycal Sciences

- Bruffaerts,R., Mortier, P., Kiekens, G., Auerbach,R. P., Cuijpers, P., Demyttenaere, K., Green,J. G., Nock, M. K., & Kessler, R. C. (2018).Mental health problems in collegefreshmen: Prevalence and academicfunctioning. Journal of AffectiveDisorders, 225, 97–103.
- Bukhari, R. & Khanam, S. J. (2015). Happiness and life satisfaction among depressed and non depressed university student. Journal of Clinical Psychology. 14 (2), 49-59
- Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strengths. New York: Brunner-Routledge.
- Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strengths. New York: Routledge
- Clutton-Brock, J. (1999). A natural history of domesticated mammals. Cambridge University Press.
- CNN Indonesia. (2021). Diduga Stres Tugas Kuliah, Mahasiswa di Yogyakarta Bunuh Diri. Diakses pada 19 Maret 2023. <https://www.cnnindonesia.com/nasional/20211022132907-12-710976/diduga-stres-tugas-kuliah-mahasiswa-di-yogya-bunuh-diri>
- Connor, K. M., & Davidson, J. R. T. (2003). Development Of A New Resilience Scale: The Connor-Davidson Resilience Scale (CD-RISC). Journal Of Depression And Anxiety. Vol 18: 76-82
- Dewi, E. M. P. (2016). Konsep kebahagiaan pada remaja yang tinggal di jalanan, panti asuhan dan pesantren. INQUIRY: Jurnal Ilmiah Psikologi, 7(1).
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. Psychological bulletin, 125 (2), 276.
- Diener, E., & Seligman, M. E. (2002). Very happy people. Psychological science, 13(1), 81-84
- Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, Culture, and Subjective Well-Being: Emotional and Cognitive Evaluations of Life. Annual Review of Psychology, 54(1), 403–425
- Diener, E. (2009). Subjective Well-being. In Diener E. (Ed). The science of well-being..The collected works of Ed Diener. (pp 11-58). New York: Springer.
- Dozier, M., Stovall, K. C., Albus, K. E., & Cassidy, J. Shaver,(1999). Attachment and psychopathology in adulthood. Handbook of Attachment: Theory, Research and Clinical Applications, 497-519
- Emmons, R.A. (2007). Thank, How the New Science of Gratitude Can Make You

- Happier. New York : Houghton Mifflin Company Boston.
- Erfan, E. (2023). Tragis! Mahasiswa Jogja tak mampu bayar uang kuliah bunuh diri. Diakses pada 18 Maret 2023. <https://daerah.sindonews.com/read/1025291/707/tragis-mahasiswa-jogja-tak-mampu-bayar-uang-kuliah-bunuh-diri-1676610178>
- Erliza, Y., & Atmasari, A. (2022). PENGARUH PET ATTACHMENT TERHADAP HAPPINESS PADA PEMILIK HEWAN PELIHARAAN DI KECAMATAN SUMBAWA. *JURNAL PSIMAWA*, 5(1), 54-62.
- Faizah, S. K. (2022). Pemahaman Kebahagiaan oleh Remaja Broken Home. *Jurnal Bimbingan Konseling dan Dakwah Volume*, 3(1).
- Fine, A. H. (2015). Handbook on Animal-Assisted Therapy: Foundations and Guidelines for Animal-Assisted Interventions. Edisi 4. San Diego: Elsevier.
- Field, N. P., Orsini, L., Gavish, R., & Packman, W. (2009). Role of attachment in response to pet loss. *Death studies*, 33(4), 334-355.
- Frey, Bruno S. 2008. *Happiness A Revolution in Economics*. The MIT Press Cambridge : London.
- Gonçalves, A., Sequeira, C., Duarte, J., & Freitas, P. (2014). Suicide ideation in higher education students: influence of social support. *Atención primaria*, 46, 88-91
- Hafiza, S., & Mawarpury, M. (2018). Pemaknaan kebahagiaan oleh remaja broken home. *Psypathic: Jurnal Ilmiah Psikologi*, 5(1), 59-66.
- Hanifah, C. (2022). Hubungan Antara Optimisme Dengan Kebahagiaan Pada Mahasiswa (Doctoral dissertation, Universitas Mercu Buana Yogyakarta).
- Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being. *Personality and individual differences*, 33(7), 1073-1082
- Honkanen, H.K., Honkanen, R. Koskenvuo, M., & Kaprio, J. (2003). Self-reported happiness in life and suicide in ensuing 20 years. *Social Psychiatry Epidemiology*, 38, 244-248.
- Holttum, S. (2018). Pets, animal-assisted therapy and social inclusion. *Mental Health and Social Inclusion*. 22(2),65-71` DOI : 10.1108/MHSI-02-2018-0004
- Hurlock, E. B. (1997). *Psikologi Perkembangan. Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga.

- Ikhwanisifa, I., Susanti, R., & Salmiyati, S. Gambaran Kebahagiaan Mustahik Di Lembaga Amil Zakat Pekanbaru. *Psikobuletin: Buletin Ilmiah Psikologi*, 2(2), 132-143.
- Indriana, Y. (2012). *Gerontoogi & Progeria*. Yogyakarta: Pustaka Belajar.
- Irfani, M. D. (2020). *GAMBARAN TINGKAT KEBAHAGIAAN MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITASMUHAMMADIYAH SEMARANG* (Doctoral dissertation, Universitas Muhammadiyah Semarang).
- Jati.A. (2022, 6 Mei). Manfaat Bahagia bagi Kesehatan, Beri Efek Positif. Bola.com. Diakses 10 Juli 2022. <https://www.bola.com/ragam/read/4955648/manfaat-bahagia-bagi-kesehatan-beri-efek-positif>
- Jusmiati. (2017). Kosep Kebahagiaan Martin Seligman: Sebuah Penelitian Awal. *Jurnal Rausyan Fiqr*, 13(2).
- 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.
- Johnson, T. P., Garrity, T. F., & Stallones, L. (1992). Psychometric evaluation of the Lexington attachment to pets scale (LAPS). *Anthrozoös*, 5(3), 160-175
- Karen, C. H. Y. (2010). Relationship of Pet Attachment and Self-Esteem among Adolescents in Hong Kong. Hong Kong: Hong Kong Baptist University.
- Khosrojerdi, Z., Tagharrobi, Z., Sooki, Z., & Sharifi, K. (2018). Predictors of happiness among Iranian nurses. *International journal of nursing sciences*, 5(3), 281-286.
- Kronholz, J. F., Freeman, V. F., & Mackintosh, R. C. (2015). Animal-Assisted Therapy: Best practices for college counseling. Ideas and Research You Can Use: VISTAS.
- Koopmans, T.A., Geleijnse, J.M., & Zitman, F.G.(2010) Effects of happiness on all-couse mortality during 15 years of follow-up : The arnhem elderly study. *Journal of Happiness Study*, 11, 113-124
- Kinicki, A., & Kreitner, R. (2009). Organizational behavior: Key concepts, skills & best practices (p. 528). McGraw-Hill Irwin.

- Lyubomirsky, S. (2001). Why Are Some People Happier Than Others? The Role of Cognitive and Motivational Processes in Well-Being. *American Psychologist*, 56 (3), 239-249
- Maharani, D. (2015). Tingkat kebahagiaan (happiness) pada mahasiswa fakultas ilmu pendidikan universitas negeri yogyakarta. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 4(6).
- Mardayeti, D. (2013). Gambaran Kebahagiaan Pada Anak Jalanan. *Jurnal Psikologi Universitas Negeri Padang*, 1(1), 65-67.
- Mashar, R. (2015). *Emosi anak usia dini dan strategi pengembangannya*. Kencana.
- Melson, F. (1990). Studying Children's Attachment to their Pets: A Conceptual and Methodological Review. *ANTHROZOÖS*, 4(2), 9.
- Noonan, E. (1998). People and pets. *Psychodynamic Counselling*, 4(1), 17-31.
- Oktariana, D. (2022). Hubungan Antara Pet Attachment Dengan Stres Akademik Pada Mahasiswa (Doctoral dissertation, Universitas Mercu Buana Yogyakarta)
- Peraturan Pemerintah Republik Indonesia. (2012) Kesehatan masyarakat veteriner dan kesejahteraan hewan. Diakses tanggal 29 Oktober 2022. <https://bphn.go.id/data/documents/12pp095.pdf>
- Putra, G. B. B., & Sudibia, I. K. (2019). Faktor-faktor penentu kebahagiaan sesuai dengan Kearifan Lokal di Bali. *E-Jurnal Ekonomi dan Bisnis Universitas Udayana*, 8, 79-94.
- Poetry, R. V. (2010). Resiliensi pada Mahasiswa Baru Penyandang Cerebral Palsy (CP). Skripsi. Universitas Brawijaya Redaksi. (2012, 7 Februari). Tiga Manfaat Bahagia dalam Bekerja. Cosmopolitan Indonesia. Diakses 11 Juli 2022. <https://www.cosmopolitan.co.id/article/read/2/2012/1351/tiga-manfaat-bahagia-dalam-bekerja>.
- Rayan, M. D. N. (2020). Menurunnya Tingkat Kebahagiaan Mahasiswa di Masa Pandemi COVID-19. *Jurnal Psikologi, Kedokteran Universitas Lambung Mangkurat*.
- Reivich, Karen & Andrew, Shatte. 2002. Recilience Factor. New York: Broadway Books
- Risley-Curtiss, C. (2010). Social work practitioners and the human-companion animal bond: A national study: *Social Work*, 55(1), 38-46.

- Rusdi, A., Wicaksono, K. A., Ardiyatara, N., Saputro, T. A., Peduk, A., & Ramadhani, K. (2018). Sedeka
- Sable, P. (1995). Pets, attachment, and well-being across the life cycle. Social work, 40(3), 334-341.
- Saleem, S., & Mahmood, Z. (2013). Mental health problems in university students: A prevalence study.
- Santrock JW. (2002). Life - Span Development: Perkembangan Masa Hidup Jilid 1. Jakarta: Erlangga.
- Santrock, J.W. (2007). Adolescence (perkembangan remaja). Erlangga : Jakarta,Indonesia.
- Schimmel, Jörg. 2009. Development as Happiness: The Subjective Perception of Happiness and UNDP's Analysis of Poverty, Wealth and Development. Journal of Happiness Studies Vol 10 Issue 1, p93-111, 19p
- Seligman, M. E. P. (1993) Learned optimism., Learned Optimism. doi: 10.4135/9781412963923.n255.
- Seligman, Martin E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York, NY: Free Press.
- Seligman, M. E. P. (2005). Authentic happiness. Menciptakan kebahagiaan dengan psikologi positif. Bandung : Mizan Pustaka.
- Seligman, M. E. P. (2005). Positive psychology progress empirical validation of intervention. American Psychologist, 42, 874-844
- Seligman, M. E. P. (2010). Authentic happiness. Bandung: Mizan Pustaka.
- Seligman, Martin (2013) Authentic Happiness; Menciptakan Kebahagiaan dengan Psikologi Positif. Terjemahan. Bandung: PT Mizan Pustaka.
- Setianingrum, F. (2012). Manfaat Memelihara Hewan pada Penderita Penyakit Kronis. Malang: Fakultas Psikologi Universitas Muhammadiyah Malang.
- Smolkovic, I., Fajfar, M., & Mlinaric, V. (2012). Attachment to pets and interpersonal relationships: Can a four-legged friend replace a two-legged one?. Journal of European Psychology Students, 3(1).

- Smolkovic, I., Fajfar, M., & Mlinaric, V. (2012). Attachment to pets and interpersonal relationships. *Journal of European Psychology Students*, 65 3(1991), 15–23
- Spector, P. E., Fox, S., Penney, L. M., Bruursema, K., Goh, A., & Kessler, S. (2006). The dimensionality of counterproductivity: Are all counterproductive behaviors created equal?. *Journal of vocational behavior*, 68(3), 446-460.
- Sugiyono. (2011). Metode Penelitian Kuantitatif Kualitatif dan R & D. Bandung : Alfabeta.
- Susilowati, T.G ., & Hasanat, U.N. 2011. Pengaruh Terapi Menulis Pengalaman Emosional Terhadap Penurunan Depresi Pada Mahasiswa Tahun Pertama. *Jurnal Psikologi*. Vol. 38, No. 1, Juni 2011: 92-107
- Syifa. M. H. (2022). Kumparan. Sedikit Tantangan dari Pengalaman Memelihara Kucing. Diakses tanggal 30 Oktober 2022.
<https://kumparan.com/strixx/sedikit-tantangan-dari-pengalaman-memelihara-kucing-1yCkPjQETzX/full>
- Triandis, H. C. (2000). Cultural syndromes and subjective well-being. *Culture and subjective well-being*, 13-36
- Tribudiman, A., Rahmadi, & Fadhila, M. (2020). Peran Pet Attachment Terhadap Kebahagiaan Pemilik Hewan Peliharaan di Kota Banjarmasin. *Jurnal Al Husna*, 60-77
- Triwahyuni, A., & Prasetyo, C. E. (2021). Gangguan psikologis dan kesejahteraan psikologis pada mahasiswa baru. *Psikologika: Jurnal Pemikiran dan Penelitian Psikologi*, 26(1), 35-56
- Valois, R. F., Zullig, K. J., Huebner, E. S., & Drane, J. W. (2004). Physical activity behaviors and perceived life satisfaction among public high school adolescents. *Journal of school health*, 74(2), 59-65
- Veenhoven R (2009) Freedom and Happiness A Comparative study in Forty- Four Nations in the Early . In : Ed Diener and Eunkook M.Suh (eds) Culture and subjective Well-Being Cambridge MA/London : The MIT Press
- Voith, V. L. (1985). Attachment of people to companion animals. *The Veterinary Clinics of North America. Small Animal Practice*, 15(2), 289-295.
- Wang. et al. (2006). First-year Student' Psychological and Behavior Adaptation to College: The Role of Coping Strategies and Social Support. Beijing Normal University. Vol 3(5), 51-57.

- Wei, M., Shaffer, P. A., Young, S. K., & Zakalik, R. A. (2005). Adult attachment, shame, depression, and loneliness: the mediation role of basic psychological needs satisfaction. *Journal of counseling psychology*, 52(4), 591
- Winarsunu, T. (2009). Statistik dalam Penelitian Psikologi dan Pendidikan. Malang: Universitas Muhammadiyah Malang.
- Wiramihardja, S. A. (2015). *Pengantar psikologi abnormal*.
- Wulandari, T. (2021). Hubungan psychologychal capital dengan kebahagiaan pada wanita dewasa awal yang mengalami konflik peran ganda. *Psikostudia: Jurnal Psikologi*, 8(1) 29-36. doi:<http://dx.doi.org/0.30872/psikostudia.v8i1.2355>
- Yuniarty, A. (2008). Hubungan antara kelekatan terhadap anjing peliharaan dengan kompetensi interpersonal pemiliknya. Skripsi.Universitas Sanata Dharma, Jakarta.
- Zilcha-Mano, S., Mikulincer, M., & Shaver, P. R. (2011). An Attachment Perspective On Human–Pet Relationships: Conceptualization And Assessment Of Pet Attachment Orientations. *Journal of Research in Personality*, 45(4), 345-357.
- Zilcha-Mano, S., Mikulincer, M., & Shaver, P. R. (2011). Pet In the Therapy Room: An Attachment Perspective on Animal-Assisted Therapy. *Attachment & Human Development*, 13(6), 541-561.
- Zilcha-Mano, S., Mikulincer, M., & Shaver, P. R. (2012). Pets as safe haven and secure bases: The moderating role of pet attachment orientation. *Journal of Research in Personality*, 46(5), 571-580.
- Zimbardo, P. G., Johnson, R. L. & Mccann, V. (2009). Psychology Core Concept. Sixth Edition. New Jersey: Pearson International Edition.
- Zimolag, U. & Kruppa, T. (2009).Pet ownership as a meaningful community occupation for people with serious mental illness. *American Journal of Occupational Therapy*, 63, 126–137

