

DAFTAR PUSTAKA

- Aisyah, S., & Alfita, L. (2017). Strategy Self Regulated Learning pada Mahasiswa Fakultas Psikologi Universitas Medan Area. *Jupiis: Jurnal Pendidikan Ilmu-Ilmu Sosial*, 9(2), 202-212.
- Alawiyah, D., & Alwi, C. A. (2022). Pengaruh Dukungan Sosial Terhadap Kesejahteraan Psikologis Pada Mahasiswa Semester Akhir. *Jurnal Mimbar: Media Intelektual Muslim Dan Bimbingan Rohani*, 8(2), 30-44.
- Aminah, M., Maulana, M., & Kuswara, K. (2019, October). The quality of mathematical self-regulated learning of students and teachers in Indonesia. In *Journal of Physics: Conference Series* (Vol. 1318, No. 1, p. 012111). IOP Publishing.
- Aprianti, M., & Widiatmini, T. (2019, August). Self-regulated learning in digital era. In *International Conference on Psychology and Communication 2018 (ICPC 2018)* (pp. 77-88). Atlantis Press.
- Ariani, D. W. (2017). Relationship model among learning environment, learning motivation, and self-regulated learning. *Asian Social Science*, 13(9), 63.
- Astuti, B., Rachmawati, I., Kurniasari, M., Sari, W. J., & Lestari, R. (2024). Psychological Well-being of the Elderly in Yogyakarta City: Descriptive Study. *Bulletin of Counseling and Psychotherapy*, 6(3).
- Aulia, S., & Panjaitan, R. U. (2019). Kesejahteraan psikologis dan tingkat stres pada mahasiswa tingkat akhir. *Jurnal keperawatan jiwa*, 7(2), 127.
- Aunurokhim, M. A. (2024). *Hubungan Antara Self-Regulated Learning Dengan Psychological Well-Being Pada Mahasiswa Prodi Psikologi Islam Angkatan 2017 Iain Kediri* (Doctoral dissertation, IAIN Kediri).
- Aziz, A. (2016). Hubungan dukungan sosial dengan self regulated learning pada siswa SMA Yayasan Perguruan Bandung Tembung. *Jupiis: Jurnal Pendidikan Ilmu-Ilmu Sosial*, 8(2), 103-113.
- Azwar, S. (2012). *Penyusunan skala psikologi* (edisi revisi). Universitas Islam Indonesia.
- Azwar, S. (2015). *Metode penelitian psikologi*. Yogyakarta: Pustaka Pelajar.
- Balashov, E. (2022). Psychological Well-Being as Cognitive-Emotional Component of Student Self-Regulated Learning. *International Journal of Cognitive Research in Science, Engineering and Education*. <https://doi.org/10.23947/2334-8496-2022-10-2-101-109>

- Blasco-Billed, A., & Alsinet, C. (2022). The architecture of psychological well-being: A network analysis study of the Ryff Psychological Well-Being Scale. *Scandinavian journal of psychology*, 63(3), 199-207.
- Chairunnisa, S. A., Indy, A., Salsabila, S., & Virna, Y. (2022). Pengaruh Self-Regulated Learning terhadap Mahasiswa Bahasa dan Sastra Asing di UNNES. *Jurnal Majemuk*, 1(1), 108-115.
- Davis, S. K., & Hadwin, A. F. (2021). Exploring Differences in Psychological Well-Being and Self-Regulated Learning in University Student Success. *Frontline Learning Research*, 9(1), 30-43.
- Deasyanti, D., & Rangkuti, A. A. (2007). Self Regulation learning pada mahasiswa fakultas ilmu pendidikan Universitas Negeri Jakarta. *Perspektif Ilmu Pendidikan*, 16(VIII), 13-21.
- Dierkes, L. (2020). *Reactivity testing on self-regulation and psychological well-being in the daily life of students: an experience sampling study* (Bachelor's thesis, University of Twente).
- Elgeka, H. W. S., & Pudjibudojo, J. K. K. (2023). Psychological distress: The role of self-regulated learning in online learning during the COVID-19 pandemic. *Humanitas Indonesian Psychological Journal*, 20(1), 40-52.
- Fahrudin, D., & Pramudya, I. (2019, November). The analysis of mathematic problem solving ability by polya steps on material trigonometric reviewed from self-regulated learning. In *Journal of Physics: Conference Series* (Vol. 1254, No. 1, p. 012076). IOP Publishing.
- Fajri, C., Amelya, A., & Suworo, S. (2022). Pengaruh Kepuasan Kerja dan Disiplin Kerja terhadap Kinerja Karyawan PT. Indonesia Applicad. *JIIP-Jurnal Ilmiah Ilmu Pendidikan*, 5(1), 369-373.
- Febriana, I., & Simanjuntak, E. (2021). Self regulated learning dan stres akademik pada mahasiswa. *Self regulated learning dan stres akademik pada mahasiswa*, 9(2), 144-153.
- Fitriana, L. F., Pratikto, H., & Aristawati, A. R. (2023). Psychological well-being pada penyintas COVID-19: Menguji peranan kebersyukuran. *INNER: Journal of Psychological Research*, 3(1), 155-163.
- Ghaybiyyah, F., & Mahpur, M. (2022). Dinamika Kesejahteraan Psikologis Guru Honorer SD Negeri 02 Tiudan, Kecamatan Gondang, Kabupaten Tulungagung. *Jurnal Penyuluhan Agama*, 8(1), 1-18.
- Gómez-López, M., Viejo, C., & Ortega-Ruiz, R. (2019). Psychological well-being during adolescence: Stability and association with romantic relationships. *Frontiers in psychology*, 10, 1772.

- Hardita, K. (2024). Familial Social Support and Psychological Well-being among Indonesian University Students. *Journal of Islamic and Muhammadiyah Studies*, 6(1), 10-21070.
- Henson, R. K. (2001). *Understanding internal consistency reliability estimates: A conceptual primer on coefficient alpha*. Measurement and Evaluation in Counseling and Development, 34(3), 177-189.
- Hernawati, L., & Eriany, P. (2020). The Effect of Self Regulation-Based Holistic Health Counseling Services in Improving Students' Psychological Well Being. *Psikodimensia: Kajian Ilmiah Psikologi*, 19(2), 184-197.
- Hoque, M., Singh, N., Shaik, J., & Pellissier, R. (2024). Enhancing Psychological Well-Being: Self-Regulated Learning, Motivation, and Emotions Among Doctoral Students in South Africa. *Diversity: Disease Preventive of Research Integrity*, 1-9.
- Humaira, N. A., & Hariyono, D. S. (2024). Hubungan Dukungan Sosial dengan Self-Regulated Learning pada Remaja PPRSAR Mulia Satria. *Jurnal Psikologi*, 1(4), 14-14.
- Istiqomah, I. W., Faruq, F., Sabani, N., Rahmawati, S., Rivalna, K., Kumaidi, K., & Sudinadji, M. B. (2021). The Differences in Self-Regulated Learning Levels of Junior High School Students in the Pandemic Period in terms of Gender. In *Proceeding of The 14th University Research Colloquium* (pp. 421-429).
- Kurniawan, A. T., & Ambarwati, K. D. (2023). Hubungan Religiusitas dengan Psychological Well-Being Pada Wanita Single Parent di Kecamatan Juwana. *Jurnal Pendidikan Tambusai*, 7(2), 4060-4068.
- Kusuma, C. T., & Yudianto, A. (2022). Efektivitas Savoring Intervention Terhadap Well-Being: Studi Meta Analisis. *JIP (Jurnal Intervensi Psikologi)*, 14(2).
- Latipah, E. (2017). Pengaruh strategi experiential learning terhadap self regulated learning mahasiswa. *Humanitas*, 14(1), 41.
- Latipah, E. (2017). Pengaruh strategi experiential learning terhadap self regulated learning mahasiswa. *Humanitas*, 14(1), 41.
- Luo, M., & Hancock, J. T. (2020). Self-disclosure and social media: motivations, mechanisms and psychological well-being. *Current opinion in psychology*, 31, 110-115.
- Mahesanara, A. A., & Nastiti, D. (2024). Correlation Between School Well-Being and Self-Regulated Learning in Taman State Junior High School 2 Students. *Psikologia: Jurnal Psikologi*, 9(2), 114-123.

- Mahesanara, A. A., & Nastiti, D. (2024). Correlation Between School Well-Being and Self-Regulated Learning in Taman State Junior High School 2 Students. *Psikologia: Jurnal Psikologi*, 9(2), 114-123.
- Malik, M., Habeahan, W. L., & Firdaus, M. H. (2024). Self Regulated Learning dalam Pembelajaran Matematika. *Indo-MathEdu Intellectuals Journal*, 5(4), 4509-4515.
- Mariyanti, S. (2017). Profil psychological well being mahasiswa reguler program studi psikologi semester 1 di universitas esa unggul. *Jurnal Psikologi: Media Ilmiah Psikologi*, 15(2).
- Menggo, S., Darong, H. C., & Semana, I. L. (2022). Self-regulated learning method through smartphone assistance in promoting speaking ability. *Journal of Language Teaching and Research*, 13(4), 772-780.
- Mitrokhin Touma, D., & Nyman, O. (2021). Self-regulated learning and psychological well-being in the online learning environment: A correlation study.
- Mulyani, M. D. (2013). Hubungan antara manajemen waktu dengan self regulated learning pada mahasiswa. *Educational psychology journal*, 2(1).
- Munir, A., & Aziz, A. (2017). Hubungan Self Efficacy dan Dukungan Sosial Teman Sebaya dengan Self Regulated Learning Mahasiswa Universitas Potensi Utama Medan.
- Nebore, R. S. (2015). *Hubungan antara Self-Regulated Learning dengan Psychological Well-Being pada Mahasiswa Papua yang Bekuliah di Universitas Kristen Satya Wacana Salatiga* (Doctoral dissertation, Program Studi Psikologi FPSI-UKSW).
- Octavia, G., & Yanizon, A. (2024). PERBEDAAN SELF-REGULATED LEARNING ANTARA MAHASISWA YANG BEKERJA DAN TIDAK BEKERJA SERTA IMPLIKASINYA TERHADAP BIMBINGAN KONSELING. *Sindoro: Cendikia Pendidikan*, 6(7), 1-10.
- Oktariani, O., Munir, A., & Aziz, A. (2020). Hubungan Self Efficacy dan Dukungan Sosial Teman Sebaya Dengan Self Regulated Learning Pada Mahasiswa Universitas Potensi Utama Medan. *Tabularasa: Jurnal Ilmiah Magister Psikologi*, 2(1), 26-33.
- Panadero, E. (2017). A review of self-regulated learning: Six models and four directions for research. *Frontiers in psychology*, 8, 422.
- Panjaitan, R. U. (2019). Kesejahteraan Psikologis dan Tingkat Stres pada Mahasiswa Tingkat Akhir. *Jurnal Keperawatan Jiwa (JKJ): Persatuan Perawat Nasional Indonesia*

- Permatasari, E., & Putro, B. L. (2024). Pengukuran Self-Regulated Learning (SRL) dengan Bantuan Media Pembelajaran. *Digital Transformation Technology*, 4(1), 42-51.
- Pintrich, P. R. (2000). *Assessing Metacognition and Self-Regulated Learning* (tersedia PDF di University of Nebraska Digital Commons).
- Pratama, F. W. (2017). Peran Self-Regulated Learning Dalam Memoderatori Pembelajaran Dengan Pendekatan Saintifik Terhadap Hasil Belajar Siswa. *Satya Widya*, 33(2), 99-108.
- Rabuka, M. C., Latuheru, G., & Taihuttu, Y. (2023). Hubungan stres akademik dengan academic burnout pada mahasiswa semester pertama tahun 2022 di Fakultas Kedokteran Universitas Pattimura Ambon. *Jurnal Psikologi Tabularasa*, 18(2), 150-158.
- Rachmawati, I., & Lidyasari, A. T. (2024). Psychological Well-Being of Pre-Service Training Teachers. *Jurnal Kajian Bimbingan dan Konseling*, 8(3), 12.
- Rachmayani, D., & Ramadhani, N. (2014). Adaptasi bahasa dan budaya skala psychological well-being.
- Rahma, N. A., & Kristinawati, W. (2024). Kecemasan Akademik Dan Self Regulated Learning Pada Mahasiswa Yang Sedang Mengerjakan Skripsi. *Innovative: Journal Of Social Science Research*, 4(2), 9431-9445.
- Rahman, F., Siddik, R. R., Hayati, I. R., & Mardes, S. (2024). How Important Is It for Students to be Happy? Psychological Well Being of Marantau Students. *Innovative: Journal Of Social Science Research*, 4(3), 7978-7986.
- Rianatha, L., & Sawitri, D. R. (2015). Hubungan antara komunikasi interpersonal guru-siswa dengan self-regulated learning pada siswa SMAN 9 Semarang. *Jurnal Empati*, 4(2), 209-213.
- Ryff, C. D. (1995). Psychological well-being in adult life. *Current directions in psychological science*, 4(4), 99-104.
- Ryff, C. D. (2013). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and psychosomatics*, 83(1), 10-28.
- Ryff, C. D. (2014). Psychological well-being revisited: Advances in science and practice. *Perspectives on Psychological Science*, 9(1), 33-43.
- Ryff, C. D. (2017). Eudaimonic well-being, inequality, and health: Recent findings and future directions. *International review of economics*, 64, 159-178.

- Sagita, D. D., Fauzi, D. M., & Tuasikal, J. M. S. (2021). Analisis Tingkat Religiusitas Pada Mahasiswa Yang Mengikuti Organisasi. *Pedagogika*, 201-216.
- Salleh, R. R., Ismail, N. A. H., & Idrus, F. (2021). The relationship between self-regulation, self-efficacy, and psychological well-being among the Salahaddin University undergraduate students in Kurdistan. *International Journal of Islamic Educational Psychology*, 2(2), 105-126.
- Salleh, R. R., Ismail, N. A. H., & Idrus, F. (2021). The relationship between self-regulation, self-efficacy, and psychological well-being among the Salahaddin University undergraduate students in Kurdistan. *International Journal of Islamic Educational Psychology*, 2(2), 105-126.
- Sari, A. S., & Linsiya, R. W. (2022). Profil Self Regulated Learning Siswa SMA "X" di Jember Selama Masa School From Home (SFH). *Insight: Jurnal Pemikiran dan Penelitian Psikologi*, 18(1), 55-64.
- Sihombing, L. (2020). Pendidikan Dan Karakter Mahasiswa Di Perguruan Tinggi. *Jurnal Christian Humaniora*, 4(1), 104-112.
- Simanjuntak, J. G. L. L., Prasetio, C. E., Tanjung, F. Y., & Triwahyuni, A. (2021). Psychological well-being sebagai prediktor tingkat kesepian mahasiswa. *Jurnal Psikologi Teori Dan Terapan*, 11(2), 158.
- Sudirman, S. A. (2015). Self-Regulated Learning Dan Persepsi Dukungan Sosial Dengan Prestasi Akademik Mahasiswa Fakultas Ushuluddin Iain Imam Bonjol Padang. *Jurnal Studia Insania*, 3(1), 19-34.
- Susanti, M. L., & Mariyati, L. I. (2024). Dukungan Keluarga dan Kesejahteraan Psikologis Lansia di Desa Kesambi. *Journal of Islamic Psychology*, 1(2), 11-11.
- Syafrina, M., & Farida, I. A. (2023). Self-compassion sebagai Prediktor Psychological Well-being Mahasiswa di Tiga Perguruan Tinggi Negeri Kota Malang. *Flourishing Journal*, 3(9), 366-379.
- Tavakol, M., & Dennick, R. (2011). *Making sense of Cronbach's alpha*. *International Journal of Medical Education*, 2, 53-55.
- Valenzuela, R., Codina, N., Castillo, I., & Pestana, J. V. (2020). Young university students' academic self-regulation profiles and their associated procrastination: autonomous functioning requires self-regulated operations. *Frontiers in psychology*, 11, 354.
- Widiarti, N. M. A. D., Widarnandana, I. G. D., & Hartika, L. D. (2024). Self-Regulated Learning Memprediksi Tingkat Kecemasan Akademik

Mahasiswa yang Sedang Mengambil Skripsi di Universitas Dhyana Pura. *JURNAL KESEHATAN, SAINS, DAN TEKNOLOGI (JAKASAKTI)*, 3(2), 243-250.

Wijayanti, L. M. (2015). *Self-regulation in english language learning: A Case Study of elementary Students in Sekolah Cikal* (Doctoral dissertation, Universitas Pelita Harapan).

Winda, A., & Hendro, U. F. (2022). Analisis Kemampuan Berpikir Kritis Matematis Pada Materi Trigonometri Berdasarkan Self-Regulated Learning. *GAUSS: Jurnal Pendidikan Matematika*, 5(2), 78-91.

Wolters, C. A. (2003). *Regulation of Motivation: Evaluating an Underemphasized Aspect of Self-Regulated Learning*

Yanti, Y., & Wardani, L. M. I. (2014). Self-Regulated Learning Correlated to Psychological Well-Being among Postgraduate Students. In *The Asian Conference on the Social Sciences 2014 Official Conference Proceedings* (Vol. 744, pp. 869-876).

Zahrah, N. A. N., & Sukirno, R. S. H. (2022). Psychological Well-Being pada Mahasiswa Santri Ditinjau dari Dukungan Sosial & Stress Akademik. *Jurnal Psikologi Integratif*, 10(2), 189-205.

Zimmerman, B. J. (2000). *Attaining self-regulation: A social cognitive perspective*. In M. Boekaerts, P. R. Pintrich, & M. Zeidner (Eds.), *Handbook of self-regulation* (pp. 13-39). San Diego, CA: Academic Press.

Zuhroni, H. (2026). PENGARUH SELF-REGULATED LEARNING DAN PSYCHOLOGICAL WELL-BEING DALAM MENGHADAPI STRES AKADEMIK MAHASISWA TINGKAT AKHIR. *IMTIYAZ: Jurnal Ilmu Keislaman*, 10(1), 204-238.