

DAFTAR PUSTAKA

- Amato, P. R. (2000). The consequences of divorce for adults and children. *Journal of marriage and family*, 62(4), 1269-1287. <https://doi.org/10.1111/j.1741-3737.2000.01269.x>
- Anindita, T., & Rahmawati, A. (2026). Ketika Maskulinitas Menekan Emosi: Toxic Masculinity dan Alexithymia pada Pria Dewasa Awal. *Jurnal Ilmu Kesehatan Masyarakat*, 15(02), 189-196. <https://doi.org/10.33221/jikm.v15i02.4378>
- Azwar, S. (2022). *Penyusunan skala psikologi edisi 2*. Pustaka pelajar.
- Azwar, S. (2017). *Metode penelitian psikologi edisi 2*. Pustaka Pelajar.
- Azwar, S. (2021). *Reliabilitas dan validitas edisi 4*. Pustaka Pelajar.
- Bagby, R. M., Parker, J. D., & Taylor, G. J. (1994). The twenty-item Toronto Alexithymia Scale—I. Item selection and cross-validation of the factor structure. *Journal of psychosomatic research*, 38(1), 23-32. [https://doi.org/10.1016/0022-3999\(94\)90005-1](https://doi.org/10.1016/0022-3999(94)90005-1)
- Bagby, R. M., Parker, J. D. A., & Taylor, G. J. (1997). The twenty-item Toronto Alexithymia Scale—II. Convergent, discriminant, and concurrent validity. *Journal of Psychosomatic Research*, 38(1), 33-40. [https://doi.org/10.1016/0022-3999\(94\)90006-X](https://doi.org/10.1016/0022-3999(94)90006-X)
- Brackett, M. A., Rivers, S. E., & Salovey, P. (2011). Emotional intelligence: Implications for personal, social, academic, and workplace success. *Social and personality psychology compass*, 5(1), 88-103. <https://doi.org/10.1111/j.1751-9004.2010.00334.x>
- Bronfenbrenner, U. (1979). *The Ecology of Human Development*. Harvard University Press.
- Chu, Y., Zhang, Y., Yang, D., Wang, S., Liang, C., Wang, X., & Dai, H. (2022). Influence of family function on social anxiety among Chinese nursing students: The mediating role of alexithymia. *Nursing Open*, 10(3), 1356-1366. <https://doi.org/10.1002/nop2.1385>

- Cindy, V., & Ambarini, T. K. (2021). Hubungan antara Kecenderungan Alexithymia dengan Agresivitas pada Usia Remaja. *Buletin Penelitian Psikologi dan Kesehatan Mental (BRPKM)*, 1(1), 678-694. <https://doi.org/10.20473/brpkm.v1i1.26854>
- Denham, S. A. (1998). *Emotional Development in Young Children*. Guilford Press.
- Denham, S. A., Bassett, H. H., & Wyatt, T. (2007). The socialization of emotional competence. *Handbook of socialization: Theory and research*, 614-637.
- Denham, S. A., Bassett, H. H., & Zinsser, K. (2012). Early childhood teachers as socializers of young children's emotional competence. *Early childhood education journal*, 40(3), 137-143. <https://doi.org/10.1007/s10643-012-0504-2>
- Eisenberg, N., Cumberland, A., & Spinrad, T. L. (1998). Parental socialization of emotion. *Psychological inquiry*, 9(4), 241-273. https://doi.org/10.1207/s15327965pli0904_1
- Epstein, N. B., Baldwin, L. M., & Bishop, D. S. (1983). The McMaster family assessment device. *Journal of marital and family therapy*, 9(2), 171-180. <https://doi.org/10.1111/j.1752-0606.1983.tb01497.x>
- Epstein-Lubow, G. P., Beevers, C. G., Bishop, D. S., & Miller, I. W. (2009). Family functioning is associated with depressive symptoms in caregivers of acute stroke survivors. *Archives of physical medicine and rehabilitation*, 90(6), 947-955. <https://doi.org/10.1016/j.apmr.2008.12.014>
- Farih, Y. N., & Wulandari, P. Y. (2022). Pengaruh keberfungsian keluarga terhadap regulasi emosi pada remaja awal. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 445-455. <https://doi.org/10.20473/brpkm.v2i1.34367>
- Goleman, D. (2005). *Emotional intelligence (10th anniversary trade pbk. ed.)*. New York.
- Gottman, J. M., Katz, L. F., & Hooven, C. (1997). *Meta-Emotion: How Families Communicate Emotionally*. Lawrence Erlbaum Associates.

- Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological inquiry*, 26(1), 1-26.
<https://doi.org/10.1080/1047840X.2014.940781>
- Hafni, R. D., & Putri, K. Y. S. (2022). Factors of Family Communication in Forming Children's Personality. *Jurnal Komunikasi Pendidikan*, 6(1), 1-10.
<https://doi.org/10.32585/jkp.v6i1.1642>
- Hemming, V., Camaclang, A. E., Adams, M. S., Burgman, M., Carbeck, K., Carwardine, J., ... & Martin, T. G. (2022). An introduction to decision science for conservation. *Conservation biology*, 36(1), e13868.
<https://doi.org/10.1111/cobi.13868>
- Honkalampi, K., Hintikka, J., Saarinen, P., Lehtonen, J., & Viinamäki, H. (2000). Is alexithymia a permanent feature in depressed patients? Results from a 6-month follow-up study. *Psychotherapy and psychosomatics*, 69(6), 303-308.
<https://doi.org/10.1159/000012412>
- Karukivi, M., & Saarijärvi, S. (2014). Development of alexithymic personality features. *World journal of psychiatry*, 4(4), 91.
<https://doi.org/10.5498/wjp.v4.i4.91>
- Katz, L. F., Maliken, A. C., & Stettler, N. M. (2012). Parental meta-emotion philosophy: A review of research and theoretical framework. *Child Development Perspectives*, 6(4), 417-422. <https://doi.org/10.1111/j.1750-8606.2012.00244.x>
- Kelly, J. B., & Emery, R. E. (2003). Children's adjustment following divorce: Risk and resilience perspectives. *Family relations*, 52(4), 352-362.
<https://doi.org/10.1111/j.1741-3729.2003.00352.x>
- Kench, S., & Irwin, H. J. (2000). Alexithymia and childhood family environment. *Journal of clinical psychology*, 56(6), 737-745.
[https://doi.org/10.1002/\(SICI\)1097-4679\(200006\)56:6<737::AID-JCLP4>3.0.CO;2-U](https://doi.org/10.1002/(SICI)1097-4679(200006)56:6<737::AID-JCLP4>3.0.CO;2-U)
- Kring, A. M., & Sloan, D. M. (Eds.). (2009). *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*. Guilford Press.

- Krystal, H. (2015). *Integration and self healing: Affect, trauma, alexithymia*. Routledge.
- Kumalasari, R., & Mona Saparwati. (2026). Hubungan Tingkat Alexithymia dengan Kecanduan Media Sosial pada Remaja di SMA Negeri 1 Tuntang: The Relationship Between Alexithymia Levels and Social Media Addiction in Adolescents at SMA Negeri 1 Tuntang. *Journal of Holistics and Health Sciences*, 8(1), 101–110. <https://doi.org/10.35473/jhhs.v8i1.704>
- Kurniawan, E. H., Fitri, L. N., Susumaningrum, L. A., Wuryaningsih, E. W., & Susanto, T. (2022). Family Affective Functions and Temper Tantrums in Preschool Children: A Cross-Sectional Study: Fungsi Afektif Keluarga Dan Temper Tantrum Pada Anak Prasekolah: Studi Cross-Sectional. *Jurnal Kesehatan Komunitas Indonesia*, 2(1), 1-9. <https://doi.org/10.58545/jkki.v2i1.19>
- Lukas, L., Buhl, C., Schulte-Körne, G., & Sfärlea, A. (2022). Family, friends, and feelings: the role of relationships to parents and peers and alexithymia in adolescents with anorexia nervosa. *Journal of eating disorders*, 10(1), 143. <https://doi.org/10.1186/s40337-022-00661-3>
- Lumley, M. A., Neely, L. C., & Burger, A. J. (2007). The assessment of alexithymia in medical settings: implications for understanding and treating health problems. *Journal of personality assessment*, 89(3), 230-246. <https://doi.org/10.1080/00223890701629698>
- Lyvers, M., Senturk, C., & Thorberg, F. A. (2021). Alexithymia, impulsivity and negative mood in relation to internet addiction symptoms in female university students. *Australian Journal of Psychology*, 73(4), 548-556. <https://doi.org/10.1080/00049530.2021.1942985>
- Mayer, J. D., Salovey, P., & Caruso, D. R. (2004). Emotional intelligence: Theory, findings, and implications. *Psychological Inquiry*, 15(3), 197–215. https://doi.org/10.1207/s15327965pli1503_02
- Mikulincer, M., & Shaver, P. R. (2019). *Attachment in Adulthood (2nd ed.)*. Guilford Press.

- Miller, I. W., Ryan, C. E., Keitner, G. I., Bishop, D. S., & Epstein, N. B. (2000). The McMaster approach to families: Theory, assessment, treatment and research. *Journal of family therapy*, 22(2), 168-189. <https://doi.org/10.1111/1467-6427.00145>
- Moore, K. A., & Vandivere, S. (2007). Longitudinal indicators of the social context of families: Beyond the snapshot. *Social Indicators Research*, 83(1), 55-85. <https://doi.org/10.1007/s11205-006-9060-8>
- Morris, A. S., Criss, M. M., Silk, J. S., & Houlberg, B. J. (2017). The impact of parenting on emotion regulation during childhood and adolescence. *Child development perspectives*, 11(4), 233-238. <https://doi.org/10.1111/cdep.12238>
- Morris, A. S., Silk, J. S., Steinberg, L., Myers, S. S., & Robinson, L. R. (2007). The role of the family context in the development of emotion regulation. *Social development*, 16(2), 361-388. <https://doi.org/10.1111/j.1467-9507.2007.00389.x>
- Nurdiana, A., & Hazim, H. (2025). HUBUNGAN ANTARA KELEKATAN ORANG TUA ANAK DAN KOMUNIKASI INTERPERSONAL DENGAN REGULASI EMOSI PADA SISWA SMP MUHAMMADIYAH 5 TULANGAN. *Al-Isyraq: Jurnal Bimbingan, Penyuluhan, dan Konseling Islam*, 8(1), 383-396. <https://jurnal.pabki.org/index.php/alisyraq/article/view/880>
- Odgers, C. L., & Jensen, M. R. (2020). Annual research review: Adolescent mental health in the digital age: Facts, fears, and future directions. *Journal of Child Psychology and Psychiatry*, 61(3), 336-348. <https://doi.org/10.1111/jcpp.13190>
- Olson, D. (2011). FACES IV and the circumplex model: Validation study. *Journal of marital and family therapy*, 37(1), 64-80. <https://doi.org/10.1111/j.1752-0606.2009.00175.x>
- Olson, D. H. (2000). Circumplex model of marital and family systems. *Journal of family therapy*, 22(2), 144-167. <https://doi.org/10.1111/1467-6427.00144>

- Papalia, D. E., & Martorell, G. (2015). *Experience human development (13th ed.)*. New York: McGraw-Hill.
- Peng, Y., & Huang, J. (2024). The effects of family functioning on alexithymia among adolescents: The roles of friendship quality and school connectedness. *Current Psychology*, 43(14), 12380-12387. <https://doi.org/10.1007/s12144-023-05357-8>
- Pradina, D. O., & Lubis, F. Y. (2024). Adaptation and validation of the Indonesian family assessment device. *Jurnal Psikologi Pendidikan & Konseling Vol*, 10(1), 40.
- Rahmalia, R. (2019). Hubungan Keberfungsian Keluarga Dengan Eksplorasi dan Komitmen Dalam Pembentukan Identitas Vokasional Pada Remaja. *Nathiqiyah*, 2(1). <https://ojs.diniyah.ac.id/index.php/Nathiqiyah/article/download/48/33>
- Repetti, R. L., Taylor, S. E., & Seeman, T. E. (2002). Risky families: family social environments and the mental and physical health of offspring. *Psychological bulletin*, 128(2), 330. <https://doi.org/10.1037/0033-2909.128.2.330>
- Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, cognition and personality*, 9(3), 185-211. <https://doi.org/10.2190/DUGG-P24E-52WK-6CDG>
- Santrock, J. W. (2012). *Life-span development (13th ed.)*. New York: McGraw-Hill.
- Saparwati, M. (2026). Hubungan Tingkat Alexithymia dengan Kecanduan Media Sosial pada Remaja di SMA Negeri 1 Tuntang: The Relationship Between Alexithymia Levels and Social Media Addiction in Adolescents at SMA Negeri 1 Tuntang. *Journal of Holistics and Health Sciences*, 8(1), 101-110. <https://doi.org/10.35473/jhhs.v8i1.704>
- Shi, S., Li, G., Zhu, X., & Kong, L. (2024). Correlation Between Family Dysfunction and Nonsuicidal Self-Injury in a Sample of Chinese Adolescents: The Mediating Effect of Alexithymia and circRNA_103636. *Neuropsychiatric Disease and Treatment*, 2115-2124. <https://doi.org/10.2147/NDT.S476992>

- Shipman, K., Edwards, A., Brown, A., Swisher, L., & Jennings, E. (2005). Managing emotion in a maltreating context: A pilot study examining child neglect. *Child abuse & neglect*, 29(9), 1015-1029. <https://doi.org/10.1016/j.chiabu.2005.01.006>
- Sianturi, R. (2025). Uji normalitas sebagai syarat pengujian hipotesis. *Jurnal Pembelajaran dan Matematika Sigma (JPMS)*, 11(1), 1-14. <https://doi.org/10.36987/jpms.v11i1.7091>
- Sifneos, P. E. (1973). The prevalence of 'alexithymic' characteristics in psychosomatic patients. *Psychotherapy and psychosomatics*, 22(2-6), 255-262. <https://doi.org/10.1159/000286529>
- Smilkstein, G. (1978). The family APGAR: a proposal for a family function test and its use by physicians. *J fam pract*, 6(6), 1231-9. https://cdn.mdedge.com/files/s3fs-public/jfp-archived-issues/1978-volume_6-7/JFP_1978-06_v6_i6_the-family-apgar-a-proposal-for-a-family.pdf
- Sugiyono. (2013). Metode penelitian kuantitatif, kualitatif, dan R&D. *Alfabeta*.
- Sugiyono. (2017). Statistika untuk penelitian. *Alfabeta*.
- Taylor, G. J., & Bagby, R. M. (2004). New trends in alexithymia research. *Psychotherapy and psychosomatics*, 73(2), 68-77. <https://doi.org/10.1159/000075537>
- Taylor, G. J., & Bagby, R. M. (2013). Psychoanalysis and alexithymia. *Journal of the American Psychoanalytic Association*, 61(1), 99-120. <https://doi.org/10.1177/0003065112474066>
- Thompson, J. (2009). *Emotionally Dumb: An Overview of Alexithymia*. Soul Books.
- Timoney, L. R., & Holder, M. D. (2013). *Emotional processing deficits*. Springer.
- Turkle, S. (2015). *Reclaiming conversation: The power of talk in a digital age*. Penguin. <https://doi.org/10.1080/15205436.2016.1234165>
- Twenge, J. M. (2017). iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood. Atria Books. <https://doi.org/10.1111/fcsr.12345>

- Uci, I. R., & Savira, S. I. (2018). Hubungan antara keberfungsian keluarga dengan regulasi emosi pada siswa di SMP X Surabaya. <https://ejournal.unesa.ac.id/index.php/character/article/view/28359>
- Walsh, F. (2003). Family resilience: A framework for clinical practice. *Family process*, 42(1), 1-18. <https://doi.org/10.1111/j.1545-5300.2003.00001.x>
- Walsh, F. (2016). *Strengthening Family Resilience (3rd ed.)*. Guilford Press.
- Willis, S. S. (2015). *Konseling Keluarga (Family Counseling)*. Alfabeta.
- Wirio, L., Mirza, R., & Marpaung, W. (2026). The Role of Family Functioning in Emotional Regulation among Adolescents from Broken Homes. *Jurnal Psikologi: Jurnal Ilmiah Fakultas Psikologi Universitas Yudharta Pasuruan*, 13(1), 9-17. <https://jurnal.yudharta.ac.id/v2/index.php/ILMU-PSIKOLOGI/article/view/6645>
- Yusainy, C. A. (2017). Feeling full or empty inside? Peran perbedaan individual dalam struktur pengalaman afektif. *Jurnal Psikologi*, 44(1), 1. <https://doi.org/10.22146/jpsi.18377>
- Zimmermann, P., & Iwanski, A. (2014). Emotion regulation from early adolescence to emerging adulthood and middle adulthood: Age differences, gender differences, and emotion-specific developmental variations. *International Journal of Behavioral Development*, 38(2), 182–194. <https://doi.org/10.1177/0165025413515405>