DAFTAR PUSTAKA

Ahadiyanto, N. (2020). Hubungan Dimensi Kepribadian The Big Five Personality dengan Tingkat *Psychological Well Being* Narapidana:(Di Lembaga Pemasyarakatan Wanita Klas II A Malang). Jurnal Al-Hikmah, 18(1), 105-116.

Akhtar, H., & Azwar, S. (2019). Indonesian adaptation and psychometric properties evaluation of the big five personality inventory: IPIP-BFM-50. Jurnal Psikologi, 46(1).

Al Rivaldi, A. (2024). Analisis faktor penyebab stres pada mahasiswa dan dampaknya terhadap kesehatan mental. Detector: Jurnal Inovasi Riset Ilmu Kesehatan, 2(4), 11-18.

Alim, S. (2020). Factors Analysis of IPIP-BFM-50 as Big Five Personality Measurement, in Bugis-Makassar Culture. Jurnal Ilmiah Ecosystem, 20(2), 156-166.

Amalia, D. (2023). *Hubungan antara Kepribadian Neuroticism dengan Prokrastinasi Akademik pada Siswa*. Skripsi. Universitas Mercu Buana Yogyakarta.

Anglim, J., & Horwood, S. (2021). Effect of the COVID-19 pandemic and big five personality on subjective and psychological well-being. Social Psychological and Personality Science, 12(8), 1527–1537. https://doi.org/10.1177/1948550621997530

Argyle, M. (2001). Psychology of happines. New York: Routledge

Awaludin, A. (2017). Martin Seligman and Avicenna on happiness. Tasfiyah, Journal Pemikiran Islam, 1(1), 1-30.

Azwar, S. (2012). Reliabilitas dan validitas. Yogyakarta: Pustaka Pelajar.

Azwar, S. (2017). Metode penelitian psikologi (2nd ed). Yogyakarta: Pustaka Pelajar.

Azwar, S. (2017). *Penyusunan skala psikologi* (Edisi 2). Pustaka Pelajar.

Azwar, S. (2018). Penyusunan skala psikologi. Yogyakarta: Pustaka Pelajar

Blackwell, D., Leaman, C., Tramposch, R., Osborne, C., & Liss, M. (2017). Extraversion, *Neuroticism*, attachment style and fear of missing out as predictors of social media use and addiction. Personality and individual differences, 116, 69-72. https://doi.org/10.1016/j.paid.2017.04.039.

Bolger, N., & Schilling, E. A. (1991). Personality and the problems of everyday life: The role of *Neuroticism* in exposure and reactivity to daily stressors. Journal of personality, 59(3), 355-386.

Bradburn, N. M. (1969). The structure of psychological well-being.

Christine, S. (2024). Studi kuantitatif: Kesejahteraan psikologis mahasiswa Indonesia yang berkuliah di luar negeri dengan beasiswa. Jurnal Penelitian Pendidikan, Psikologi dan Kesehatan (J-P3K).

Citra, V. A., Pertiwi, Y. W., & Febrieta, D. (2023). Kepribadian *Neuroticism* dan Perilaku Menyimpang Pada Remaja Di SMK X Bekasi: Veggi Aini Citra, Yuarini Wahyu Pertiwi, Ditta Febrieta. Social Philanthropic, 2(1), 22-28.

Costa, P. T., & McCrae, R. R. (1992). Normal personality assessment in clinical practice: The NEO Personality Inventory. Psychological assessment, 4(1), 5.

Costa, P. T., & McCrae, R. R. (1999). A five-factor theory of personality. Handbook of personality: Theory and research, 2(01), 1999.

Desmita. (2010). Psikologi Perkembangan Peserta Didik. Remaja Rosdakarya.

Dewanto, G. W., & Tiatri, S. (2021, August). Attitude towards video game genre and five-trait personality. In International Conference on Economics, Business, Social, and Humanities (ICEBSH 2021) (pp. 930-935). Atlantis Press.

Diener, E. (1984). Subjective well-being. Psychological bulletin, 95(3), 542.

Diener, E. (Ed.). (2009). The science of well-being: The collected works of Ed Diener (Vol. 37). Springer Science & Business Media.

Diener, E., Oishi, S., & Lucas, R., E., (2003). Personality, culture, and subjective well-being: emotional and cognitive evaluation of life. Annual Review Psychology, 54, 403-425

Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. Nature human behaviour, 2(4), 253-260.

Edershile, E. A., Szücs, A., Dombrovski, A. Y., & Wright, A. G. (2024). Dynamics of narcissistic grandiosity and vulnerability in naturalistic and experimental settings. Journal of personality and social psychology, 127(1), 199.

Erindana, F. U. N., Nashori, H. F., & Tasaufi, M. N. F. (2021). Penyesuaian diri dan stres akademik mahasiswa tahun pertama. Motiva: Jurnal Psikologi, 4(1), 11-17.

Eva, N., Shanti, P., Hidayah, N., & Bisri, M. (2024). Pengaruh dukungan sosial terhadap kesejahteraan psikologis mahasiswa dengan religiusitas sebagai moderator. Jurnal Kajian Bimbingan Dan Konseling, 5(3), 12.

Fadli, R. P., Alizamar, A., Afdal, A., & Ifdil, I. (2019). Psychological Well-Being of Youth Inventory on Domestic Violence Victims: Rasch Model Analysis. *Journal of Couns-Edu*, *4*(2), 69-77.

Field, A. (2018). *Discovering statistics using IBM SPSS statistics* (5th ed.). Sage Publications.

Fitriani, A., & Wulandari, R. (2022). Penyesuaian Diri Mahasiswa Pada Pembelajaran Daring. JBKPI: Jurnal Bimbingan dan Konseling Pendidikan Islam, 1(02), 14-21.

Freire, C., Ferradás, M. D. M., Valle, A., Núñez, J. C., & Vallejo, G. (2016). Profiles of psychological well-being and coping strategies among university students. Frontiers in psychology, 7, 1554.

García-Alandete, J. (2015). Does meaning in life predict psychological well-being?. The European Journal of Counselling Psychology, 3(2), 89-98.

George, D., & Mallery, P. (2010). *SPSS for Windows step by step: A simple guide and reference* (10th ed.). Pearson.

Ghasemi, A., & Zahediasl, S. (2012). Normality tests for statistical analysis: A guide for non-statisticians. *International Journal of Endocrinology and Metabolism, 10*(2), 486–489. https://doi.org/10.5812/ijem.3505

Ghozali, I. (2018). *Aplikasi analisis multivariate dengan program IBM SPSS 25* (Edisi 9). Badan Penerbit Universitas Diponegoro.

Gisela, E. S., Kinkie, E. A., Sabbilla, A., & Subroto, U. (2025). Pengaruh Stres Akademik terhadap Kesejahteraan Psikologis Mahasiswa Semester Akhir yang Terlambat Lulus. *AKADEMIK: Jurnal Mahasiswa Humanis*, *5*(1), 331-341.

Govaerts, S., & J, G. (2004). Stressful academic situations: Study on appraisal variables in adolescence. Revue Européenne de Psychologie Appliquée, 261--271.

Greenberg, L. S., Elliott, R., Watson, J. C., & Bohart, A. C. (2001). Empathy. Psychotherapy: Theory, research, practice, training, 38(4), 380.

Gutiérrez, J. L. G., Jiménez, B. M., Hernández, E. G., & Pcn, C. (2005). Personality. and subjective well-being: Big five correlates and demographic variables. Personality and individual differences, 38(7), 1561-1569.

Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate data analysis* (8th ed.). Cengage Learning.

Hardjo, S., & Novita, E. (2015). Hubungan dukungan sosial dengan psychological well-being pada remaja korban sexual abuse. Analitika: Jurnal Magister Psikologi UMA, 7(1), 12-19.

Hartati, S., & Arisandi, D. (2025). Studi Pendahuluan: Psychological Well-Being dan Positive Education Pada Mahasiswa Generasi Z di Era Teknologi. *Journal of Sustainable Education*, *2*(1), 9-18.

Hasanah, U. (2020). Pengaruh perceraian orangtua bagi psikologis anak. Agenda: Jurnal Analisis Gender dan Agama, 2(1), 18-24.

Hasan Tehrani, R., & Moharami, J. (2024). Predicting *Neuroticism* traits based on various attachment styles and psychological well-being with the mediation of uncertainty intolerance in college students. Journal of Psychological Science, 23(137), 209-227.

Huang, S., Zhang, Y., Ma, L., Wu, B., Feng, J., Cheng, W., & Yu, J. (2025). *Neuroticism* is associated with future disease and mortality risks. Chinese Medical Journal, 138(11), 1355-1366.

Hulukati, W., & Djibran, M. R. (2018). Analisis tugas perkembangan mahasiswa fakultas ilmu pendidikan universitas negeri gorontalo. Jurnal bikotetik (bimbingan dan konseling: teori dan praktik), 2(1), 73-80.

Humaidah, A., & Mulyono, R. (2025). *Adaptasi Psychological Well-Being Short Scale pada Mahasiswa.* Edukatif: Jurnal Ilmu Pendidikan, 7(1), 141–149.

Humaidah, dkk. (2024). Scoping review: Faktor-faktor yang mempengaruhi kesejahteraan psikologis pada mahasiswa. EDUKATIF: Jurnal Ilmu Pendidikan. https://www.edukatif.org/index.php/edukatif/article/view/7479

Huppert, F. A. (2009). Psychological well-being: Evidence regarding its causes and consequences. Applied Psychology: Health and Well-Being, 1(2), 137–164. https://doi.org/10.1111/j.1758-0854.2009.01008.x

Hutapea, B. (2014). Stres kehidupan, religiusitas, dan penyesuaian diri warga Indonesia sebagai mahasiswa internasional. *Makara Hubs-Asia*, *18*(1), 25-40.

Joshanloo, M., & Afshari, S. (2011). Big five personality traits and self-esteem as predictors of life satisfaction in Iranian Muslim university students. *Journal of Happiness Studies*, *12*(1), 105-113.

Juniasih, Misella Yantika Putri (2025) HUBUNGAN ANTARA DUKUNGAN SOSIAL ORANG TUA DENGAN KESEJAHTERAAN PSIKOLOGIS PADA MAHASISWA.

Jurnal Psikologi Karakter. (2025). Gambaran psychological well-being mahasiswa tingkat akhir di Kota Makassar. Jurnal Psikologi Karakter, 5(1), 104–110.

Kementerian Kesehatan Republik Indonesia. (2024). Factsheet kesehatan mental: Hasil Survei Kesehatan Indonesia (SKI) 2023. Badan Kebijakan Pembangunan Kesehatan. https://repository.badankebijakan.kemkes.go.id

Kementerian Kesehatan RI. (2023). Laporan tematik survei kesehatan Indonesia (SKI) 2023. Kemenkes RI.

Keyes, C. L., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: the empirical encounter of two traditions. Journal of personality and social psychology, 82(6), 1007.

Kinkie, E. A., Sabbilla, A., & Subroto, U. (2025). Pengaruh Stres Akademik terhadap Kesejahteraan Psikologis Mahasiswa Semester Akhir yang Terlambat Lulus. AKADEMIK: Jurnal Mahasiswa Humanis, 5(1), 331-341.

Kjell, O. N., Nima, A. A., Sikström, S., Archer, T., & Garcia, D. (2013). Iranian and Swedish adolescents: differences in personality traits and well-being. PeerJ, 1, e197.

Kurniasari, E., Rusmana, N., & Budiman, N. (2019). Gambaran umum kesejahteraan psikologis mahasiswa. Journal of Innovative Counseling: Theory, Practice, and Research, 3(02), 52-58.

Kusumiati, R. Y. E., & Huwae, A. (2021). *Neuroticism* trait personality, social support, dan resiliensi akademik mahasiswa di masa pandemi COVID-19. Jurnal Psikologi, 14(1), 38-51.

Kutta, T. J., Preston, T. J., & Maranges, H. M. (2020). Goldberg vs costa/mccrae five factors. *The Wiley encyclopedia of personality and individual differences: Models and theories*, 225-229.

Ladapase, E. M., & Sona, A. (2022). Gambaran stres akademik pada mahasiswa universitas Nusa NIPA Indonesia di Maumere. Empowerment Jurnal Mahasiswa Psikologi Universitas Buana Perjuangan Karawang, 2(1), 24-29.

Lestari, I., Hafnidar, H., Astuti, W., & Maszura, L. (2024). KESEJAHTERAAN PSIKOLOGIS (PSYCHOLOGICAL WELL-BEING) PADA REMAJA PANTI ASUHAN RAUDHATUL AMAL IDI RAYEUK. INSIGHT: Jurnal Penelitian Psikologi, 2(4), 854-866.

Li, S., Kong, K., Zhang, K., & Niu, H. (2023). The relation between college students' *Neuroticism* and loneliness: The chain mediating roles of self-efficacy, social avoidance and distress. Frontiers in Psychology, 14, 1124588.

Li, Y. S., Tseng, H. C., Yang, B. H., Mills, M. E. C., & Yu, W. P. (2025). Personality preferences and stress perception among nursing students in

different nursing programmes: a cross-sectional study. BMC medical education, L25(1), 382.

Librán, E. C. (2006). Personality dimensions and subjective wellbeing. The Spanish Journal of Psychology, 9(1), 38-44

Lim, A. G. (2023). Big five personality traits: The 5-factor model of personality. Simply Psychology, 18. Lim, A. G. (2023). Big five personality traits: The 5-factor model of personality. Simply Psychology, 18.

Lutfi, L., Kurnia, A., Tang, J., & Haris, R. (2023). Stem integrated sciencepreneurship in science learning to shape the entrepreneurial character of the z generation. *At-Tasyrih: jurnal pendidikan dan hukum Islam*, *9*(2), 316-321.

Mahfar, M., Zaini, F., & Nordin, N. A. (2007). Analisis faktor penyebab stres di kalangan pelajar. Jurnal Kemanusiaan, 5(1).

McCrae, R. R., & Costa, P. T. (1987). Validation of the five-factor model of personality across instruments and observers. Journal of personality and social psychology, 52(1), 81.

Motevaliyan, S., M. (2014). Personality traits and severity of wife abuse among Iranian women. Journal Asian social science, 10(7), 234-241.

Muttaqin, V.A., Hidayati, I.A. (2022) Pengalaman kesepian pada mahasiswa rantau selama pandemi covid-19. Desember [Internet]. 11(4):587–602. Available from: http://dx.doi.org/10.30872/psikostudia.v11i4

Neupart, S., D., Mroczek, D., K., & Spiro, A., (2008). *Neuroticism* moderates the daily relation between stressors and memory failures. Journal Psychology and Aging, 23, (2), 287-296

Nopiana, N., & Nawangsasi, D. (2025). Kecemasan Berlebih Pada Anak Usia 4 Tahun di Daerah Kabupaten Tanggamus. Jurnal Pendidikan Anak, 11(1), 35-50.

Pandhita, G. P. S. (2024, 19 April). Depresi pada mahasiswa. Kompas.id. https://www.kompas.id/artikel/depresi-pada-mahasiswa

Peltzer, K., & Pengpid, S. (2015). Early substance use initiation and suicide ideation and attempts among school-aged adolescents in four Pacific Island countries in Oceania. International journal of environmental research and public health, 12(10), 12291-12303.

Prasetyo, A. H., Meiyuntariningsih, T., & Ramadhani, H. S. (2023). Psychological Well-Being Korban Kekerasan Dalam Pacaran: Adakah Peranan Forgiveness?. JIWA: Jurnal Psikologi Indonesia, 1(1).

Riyadi, N.,S, Rohmah, N., Qoyyimah, H. (2023). The effect of friendship on loneliness in post-pandemic overseas students. (1):188-206. Available from: https://doi.org/10.18502/kss.v8i19.1463

Ryan, R. M., & Deci, E. L. (2000). Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being.

Ryff, C. D. (1995). Psychological well-being in adult life. Current Directions in Psychological Science, 4(4), 99-104.

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. Journal of Personality and Social Psychology, 69(4), 719-727.

Ryff, Carol D. (1989). Happiness is Everything, or is it? Exploration on the Meaning of Psychological Well-Being. Journal of Personality and Social Psychology.57(6) : 1069-1081.

Santoso, S. (2020). *Panduan lengkap SPSS 26*. Elex Media Komputindo.

Santrock, J. W. (2011). Life Span Development. New York, NY: McGraw-Hill.

Sarwono, J. (2013). Mixed Methods Cara Menggabung Riset Kuantitatif dan Riset. Elex Media Komputindo.

Schunk, dkk. (2023). *Neuroticism* and social outcomes: A longitudinal national study. Journal of Personality.

Seligman, M. E. P. (2011). Flourish: A visionary new understanding of happiness and well-being. Free Press.

Setyanto, A. T., Hakim, M. A., & Muzakki, F. P. (2023). Deteksi dini prevalensi gangguan kesehatan mental mahasiswa di perguruan tinggi. Wacana, 15 (1), 66.

Sugiyono, P. D. (2017). Metode penelitian bisnis: pendekatan kuantitatif, kualitatif, kombinasi, dan R&D. *Penerbit CV. Alfabeta: Bandung*, *225*(87), 48-61.

Sugiyono (2018). *Metode Penelitian Kombinasi (Mixed Methods).* Bandung: CV Alfabeta.

Tabachnick, B. G., & Fidell, L. S. (2013). *Using multivariate statistics* (6th ed.). Pearson.

Talamati, B. P. (2012). Hubungan antara trait kepribadian *Neuroticism* dan psychological well-being pada mahasiswa tingkat akhir Universitas Indonesia. Skripsi. Diunduh dari http://lib. ui. ac. id/file.rah

Tang, Q., He, X., Zhang, L., Liu, X., Tao, Y., & Liu, G. (2023). Effects of *Neuroticism* on differences in symptom structure of life satisfaction and depression-anxiety among college students: A network analysis. *Behavioral Sciences, 13*(8), 641. https://doi.org/10.3390/bs13080641

Thanoi, W., dkk. (2023). Psychological well-being among first-year nursing students. Journal of Health Research.

Wati, L., & Subroto, U. (2023). Hubungan antara tipe kepribadian dengan kecemasan pada mahasiswa di Jakarta. Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni, 7(1), 1-8.

Widiger, TA, & Oltmanns, JR (2017). Neurotisisme adalah domain fundamental kepribadian dengan implikasi kesehatan masyarakat yang sangat besar. *Psikiatri Dunia* , *16* (2), 144.

Yang, Y. T. (2010). Stress, coping, and psychological well-being: Comparison among American and Asian international graduate students from Taiwan, China, and South Korea. Dissertation. Doctoral: University of Kansas.

Youth Inventory on Domestic Violence Victims: Rasch Model Analysis. Journal of Couns-Edu, 4(2), 69-77.

Zhavira, N., & Setyo, B. (2022). Ketangguhan akademis dan kesejahteraan psikologis pada mahasiswa. INSAN Jurnal Psikologi dan Kesehatan Mental, 7(2), 145–155. https://doi.org/10.20473/jpkm.v7i22022.145

Zuo, X., Zhao, L., Li, Y., He, W., Yu, C., & Wang, Z. (2024). Psychological mechanisms of English academic stress and academic burnout: The mediating role of rumination and moderating effect of *Neuroticism*. *Frontiers in Psychology*, *15*, 1309210. https://doi.org/10.3389/fpsyg.2024.1309210