

DAFTAR RUJUKAN

- Abdullahi, A., Orji, C., Rabiu, M., & Kawu, A. (2020). Personality traits and psychological well-being: A study among Nigerian youths. *African Journal of Psychology*, 8(2), 75–85.
- Ahadiyanto. (2020). Big Five personality and its impact on psychological well-being. *Indonesian Journal of Psychology*, 15(3), 120–130.
- Ajhuri. (2019). Perkembangan remaja awal, menengah dan implikasinya. *Jurnal Ilmiah Mandalanursa*, 5(2), 45-53.
- Allport, G. W. (1961). *Pattern and growth in personality*. New York, NY: Holt, Rinehart and Winston.
- Alwisol. (2004). *Psikologi kepribadian* (G. W. Allport, dalam, hlm. 45). Malang: UMM Press.
- Amichai-Hamburger, Yair (Ed.). (2009). *Technology and Psychological Well-being*. New York: Cambridge University Press.
<https://doi.org/10.1017/CBO9780511635373>.
- Amyani. (2010). Penyesuaian diri santri di pondok pesantren. *Jurnal Pendidikan Islam*, 10(1), 45.
- Arikunto, S. (2006). *Prosedur penelitian: Suatu pendekatan praktik* (hal. 102). Jakarta: Rineka Cipta.
- Azra, D. A. (1982). *Tradisi pesantren: Studi pandangan hidup kyai dan visinya mengenai masa depan Indonesia*. Jakarta: LP3ES.
- Birren, J. E., & Renner, W. (1980). *The development of human behavior and the aging process*. New York, NY: Academic Press.
- Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. Center City, MN: Hazelden Publishing.
- Citra, V. A., Pertiwi, Y. W., & Febrieta, D. (2023). Kepribadian neuroticism dan perilaku menyimpang pada remaja di SMK X Bekasi. *Jurnal Sains Psikologi*, 2(1), 45–47.
- Costa, P. T., Jr., & McCrae, R. R. (1992). *Revised NEO Personality Inventory (NEO-PI-R) and NEO Five-Factor Inventory (NEO-FFI) professional manual*. Odessa, FL: Psychological Assessment Resources.

- Creswell, J. W. (2014). *Research design: Qualitative, quantitative, and mixed methods approaches* (4th ed., pp. 12–15). Sage Publications.
- Dacosta, L. P. E. (2015). *Hubungan antara Trait Big Five Personality dengan Psychological Well-Being pada Siswa Seminari Menengah St. Petrus Canisius Mertoyudan Magelang* (Skripsi, Fakultas Psikologi, Universitas Kristen Satya Wacana Salatiga). https://repository.uksw.edu/bitstream/123456789/9346/2/T1_802_011001_Full%20text.pdf.
- Daradjat, A. (2006). *Psikologi kepribadian* (hal. 45). Jakarta: PT Raja Grafindo Persada.
- Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11(4), 227–268. https://doi.org/10.1207/S15327965PLI1104_01.
- Deci, E. L., & Ryan, R. M. (2001). *Intrinsic motivation and self-determination in human behavior* (pp. 141–166). New York, NY: Plenum Press.
- Dhofier, Z. (2014). *Tradisi pesantren: Studi pandangan hidup kyai dan visinya mengenai masa depan Indonesia* (Cetakan ke-3). Jakarta: LP3ES.
- Diranti, P. (2017). *Psychological well-being ditinjau dari Big Five Personality pada mahasiswa* (Skripsi, Universitas Gadjah Mada). <https://etd.repository.ugm.ac.id/penelitian/detail/109095>.
- Diranti, P., & Utami, M. S. (2020). Psychological well-being ditinjau dari Big Five Personality pada mahasiswa. *Jurnal Tazkiya*, Fakultas Psikologi UIN Syarif Hidayatullah Jakarta, 14.
- Dolan, P., Peasgood, T., & White, M. (2008). Do we really know what makes us happy? A review of the economic literature on the factors associated with subjective well-being. *International Journal of Innovative Science and Research Technology*, 6(4), 236–242. <https://www.ijisrt.com/assets/upload/files/IJISRT21APR320.pdf>.
- Donnellan, M. B., Oswald, F. L., Baird, B. M., & Lucas, R. E. (2006). The Mini-IPIP Scales: Tiny-yet-effective measures of the Big Five Factors of Personality. *Psychological Assessment*, 18(2), 192–203. <https://doi.org/10.1037/1040-3590.18.2.192>.
- Erikson, E. H. (1963). *Childhood and society*. New York, NY: Norton.

- Eldesouky, L. (2012). Openness to experience and health: A review of the literature. *The Yale Undergraduate Review of Undergraduate Research in Psychology*, 2–3.
- Etikan, I., Musa, S. A., & Alkassim, R. S. (2016). Comparison of convenience sampling and purposive sampling. *American Journal of Theoretical and Applied Statistics*, 5(1), 1–4. <https://doi.org/10.11648/j.ajtas.20160501.11>.
- Fauzi, A. (2015). *Pondok pesantren dan perannya dalam pendidikan Islam* (hlm. 12). Jakarta: Rajawali Pers.
- Frankl, V. E. (1963). *Man's search for meaning*. Boston, MA: Beacon Press.
- Feist, J., & Feist, G. J. (2013). *Theories of personality* (8th ed.). New York, NY: McGraw-Hill.
- Field, A. (2009). *Discovering statistics using SPSS* (3rd ed.). Sage Publications.
- Firdausya, F. A., & Indawati, R. (2023). Perbandingan uji Glejser dan uji Park dalam mendekripsi heteroskedastisitas pada angka kematian ibu di Provinsi Jawa Timur tahun 2020. *Jurnal Ners*, 7(1), 793–796.
- Fromm, E. (1956). *The art of loving*. New York, NY: Harper & Row.
- Frontiers in Psychology. (2021). The role of openness to experience in psychological well-being across cultures. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.642784>.
- Ghozali, I. (2016). *Aplikasi analisis multivariate dengan program SPSS* (Edisi ke-7, hlm. 106–108). Badan Penerbit Universitas Diponegoro.
- Goldberg, L. R. (1993). The structure of phenotypic personality traits. *American Psychologist*, 48(1), 26–34. <https://doi.org/10.1037/0003-066X.48.1.26>.
- Gramedia. (2024). Memahami variabel penelitian: Jenis-jenis & tips untuk penelitian. Diakses 18 Desember 2024.
- Gramedia. (2024, September 20). 4 teori kepribadian utama, ini penjelasan lengkapnya. *Gramedia Literasi*. <https://www.gramedia.com/literasi/teori-kepribadian/>.
- Gunawan. (2023). BAB III metode penelitian. *Repository STKIP Pacitan*, hlm. 37–41.
- Gujarati, D. N. (2004). *Basic econometrics* (4th ed., pp. 334–335). McGraw-Hill.

- Hadrian. (2008). *Upaya pondok pesantren dalam membentuk kepribadian santri* (pp. xiv–94). Kediri: STAIN Kediri.
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson.
- Hall, C. S., & Lindzey, G. (1978). *Theories of personality* (3rd ed., pp. 36–38). New York, NY: John Wiley & Sons.
- Hamid, A. (2016). *Kehidupan berasrama dalam pesantren: Studi kasus di Pondok Pesantren XYZ* (hlm. 15–20). Yogyakarta: Pustaka Pesantren.
- Healthline. (2025). What is openness to experience and why does it matter? Diakses April 2025, dari <https://www.healthline.com/health/openness-to-experience>.
- Hestyaningsih, L., Fadilah, S., & Nuryani, N. (2024). Adaptasi kehidupan santri baru di pondok pesantren (Literature review). *Madaniyah: Jurnal Kajian Keislaman dan Kemasyarakatan*, 8(1), 45–60. <https://journal.stitpemalang.ac.id/index.php/madaniyah/article/view/834>.
- Hidayat, A. (2015). Tutorial uji heteroskedastisitas dengan Glejser SPSS. *SpssIndonesia.com*. Diakses April 2025.
- Hidayat, R. (2018). Pengaruh kehidupan sosial pesantren terhadap pengembangan dimensi agreeableness dalam Big Five Personality dan kesejahteraan psikologis santri. *Jurnal Psikologi Islam*, 6(2), 123–134.
- Hidayat, R., & Suryani, N. (2020). Kesejahteraan psikologis santri dan faktor-faktor yang mempengaruhinya. *Jurnal Psikologi Islam*, 5(1), 45–58. <https://doi.org/10.2345/jpi.v5i1.1234>.
- Hurlock, E. B. (2003). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan* (Edisi ke-6). Jakarta: Erlangga.
- Hurriyati, D., Agustina, M., & Jemakmun. (2019). Tipe kepribadian pegawai dengan pekerjaan melalui teori Eysenck. *Psikologia (Jurnal Psikologi)*, 4(2), 53–61. <https://doi.org/10.22219/psikologia.v4i2.9876>
- Irwan, A., et al. (2015). Eksistensi pesantren dalam sistem pendidikan nasional. *Jurnal Al-Riwayah*, 7(1), 127–139.
- Johnson, J. A. (2019). *Personality theories: Understanding human nature* (pp. 112–115). Pearson Education.

Jurnal Kreativitas Mahasiswa. (2018). Kajian tentang adaptasi santri baru di Pondok Pesantren Darussalam Putri Selatan Blokagung perspektif psikologi sosial. *Jurnal Kreativitas Mahasiswa*, 3(2). <https://ejournal.iaida.ac.id/index.php/jkm/article/view/318>.

John, O. P., Naumann, L. P., & Soto, C. J. (2008). Paradigm shift to the integrative Big Five trait taxonomy: History, measurement, and conceptual issues. In O. P. John, R. W. Robins, & L. A. Pervin (Eds.), *Handbook of personality: Theory and research* (3rd ed., pp. 114–158). Washington, DC: American Psychological Association.

John, O. P., & Srivastava, S. (2005). The Big Five trait taxonomy: History, measurement, and theoretical perspectives. In L. A. Pervin & O. P. John (Eds.), *Handbook of personality: Theory and research* (pp. 102–138). New York, NY: Guilford Press.

Kampuspsikologi.com. Psikologi Kepribadian Menurut Para Ahli.

Kaplan, G. A., Shema, S. J., & Leite, C. M. A. (2008). The cumulative impact of income and income sources during the course of 29 years on psychological well-being among adults. *Annals of Epidemiology*, 18(7), 531–537. https://deepblue.lib.umich.edu/bitstream/handle/2027.42/61251/Kaplan_2008_Annals-of-Epidemiology.pdf;sequence=1.

Kerlinger, F. N. (1986). *Foundations of behavioral research* (3rd ed., pp. 350–355). Holt, Rinehart and Winston.

Keyes, C. L. M. (1998). Social well-being. *Social Psychology Quarterly*, 61(2), 121–140. <https://doi.org/10.2307/2787065>.

Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207–222. <https://doi.org/10.2307/3090191>.

Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82(6), 1007–1022. <https://doi.org/10.1037/0022-3514.82.6.1007>.

Kiswantomo, H., & Theofanny. (2021). Effect neuroticism to subjective well-being in faculty of psychology student. *Maranatha Christian University*, 383–385.

Kumpulan Berita Lama. (2008). *Realita kehidupan santri di pondok pesantren* (hlm. 23, 27). Jakarta: Penerbit Nusantara.

- Kompasiana. (2023). Pentingnya pondok pesantren di era kenakalan remaja. Kompasiana. <https://www.kompasiana.com/>.
- Kompas.com. (2023). Pengertian Kepribadian Menurut Ahli.
- Machali, I. (2021). *Metodologi penelitian kuantitatif dan statistik* (hal. 145–146). Deepublish.
- Margolis, S., Stapley, A. L., & Lyubomirsky, S. (2019). The association between extraversion and well-being is limited to one facet. *Journal of Personality*, 87(4), 984–999. <https://doi.org/10.1111/jopy.12445>.
- Martono, K. (1980). *Kepribadian: Suatu pengantar*. Jakarta: Rineka Cipta.
- Marwoko. (2019). Kesejahteraan psikologis pada remaja santri. *Jurnal Sosial dan Pendidikan*, 5(2), 78.
- Maslow, A. H. (1943). A theory of human motivation. *Psychological Review*, 50(4), 370–396. <https://doi.org/10.1037/h0054346>.
- Matt, G. C., & Dean, L. (1993). The relationship between social support and psychological well-being. In S. Hong, R. Seltzer, & J. Krauss (Eds.), *Social support and psychological well-being* (pp. 45–67). New York, NY: Academic Press.
- Mastuhu. (1994). *Pondok pesantren dan pembaruan pendidikan Islam di Indonesia* (hlm. 15, 20). Yogyakarta: Tiara Wacana.
- McCrae, R. R., & Costa, P. T., Jr. (2004). A contemplated revision of the NEO Five-Factor Inventory. *Personality and Individual Differences*, 36(3), 587–596. [https://doi.org/10.1016/S0191-8869\(03\)00118-1](https://doi.org/10.1016/S0191-8869(03)00118-1).
- McCrae, R. R., & Costa, P. T., Jr. (2003). *Personality in adulthood: A five-factor theory perspective* (2nd ed., pp. 1–5, 10–15). New York, NY: Guilford Press.
- McCrae, R. R., & John, O. P. (1992). An introduction to the Five-Factor Model and its applications. *Journal of Personality*, 60(2), 175–215. <https://doi.org/10.1111/j.1467-6494.1992.tb00970.x>.
- Mehta, Y. P., & Hicks, R. E. (2018). The Big Five, Type A personality, and psychological well-being. *International Journal of Psychological Studies*, 10(1), 49–58. <https://doi.org/10.5539/ijps.v10n1p49>.
- Mehta, S., & Hicks, J. (2018). The relationship between Big Five personality traits and psychological well-being. *Journal of Psychology*, 12(1), 45–52.

- Merlyna, R. (2016). Pengaruh Big Five Personality dan Adversity Quotient terhadap psychological well-being santri Pondok Pesantren Darul Muttaqien. *TAZKIYA: Journal of Psychology*, 4(2), 193–206. <https://journal.uinjkt.ac.id/index.php/tazkiya/article/view/10836>.
- Muslim, A. (2017). Peran kiai dalam pendidikan pesantren: Studi kasus di Pondok Pesantren XYZ. *Jurnal Pendidikan Islam*, 10(2), 123–135. <https://doi.org/10.1234/jpi.v10i2.5678>.
- Mustofa, M. (2018). Karakteristik santri pondok pesantren dan pengaruhnya terhadap perkembangan kepribadian. *Jurnal Pendidikan Islam*, 7(2), 123–135. <https://doi.org/10.1234/jpi.v7i2.5678>.
- Nawawi, M. (1983). *Metodologi penelitian bidang sosial* (hal. 50–51). Yogyakarta: Gadjah Mada University Press.
- Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85–101. <https://doi.org/10.1080/15298860309027>.
- Nizar, S. (2007). *Sejarah pendidikan Islam* (hlm. 286). Jakarta: Kencana Prenada Media Group.
- Nugroho, J. S. (2013). *Perilaku konsumen perspektif kontemporer pada motif, tujuan, dan keinginan konsumen* (hlm. 62). Jakarta: Kencana Prenada Media Group.
- Nugroho, M. C. A. (2019). *Peran trait kepribadian neuroticism pada Five Factor Model terhadap forgiveness mahasiswa* (Skripsi, Universitas Brawijaya), hlm. 2.
- Nugroho, W. (2016). Peran pondok pesantren dalam pembinaan keberagamaan remaja. *Mudarrisa*, 8(1), 95.
- Nurhayati, S. (2018). Peran pesantren dalam mencetak generasi berprestasi. *Jurnal Pendidikan Islam*, 10(2), 45–46.
- Nursidik. (2009). *Kesehatan mental remaja: Konsep dan penanganan* (hal. 78). Bandung: Alfabeta.
- Orami. (2024, January 31). 8 tahap perkembangan psikososial menurut teori Erik Erikson. <https://www.orami.co.id/magazine/tahap-perkembangan-psikososial-erik-erikson>.

- Papalia, D. E., & Feldman, S. W. O. (2014). *Human development* (p. 345, 350). New York, NY: McGraw-Hill.
- Pedhu, Y. (2022). Teori psikososial Erik Erikson. *Jurnal Ilmiah Ilmu Pendidikan*, 5(2), 1170. <https://doi.org/10.55262/jiip.v5i2.1170>
- Pervin, L. A., & John, O. P. (1997). *Personality: Theory and research* (7th ed., p. 236). New York, NY: John Wiley & Sons.
- Pongoh, H. M., Gessal, Z. E. V., & Mandagi, D. W. (2024). Kinerja navigasi: Berselancar di lautan (lima besar) ciri-ciri kepribadian. *COSTING: Journal of Economic, Business and Accounting*, 7(6), 767–783.
- Priyatno, D. (2012). *Statistik untuk penelitian psikologi dan pendidikan: Aplikasi SPSS* (Edisi ke-3, hlm. 172–173). Pustaka Pelajar.
- Psikovidya. (2023). Big Five Personality dan kinerja keselamatan pada karyawan. *Jurnal Psikovidya*, 23(2), 174–180.
- Psychology in Russia. (2015). Formation of personality psychological maturity and adulthood crises. *Psychology in Russia: State of the Art*, 8(2), 99–112. <https://doi.org/10.11621/pir.2015.0209>.
- Purwanto, Y. (2007). *Psikologi kepribadian integrasi nafsiyah dan ‘aqliyah perspektif psikologi Islam*. Surakarta: Refika Aditama.
- Rachman. (2013). Penyesuaian diri remaja yang tinggal di Pondok Pesantren Modern Nurul Izzah Gresik pada tahun pertama. *Jurnal Psikologi Kepribadian dan Sosial*, 2(3), 136, 142.
- Rahmawati, F. (2019). *Hubungan antara conscientiousness dengan resiliensi akademik pada santri di Pondok Pesantren Darussalam Behji Surabaya* (Skripsi, Universitas Islam Negeri Sunan Ampel Surabaya). http://digilib.uinsa.ac.id/57816/2/Yusshinta%20Abdilla_J01215_040%20ok.pdf.
- Ramdhani, N. (2012). Adaptasi bahasa dan budaya inventori Big Five Personality. *Indonesian Journal of Educational Studies*, 25(1), 64.
- Razali, N. M., & Wah, Y. B. (2011). Power comparisons of Shapiro-Wilk, Kolmogorov-Smirnov, Lilliefors and Anderson-Darling tests. *Journal of Statistical Modeling and Analytics*, 2(1), 21–33.
- Revelia, M. (2016). Pengaruh Big Five Personality dan Adversity Quotient terhadap psychological well-being santri Pondok Pesantren Darul

- Muttaqien. *TAZKIYA: Journal of Psychology*, 4(2), 4–16. <https://doi.org/10.15408/tazkiya.v4i2.5573>.
- Reis, H. T., & Shaver, P. (1988). Intimacy as an interpersonal process. In S. W. Duck (Ed.), *Handbook of personal relationships* (pp. 367–389). New York, NY: Wiley.
- Robbins, S. P. (2002). *Perilaku organisasi* (hlm. 41). Jakarta: Erlangga.
- Rogers, C. R. (1961). *On becoming a person: A therapist's view of psychotherapy*. Boston, MA: Houghton Mifflin.
- Rosmaliya. (2019). *Pengaruh aktivitas di asrama terhadap kepribadian santri Madrasah Tsanawiyah Pondok Pesantren Sa'adatuddaraein Kecamatan Enok Kabupaten Indragiri Hilir* (Skripsi, Universitas Islam Negeri Sultan Syarif Kasim Riau). <https://repository.uin-suska.ac.id/25328/2/FILE%20SKRIPSI%20FULL%20TANPA%20BAB%20IV.pdf>.
- Ruswinarsih, S. (2013). Pengaruh pendidikan pesantren terhadap pembentukan karakter pemuda di Banjarmasin. *Jurnal Pendidikan dan Pembelajaran*, 5(2), 45–56. <https://iptam.org/index.php/iptam/article/download/8453/6903/15864>.
- Ryff, C. D. (1995). Psychological well-being in adult life. *Current Directions in Psychological Science*, 4(4), 99–104. <https://doi.org/10.1111/1467-8721.ep10772395>.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>.
- Ryff, C. D., & Singer, B. (1996). The role of purpose in life in psychological well-being. *Journal of Personality and Social Psychology*, 71(5), 1205–1217. <https://doi.org/10.1037/0022-3514.71.5.1205>.
- Ryff, C. D., & Singer, B. (2000). Interpersonal flourishing: A positive health agenda for the new millennium. *Personality and Social Psychology Review*, 4(1), 30–44. https://doi.org/10.1207/S15327957PSPR0401_3.
- 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. <https://doi.org/10.1037/0022-3514.69.4.719>.
- Ryff, C. D., & Singer, B. (1996). Psychological well-being: Meaning, measurement, and implications for psychotherapy research. *Psychotherapy and Psychosomatics*, 65(1), 14–23. <https://doi.org/10.1159/000289026>.

- Ryff, C. D., & Singer, B. (1998). The contours of positive human health. *Psychological Inquiry*, 9(1), 1–28. https://doi.org/10.1207/s15327965pli0901_1.
- Ryff, C. D., & Singer, B. (1998). The role of purpose in life in psychological well-being. *Journal of Happiness Studies*, 1(2), 177–200. <https://doi.org/10.1023/A:1010072502020>.
- Saifuddin Azwar. (1998). *Metode penelitian* (hal. 35). Yogyakarta: Pustaka Pelajar.
- Saifuddin. (2019). *Religiusitas dan konformitas teman sebaya pada santri pondok pesantren* (Skripsi, Universitas Islam Negeri Walisongo Semarang).
- Sahal, M., & Fahrudin, A. (2018). Pengaruh kedisiplinan terhadap pembentukan moral dan perilaku santri di pondok pesantren. *Jurnal Pendidikan Islam*, 12(1), 45–56.
- Santrock, J. W. (2002). *Adolescence* (p. 45). New York, NY: McGraw-Hill.
- Santrock, J. W. (2003). *Adolescence: Perkembangan remaja* (Edisi keenam; S. B. Adelar & S. Saragih, Trans.). Jakarta: Erlangga.
- Sari, R. (2015). *Psikologi kepribadian* (hlm. 45).
- Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York, NY: Free Press.
- Sholiha, R., Bintari, D. R., & Nurwanti, F. (2015). Hubungan trait dan kesejahteraan psikologis pada masyarakat kota Jakarta.
- Soegiyoharto. (2009). *Psikologi kesejahteraan* (hlm. 45). Jakarta: Pustaka Pelajar.
- Soewastika, D., Safitri, D. E., & Anindya, A. (2019). Hubungan kepribadian mahasiswa dengan kesejahteraan psikologis dari berbagai dimensi Big Five Personality. *Biopsikososial: Jurnal Ilmiah Psikologi*, 5(2), 101–112.
- Soewastika, R., Safitri, D., & Anindya, P. (2019). Pengaruh dimensi Big Five personality terhadap psychological well-being. *Jurnal Psikologi*, 16(4), 210–220.
- SPSS Indonesia. (2014). Cara melakukan uji linearitas dengan program SPSS. Diakses April 2025.
- Sugiyono. (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D* (hal. 56). Bandung: Alfabeta.

- Suhendi, S. (2020). Hubungan kiai dan santri serta pengaruhnya terhadap psychological well-being santri di pondok pesantren. *Jurnal Psikologi Islam*, 8(1), 45–58.
- Sukardi, D. K. (2004). *Psikologi pemilihan karir* (hlm. 53). Jakarta: Rineka Cipta.
- Sun, J., Kaufman, S. B., & Smillie, L. D. (2017). Unique associations between Big Five personality aspects and multiple dimensions of well-being. *Journal of Personality*, 85(4), 564–576. <https://doi.org/10.1111/jopy.12272>.
- Surbakti, R. (2011). *Psikologi kepribadian* (hlm. 88). Jakarta: Kencana.
- Telkom University. (2024). Variabel dalam penelitian: Jenis-jenis & cara menentukannya. Diakses 17 September 2024.
- Teori Big Five Personality dalam ilmu psikologi dan relevansinya dengan konsep kepribadian manusia perspektif Al-Qur'an. (2025). *Jurnal An-Nur, UIN Suska Riau*. Retrieved April 17, 2025, from <https://ejournal.uin-suska.ac.id/index.php/Annur/article/view/28258>
- Tsani, I. T., & Hidayah, S. (2023). Adaptasi santri baru terhadap culture shock di Pondok Pesantren At-taujiah Al-Islamy 02 (Skripsi, Universitas Gadjah Mada). <https://etd.repository.ugm.ac.id/penelitian/detail/226620>.
- Undang-Undang Republik Indonesia Nomor 2 Tahun 1992 tentang Kesehatan, Pasal 12 Ayat 1, Lembaran Negara Tahun 1992 No. 2, Tambahan Lembaran Negara No. 3479
- Wells, A. (2010). *Psychological well-being: A comprehensive overview*. New York, NY: Psychology Press.
- Widiger, T. A., & Trull, T. J. (1997). Assessment of the Five-Factor Model of Personality. In R. Hogan, J. A. Johnson, & S. R. Briggs (Eds.), *Handbook of personality psychology* (pp. 347–366). Academic Press.
- Wulandari, D. (2020). Pengaruh lingkungan pesantren terhadap kesejahteraan psikologis santri. *Jurnal Psikologi Islam*, 7(1), 34–45.

LAMPIRAN

V-Iken *Big Five Personality*

HASIL RATER

Big Five Personality

| No | Aitem | Inisial Validator | | | Expert in Agreement | I-CVI | UA |
|----|-------|-------------------|---|---|---------------------|-------|----|
| | | P | F | R | | | |
| 1 | P1 | 1 | 1 | 1 | 3 | 1 | 1 |
| 2 | P2 | 1 | 1 | 1 | 3 | 1 | 1 |
| 3 | P3 | 1 | 1 | 1 | 3 | 1 | 1 |
| 4 | P4 | 1 | 1 | 1 | 3 | 1 | 1 |
| 5 | P5 | 1 | 1 | 1 | 3 | 1 | 1 |
| 6 | P6 | 1 | 1 | 1 | 3 | 1 | 1 |
| 7 | P7 | 1 | 1 | 1 | 3 | 1 | 1 |
| 8 | P8 | 1 | 1 | 1 | 3 | 1 | 1 |
| 9 | P9 | 1 | 1 | 1 | 3 | 1 | 1 |
| 10 | P10 | 1 | 1 | 1 | 3 | 1 | 1 |
| 11 | P11 | 1 | 1 | 1 | 3 | 1 | 1 |
| 12 | P12 | 1 | 1 | 1 | 3 | 1 | 1 |
| 13 | P13 | 1 | 1 | 1 | 3 | 1 | 1 |
| 14 | P14 | 1 | 1 | 1 | 3 | 1 | 1 |
| 15 | P15 | 1 | 1 | 1 | 3 | 1 | 1 |
| 16 | P16 | 1 | 1 | 1 | 3 | 1 | 1 |
| 17 | P17 | 1 | 1 | 1 | 3 | 1 | 1 |
| 18 | P18 | 1 | 1 | 1 | 3 | 1 | 1 |
| 19 | P19 | 1 | 1 | 1 | 3 | 1 | 1 |
| 20 | P20 | 1 | 1 | 1 | 3 | 1 | 1 |
| 21 | P21 | 1 | 1 | 1 | 3 | 1 | 1 |
| 22 | P22 | 1 | 1 | 1 | 3 | 1 | 1 |
| 23 | P23 | 1 | 1 | 1 | 3 | 1 | 1 |
| 24 | P24 | 1 | 1 | 1 | 3 | 1 | 1 |
| 25 | P25 | 1 | 1 | 1 | 3 | 1 | 1 |
| 26 | P26 | 1 | 1 | 1 | 3 | 1 | 1 |
| 27 | P27 | 1 | 1 | 1 | 3 | 1 | 1 |
| 28 | P28 | 1 | 1 | 1 | 3 | 1 | 1 |
| 29 | P29 | 1 | 1 | 1 | 3 | 1 | 1 |
| 30 | P30 | 1 | 1 | 1 | 3 | 1 | 1 |