

DAFTAR PUSTAKA

- Agusdwitanti, Handini, Siti Marlia Tambunan, and Retnaningsih. "Kelekatan Dan Intimasi Pada Dewasa Awal." *Jurnal Psikologi* 8, no. 1 (2015): 18–24.
- Angri Novita Dewi, and Krismi Diah Ambarwati. "Hubungan Kelekatan Ayah Dengan Regulasi Emosi Pada Wanita Dewasa Awal Yang Bekerja Dan Belum Menikah." *Psyche 165 Journal* 16, no. 4 (2023): 282–87. <https://doi.org/10.35134/jpsy165.v16i4.291>.
- Annisa, Nida Muthi. "Kelekatan Terhadap Pasangan Pada Dewasa Awal." *Jipsi* 3, no. 2 (2021): 61–66. <https://doi.org/10.37278/jipsi.v3i2.439>.
- Aurellia, Fennisita, and Retha Arjadi. "Hubungan Kelekatan Romantis Dan Pengambilan Perspektif Diadik Pasangan Dengan Kepuasan Pernikahan." *Jurnal Psikologi Ulayat* 10 (2023): 131–50. <https://doi.org/10.24854/jpu609>.
- Azwar, Saifuddin. *Reliabilitas Dan Validitas*. Yogyakarta: Pustaka Belajar, 2018.
- Bachfischer, Agnieszka, and Irina M Harris. "Controlling Unwanted Memories : A Conceptual Review Grounded in the Process Model of Emotion Regulation." *Psychonomic Bulletin & Review*, 2025, 2824–48. <https://doi.org/10.3758/s13423-025-02745-y>.
- Berking, Matthias, Peggilee Wupperman, Alexander Reichardt, Tanja Pejic, Alexandra Dippel, and Hansjörg Znoj. "Emotion-Regulation Skills as a Treatment Target in Psychotherapy." *Behaviour Research and Therapy* 46, no. 11 (2008): 1230–37. <https://doi.org/https://doi.org/10.1016/j.brat.2008.08.005>.
- Bretherton, Inge. "The Origins of Attachment Theory." *Developmental Psychology* 28, no. 5 (1992): 759–75.
- Bulan, Yosinta S, and Fredericksen Victoranto Amseke. "Peran Kelekatan Teman Sebaya Dan Religiusitas Terhadap Regulasi Emosi Remaja Dengan Orang Tua

- Tunggal.” *Journal of Psychology Humanlight* 06, no. 01 (2025).
- Collins, Nancy L, and Stephen J Read. “Adult Attachment , Working Models , and Relationship Quality in Dating Couples” 58, no. 4 (1990): 644–63. <http://dx.doi.org/10.1037/0022-3514.58.4.644>.
- Creswell, John W., and J. David Creswell. *Fifth Edition Research Design Qualitativr, Quantitative, and Mixed Methods Approaches*. Sage Publications, 2018. <https://doi.org/10.4324/9780429469237>.
- D, Zeifman, and Hazan C. *Pair Bond as Attachments: Reevaluating the Evidence*. New York: Guilford Press, 2008.
- Damayanti, Nenden. “Hubungan Antara Tipe Kelekatan (Attachment Style) Dengan Kecemburuan Pada Pasangan Berpacaran Mahasiswa Fakultas Psikologi UIN Syarif Hidayatullah Jakarta,” 2010.
- Delhom, I, J C Melendez, and E Satorres. “The Regulation of Emotions: Gender Differences.” *European Psychiatry* 64, no. S1 (2021): S836–S836. <https://doi.org/DOI: 10.1192/j.eurpsy.2021.2209>.
- Diananda, Amita. “Kelekatan Anak Pada Orang Tua Dalam Meningkatkan Perkembangan Kognitif Dan Harga Diri.” *Journal Istighna* 3, no. 2 (2020): 141–57.
- Doménech, Pablo, Ana M. Tur-Porcar, and Vicenta Mestre-Escrivá. “Emotion Regulation and Self-Efficacy: The Mediating Role of Emotional Stability and Extraversion in Adolescence.” *Behavioral Sciences* 14, no. 3 (2024). <https://doi.org/10.3390/bs14030206>.
- Dwistia, Halen, Isti Koma, Sulis Dian Ningsih, and Citra Ayu Hidayah. “Analisis Pola Asuh Terhadap Emotional Regulation Anak Remaja Awal.” *Jurnal Ilmiah Pendidikan Dasar (JIPDAS)* 5, no. 1 (2025): 663–68.
- Fatihati, Anna Wike Diva, and Suci Nugraha. “Hubungan Gaya Kelekatan Dengan Tingkat Komitmen Kalangan Emerging Adulthood Kota Bandung.” In

- Bandung Conference Series: Psychology Science*, 641–50, 2026.
<https://doi.org/https://doi.org/10.29313/bcsps.v6i1.22815>.
- Fávero, Marisalva, Lúcia Lemos, Diana Moreira, Filipe Nunes Ribeiro, and Valéria Sousa-Gomes. “Romantic Attachment and Difficulties in Emotion Regulation on Dyadic Adjustment: A Comprehensive Literature Review.” *Frontiers in Psychology* 12, no. December (2021).
<https://doi.org/10.3389/fpsyg.2021.723823>.
- Firdauza, N.A, and M.F Tantiani. “Regulasi Emosi Ditinjau Dari Strategi Cognitive Reappraisal Dan Expressive Suppression.” *Psymphatic: Jurnal Ilmiah Psikologi* 8, no. 1 (2021): 81–94.
- Fraley, R. Chris, and Phillip R. Shaver. “Adult Romantic Attachment: Theoretical Developments, Emerging Controversies, and Unanswered Questions.” *Review of General Psychology* 4, no. 2 (2000): 132–54. <https://doi.org/10.1037/1089-2680.4.2.132>.
- Ghozali, Imam. *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 25*. Semarang: Badan Penerbit Universtas Diponegoro, 2021.
- Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More Than IQ*. Jakarta: Gramedia Pustaka Utama, 2004.
- Green, Samuel B, and Samuel B Green. “Multivariate Behavioral How Many Subjects Does It Take To Do A Regression Analysis How Many Subjects Does It Take To Do A Regression Analysis ?,” no. May 2013 (2010): 37–41.
- Gross, James J. *Handbook of Emotion Regulation, 1st Edition*. New York: Guilford Press, 2006.
- . “The Emerging Field of Emotion Regulation: An Integrative Review.” *Review of General Psychology* 2 3 (1998).
- Harningrum, Agatha Kasuma. *Regulasi Emosi Pada Korban Toxic Relationship (Studi Fenomenologi)*, 2023.

- Hazan, Cindy, and Phillip Shaver. "Romantic Love Conceptualized as an Attachment Process." In *Interpersonal Development*, 283–96. Taylor and Francis, 2017. <https://doi.org/10.4324/9781351153683-17>.
- Hepper, Erica G., and Katherine B. Carnelley. "Attachment and Romantic Relationships: The Roles of Models of Self and Other." *Journal of Personality and Social Psychology* 1, no. January (2012): 133–54.
- Hidayah, Bidayatul, Amarina Ashar Ariyanto, and Sugeng Hariyadi. "Apakah Emotional Intelligence Dipengaruhi Gender?: Analisis Perbedaan Kecerdasan Emosi Kaitannya Dengan Manajemen Konflik Suami-Isteri Dalam Masa Kritis Perkawinan." *Jurnal Psikologi Udayana* 7, no. 2 (2020): 43. <https://doi.org/10.24843/jpu.2020.v07.i02.p05>.
- Kasdim, Riska, and Yohanes Budiarto. "Attachment Style Dalam Hubungan Romantis Pada Wanita Emerging Adulthood Yang Mengalami Fatherlessness." *Jurnal Review Pendidikan Dan Pengajaran* 7, no. 4 (2024).
- Katadata. "Studi Generasi Muda Dan Hubungan Romantis." Katadata Insight Center, 2021.
- Kouri, Georgia, Nathalie Meuwly, Marianne Richter, and Dominik Schoebi. "Attachment Insecurities, Emotion Dynamics and Stress in Intimate Relationships During the Transition to Parenthood." *BMC Psychology* 12, no. 1 (2024): 1–12. <https://doi.org/10.1186/s40359-024-01775-w>.
- Krisdhianti, Febycia Eprilie. "Pengaruh Antara Attachment Styles Dengan Kecemburuan." Universitas Airlangga, 2024.
- Kustanto, Nabilla Desmasari, and Riza Noviana Khoirunnisa. "Hubungan Antara Peer Attachment Dengan Regulasi Emosi Pada Mahasiswa Tingkat Akhir." *Character Jurnal Penelitian Psikologi* 9, no. 5 (2022): 134–42.
- Lewis, Marc H., Jeannette M. Haviland-Jones, and Lisa Feldman Barrett. *Handbook of Emotions, 3rd Ed.* New York: Guilford Press, 2008.

- Makata, Ridha Ardina. "Attachment Style Pada Perempuan Dewasa Awal Dengan Pola Asuh Otoriter: Studi Kasus Pada Mahasiswa Universitas Islam Negeri Sunan Gunung Djati Bandung." UIN Sunan Gunung Djati Bandung, 2024.
- Martono, Nanang. *Metode Penelitian Kuantitatif*. Jakarta: Rajawali Pers, 2014.
- Medellu, Gita Irianda Rizkyani, and Fathimah Adilla Azzahra. "Emotion Regulation Strategies on Family Functioning among Young Married Couples." *TAZKIYA Journal of Psychology* 10, no. 2 (2022): 132–44. <https://doi.org/10.15408/tazkiya.v10i2.22782>.
- Mesquita, Batja. "The Legacy of Nico H. Frijda (1927–2015)." *Cognition and Emotion* 30, no. 4 (May 18, 2016): 603–8. <https://doi.org/10.1080/02699931.2015.1132681>.
- Mosannenzadeh, Farnaz, Maartje Luijten, Dominique F Maciejewski, Grace V Wiewel, and Johan C Karremans. "Adult Attachment and Emotion Regulation Flexibility in Romantic Relationships." *Journal Behavioral Sciences*, 2024.
- Nada, Alfaini Zulfa, and Elok Halimatus. "Attachment Dan Penyesuaian Emosional Pasangan Pada Masa Awal Pernikahan." *Jurnal Penelitian Inovatif (JUPIN)* 6, no. 1 (2026): 543–50.
- Napitupulu, Evi Enitari, Mia Rachel Lorenza Lumban Toruan, and Monika Simanjuntak. "Pola Komunikasi Suami Istri Dalam Penyelesaian Masalah Di Awal Masa Pernikahan." *Jurnal Teknologi, Kesehatan & Ilmu Sosial* 5, no. 1 (2023): 47–55. <http://e-journal.sari-mutiara.ac.id/index.php/tekesnos>.
- Nasution, Fauziah, Annisa Wibowo, Tania May Sabrina Nasution, and Innayya Rahmadhini Edith. "Konsep Dasar, Ruang Lingkup Psikologi Dewasa Dan Manula, Kondisi Dewasa Awal." *Jurnal Ilmu Psikologi Dan Kesehatan* 1, no. 1 (2024): 39–48. <https://doi.org/10.54443/sikontan.v1i1.356>.
- Novera, Wulan Rahmadia, Harlina Ramelan, Elvira Khorul Ulmi, Amalia Husna, and Imam Muthie. "Pengaruh Pola Asuh Dan Attachment Terhadap Kemandirian Anak Usia Dini." *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini* 9, no. 5

(2025): 1521.

Oktafiani, Anisa. “Hubungan Antara Kelekatan Dan Kepribadian Neurotisme Dengan Regulasi Emosi Pada Siswa Kelas X SMAN 1 JEPARA.” Universitas Islam Sultan Agung Semarang, 2025.

Pascuzzo, Katherine, Chantal Cyr, and Ellen Moss. “Longitudinal Association between Adolescent Attachment, Adult Romantic Attachment, and Emotion Regulation Strategies.” *Attachment & Human Development* 15, no. 1 (2013): 83–103. <https://doi.org/10.1080/14616734.2013.745713>.

Pratiwi, Ira Pramatasari, and Satiningsih. “Perbedaan Quality Of Friendship Ditinjau Dari Attachment Style Pada Mahasiswa Selama Pembelajaran Jarak Jauh.” *Jurnal Penelitian Psikologi* 9, no. 5 (2022): 164–73. <https://ejournal.unesa.ac.id/index.php/character/issue/view/2626>.

Putri, Arum Erlita, and Fitri Ayu Kusumaningrum. “The Relationship Between Emotional Expression and Marital Satisfaction Among Couples Living with Parents or In-Laws.” *Unisia* 42, no. 1 (2024): 127–68. <https://doi.org/10.20885/unisia.vol42.iss1.art6>.

Putri, Dea Ananda. “Gambaran Regulasi Emosi Pada Mahasiswa Yang Melakukan Self-Harm Di Kota Jambi.” UNIVERSITAS JAMBI, 2025.

Putri Dimas, Annisa, Dian Novita Siswanti, and Wilda Ansar. “Hubungan Kelekatan Orang Dewasa Dengan Regulasi Emosi Pada Masa Dewasa Awal.” *Jurnal Pendidikan, Sosial Dan Humaniora* 2, no. 6 (2023): 1133–39.

Putri, Endang Citra Kumala, and Roswiyani. “Pengaruh Attachment Style Terhadap Kepuasan Hubungan Romantis Pada Dewasa Awal Yang Mengalami Perceraian Orang Tua.” *Jurnal Ilmiah PGSD STKIP Subang* 11, no. 03 (2025): 250–66. <https://doi.org/10.1037/0033-3204.38.4.466>.

Rahman, Ira Nurhidayah, Nurfitriany Fakhri, and Tri Sulastri. “Analisis Relasi Antara Keyakinan Romantis Dan Gaya Kelekatan Dalam Konteks Ketidaksadaran Status Hubungan Pada Perselingkuhan.” *G-Couns: Jurnal*

Bimbingan Dan Konseling 9, no. 3 (2025): 1557–70.

Ratnasari, Ratih, Elli Nur Hayati, and Khoiruddin Bashori. “Self Disclosure Media Sosial Pada Fase Kehidupan Dewasa Awal.” *Jurnal Diversita* 7, no. 2 (2021): 141–47. <https://doi.org/10.31289/diversita.v7i2.4511>.

Rothbaum, Fred, John Weisz, Martha Pott, Kazuo Miyake, and Gilda Morelli. “Attachment and Culture: Security in the United States and Japan.” *American Psychologist* 55, no. 10 (2000): 1093.

Setyaningsih, Setyaningsih. “Pengaruh Situasi Sosial Dan Nilai Budaya Madura Terhadap Regulasi Emosi Individu Etnis Madura.” *Personifikasi: Jurnal Ilmu Psikologi* 12, no. 1 (2021): 21–37.

Spagnuolo, Flavia, Antonella Somma, Andrea Fossati, Martin Sellbom, and Carlo Garofalo. “Psychopathic Traits and Romantic Attachment: The Mediating Role of Emotion Dysregulation.” *Clinical Neuropsychiatry* 21, no. 4 (2024): 299–312. <https://doi.org/10.36131/cnforitieditore20240406>.

Statistik, Badan Pusat. “Jumlah Perceraian Menurut Provinsi Dan Faktor Penyebab Perceraian (Perkara), 2024.” Badan Pusat Statistik, 2024. <https://www.bps.go.id/id/statistics-table/3/YVdoU1IwVmlTM2h4YzFoV1psWkViRXhqTlZwRFVUMDkjMw==/jumlah-perceraian-menurut-provinsi-dan-faktor-penyebab-perceraian--perkara---2022.html?year=2024>.

Sugitri, Pupung, and Susi Fitri. “Penggunaan Rasch Model Untuk Analisis Instrumen Adult Attachment Scale.” *Journal of Education Research* 5, no. 2 (2024): 2338–45.

Sugiyono. *Metode Penelitian Kuantitatif, Kualitatif, Dan R&D*. Bandung: CV. Alfabeta, 2022.

Suryadi, Denrich, and Sherly. “Pengaruh Adult Attachment Style Terhadap Kepuasan Pernikahan Pada Dewasa Awal.” *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni* 6, no. 2 (2022): 386–92. <https://doi.org/10.24912/>.

- Thompson, Ross A. "Emotion Regulation: A Theme in Search of Definition." *Monographs of the Society for Research in Child Development* 3 (2001): 25–52.
- Thompson, Ross A. "Emotion Regulation: A Theme in Search of Definition." *Monographs of the Society for Research in Child Development*, 1994, 25–52.
- Wardania, Siti. "Hubungan Regulasi Emosi Dengan Resiliensi Pada Broken Home Di SMP Islam Ngebruk Kabupaten Malang." Universitas Islam Negeri Maulana Malik Ibrahim, 2025.
- Wulan, Dwi Kencana, and Khusnul Chotimah. "Peran Regulasi Emosi Dalam Kepuasan Pernikahan Pada Pasangan Suami Istri Usia Dewasa Awal." *Jurnal Ecopsy* 4, no. 1 (2017): 58. <https://doi.org/10.20527/ecopsy.v4i1.3417>.