

DAFTAR PUSTAKA

- Abdullah, M. (2020). *Eksistensi Fenomena Quarter-Life Crisis Pada Mahasiswa Semester Akhir Universitas Sumatera Utara*.
- Afnan. (2020). Hubungan Efikasi Diri dengan Stress Pada Mahasiswa yang Berada dalam Fase Quarter Life Crisis. *Jurnal Kognisia*, 3(1), 23–29.
- Agarwal, S., Guntuku, S. C., Robinson, O. C., Dunn, A., & Ungar, L. H. (2020). Examining the Phenomenon of Quarter-Life Crisis Through Artificial Intelligence and the Language of Twitter. *Frontiers in Psychology*, 11. <https://doi.org/10.3389/fpsyg.2020.00341>
- Agustin, I. (2012). Terapi dengan Pendekatan Solution Focused pada Individu yang Mengalami Quarter Life Crisis. *Tesis Psikologi*.
- Amanda Biggs, Paula Brough, dan S. D. (2017). Lazarus and Folkman's Psychological Stress and Coping Theory. In J. C. Q. Cary Cooper (Ed.), *The Handbook of Stress and Health: A Guide to Research and Practice, First Edition* (pp. 92–127). <https://doi.org/10.2307/j.ctt1t88tvs.7>
- Annisa, A. (2020). *Strategi Coping Pada Individu Beranjak Dewasa Yang Mengalami Krisis Hidup Seperempat Abad*. Universitas Airlangga.
- Arnett, Jeffrey J., Žukauskiene, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18-29 years: Implications for mental health. *The Lancet Psychiatry*, 1(7), 569–576. [https://doi.org/10.1016/S2215-0366\(14\)00080-7](https://doi.org/10.1016/S2215-0366(14)00080-7)
- Arnett, Jeffrey Jensen. (2015). College Students as Emerging Adults: The Developmental Implications of the College Context. *Emerging Adulthood*, 4(3), 219–222. <https://doi.org/10.1177/2167696815587422>
- Bandura, A. (1986). *Social Foundation of Thought and Action : A Social Cognitive Theory*. (p. hlm.393-395). Englewood Cliffs, New York : Prentice Hall.
- Bandura, A. (1994). *Self Efficacy*. In V.S. Ramachaudran (Ed), *Enciclopedia of human behavior: Vol. Vol.4* (p. pp 71-81). New York : Academic Press.
- Barnett, P., Arundell, L. L., Saunders, R., Matthews, H., & Pilling, S. (2021). The efficacy of psychological interventions for the prevention and treatment of mental health disorders in university students: A systematic review and meta-analysis. *Journal of Affective Disorders*, 280(PA), 381–406.

<https://doi.org/10.1016/j.jad.2020.10.060>

- Brandstätter, V., & Herrmann, M. (2016). Goal disengagement in emerging adulthood: The adaptive potential of action crises. *International Journal of Behavioral Development*, 40(2), 117–125. <https://doi.org/10.1177/0165025415597550>
- Datu, J. A. D., & Jose Mateo, N. (2020). Character strengths, academic self-efficacy, and well-being outcomes in the Philippines: A longitudinal study. *Children and Youth Services Review*, 119(August), 105649. <https://doi.org/10.1016/j.chilyouth.2020.105649>
- Flynn, S. (2020). Critical disability studies and quarter life crisis: Theorising life stage transitional crisis for disabled emerging adults. *Disability and Society*, 0(0), 1–23. <https://doi.org/10.1080/09687599.2020.1822783>
- Habibie, A., Syakarofath, N. A., & Anwar, Z. (2019). *Peran Religiusitas terhadap Quarter-Life Crisis (QLC) pada Mahasiswa*. 5(2), 129–138. <https://doi.org/10.22146/gamajop.48948>
- Herawati, I., Hidayat, A., & Riau, U. I. (2020). *Quarterlife crisis pada masa dewasa awal di pekanbaru*. 5(2), 145–156. <https://doi.org/10.33367/psi.v5i2.1036>
- Jeffords, J. R., Bayly, B. L., Bumpus, M. F., & Hill, L. G. (2020). Investigating the Relationship Between University Students' Psychological Flexibility and College Self-Efficacy. *Journal of College Student Retention: Research, Theory and Practice*, 22(2), 351–372. <https://doi.org/10.1177/1521025117751071>
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer Publishing Company, Inc.
- Mortimer, J. T., Kim, M., Staff, J., & Vuolo, M. (2016). Unemployment, Parental Help, and Self-Efficacy During the Transition to Adulthood. *Work and Occupations*, 43(4), 434–465. <https://doi.org/10.1177/0730888416656904>
- Murphy Maired. (2011). *Emerging Aduthood in Ireland: Is The Quarter-life Crisis A Common Experience?* Dublin Institute of Technology.
- Mutiara, Y. (2018). Quarter Life Crisis mahasiswa BKI Tingkat Akhir. *Yogyakarta. UIN SUNAN KALIJAGA*.
- Muttaqien, F. (2020). Hubungan Self Efficacy Dengan Quarter Life Crisis Pada Mahasiswa Fakultas Psikologi Universitas Islam Negeri Maulana Malik Ibrahim Malang Angkatan 2015. *Psikoislamedia Jurnal Psikolog*, 5, 1.

- Nugroho, B. S., & Aryani, D. S. (2020). The Influence of Systemic Racism on Quarter-Life Crisis in The Autobiography of Malcolm X (As Told to Alex Haley). *International Journal of English Literature and Social Sciences*, 5(5), 1517–1525. <https://doi.org/10.22161/ijels.55.26>
- Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan* (5th ed.). Salemba Medika.
- Olatunji, O. A., Idemudia, E. S., & Olawa, B. D. (2020). Family support, self-efficacy and suicidal ideation at emerging adulthood: a mediation analysis. *International Journal of Adolescence and Youth*, 25(1), 920–931. <https://doi.org/10.1080/02673843.2020.1779762>
- Olivia, S. (2015). *Deteksi Dini Psikologi Balita Hingga Manula*. Gramedia.
- Putri, A. R. (2020). *Hubungan antara dukungan sosial dengan quarter life crisis pada mahasiswa tingkat akhir*. Universitas Islam Negeri Raden Intan Lampung.
- Qolbi, F. H. (2020). Masa Emerging Adulthood pada Mahasiswa: Kecemasan akan Masa Depan, Kesejahteraan Subjektif, dan Religiusitas Islam. *Psikoislamika : Jurnal Psikologi Dan Psikologi Islam*, 17(1), 44. <https://doi.org/10.18860/psi.v17i1.8821>
- Rabei, S., Ramadan, S., & Abdallah, N. (2020). Self-efficacy and future anxiety among students of nursing and education colleges of Helwan University. *Middle East Current Psychiatry*, 27(1). <https://doi.org/10.1186/s43045-020-00049-6>
- Robinson, O. C. (2019). A Longitudinal Mixed-Methods Case Study of Quarter-Life Crisis During the Post-university Transition: Locked-Out and Locked-In Forms in Combination. *Emerging Adulthood*, 7(3), 167–179. <https://doi.org/10.1177/2167696818764144>
- Robinson, O. C., Cimporescu, M., & Thompson, T. (2020). Wellbeing , Developmental Crisis and Residential Status in the Year After Graduating from Higher Education : A 12 - Month Longitudinal Study. *Journal of Adult Development*, 0123456789. <https://doi.org/10.1007/s10804-020-09361-1>
- Rosalinda, I., & Michael, T. (2019). Pengaruh Harga Diri Terhadap Preferensi Pemilihan Pasangan Hidup Pada Wanita Dewasa Awal Yang Mengalami Quarter-Life Crisis. *JPPP - Jurnal Penelitian Dan Pengukuran Psikologi*, 8(1), 20–26. <https://doi.org/10.21009/jppp.081.03>
- Schwarzer, R., & Jerusalem, M. (1995). *Generalized Self-Efficacy scale*. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's*

portfolio. Causal and control beliefs (pp. 35–37). NFER-NELSON.

Suardiantari, L. N., & Rustika, I. M. (2019). Peran kecerdasan emosional dan efikasi diri terhadap problem focused coping pada mahasiswa preklinik Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Udayana. *Jurnal Psikologi Udayana*, 6(3), 99–110.

Sumatha, A. R. (2020). Pengaruh Trait Kepriban Neuroticism Terhadap Quarter Life Crisis Dimediasi Oleh Harapan Pada Mahasiswa Tingkat Akhir Universitas Islam Negeri Maulana Malik Ibrahim Malang. *Skripsi*. <http://etheses.uin-malang.ac.id/id/eprint/19370>

Volková, A., & Dušková, P. (2015). Specific Fears in Emerging Adulthood among Czech Undergraduate Students. *Procedia - Social and Behavioral Sciences*, 171, 487–493. <https://doi.org/10.1016/j.sbspro.2015.01.151>

Walshe, Ó. (2018). *The Quarter-Life Crisis: Investigating emotional intelligence, self-esteem and maximization as predictors of coping self-efficacy*. <https://esource.dbs.ie/handle/10788/3449>

Wood, D., Crapnell T., Lau, L., Bennett, A., Lotstein, D., Ferris, M., & Kuo, A. (2018). Emerging adulthood as a critical stage in the life course. In: Halfon N., Forrest C., Lerner R., Faustman E. (Eds.). In *Handbook of Life Course Health Development* (pp. 123–143). Springer.

World Health Organisation (WHO). (2019). *Suicide: One person dies every 40 seconds*. <https://www.who.int/news/item/09-09-2019-suicide-one-person-dies-every-40-seconds>

Wulandari, M., Umaroh, S. K., & Mariskha, S. E. (2020). Pengaruh Efikasi Diri Dan Kontrol Diri Terhadap Prokrastinasi Akademik Pada Mahasiswa Universitas 17 Agustus 1945 Samarinda. *Motiva Jurnal Psikologi*, 3(1), 35. <https://doi.org/10.31293/mv.v3i1.4808>

Zander, L., Brouwer, J., Jansen, E., Crayen, C., & Hannover, B. (2018). Academic self-efficacy, growth mindsets, and university students' integration in academic and social support networks. *Learning and Individual Differences*, 62(January), 98–107. <https://doi.org/10.1016/j.lindif.2018.01.012>

Zusya, A. R., & Akmal, S. Z. (2016). Hubungan Self Efficacy Akademik dengan Prokrastinasi Akademik pada Mahasiswa yang Sedang Menyelesaikan Skripsi. *Psympathic : Jurnal Ilmiah Psikologi*, 3(2), 191–200. <https://doi.org/10.15575/psy.v3i2.900>