

DAFTAR PUSTAKA

- Adamczyk, K. (2016). An investigation of loneliness and perceived social support among single and partnered young adults. *Current Psychology*, 35, 674–689. doi: 10.1007/s12144-015-9337-7.
- Addalia, A. (2019). *Hubungan antara fear of intimacy dan social and emotional loneliness pada dewasa muda yang single = The relationship between fear of intimacy and social and emotional loneliness in single early adulthood* (Thesis). Retrieved from <http://repository.uph.edu/id/eprint/8594>.
- Arumdina, A. F. (2013). Pengaruh Kesepian Terhadap Pemilihan Pasangan Hidup Pada Dewasa Awal Yang Masih Lajang. *Jurnal Psikologi Pendidikan dan Perkembangan*, 2(3), 160-169.
- Akin, A. (2010). Self-compassion and loneliness. *International Online Journal of Educational Sciences*, 2, 702-718.
- Akram, W. (2018). A study on positive and negative effects of social media on society. *IJCSE*, 5(10), 347-354.
- Aldao, A. (2013). The future of emotion regulation research capturing context. *Perspective on Psychological Science*, 8(2), 155-172. doi:10.1177/1745691612459518
- Anindita, G. (2017). *Hubungan antara kesepian dan intensi berselingkuh pada pernikahan*. Yogyakarta: Universitas Sanata Dharma.
- Badan Pusat Statistik. (2010). *Sensus penduduk 2010*. Jakarta: BPS.
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27-45. doi: 10.1177/1073191105283504.
- Baer, R. A., Smith, G. T. & Allen, K.B. (2004). Assessment of mindfulness by self-report the kentucky inventory of mindfulness skills. *Assessment*, 11, 191-206. doi: 10.1177/1073191104268029.
- Baer, R.A. (2003). Mindfulness training as a clinical intervention. A conceptual and empirical review. *Clinical Psychology: Science and Practice*. 10 (2), 25-43.
- Ballard, J. (31 Juli 2019). Millennials are the loneliest generation. YouGov. Diunduh dari <https://today.yougov.com/topics/lifestyle/articles-reports/2019/07/30/loneliness-friendship-new-friends-poll-survey> pada tanggal 27 Agustus 2020
- Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. C., Carmody, J., et al. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice*, 11, 230-241. doi:10.1093/clipsy/bph077
- Brehm, S. S., Miller, R. S., Perlman, D., & Campbell, S. M. (2002). *Intimate relationships* (3th ed.). New York: McGraw-Hill.
- Brown, K. W., Ryan, R.M., & Weinstein, N. (2008). A multi method examination of the effects of mindfulness on stress attribution coping, and emotional well being. *Journal of Researcr in Personality*, 43. 374-385.

- Butler, E. A., Egloff, B., Wilhelm, F. H., Smith, N. C., Erickson, E. A., & Gross, J. J. (2003). The social consequences of expressive suppression. *Emotion*, 3, 48–67.
- Bozorgpour, F., & Salimi, A. (2012). State self-esteem, loneliness and life satisfaction. *Procedia-Social and Behavioral Sciences*, 69. doi:10.1016/j.sbspro.2012.12.157
- Cacioppo, J. T., Cacioppo, S., Cole, S. W., Capitanio, J. P., Goossens, L., & Boomsma, D. I. (2015). Loneliness across phylogeny and a call for animal models. *Perspectives on Psychological Science*, 10, 202–212.
- Cacioppo J. T., & William P. (2008). *Loneliness: human nature and the need for social connection*. New York: Norton.
- Caldwell, J. G., & Shaver, P. R. (2013). Mediators of the link between adult attachment and mindfulness. *Interpersona: An International Journal on Personal Relationships*, 7, 299-310. doi:10.5964/ijpr.v7i2.133.
- Capacchione, L. (2006). *The Art of Emotional Healing*. Boston : Shambhala.
- Carstensen, L.L., Pasupathi, M., Mayr, U., & Nesselroade, J.R. (2000). Emotional experience in everyday life across the adult life span. *Journal of Personality and Social Psychology*, 79, 644-655. doi:10.1037/0022-3514.79.4.644
- Carstensen, L.L., Turan, B., Scheibe, S., Ram, N., Ersner-Hershfield, H., Samanez-Larkin, G.R., ... Nesselroade, J.R. (2011). Emotional experience improves with age: Evidence based on over 10 years of experience sampling. *Psychology and Aging*, 26, 21-33. doi:10.1037/a0021285
- Chang, E. C., Wan, L., Li, P., Guo, Y., He, J., Gu, Y., ... Hirsch, J. K. (2017). Loneliness and Suicidal Risk in Young Adults: Does Believing in a Changeable Future Help Minimize Suicidal Risk Among the Lonely? *The Journal of Psychology*, 151(5), 453–463. doi:10.1080/00223980.2017.1314928
- Cohen, E. D. (2010). *You are a social animal: Must limited funds exclude having a social life?* Retrieved from <https://www.psychologytoday.com/us/blog/what-would-aristotle/do/201009/you-are-social-animal>
- Coon, D. (2005). *Psychology a journey* (2nd ed.). USA: Thomson Wadsworth.
- Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2006). *Human Development* (7th edition). New York: McGraw-Hill.
- Darlington, R. B., & Hayes, A. F. (2017). *Regression analysis and linear models*. New York, New York: The Guilford Press.
- Davidson, R., & Lutz, A. (2008) Buddha's brain: neuroplasticity and meditation. *IEEE Signal Process Mag*. 25(1): 174–176.
- Dayakisni, T., & Hudaniah. (2009). *Psikologi Sosial*. Malang: UMM Press.
- Dekeyser, M., Raes, F., Leijssen, M., Leysen, S., & Dewulf, D. (2008). Mindfulness skills and interpersonal behaviour. *Personality and Individual Differences*, 44, 1235-1245. doi: 10.1016/j.paid.2007.11.018
- Desrosiers, A., Vine, V., Klemanski, D. H., & Nolen-Hoeksema, S. (2013). Mindfulness and emotion regulation in depression and anxiety: common and distinct mechanisms of action. *Depression and anxiety*, 30(7), 654–661. doi:10.1002/da.22124

- DiTommaso, E., Brannen, C., & Best, L. A. (2004). Measurement and validity characteristics of the short version of the social and emotional loneliness scale for adults. *Educational and Psychological Measurement*, 64(1), 99–119. doi:10.1177/0013164403258450.
- DiTommaso, E., & Spinner, B. (1997). Social and emotional loneliness: A reexamination of Weiss's typology of loneliness. *Person Individ Diff*, 22(3), 417-427.
- Dorjee, D. (2010). Kinds and dimensions of mindfulness: why it is important to distinguish them. *Mindfulness*, 1, 152-160. doi: 10.1007/s12671-010-0016-3
- Eres, R., Lim, M. H., Lanham, S., Jillard, C., & Bates, G. (2020). Loneliness and emotion regulation: Implications of having social anxiety disorder. *Australian Journal of Psychology*, 1-12. doi:10.1111/ajpy.12296
- Erikson, E. H. (1982). *The life cycle completed: A review*. New York: Norton.
- Everett, S. A., Malarcher, A. M., Sharp, D. J., Husten, C. G., & Giovino, G. A. (2000). Relationship between cigarette, smokeless tobacco, and cigar use, and other health risk behaviors among U.S. high school students. *Journal of School Health*, 70(6), 234–240. doi:10.1111/j.1746-1561.2000.tb07424.x
- Fairchild, A. J., & MacKinnon, D. P. (2009). A general model for testing mediation and moderation effects. *Prevention science : the official journal of the Society for Prevention Research*, 10(2), 87–99. doi.org/10.1007/s11121-008-0109-6
- Feldman, G., Hayes, A., Kumar, S., Greeson, J., & Laurenceau, J. P. (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CMS-R). *Journal of Psychopathology and Behavioral Assessment*, 29(3), 177–190. doi:10.1007/s10862-006-9035-8
- Fung, H.H., & Carstensen, L.L. (2006). Goals change when life's fragility is primed: Lessons learned from older adults. *Social Cognition*, 24, 248-278. doi:10.1521/soco.2006.24.3.248
- Garland, E. L., & Fredrickson, B. L. (2013). Mindfulness broadens awareness and builds meaning at the attention-emotion interface. In T. B. Kashdan & J. Ciarrochi (Eds.), *Mindfulness, acceptance, and positive psychology: the seven foundations of well-being*. Oakland: New Harbinger Publications, Inc.
- Goleman, D. (2007). *Kecerdasan Emosional*. Jakarta : Gramedia Pustaka Utama.
- Gravetter, F. J., & Forzano, L. B. (2012). *Research Methods for The Behavioral Sciences* (4th ed.). Belmont, CA : Wadsworth Cengage Learning.
- Gross, J.J. (2014). *Emotion regulation: Conceptual and empirical foundations*. In J.J. Gross (Ed.), *Handbook of emotion regulation* (2nd ed.) (pp. 3-20). New York, NY: Guilford.
- Gross, J.J. (2007). *Handbook of Emotion Regulation*. New York: The Guilford Press.
- Gross, J.J., & John, O.P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348-362.

- Hawley, L.C., & Cacioppo, J.T. (2010). Loneliness matters: a theoretical and empirical review of consequences and mechanisms. *Ann Behav Med*, 40, 218-27.
- Hayes, A.F. (2018). *Introduction to mediation, moderation, and conditional process Analysis* (2nd ed.). New York: The Guilford Press.
- Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour Research and Therapy*, 44(1), 1-25. doi:10.1016/j.brat.2005.06.006
- Herdyanti, F., & Margaretha, M. (2017). Hubungan antara konsep diri dengan kecenderungan menjadi korban bullying pada remaja awal. *Jurnal Psikologi Undip*, 15(2), 92-98.
- Hidayat, S. (2013). *Metode penelitian dan teknik analisa data*. Jakarta : Salemba Medika.
- Hill, C. L. M., & Updegraff, J. A. (2012). Mindfulness and its relationship to emotional regulation. *Emotion*, 12(1), 81–90. doi:10.1037/a0026355
- Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). No more fomo: Limiting social media decreases loneliness and depression. *Journal of Social and Clinical Psychology*, 37(10), 751-768.
- Hutt, R. (14 August 2019). *The millennial friendship crisis*. Retrieved from <https://www.weforum.org/agenda/2019/08/the-millennial-friendship-crisis/>.
- Huda, N. (2012). *Kontribusi dukungan sosial terhadap kepuasan hidup, afek menyenangkan dan afek tidak menyenangkan pada dewasa muda yang belum menikah*. Skripsi. Fakultas Psikologi Universitas Gunadarma.
- Hurlock, E. B. (1980). *Developmental psychology a life-span approach* 5th ed. New York: McGraw-Hill Companies.
- Iani, L., Lauriola, M., Chiesa, A., & Cafaro, V. (2018). Associations between mindfulness and emotion regulation: The key role of describing and nonreactivity. *Mindfulness*. doi:10.1007/s12671-018-0981-5
- Ibrahim, F. A., & Dykeman, C. (2011). Counseling muslim americans: Cultural and spiritual assessments. *Journal of Counseling & Development*, 89(4), 387-396. doi:10.1002/j.1556-6676.2011.tb02835.x
- John, O.P., & Gross, J.J. (2004). Healthy and unhealthy emotion regulation: Personality processes, individual differences, and life span development. *Journal of Personality*, 72, 1301-1334. doi:10.1111/j.1467-6494.2004.00298.x
- Kabat-Zinn, J. (2004). Mindfulness-based interventions in context : Past, present, and future. *Clinical Psychology : Science and Practice*, 10, 144-156
- Kalpidou, M., Costin, D., & Morris, J. (2011). The relationship between Facebook and the well-being of undergraduate college students. *Cyberpsychology, behavior and social networking*, 14(4), 183– 189. doi:10.1089/cyber.2010.0061
- Kementerian Pemberdayaan Perempuan dan Perlindungan Anak & Badan Pusat Statistik. (2018). *Statistik gender tematik: Profil generasi milenial Indonesia*. Jakarta: KPP dan PA dan BPS.

- Kemp, S. (30 January 2020). *Digital 2020 Global Overview Report*. Retrieved from <https://wearesocial.com/blog/2020/01/digital-2020-3-8-billion-people-use-social-media>.
- Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31, 1041-1056. doi:10.1016/j.cpr.2011.04.006
- Khairatul, J. D. (2013). *Faktor Penyebab dan Dampak Perselingkuhan dalam Pernikahan*. Yogyakarta: Universitas Ahmad Dahlan.
- Langer, E. J., & Moldoveanu, M. (2000). The construct of mindfullnes. *Journal of Social Issues*, 56(1). 1-9. doi: 10.1111/0022-4537.00148
- Langer, E. J. (2000). Mindful Learning. *Current Directions in Psychological Science*, 9(6), 220–223. <https://doi.org/10.1111/1467-8721.00099>
- Leigh, J., Bowen, S., & Marlatt, G. A. (2005). Spirituality, mindfulness and substance abuse. *Addictive behaviors*, 30, 1335-1341. doi:10.1016/j.addbeh.2005.01.010
- Lillis, J., & Hayes, S. C. (2007). Applying acceptance, mindfulness and value to the reduction of prejudice. *Behavior Modification*, 31(4), 389-411. doi:10.1177/0145445506298413
- Lingling, N. (2016). *Hubungan kesepian dengan keterbukaan diri pengguna online dating pada dewasa awal yang mencari pasangan*. Jakarta: Fakultas Psikologi Universitas Gunadarma.
- Lopes, P. N., Nezlek, J. B., Extremera, N., Hertel, J., Fernández-Berrocal, P., Schütz, A., & Salovey, P. (2011). Emotion regulation and the quality of social interaction: Does the ability to evaluate emotional situations and identify effective responses matter? *Journal of Personality*, 79(2), 429–467. doi:10.1111/j.1467-6494.2010.00689.x
- Maharjan, S. (2017). Is the relationship between trait mindfulness and psychological distress indirect. *Electronic Theses, Projects, and Dissertations*, 498. Retrieved from <https://scholarworks.lib.csusb.edu/etd/498>.
- Maheswari, J. & Dwiutami, L. (2013). Pola perilaku dewasa muda yang kecenderungan kecanduan situs jejaring sosial. *Jurnal Penelitian dan Pengukuran Psikologi*, 2(1), 51-62. Doi: 10.21009/JPPP
- Malone, J.C., Liu, S. R., Vaillant, G. E., Rentz, D. M., & Waldinger, R. J. (2016) Midlife Eriksonian psychosocial development: Setting the stage for late-life cognitive and emotional health. *Dev Psychol*, 52(3), 496-508. doi:10.1037/a0039875
- Martin, A. D. (2003). *Emotional Quality Management*. Jakarta: HR Excellency.
- Matthews, T., Danese, A., Wertz, J., Odgers, C. L., Ambler, A., Moffitt, T. E., & Arseneault, L. (2016). Social isolation, loneliness and depression in young adulthood: a behavioural genetic analysis. *Social psychiatry and psychiatric epidemiology*, 51(3), 339–348. <https://doi.org/10.1007/s00127-016-1178-7>
- Mawardah, M., & Adiyanti. (2014). Regulasi emosi dan kelompok teman sebaya pelaku cyberbullying. *Journal Psikologi*, 41(1), 60-73.
- Miners, R. (2008). Collected and connected: Mindfulness and the early adolescent. *Dissertations abstracts international: Section B. The Sciences and Engineering*, 68, 9.

- Miyamoto, Y., & Schwarz, N. (2006). When conveying a message may hurt the relationship: Cultural differences in the difficulty of using an answering machine. *Journal of Experimental Social Psychology*, 42, 540-547.
- Moghaddam, F. M. (2016). *The Psychology of Democracy*. Washington, DC : APA (American Psychological Association).
- Moore, S.A., Zoellner, L.A., Mollenholdt, N. (2008). Are expressive suppression and cognitive reappraisal associated with stress-related symptoms? *Behaviour Research and Therapy*, 46.
- Muta'ali, L., Marwast, D., & Christanto, J. (2018). *Pengelolaan wilayah perbatasan NKRI*. UGM PRESS.
- Nadiarenita, A., & Hidayah, N. (2018). Analisis teori ekspresi cinta remaja sebagai pencegahan perilaku seksual berisiko dengan menggunakan strategi penekanan ekspresif. *Indonesian Journal of Educational Counseling*, 2(2), 151-162. doi:10.30653/001.201822.28
- Nikmanesh, Z., Kazemi, Y., & Khosravi, M. (2015). Role of feeling of loneliness and emotion regulation difficulty on drug abuse. *International Journal of Medical Toxicology and Forensic Medicine*, 5(4), 185-91.
- Nuryani, & Supradewi, R. (2017). Dukungan sosial dan rasa memiliki terhadap kesepian pada mahasiswa perantau semester awal di Universitas Diponegoro. *Proyeksi*, 12(2), 35-42.
- Nyklicek, I. (2011). Mindfulness, emotion regulation, and well-being. In I. Nyklicek, A., Vingerhoets, & Zeelenberg, M. (Eds.), *Emotion regulation and well-being*. New York: Springer.
- Oktaria, R. (2013). *Kesepian pada usia pria lanjut usia yang melajang*. Jakarta: Fakultas Psikologi Universitas Gunadarma.
- Palfrey, J., & Gasser, U. (2008). *Born digital: Understanding the first generation of digital natives*. Basic Books.
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2009). *Human Development* (9th ed.). New York: The Mc Graw-Hill Companies, Inc.
- Peplau, L. A., & Perlman, D. (1982). *Loneliness: A sourcebook of current theory, research & therapy*. Canada: John Wiley & Sons, Inc.
- Prabowo, B. A. (2019). *Pengaruh mindfulness terhadap college adjustment pada mahasiswa tahun pertama universitas negeri jakarta* (Thesis). Retrieved from <http://repository.unj.ac.id/id/eprint/3041>
- Prakash, R.S., Hussain, M.A., & Schirda, B. (2015). The role of emotion regulation and cognitive control in the association between mindfulness disposition and stress. *Psychology and Aging*, 30(1), 160-171. doi:10.1037/a0038544
- Prensky, M. (2009). H. sapiens digital: From digital immigrants and digital natives to digital wisdom. *Innovate: Journal of Online Education*, 5(3).
- Primack, B.A., Shensa, A., Sidani, J.E., Whaite, E.O., Lin, L.Y., Rosen, D., Colditz, J.B., Radovic, A., & Miller, E. (2017). Social Media Use and Perceived Social Isolation Among Young Adults in the U.S. *Am J Prev Med*, 53(1):1-8. doi: 10.1016/j.amepre.2017.01.010
- Quirk, G. J., & Beer, J. S. (2006). Prefrontal involvement in the regulation of emotion: convergence of rat and human studies. *Current Opinion in Neurobiology*, 16(6), 723-727.

- Rahman, A., Bairagi, A., Dey, B. K., & Nahar, L. (2012). Loneliness and Depression in University Students. *The Chittagong University J. Biological Science*, 7(1&2), 175-189.
- Rosenstreich, E., & Margalit, M. (2015). Loneliness, mindfulness, and academic achievement: A moderation effect among first year college students. *The Open Psychology Journal*, 2, 138-145.
- Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). The revised UCLA Loneliness Scale: Concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology*, 39(3), 472–480. doi:10.1037/0022-3514.39.3.472
- Salmon, P., Sephton, S., Weissbecke, I., Hoover, K., Ulmer, C. & Studts, J. I. (2004). Mindfulness meditation in clinical practice. *Cognitive and Behavioural Practice*, 11, 434-46.
- Samovar, L., & Porter, R. (2010). *Komunikasi Lintas Budaya*. Jakarta: Salemba Humanika
- Santrock, J. W. (2019). *Life-span development* (7th ed.). New York: McGraw-Hill Education.
- Sari, I. P., & Ratih, A. L. (2015). *Hubungan antara resiliensi dengan kesepian (loneliness) pada dewasa muda lajang*. Seminar Ilmiah Nasional Psikologi, Ekonomi, Sastra, Arsitektur, dan Teknik Sipil 2015, Jakarta, Indonesia. Universitas Gunadarma..
- Shabnoor, S., & Tajinder, S. (2016). Social media its impact with positive and negative aspects. *IJCATR*, 5(2), 71 - 75.
- Shahjahan, A.T.M., & Chisty, K. (2014). Social media research and its effect on our society. *IJCATR*, 8(6), 2009-2013.
- Sheldon, P. (2008). The relationship between unwillingness-to-communicate and students' Facebook use. *Journal of Media Psychology: Theories, Methods, and Applications*, 20(2), 67–75. doi:10.1027/1864-1105.20.2.67
- Singh K., & Srivastava, S. K. (2014). Loneliness and quality of life among elderly people. *Journal of Psychosocial Research*, 9(1), 11-18.
- Song, H., Zmyslinski-Seelig, A., Kim, J., Drent, A., Victor, A., Omori, K., & Allen, M. (2014). Does Facebook make you lonely?: A meta analysis. *Computers in Human Behavior*, 36, 446–452. doi:10.1016/j.chb.2014.04.011.
- Srivastava, N., & Agarwal, S. (2014). Loneliness among young adults: A Comparative Study. *European Academic Research*, 2(3), 4351-4356.
- Sugiyono (2018). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung: Alfabeta.
- Sujarwoto, S., Tampubolon, G., & Pierewan, A.C. (2019). A Tool to help or harm? Online social media use and adult mental health in Indonesia. *International Journal of Mental Health and Addiction*. 17, 1076–1093. doi:10.1007/s11469-019-00069-2.
- Sukmaningpraja, A., & Santhoso, F. H. (2016). Peran regulasi emosi terhadap resiliensi pada siswa sekolah berasrama berbasis semi militer. *Gadjah Mada Journal of Psychology*, 2(3), 184-191.
- Tamir, M., John, O. P., Srivastava, S., & Gross, J. J. (2007). Implicit theories of emotion: Affective and social outcomes across a major life transition. *Social Psychology*, 92, 731–744. doi: 10.1037/0022-3514.92.4.731

- Taylor, S. E., Peplau, L. A., & Sears, D. O. (2009). *Psikologi Sosial* (edisi kelima). Jakarta: Kencana.
- Thompson, R.L., Brossart, D.F., Carlozzi, A.F., & Miville, M.L. (2002). Five-factor model (big five) personality traits and universal-diverse orientation in counselor trainees. *Journal of Psychology*, 136, 561-572.
- Thompson, R. A. (1994). Emotion Regulation : A theme in search definition. *Monograph to the Society for Research in Child Development*, 59, 2-3.
- Trentacosta, C. J., & Fine, S. E. (2010). Emotion knowledge, social competence, and behavior problems in childhood and adolescence: a meta-analytic review. *Social Development*. 19, 1–29. doi: 10.1111/j.1467-9507.2009.00543.x
- Umniyah, & Afiatin, T. (2009). Pengaruh pelatihan pemasatan perhatian (mindfulness) terhadap peningkatan empati perawat. *Jurnal Intervensi Psikologi*, 1(1), 17-40. doi:10.20885/intervensipsikologi.vol1.iss1.art2
- Ussher, J. M., & Perz, J. (2013). PMS as a process of negotiation: women's experience and management of premenstrual distress. *Psychology & health*, 28(8), 909–927. doi:10.1080/08870446.2013.765004
- VanVoorhis, C. R. W., & Morgan, B. L. (2007). Understanding power and rules of thumb for determining sample sizes. *Tutorials in Quantitative Methods for Psychology*, 3(2), 43-50. doi: 10.20982/tqmp.03.2.p043
- Waney, N. C., Kristinawati, W., & Setiawan, A. (2020). Mindfulness dan penerimaan diri pada remaja di era digital. *Insight: Jurnal Ilmiah Psikologi*, 22(2), 73-81. doi:10.26486/psikologi.v22i2.969
- Watie, E. D. S. (2011). Komunikasi dan media sosial. *The Messenger*, 3(1), 69 – 75.
- Wijaya, F. A. (2016). *Hubungan antara strategi regulasi emosi dan kelekatan dengan teman sebaya pada emerging adulthood yang tinggal di asrama* (Thesis). Retrieved from <http://repository.uph.edu/id/eprint/912>.
- Yavich, R., Davidovitch, N., & Frenkel, Z. (2019). Social media and loneliness-Forever connected? *Higher Education Studies*, 9(2), 10-21. doi:10.5539/hes.v9n2p10
- Yusainy, C., Nurwanti, R., Dharmawan, I. R. J, Andari, R., Mahmudah, M. U., Tiyas, R. R., . . . Anggono, C. O. (2018). Mindfulness sebagai strategi regulasi emosi. *Jurnal Psikologi*, 17(2), 174-188.
- Zahro, N. M., & Hamidah. (2019). Hubungan antara intensitas mindfulness dengan kemampuan regulasi emosi pada mahasiswi yang mengalami sindrom pramenstruasi. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 8(2), 27-42.
- Zeidan, F., Johnson, S.K., Diamond, B.J., David, Z., & Goolkasian, P. (2010) Mindfulness meditation improves cognition: Evidence of brief mental training. *Conscious Cognition*, 19(2), 597-605.