

DAFTAR PUSTAKA

1. Zhang N, Zhang K, Wang J, Sun X. Distract or Reappraise? The Mechanism of Cognitive Emotion Regulation Choice and Its Influential Factors. *Psychol Res Behav Manag.* 2022 Dec;Volume 15:3699–708. Available from: <https://www.dovepress.com/distract-or-reappraise-the-mechanism-of-cognitive-emotion-regulation-c-peer-reviewed-fulltext-article-PRBM>
2. McRae K, Gross JJ. Emotion regulation. *Emotion.* 2020 Feb;20(1):1–9. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/emo0000703>
3. Wilms R, Lanwehr R, Kastenmüller A. Emotion Regulation in Everyday Life: The Role of Goals and Situational Factors. *Front Psychol.* 2020 May 19;11. Available from: <https://www.frontiersin.org/article/10.3389/fpsyg.2020.00877/full>
4. Bessel VDK MD. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.* 2014.
5. Cisler JM, Olatunji BO, Feldner MT, Forsyth JP. Emotion Regulation and the Anxiety Disorders: An Integrative Review. *J Psychopathol Behav Assess.* 2010 Mar 16;32(1):68–82. Available from: <http://link.springer.com/10.1007/s10862-009-9161-1>
6. Narmandakh A, Roest AM, de Jonge P, Oldehinkel AJ. Psychosocial and biological risk factors of anxiety disorders in adolescents: a TRAILS report. *Eur Child Adolesc Psychiatry.* 2021 Dec 28;30(12):1969–82. Available from: <https://link.springer.com/10.1007/s00787-020-01669-3>
7. National Academies of Sciences Engineering and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children Youth and Families C on the N and SBS of AD and IA. *The Promise of Adolescence.* Backes EP, Bonnie RJ, editors. Washington DC; 2019. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK545476/>

8. Yu C, Li X, Wang S, Zhang W. Teacher autonomy support reduces adolescent anxiety and depression: An 18-month longitudinal study. *J Adolesc.* 2016 Jun;49(1):115–23. Available from: <https://onlinelibrary.wiley.com/doi/10.1016/j.adolescence.2016.03.001>
9. World Health Organization. Mental health of adolescents. 2021. Available from: <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
10. Center for Reproductive Health, University of Queensland, Johns Bloomberg Hopkins School of Public Health. Indonesia - National Adolescent Mental health Survey (I-NAMHS). 1st ed. DI Yogyakarta: Pusat Kesehatan Reproduksi; 2022.
11. Loevaas MES, Sund AM, Patras J, Martinsen K, Hjemdal O, Neumer SP, et al. Emotion regulation and its relation to symptoms of anxiety and depression in children aged 8–12 years: does parental gender play a differentiating role? *BMC Psychol.* 2018 Dec 20;6(1):42. Available from: <https://bmcpyschology.biomedcentral.com/articles/10.1186/s40359-018-0255-y>
12. Schneider RL, Arch JJ, Landy LN, Hankin BL. The Longitudinal Effect of Emotion Regulation Strategies on Anxiety Levels in Children and Adolescents. *J Clin Child Adolesc Psychol.* 2018 Nov 2;47(6):978–91. Available from: <https://www.tandfonline.com/doi/full/10.1080/15374416.2016.1157757>
13. Rolston Abigail B, Lloyd-Richardson Elizabeth P. Self Injury and Recovery. Available from: <https://www.selfinjury.bctr.cornell.edu/perch/resources/what-is-emotion-regulationsinfo-brief.pdf>
14. Tamir M, Mauss IB. Social Cognitive Factors in Emotion Regulation: Implications for Well-Being. In: *Emotion Regulation and Well-Being*. New York, NY: Springer New York; 2011. p. 31–47. Available from:

http://link.springer.com/10.1007/978-1-4419-6953-8_3

15. Šimić G, Tkalčić M, Vukić V, Mulc D, Španić E, Šagud M, et al. Understanding Emotions: Origins and Roles of the Amygdala. *Biomolecules*. 2021 May 31;11(6):823. Available from: <https://www.mdpi.com/2218-273X/11/6/823>
16. Satpute AB, Wilson-Mendenhall CD, Kleckner IR, Barrett LF. Emotional Experience. In: *Brain Mapping*. Elsevier; 2015. p. 65–72. Available from: <https://linkinghub.elsevier.com/retrieve/pii/B9780123970251001561>
17. Baars BJ, Gage NM. Emotion. In: *Cognition, Brain, and Consciousness*. Elsevier; 2010. p. 420–42. Available from: <https://linkinghub.elsevier.com/retrieve/pii/B9780123750709000139>
18. Weymar M, Schwabe L. Amygdala and Emotion: The Bright Side of It. *Front Neurosci*. 2016 May 24;10. Available from: <http://journal.frontiersin.org/Article/10.3389/fnins.2016.00224/abstract>
19. Dixon ML, Thiruchselvam R, Todd R, Christoff K. Emotion and the prefrontal cortex: An integrative review. *Psychol Bull*. 2017 Oct;143(10):1033–81. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/bul0000096>
20. Suzuki Y, Tanaka SC. Functions of the ventromedial prefrontal cortex in emotion regulation under stress. *Sci Rep*. 2021 Sep 14;11(1):18225. Available from: <https://www.nature.com/articles/s41598-021-97751-0>
21. Friedman HS, Markey CH. *Encyclopedia of Mental Health*. Academic Press; 2023.
22. Cutuli D. Cognitive reappraisal and expressive suppression strategies role in the emotion regulation: an overview on their modulatory effects and neural correlates. *Front Syst Neurosci*. 2014 Sep 19;8. Available from: <http://journal.frontiersin.org/article/10.3389/fnsys.2014.00175/abstract>

23. Mohammed AR, Kosonogov V, Lyusin D. Expressive suppression versus cognitive reappraisal: Effects on self-report and peripheral psychophysiology. *Int J Psychophysiol.* 2021 Sep;167:30–7. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0167876021001872>
24. Abrams DB, Turner JR, Baumann LC, Karel A, Collins SE, Witkiewitz K, et al. Affect Arousal. In: *Encyclopedia of Behavioral Medicine*. New York, NY: Springer New York; 2013. p. 50–2. Available from: http://link.springer.com/10.1007/978-1-4419-1005-9_1089
25. Hermann A, Kress L, Stark R. Neural correlates of immediate and prolonged effects of cognitive reappraisal and distraction on emotional experience. *Brain Imaging Behav.* 2017 Oct 5;11(5):1227–37. Available from: <http://link.springer.com/10.1007/s11682-016-9603-9>
26. Appleton AA, Buka SL, Loucks EB, Gilman SE, Kubzansky LD. Divergent associations of adaptive and maladaptive emotion regulation strategies with inflammation. *Heal Psychol.* 2013 Jul;32(7):748–56. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/a0030068>
27. Ivcevic Z, Brackett M. Predicting school success: Comparing Conscientiousness, Grit, and Emotion Regulation Ability. *J Res Pers.* 2014 Oct;52:29–36. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0092656614000567>
28. Cludius B, Mennin D, Ehring T. Emotion regulation as a transdiagnostic process. *Emotion.* 2020 Feb;20(1):37–42. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/emo0000646>
29. English T, Eldesouky L. We're not alone: Understanding the social consequences of intrinsic emotion regulation. *Emotion.* 2020 Feb;20(1):43–7. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/emo0000661>
30. Paley B, Hajal NJ. Conceptualizing Emotion Regulation and Coregulation as Family-Level Phenomena. *Clin Child Fam Psychol Rev.* 2022 Mar

- 30;25(1):19–43. Available from: <https://link.springer.com/10.1007/s10567-022-00378-4>
31. Kozubal M, Szuster A, Wielgopolan A. Emotional regulation strategies in daily life: the intensity of emotions and regulation choice. *Front Psychol.* 2023 Aug 14;14. Available from: <https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1218694/full>
 32. Blanke ES, Bellingtier JA, Riediger M, Brose A. When and How to Regulate: Everyday Emotion-Regulation Strategy Use and Stressor Intensity. *Affect Sci.* 2022 Mar 10;3(1):81–92. Available from: <https://link.springer.com/10.1007/s42761-021-00087-1>
 33. Waugh CE. The roles of positive emotion in the regulation of emotional responses to negative events. *Emotion.* 2020 Feb;20(1):54–8. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/emo0000625>
 34. Morris AS, Criss MM, Silk JS, Houlberg BJ. The Impact of Parenting on Emotion Regulation During Childhood and Adolescence. *Child Dev Perspect.* 2017 Dec 9;11(4):233–8. Available from: <https://srcd.onlinelibrary.wiley.com/doi/10.1111/cdep.12238>
 35. Eilam E. Synchronization: a framework for examining emotional climate in classes. *Palgrave Commun.* 2019 Nov 19;5(1):144. Available from: <https://www.nature.com/articles/s41599-019-0356-0>
 36. Crandall A, Deater-Deckard K, Riley AW. Maternal emotion and cognitive control capacities and parenting: A conceptual framework. *Dev Rev.* 2015 Jun;36:105–26. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0273229715000064>
 37. Gorostiaga A, Aliri J, Balluerka N, Lameirinhas J. Parenting Styles and Internalizing Symptoms in Adolescence: A Systematic Literature Review. *Int J Environ Res Public Health.* 2019 Sep 1;16(17):3192. Available from: <https://www.mdpi.com/1660-4601/16/17/3192>

38. Freidl EK, Stroeh OM, Elkins RM, Steinberg E, Albano AM, Rynn M. Assessment and Treatment of Anxiety Among Children and Adolescents. *Focus* (Madison). 2017 Apr;15(2):144–56. Available from: <http://psychiatryonline.org/doi/10.1176/appi.focus.20160047>
39. Beyers W, Soenens B, Vansteenkiste M. Autonomy in adolescence: a conceptual, developmental and cross-cultural perspective. *Eur J Dev Psychol.* 2024 Mar 15;1–21. Available from: <https://www.tandfonline.com/doi/full/10.1080/17405629.2024.2330734>
40. Silvers JA. Adolescence as a pivotal period for emotion regulation development. *Curr Opin Psychol.* 2022 Apr;44:258–63. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S2352250X21001949>
41. Bailes LG, Ennis G, Lempres SM, Cole DA, Humphreys KL. Parents' emotion socialization behaviors in response to preschool-aged children's justified and unjustified negative emotions. Batrancea LM, editor. *PLoS One.* 2023 Apr 19;18(4):e0283689. Available from: <https://dx.plos.org/10.1371/journal.pone.0283689>
42. Zimmer-Gembeck MJ, Rudolph J, Kerin J, Bohadana-Brown G. Parent emotional regulation: A meta-analytic review of its association with parenting and child adjustment. *Int J Behav Dev.* 2022 Jan 25;46(1):63–82. Available from: <http://journals.sagepub.com/doi/10.1177/01650254211051086>
43. Silvers JA, Shu J, Hubbard AD, Weber J, Ochsner KN. Concurrent and lasting effects of emotion regulation on amygdala response in adolescence and young adulthood. *Dev Sci.* 2015 Sep 28;18(5):771–84. Available from: <https://onlinelibrary.wiley.com/doi/10.1111/desc.12260>
44. Zhan J, Wu X, Fan J, Guo J, Zhou J, Ren J, et al. Regulating Anger under Stress via Cognitive Reappraisal and Sadness. *Front Psychol.* 2017 Aug 14;8. Available from: <http://journal.frontiersin.org/article/10.3389/fpsyg.2017.01372/full>

45. García FE, Vergara-Barra P, Concha-Ponce P, Andrades M, Rincón P, Valdivia-Devia M. The Emotion Regulation Questionnaire: Psychometric Properties and Prediction of Posttraumatic Consequences during the COVID-19 Pandemic in Chilean Adults. *Int J Environ Res Public Health*. 2023 Feb 16;20(4):3452. Available from: <https://www.mdpi.com/1660-4601/20/4/3452>
46. Seixas R, Pignault A, Houssemand C. Emotion regulation questionnaire-adapted and individual differences in emotion regulation. *Eur J Psychol*. 2021 Feb 26;17(1):70–84. Available from: <https://ejop.psychopen.eu/index.php/ejop/article/view/2755>
47. Wang D, Yuan B, Han H, Wang C. Validity and reliability of emotion regulation questionnaire (ERQ) in Chinese rural-to-urban migrant adolescents and young adults. *Curr Psychol*. 2022 Apr 27;41(4):2346–53. Available from: <https://link.springer.com/10.1007/s12144-020-00754-9>
48. Regier DA, Lu FG, Kupfer DJ, Frances A. *Diagnostic and Statistical Manual of Mental Disorders: Fifth Edition*. 5th ed. Washington DC, London: American Psychiatric Association; 2013.
49. Adwas AA, Jbireal JM, Azab AE. Anxiety: Insights into Signs, Symptoms, Etiology, Pathophysiology, and Treatment. *East African Sch J Med Sci*. 2019;2(10). Available from: https://www.researchgate.net/publication/336738068_Anxiety_Insights_into_Signs_Symptoms_Etiology_Pathophysiology_and_Treatment
50. Linsam Barth S, Moraga-Amaro R, Quintana-Donoso D, Rojas S, Stehberg J. The Amygdala and Anxiety. *Amygdala - Where Emot Shape Perception, Learn Memories*. 2017 Jul 5; Available from: <http://www.intechopen.com/books/the-amygdala-where-emotions-shape-perception-learning-and-memories/the-amygdala-and-anxiety>
51. Babaev O, Piletti Chatain C, Krueger-Burg D. Inhibition in the amygdala anxiety circuitry. *Exp Mol Med*. 2018 Apr 9;50(4):1–16. Available from:

<https://www.nature.com/articles/s12276-018-0063-8>

52. Parodi KB, Holt MK, Green JG, Porche M V., Koenig B, Xuan Z. Time trends and disparities in anxiety among adolescents, 2012–2018. *Soc Psychiatry Psychiatr Epidemiol*. 2022 Jan 7;57(1):127–37. Available from: <https://link.springer.com/10.1007/s00127-021-02122-9>
53. Trautmann S, Rehm J, Wittchen H. The economic costs of mental disorders. *EMBO Rep*. 2016 Sep 4;17(9):1245–9. Available from: <https://www.embopress.org/doi/10.15252/embr.201642951>
54. Kim ML, Shin K. Exploring the Major Factors Affecting Generalized Anxiety Disorder in Korean Adolescents: Based on the 2021 Korea Youth Health Behavior Survey. *Int J Environ Res Public Health*. 2022 Jul 31;19(15):9384. Available from: <https://www.mdpi.com/1660-4601/19/15/9384>
55. Kascakova N, Furstova J, Hasto J, Madarasova Geckova A, Tavel P. The Unholy Trinity: Childhood Trauma, Adulthood Anxiety, and Long-Term Pain. *Int J Environ Res Public Health*. 2020 Jan 8;17(2):414. Available from: <https://www.mdpi.com/1660-4601/17/2/414>
56. Oh H, Park K, Yoon S, Kim Y, Lee SH, Choi YY, et al. Clinical Utility of Beck Anxiety Inventory in Clinical and Nonclinical Korean Samples. *Front Psychiatry*. 2018 Dec 4;9. Available from: <https://www.frontiersin.org/article/10.3389/fpsyt.2018.00666/full>
57. Baker A, Simon N, Keshaviah A, Farabaugh A, Deckersbach T, Worthington JJ, et al. Anxiety Symptoms Questionnaire (ASQ): development and validation. *Gen Psychiatry*. 2019 Dec 18;32(6):e100144. Available from: <http://gpsych.bmj.com/lookup/doi/10.1136/gpsych-2019-100144>
58. Ollendick TH, Ryan SM, Capriola-Hall NN, Salazar IC, Caballo VE. Evaluation of the Reliability and Validity of the Social Anxiety Questionnaire for Children in Adolescents with Social Anxiety Disorder. *J*

- Psychopathol Behav Assess. 2019 Mar 26;41(1):16–24. Available from: <http://link.springer.com/10.1007/s10862-018-9699-x>
59. Hallit S, Haddad C, Hallit R, Akel M, Obeid S, Haddad G, et al. Validation of the Hamilton Anxiety Rating Scale and State Trait Anxiety Inventory A and B in Arabic among the Lebanese population. *Clin Epidemiol Glob Heal*. 2020 Dec;8(4):1104–9. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S2213398420300956>
 60. Dhira TA, Rahman MA, Sarker AR, Mehareen J. Validity and reliability of the Generalized Anxiety Disorder-7 (GAD-7) among university students of Bangladesh. Innamorati M, editor. *PLoS One*. 2021 Dec 16;16(12):e0261590. Available from: <https://dx.plos.org/10.1371/journal.pone.0261590>
 61. Kim-Spoon J, Cicchetti D, Rogosch FA. A Longitudinal Study of Emotion Regulation, Emotion Lability-Negativity, and Internalizing Symptomatology in Maltreated and Nonmaltreated Children. *Child Dev*. 2013 Mar;84(2):512–27. Available from: <https://onlinelibrary.wiley.com/doi/10.1111/j.1467-8624.2012.01857.x>
 62. Young K, Sandman C, Craske M. Positive and Negative Emotion Regulation in Adolescence: Links to Anxiety and Depression. *Brain Sci*. 2019 Mar 29;9(4):76. Available from: <https://www.mdpi.com/2076-3425/9/4/76>
 63. Werner-Seidler A, Banks R, Dunn BD, Moulds ML. An investigation of the relationship between positive affect regulation and depression. *Behav Res Ther*. 2013 Jan;51(1):46–56. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0005796712001623>
 64. Lee FS, Heimer H, Giedd JN, Lein ES, Estan N, Weinberger DR, et al. Adolescent mental health--Opportunity and obligation. *Science (80-)*. 2014 Oct 31;346(6209):547–9. Available from: <https://www.sciencemag.org/lookup/doi/10.1126/science.1260497>

65. Ehrenreich SE, Underwood MK. Adolescents' internalizing symptoms as predictors of the content of their Facebook communication and responses received from peers. *Transl Issues Psychol Sci.* 2016 Sep;2(3):227–37. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/tps0000077>
66. Mulyati H, Yusuf LN S, Supriatna M. Emotion Regulation in Adolescents. In: *Proceedings of the International Conference on Educational Psychology and Pedagogy - "Diversity in Education" (ICEPP 2019)*. Paris, France: Atlantis Press; 2020. Available from: <https://www.atlantispress.com/article/125933651>
67. Hoffmann JD, Brackett MA, Bailey CS, Willner CJ. Teaching emotion regulation in schools: Translating research into practice with the RULER approach to social and emotional learning. *Emotion.* 2020 Feb;20(1):105–9. Available from: <http://doi.apa.org/getdoi.cfm?doi=10.1037/emo0000649>
68. Saleem S, Ahmad Khan I, Saleem T. ANXIETY AND EMOTIONAL REGULATION; *Prof Med J.* 2019 May 10;26(05). Available from: <http://theprofesional.com/index.php/tpmj/article/view/3469>
69. Sawyer SM, Azzopardi PS, Wickremarathne D, Patton GC. The age of adolescence. *Lancet Child Adolesc Heal.* 2018 Mar;2(3):223–8. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S2352464218300221>
70. Puspita SM. Kemampuan Mengelola Emosi Sebagai Dasar Kesehatan Mental Anak Usia Dini. 2019;5(1):85–92. Available from: <https://www.jurnal.stitnualhikmah.ac.id/index.php/seling/article/view/434/402>
71. Arisyna A, Sustini F, Muhdi N. Anxiety Level and Risk Factors in Medical Students. *JUXTA J Ilm Mhs Kedokt Univ Airlangga.* 2020 Aug 31;11(2):79. Available from: <https://e-journal.unair.ac.id/JUXTA/article/view/20016>
72. Kaiser H, Grice T, Walker B, Kaiser J. Barriers to help-seeking in medical students with anxiety at the University of South Carolina School of Medicine

- Greenville. *BMC Med Educ.* 2023 Jun 21;23(1):463. Available from: <https://bmcmmededuc.biomedcentral.com/articles/10.1186/s12909-023-04460-5>
73. Ramadianto AS, Kusumadewi I, Agiananda F, Raharjanti NW. Symptoms of depression and anxiety in Indonesian medical students: association with coping strategy and resilience. *BMC Psychiatry.* 2022 Dec 7;22(1):92. Available from: <https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-022-03745-1>
74. Quek, Tam, Tran, Zhang, Zhang, Ho, et al. The Global Prevalence of Anxiety Among Medical Students: A Meta-Analysis. *Int J Environ Res Public Health.* 2019 Jul 31;16(15):2735. Available from: <https://www.mdpi.com/1660-4601/16/15/2735>
75. Theurel A, Gentaz E. The regulation of emotions in adolescents: Age differences and emotion-specific patterns. Yuan J, editor. *PLoS One.* 2018 Jun 7;13(6):e0195501. Available from: <https://dx.plos.org/10.1371/journal.pone.0195501>
76. Ahmed SP, Bittencourt-Hewitt A, Sebastian CL. Neurocognitive bases of emotion regulation development in adolescence. *Dev Cogn Neurosci.* 2015 Oct;15:11–25. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S1878929315000717>
77. Sharma S, Arain, Mathur, Rais, Nel, Sandhu, et al. Maturation of the adolescent brain. *Neuropsychiatr Dis Treat.* 2013 Apr;449. Available from: <http://www.dovepress.com/maturation-of-the-adolescent-brain-peer-reviewed-article-NDT>