

DAFTAR REFERENSI

Arini, D. P. (2021). Emerging adulthood : Pengembangan teori Erikson Mengenai Teori psikososial Pada Abad 21. *Jurnal Ilmiah Psyche*, 15(01), 11–20. <https://doi.org/10.33557/jpsyche.v15i01.1377>

Arnett, J. J. (2006). Emerging Adulthood: Understanding the New Way of Coming of Age. In J. J. Arnett, & J. L. Tanner (Eds.), *Emerging Adults in America: Coming of Age in the 21st Century* (pp. 3-19). American Psychological Association. <https://doi.org/10.1037/11381-001>

Banaszkiewicz, P. (2020). Comparison of the Concept of Envy in Generations X, Y and Z. *Annales Universitatis Mariae Curie-Skłodowska. Sectio J, Paedagogia-Psychologia*, 33(3).

Beshai, S.; Mishra, S.; Feeney, J.R.; Summerfield, T.; Hembroff, C.C.; Krätzig, G.P. (2022). Resilience in the Ranks: Trait Mindfulness and Self-Compassion Buffer the Deleterious Effects of Envy on Mental Health Symptoms among Public Safety Personnel. *Int. J. Environ. Res. Public Health*, 19, 5926. <https://doi.org/10.3390/ijerph19105926>

Coe, E., Doy, A., Enomoto, K., & Healy, C. (2023). Gen Z mental health: The impact of tech and Social Media. McKinsey & Company. <https://www.mckinsey.com/mhi/our-insights/gen-z-mental-health-the-impact-of-tech-and-social-media#:~:text=When%20compared%20with%20their%20male%20counterparts%2C%20a%20higher%20proportion%20of,24%20percent%20versus%2013%20percent>

Colmekcioglu, N., Dedeoglu, B. B., & Okumus, F. (2023). Resolving the complexity in Gen Z's envy occurrence: A cross-cultural perspective. *Psychology & Marketing*, 40, 48– 72. <https://doi.org/10.1002/mar.21745>

Dong, X., Xiang, Y., Zhao, J., Li, Q., Zhao, J., & Zhang, W. (2019). How mindfulness affects benign and malicious envy from the perspective of the mindfulness re-perceiving model. *Scandinavian Journal of Psychology*, 61(3), 436–442. <https://doi.org/10.1111/sjop.12596>

Dong, X., Li, X., Jiang, X., & Xiang, Y. (2022). How does mindfulness relate to benign/malicious envy? the mediating role of resilience, internal locus of control and self-esteem. *Frontiers in Psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.878690>

Dong, Y. (2023). Descriptive statistics and its applications. *Highlights in Science, Engineering and Technology*, 47, 16–23. <https://doi.org/10.54097/hset.v47i.8159>

Fam, J. Y., Yap, C. Y., Murugan, S. B., & Lee, T. (2020). Benign and malicious envy scale: An assessment of its factor structure and Psychometric Properties. *Psychological Thought*, 13(1), 66–84. <https://doi.org/10.37708/psyct.v13i1.389>

Foale, S., Botma, Y., & Heyns, T. (2024). Mindfulness-based interventions to support wellbeing of adults in low socio-economic settings: a realist review. *BMC Complementary Medicine and Therapies*, 24(1), 52. <https://doi.org/10.1186/s12906-023-04263-7>

Gene Banaszekiewicz, P. (2020). Comparison of the Concept of Envy in Generations X, Y and Z. *Annales Universitatis Mariae Curie-Sklodowska. Sectio J, Paedagogia-Psycho- logia*, 33(3).

Ghozali, I. (2016) Aplikasi Analisis Multivariate Dengan Program IBM SPSS 23. Edisi 8. Semarang: Badan Penerbit Universitas Diponegoro.

Jordan, C. Chalder, T. (2013), “Envy: The Motivations and Impact of Envy. *British Journal of Humanities and Social Sciences*”. Volume 9(2),(pp. 9-22).

Kaur, P., Stoltzfus, J., & Yellapu, V. (2018). Descriptive statistics. *International Journal of Academic Medicine*, 4(1), 60. https://doi.org/10.4103/ijam.ijam_7_18.

Nuryadi, Astuti, T.D., Utami, E.S., & Budiantara, M. (2017). Dasar-dasar Statistik Penelitian. Sibuku Media.

Parrott, W. G., & Smith, R. H. (1993). Distinguishing the experiences of envy and jealousy. *Journal of Personality and Social Psychology*, 64(6), 906–920. <https://doi.org/10.1037/0022-3514.64.6.906>

Poláková, P., & Klímová, B. (2019). Mobile Technology and generation Z in the English language classroom—a preliminary study. *Education Sciences*, 9(3), 203. <https://doi.org/10.3390/educsci9030203>

Yue, H. (2016). Quantile-quantile plot compared with stablized probability plot in figure on the distribution of the test research. *American Journal of Applied Mathematics*, 4(2), 110. <https://doi.org/10.11648/j.ajam.20160402.17>