

Daftar Pustaka

- Akhtar, H. (2019). Evaluasi properti psikometris dan perbandingan model pengukuran konstruk subjective well-being. *Jurnal Psikologi*, 18(1), 29–40. <https://doi.org/10.14710/jp.18.1.29-40>
- Anglim, J., Horwood, S., Smillie, L. D., Marrero, R. J., & Wood, J. K. (2020). Predicting psychological and subjective well-being from personality: A meta-analysis. *Psychological Bulletin*. <https://doi.org/10.1037/bul0000226>
- Azwar, S. (1993). “Kelompok subjek ini memiliki harga diri yang rendah; kok, tahu...?”. *Buletin Psikologi*, 2, 13–17. <https://doi.org/10.22146/bpsi.13160>
- Azwar, S. (2012). *Reliabilitas dan validitas* (ed. 4). Pustaka Pelajar.
- Azwar, S. (2017). *Metode penelitian psikologi* (ed. 2). Pustaka Pelajar.
- Binder, M., & Blankenberg, A.-K. (2017). Green lifestyles and subjective well-being: More about self-image than actual behavior? *Journal of Economic Behavior and Organization*, 137, 304–323. <https://doi.org/10.1016/j.jebo.2017.03.009>
- Busseri, M. A. (2018). Examining the structure of subjective well-being through meta-analysis of the associations among positive affect, negative affect, and life satisfaction. *Personality and Individual Differences*, 122, 68–71. <https://doi.org/10.1016/j.paid.2017.10.003>
- CKSPACE. (2019a, August 27). *1-in-1-out rule: Simple minimalism rule* [Video file]. YouTube. <https://www.youtube.com/watch?v=mf14z7bn-os>

- CKSPACE. (2019b, November 12). *20/20 rule remove just in case / Simple minimalism rule* [Video file]. YouTube.
<https://www.youtube.com/watch?v=EEoNtwd7bi0>
- Datu, J. A. D. (2014). Forgiveness, gratitude and subjective well-being among Filipino adolescents. *International Journal for the Advancement of Counselling*, 36(3), 262–273. <https://doi.org/10.1007/s10447-013-9205-9>
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542–575.
- Diener, E. (2009). *Assessing well-being: The collected works of Ed Diener*. Springer. <http://www.springer.com/series/6548>
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71–75.
https://doi.org/10.1207/s15327752jpa4901_13
- Diener, E., Heintzelman, S. J., Kushlev, K., Tay, L., Wirtz, D., Lutes, L. D., & Oishi, S. (2017). Findings all psychologists should know from the new science on subjective well-being. *Canadian Psychology*, 58(2), 87–104.
<https://doi.org/10.1037/cap0000063>
- Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour*, 2(4), 253–260.
<https://doi.org/10.1038/s41562-018-0307-6>
- Dopierała, R. (2017). Minimalism – a new mode of consumption? *Przegląd Socjologiczny*, 66(4), 67–83. <https://doi.org/10.26485/ps/2017/66.4/4>
- Elgin, D., & Mitchell, A. (1977). Voluntary simplicity. *Planning Review*, 5(6), 13–15. <https://doi.org/10.1108/eb053820>

- Gravetter, F. J., & Forzano, L. B. (2012). *Research methods for the behavioral sciences* (4th ed.). Cengage Learning.
- Hadi, S. (2019). *Statistik* (ed. revisi). Pustaka Pelajar.
- Hausen, J. E. (2019). Minimalist life orientations as a dialogical tool for happiness. *British Journal of Guidance and Counselling*, 47(2), 168–179.
<https://doi.org/10.1080/03069885.2018.1523364>
- Hawa, A. I. Z., & Utami, M. S. (2022). *Peran regulasi emosi dan dukungan sosial terhadap subjective well-being pada mahasiswa UGM* (Skripsi).
<http://etd.repository.ugm.ac.id/penelitian/detail/212318>
- Hook, J. N., Hodge, A. S., Zhang, H., Van Tongeren, D. R., & Davis, D. E. (2021). Minimalism, voluntary simplicity, and well-being: A systematic review of the empirical literature. *The Journal of Positive Psychology*, 18(1), 130–141.
<https://doi.org/10.1080/17439760.2021.1991450>
- Kang, J., Martinez, C. M. J., & Johnson, C. (2021). Minimalism as a sustainable lifestyle: Its behavioral representations and contributions to emotional well-being. *Sustainable Production and Consumption*, 27, 802–813.
<https://doi.org/10.1016/j.spc.2021.02.001>
- Kittiprapas, S. (2020). Happiness determinants in a Buddhist community : Where inner happiness matters. *Thammasat Review of Economic and Social Policy*, 6(1), 84–134.
- Lloyd, K., & Pennington, W. (2020). Towards a theory of minimalism and wellbeing. *International Journal of Applied Positive Psychology*, 5(3), 121–136. <https://doi.org/10.1007/s41042-020-00030-y>

- Martin-Woodhead, A. (2022). Limited, considered and sustainable consumption: The (non)consumption practices of UK minimalists. *Journal of Consumer Culture*, 22(4), 1012–1031. <https://doi.org/10.1177/14695405211039608>
- Matsuda, T., Tsuda, A., Kim, E., & Deng, K. (2014). Association between perceived social support and subjective well-being among Japanese, Chinese, and Korean college students. *Psychology*, 5(6), 491–499. <https://doi.org/10.4236/psych.2014.56059>
- Matte, J., Fachinelli, A. C., De Toni, D., Milan, G. S., & Olea, P. M. (2021). Relationship between minimalism, happiness, life satisfaction, and experiential consumption. *SN Social Sciences*, 1(166). <https://doi.org/10.1007/s43545-021-00191-w>
- Oswaldo, I. G. (2022, March 24). *Persaingan dunia kerja makin ketat, bagaimana biar nggak tergilas?*. detik.com. Retrieved June 14, 2022, from <https://finance.detik.com/berita-ekonomi-bisnis/d-5999069/persaingan-dunia-kerja-makin-ketat-bagaimana-biar-nggak-tergilas>
- Panjaitan, M. E., & Rahmasari, D. (2021). Hubungan antara social comparison dengan subjective well-being pada mahasiswi Psikologi UNESA pengguna Instagram. *Jurnal Penelitian Psikologi*, 8(5), 1–14. <https://ejournal.unesa.ac.id/index.php/character/article/view/41318>
- Pew Research Center. (April 7, 2021). *Social media fact sheet*. Retrieved May 11, 2022, from <https://www.pewresearch.org/internet/fact-sheet/social-media/>
- Putri, A. W. D. (2019). *Kebersyukuran dan kesejahteraan subjektif pada guru Sekolah Menengah Atas di kabupaten X dan kota Y* (Skripsi).

<http://dspace.uii.ac.id/123456789/23864>

Rosdianti, W. A., & Paramastri, I. (2021). *Peran clutter dan kebiasaan decluttering terhadap subjective well-being mahasiswa yang tinggal di rumah dan kost selama pandemi COVID-19* (Skripsi).

<http://etd.repository.ugm.ac.id/penelitian/detail/198489>

Sapmaz, F., Yıldırım, M., Topcuoğlu, P., Nalbant, D., & Sızır, U. (2015).

Gratitude, forgiveness and humility as predictors of subjective well-being among university students. *International Online Journal of Educational Sciences*, 8(1). <https://doi.org/10.15345/iojes.2016.01.004>

Shang, Y. (2022). Social support and subjective well-being: The critical role of mediator. *Advances in Social Science, Education and Humanities Research*, 631, 1413–1417. <https://doi.org/10.2991/assehr.k.220105.259>

Tay, L., & Kuykendall, L. (2013). Promoting happiness: The malleability of individual and societal subjective wellbeing. *International Journal of Psychology*, 48(3), 159–176. <https://doi.org/10.1080/00207594.2013.779379>

Thangavel, P., Pathak, P., & Chandra, B. (2021). Millennials and Generation Z: A generational cohort analysis of Indian consumers. *Benchmarking: An International Journal*, 28(7), 2157–2177. <https://doi.org/10.1108/BIJ-01-2020-0050>

The Minimalist. (n.d.). *What is minimalism?*. Retrieved June 14, 2022, from 32 <https://www.theminimalists.com/minimalism/>

The Minimalist. (2018, December 28). *How to play the 30-day minimalism game* [Video file]. YouTube. <https://www.youtube.com/watch?v=s64GiwN3hCs>

- Valevi, A. M. (n.d.). *Minimalism: Gaya hidup minimalis yang lekat dengan anak muda*. Gramedia Blog. Retrieved June 14, 2022, from <https://www.gramedia.com/best-seller/minimalism/>
- Verduyn, P., Ybarra, O., Résibois, M., Jonides, J., & Kross, E. (2017). Do Social Network Sites enhance or undermine subjective well-being? A critical review. *Social Issues and Policy Review*, 11(1), 274–302.
<https://doi.org/10.1111/sipr.12033>
- Verma, J. P., & Abdel-Salam, A.-S. G. (2019). *Testing statistical assumptions in research*. John Wiley & Sons, Inc. <https://doi.org/10.1002/9781119528388>
- Wilson, A. V., & Bellezza, S. (2021). Consumer minimalism. *Journal of Consumer Research*, 48(5), 796–816. <https://doi.org/10.1093/jcr/ucab038>
- Wiratama, A. (2022). *Perilaku belanja online berdasarkan profil generasi* (Skripsi). <https://repository.uksw.edu/handle/123456789/28568>
- Wirtz, D., Tucker, A., Briggs, C., & Schoemann, A. M. (2020). How and why social media affect subjective well-being: Multi-site use and social comparison as predictors of change across time. *Journal of Happiness Studies*, 22, 1673–1691. <https://doi.org/10.1007/s10902-020-00291-z>
- Xu, W., Sun, H., Zhu, B., Bai, W., Yu, X., Duan, R., Kou, C., & Li, W. (2019). Analysis of factors affecting the high subjective well-being of Chinese residents based on the 2014 China Family Panel study. *International Journal of Environmental Research and Public Health*, 16(14).
<https://doi.org/10.3390/ijerph16142566>
- Zulicha, S., Hakim, F. R., Gunawan, R. N., & Fitriani, A. (2021). Decluttering to

increase authentic happiness in individuals with a consumption lifestyle.

International Conference of Psychology UAD, 1(1), 58–66.

<https://doi.org/10.26555/intl%20con.v1i1.6304>