



Daftar Pustaka

- Abiola, J., Jerjes, W., Upile, T., Nhembe, F., Shah, P., & Hopper, C. (2009). The effect of smoking, drinking and smoking cessation on morbidity and mortality in oral cancer: A controlled study. *Head Neck Oncology*, 1(S1). <https://doi.org/10.1186/1758-3284-1-s1-p18>.
- Al Shahrani, A. S., Almudaiheem, N. R., Bakhsh, E. M., Sarhan, N. T., Aldossari, F. S., & bin Huzeim, B. A. (2021). Understanding smoking behavior among physicians in Riyadh, Saudi Arabia: A cross-sectional study. *Tobacco Use Insights*, 14. <https://doi.org/10.1177/1179173x211006652>.
- Azwar, S. (2013). *Penyusunan skala psikologi*. Yogyakarta: Pustaka Pelajar.
- Badan Khusus Pengendalian Tembakau. (2020). *Fakta tembakau: Data empirik untuk pengendalian tembakau*. Ikatan Ahli Kesehatan Masyarakat.
- Badan Pusat Statistik. (2022). *BPS: Remaja Indonesia yang tidak merokok capai 75,17 persen*. Dream.co.id. <https://www.dream.co.id/dinar/remaja-indonesia-tidak-merokok-capai-7517-persen-2212287.html>
- Boden, J. M., Fergusson, D. M., & Horwood, L. J. (2010). Cigarette smoking and depression: tests of causal linkages using a longitudinal birth cohort. *The British journal of psychiatry: the journal of mental science*, 196(6), 440–446. <https://doi.org/10.1192/bjp.bp.109.065912>
- Brinkman, H. R., Smith, J. E., Leyro, T. M., Zvolensky, M. J., & Farris, S. G. (2023). Effect of emotion regulation difficulties on acute smoking urges following a 35% carbon dioxide challenge. *Cognitive Therapy and Research*, 47(1), 84–93. <https://doi.org/10.1007/s10608-022-10342-9>
- Dai X., Gakidou E., Lopez A. D. (2022). Evolution of the global smoking epidemic over the past half century: strengthening the evidence base for policy action. *Tobacco Control*, 31, 129-137.
- Faulkner, P., Dean, A. C., Ghahremani, D. G., & London, E. D. (2020). Neural basis of smoking-related difficulties in emotion regulation. *International Journal of Neuropsychopharmacology*, 23(7), 409–416. <https://doi.org/10.1093/IJNP/PYAA015>
- Glover, E. D., Nilsson, F., Westin, Å., Glover, P. N., Laflin, M. T., & Persson, B. (2005). Developmental history of the Glover-Nilsson smoking behavioral questionnaire. *American Journal of Health Behavior*, 29(5), 443–455. <https://doi.org/10.5993/AJHB.29.5.7>
- Gratz, K. L., & Roemer, L. (2004). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial



validation of the difficulties in emotion regulation scale. *Journal of Psychopathology and Behavioral Assessment*, 26(1), 41–54. <https://doi.org/10.1023/B:JOBA.0000007455.08539.94>

Gross, J. J. (2015). The extended process model of emotion regulation: Elaborations, applications, and future directions. *Psychological Inquiry*, 26(1), 130–137. <https://doi.org/10.1080/1047840X.2015.989751>

Johnson, A. L., & McLeish, A. C. (2016). The indirect effect of emotion dysregulation in terms of negative affect and smoking-related cognitive processes. *Addictive Behaviors*, 53, 187–192. <https://doi.org/10.1016/j.addbeh.2015.10.023>

Levy, M. R. (1984). *Lyfe and Health*. New York: Random House.

Li, H., Fagerberg, B., Sallsten, G., Borné, Y., Hedblad, B., Engström, G., Barregard, L., & Andersson, E. M. (2019). Smoking-induced risk of future cardiovascular disease is partly mediated by cadmium in tobacco: Malmö diet and cancer cohort study. *Environmental Health*, 18(1). <https://doi.org/10.1186/s12940-019-0495-1>

LinkedIn Corporate Communications. (2017). *New LinkedIn research shows 75 percent of 25-33 year olds have experienced quarter-life crisis*. LinkedIn-Pressroom. <https://news.linkedin.com/2017/11/new-linkedin-research-shows-75-percent-of-25-33-year-olds-have-e>

Mahmoud, J. S. R., Staten, R. “Topsy,” Hall, L. A., & Lennie, T. A. (2012). The relationship among young adult college students’ depression, anxiety, stress, demographics, life satisfaction, and coping styles. *Issues in Mental Health Nursing*, 33(3), 149–156. <https://doi.org/10.3109/01612840.2011.632708>

Mitchell, J. T., McClernon, F. J., Beckham, J. C., Brown, R. A., Lejuez, C. W., & Kollins, S. H. (2019). Smoking abstinence effects on emotion dysregulation in adult cigarette smokers with and without attention-deficit/hyperactivity disorder. *Drug and Alcohol Dependence*, 205(July), 107594. <https://doi.org/10.1016/j.drugalcdep.2019.107594>

Morrell, H. E. R., Cohen, L. M., & Dempsey, J. P. (2008). Smoking prevalence and awareness among undergraduate and health care students. *American Journal on Addictions*, 17(3), 181–186. <https://doi.org/10.1080/10550490802019899>

P2PTM Kemenkes RI. (2019). *Apa itu Perokok Aktif?*. Direktorat P2PTM. <https://p2ptm.kemkes.go.id/infographic-p2ptm/penyakit-paru-kronik/apa-itu-perokok-aktif>

Poormahdy, H., Najafi, M., & Khosravani, V. (2022). The effects of emotion dysregulation and negative affect on urge to smoke and nicotine dependence:



The different roles of metacognitions about smoking. *Addictive Behaviors*, 124(September 2021), 107108. <https://doi.org/10.1016/j.addbeh.2021.107108>

Rogers, A. H., Bakhshaie, J., Garey, L., Piasecki, T. M., Gallagher, M. W., Schmidt, N. B., & Zvolensky, M. J. (2019). Individual differences in emotion dysregulation and trajectory of withdrawal symptoms during a quit attempt among treatment-seeking smokers. *Behaviour Research and Therapy*, 115, 4–11. <https://doi.org/10.1016/j.brat.2018.10.007>

Rogers, A. H., Bakhshaie, J., Viana, A. G., Manning, K., Mayorga, N. A., Garey, L., Raines, A. M., Schmidt, N. B., & Zvolensky, M. J. (2018). Emotion dysregulation and smoking among treatment-seeking smokers. *Addictive Behaviors*, 79(December 2017), 124–130. <https://doi.org/10.1016/j.addbeh.2017.12.025>

Shah, S. M., Shah, S. M., Khan, S., Rehman, S. U., Khan, Z. A., Ahmed, W., & Zubair. (2013). "Addressing the impact of stroke risk factors in a case control study in Tertiary Care Hospitals": A case control study in tertiary care hospitals of Peshawar, Khyber Phukhtoonkhwa (KPK) Pakistan. *BMC Research Notes*, 6(1), 268 . <https://doi.org/10.1186/1756-0500-6-268>

Starr, J. M., Deary, I. J., Fox, H. C., & Whalley, L. J. (2007). Smoking and cognitive change from age 11 to 66 years: a confirmatory investigation. *Addictive behaviors*, 32(1), 63–68. <https://doi.org/10.1016/j.addbeh.2006.03.020>

Thomeer, M. B., Hernandez, E., Umberson, D., & Thomas, P. A. (2019). Influence of social connections on smoking behavior across the life course. *Advances in Life Course Research*, 42(January), 100294. <https://doi.org/10.1016/j.alcr.2019.100294>

Tong, L., Shi, H. J., Zhang, Z., Yuan, Y., Xia, Z. J., Jiang, X. X., & Xiong, X. (2016). Mediating effect of anxiety and depression on the relationship between attention-deficit/hyperactivity disorder symptoms and smoking/drinking. *Scientific Reports*, 6(January), 4–11. <https://doi.org/10.1038/srep21609>

Tull, M. T., & Aldao, A. (2015). Editorial overview: New directions in the science of emotion regulation. *Current Opinion in Psychology*, 3, iv–x

WHO. (2020). *Statement: World no tobacco day 2020*. World Health Organization. <https://www.who.int/indonesia/news/detail/30-05-2020-statement-world-no-tobacco-day-2020>

WHO. (2022). *Global adult tobacco survey: Comparison fact sheet, Indonesia 2011 and 2021*. World Health Organization. https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/indonesia/indonesia-national-2021---2011-comparison-factsheet.pdf?sfvrsn=46869411_1



WHO. (2023). *Tobacco*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/tobacco>

Zvolensky, M. J., Shepherd, J. M., Bakhshaie, J., Garey, L., Viana, A. G., & Peraza, N. (2019). Emotion dysregulation and cigarette dependence, perceptions of quitting, and problems during quit attempts among Spanish-speaking Latinx adult smokers. *Addictive Behaviors*, 96(February), 127–132. <https://doi.org/10.1016/j.addbeh.2019.05.002>