

Daftar Pustaka

- Alavijeh, S. Z., Zarrinkalam, F., Noorian, Z., Mehrpour, A., & Etminani, K. (2023). What users' musical preference on Twitter reveals about psychological disorders. *Information Processing & Management*, 60(3), 103269.
- American Psychiatric Association. (2013). American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Arlington
- Arens, E. A., & Stangier, U. (2020). Sad as a matter of evidence: The desire for self-verification motivates the pursuit of sadness in clinical depression. *Frontiers in Psychology*, 11, 238.
- Arnett, J. J. (2006). Emerging adulthood: Understanding the new way of coming of age.
- Auerbach, R. P., Alonso, J., Axinn, W. G., Cuijpers, P., Ebert, D. D., Green, J. G., ... & Bruffaerts, R. (2016). Mental disorders among college students in the World Health Organization world mental health surveys. *Psychological medicine*, 46(14), 2955-2970.
- Barnhofer, T., Kuehn, E. M., de Jong-Meyer, R., & Williams, J. M. G. (2006). Beliefs about benefits of rumination in depressed men and women with and without a history of assault. *Behavioural and Cognitive Psychotherapy*, 35(3), 317-324.
- Calmes, C. A., & Roberts, J. E. (2007). Repetitive thought and emotional distress: Rumination and worry as prospective predictors of depressive and anxious symptomatology. *Cognitive Therapy and Research*, 31, 343-356.
- Chen, L., Magdy, W., Whalley, H., & Wolters, M. (2020). It's not just about sad songs: The effect of depression on posting lyrics and quotes. In *Social Informatics: 12th International Conference, SocInfo 2020, Pisa, Italy, October 6–9, 2020, Proceedings 12* (pp. 58-66). Springer International Publishing.
- Chen, L., Wang, L., Qiu, X. H., Yang, X. X., Qiao, Z. X., Yang, Y. J., & Liang, Y. (2013). Depression among Chinese university students: prevalence and socio-demographic correlates. *PloS one*, 8(3), e58379.
- Chen, L., Zhou, S., & Bryant, J. (2007). Temporal changes in mood repair through music consumption: Effects of mood, mood salience, and individual differences. *Media Psychology*, 9, 695–713.



- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Hillsdale, NJ: Erlbaum.
- Cook, M. N., Peterson, J., & Sheldon, C. (2009). Adolescent depression: an update and guide to clinical decision making. *Psychiatry (Edgmont)*, 6(9), 17.
- Creswell, J. W., & Creswell, J. D. (2018). *Research design : qualitative, quantitative, and mixed methods approaches* (Fifth edition). SAGE Publications, Inc.
- Dillman Carpentier, F. R., Brown, J. D., Bertocci, M., Silk, J. S., Forbes, E. E., & Dahl, R. C. (2008). Sad kids, sad media? Applying mood management theory to depressed adolescents' use of media. *Media Psychology*, 11, 143–166
- Dingle, G. A., & Fay, C. (2017). Tuned In: The effectiveness for young adults of a group emotion regulation program using music listening. *Psychology of Music*, 45(4), 513-529.
- Dingle, G. A., Hodges, J., & Kunde, A. (2016). Tuned in emotion regulation program using music listening: Effectiveness for adolescents in educational settings. *Frontiers in psychology*, 7, 859.
- Dingle, G., Sharman, L., & Larwood, J. (2018). Young people's uses of music for emotional immersion. *Handbook of music and adolescence*.
- Disner, S. G., Beevers, C. G., Haigh, E. P., & Beck, A. T. (2011). Neural mechanisms of the cognitive model of depression. *Nature Reviews: Neuroscience*, 12, 467-477.
- Donaldson, C., & Lam, D. (2004). Rumination, mood and social problem-solving in major depression. *Psychological medicine*, 34(7), 1309-1318.
- Etikan, I., Musa, S. A., & Alkassim, R. S. (2016). Comparison of convenience sampling and purposive sampling. *American journal of theoretical and applied statistics*, 5(1), 1-4.
- Febrianti, A. C., Marettianada, V., Ruswandi, F. F., & Hartati, S. (2023). Literature review: Pengaruh Terapi Musik Klasik Untuk Mengurangi Stress Pada Mahasiswa. *Jurnal Ilmiah Kesehatan Pernus*, 1(1), 16-23.
- Forbes, E. E., & Dahl, R. E. (2005). Neural systems of positive affect: relevance to understanding child and adolescent depression?. *Development and psychopathology*, 17(3), 827-850.
- Garrido, S. (2009). Rumination and sad music: A review of the literature and a future direction. In *Proceedings of the 2nd international conference on music communication science* (pp. 20-23).



- Garrido, S. (2017). Why are we attracted to sad music? In Springer eBooks. Palgrave Macmillan, Springer International Publishing. <https://doi.org/10.1007/978-3-319-39666-8>.
- Garrido, S., & Schubert, E. (2011). Individual differences in the enjoyment of negative emotion in music: A literature review and experiment. *Music Perception*, 28(3), 279-296.
- Garrido, S., & Schubert, E. (2013). Adaptive and maladaptive attraction to negative emotions in music. *Musicae Scientiae*, 17(2), 147-166.
- Garrido, S., & Schubert, E. (2015). Moody melodies: Do they cheer us up? A study of the effect of sad music on mood. *Psychology of Music*, 43, 244 - 261.
- Gibb, B. E., Beevers, C. G., & McGeary, J. E. (2013). Toward an integration of cognitive and genetic models of risk for depression. *Cognition & emotion*, 27(2), 193-216.
- Girgus, J. S., & Nolen-Hoeksema, S. (2006). Cognition and depression. In *Women and depression: A handbook for the social, behavioral, and biomedical sciences* (pp. 147-175). Cambridge University Press.
- Gotlib, I. H., & Joormann, J. (2010). Cognition and depression: current status and future directions. *Annual review of clinical psychology*, 6, 285-312.
- Greenwood, D. N., & Long, C. R. (2009). Mood specific media use and emotion regulation: Patterns and individual differences. *Personality and Individual differences*, 46(5-6), 616-621.
- Hammen, C., & Shih, J. H. (2008). Stress generation and depression. *Risk factors in depression*, 409-428.
- Harahap, L. (2021). Kemenkes: Angka Gangguan Cemas Naik Sebesar 6, 8 Persen Selama Pandemi | merdeka. com. *Merdeka. Com*.
- Hasegawa, A., Somatori, K., Nishimura, H., Hattori, Y., & Kunisato, Y. (2021). Depression, rumination, and impulsive action: A latent variable approach to behavioral impulsivity. *The Journal of Psychology*, 155(8), 717-737.
- Hawton, K., Saunders, K. E., & O'Connor, R. C. (2012). Self-harm and suicide in adolescents. *The lancet*, 379(9834), 2373-2382.
- Hilt, L. M., McLaughlin, K. A., & Nolen-Hoeksema, S. (2010). Examination of the response styles theory in a community sample of young adolescents. *Journal of Abnormal Child Psychology*, 38, 545-556.



- Hogue, J. D., Crimmins, A. M., & Kahn, J. H. (2016). "So sad and slow, so why can't I turn off the radio": The effects of gender, depression, and absorption on liking music that induces sadness and music that induces happiness. *Psychology of Music*, 44(4), 816-829.
- Huffziger, S., Reinhard, I., & Kuehner, C. (2009). A longitudinal study of rumination and distraction in formerly depressed inpatients and community controls. *Journal of abnormal psychology*, 118(4), 746.
- Huitema, B. (2011). *The analysis of covariance and alternatives: Statistical methods for experiments, quasi-experiments, and single-case studies*. John Wiley & Sons.
- Huitema, B. E. (2020). *Analysis of covariance (ANCOVA)*. Oxford University Press.
- Juslin, P. N., and Laukka, P. (2004). Expression, perception and induction of musical emotions: a review and a questionnaire study of everyday listening. *J. N. Music Res.* 33, 217–238. doi: 10.1080/0929821042000317813
- Kaligis, F., Ismail, R. I., Wiguna, T., Prasetyo, S., Indriatni, W., Gunardi, H., ... & Magdalena, C. C. (2021). Mental health problems and needs among transitional-age youth in Indonesia. *International Journal of Environmental Research and Public Health*, 18(8), 4046.
- Kartasasmita, S. (2017). Hubungan antara school well-being dengan rumination. *Jurnal muara ilmu sosial, humaniora, dan seni*, 1(1), 248-252
- Khosravani, V., Baseri, A., Kamali, Z., Mohammadzadeh, A., & Amirinezhad, A. (2020). Direct and Indirect Effects of Behavioral Inhibition/Activation Systems on Depression and Current Suicidal Ideation Through Rumination and Self-Reflection. *Archives of suicide research : official journal of the International Academy for Suicide Research*, 24(4), 568–588. <https://doi.org/10.1080/13811118.2019.1649224>
- Kircanski, K., Joormann, J., & Gotlib, I. H. (2012). Cognitive aspects of depression. *Wiley Interdisciplinary Reviews: Cognitive Science*, 3(3), 301-313.
- Kumar, S. M. (2009). *The mindful path through worry and rumination: Letting go of anxious and depressive thoughts*. New Harbinger Publications.
- Kurnianingsih, D., Suroso, J., & Muhajirin, A. (2013). Efektivitas Terapi Musik Klasik terhadap Penurunan Stres Kerja Pada Perawat IGD di RSUD dr. R. Goetheng Taroenadibrata Purbalingga Tahun 2013. 7.



- Kuwabara, S. A., Van Voorhees, B. W., Gollan, J. K., & Alexander, G. C. (2007). A qualitative exploration of depression in emerging adulthood: Disorder, development, and social context. *General hospital psychiatry*, 29(4), 317-324.
- Kuyken, W., Watkins, E., Holden, E., & Cook, W. (2006). Rumination in adolescents at risk for depression. *Journal of Affective Disorders*, 96(1-2), 39-47.
- Larwood, J. (2022). Individual differences in the judgement and experience of musical affect and emotion.
- Larwood, J. L., & Dingle, G. (2018). I Get Knocked Down but I Get Up Again: The Effects of Listening to Music When Sad on Young Adults.
- Lestari, Y. N., Swistoro, E., & Purwanto, A. (2019). Pengaruh Pembelajaran dengan Model Problem Solving Fisika terhadap Hasil Belajar Kognitif dan Kemampuan Berpikir Kritis Siswa. *Jurnal Kumparan Fisika*, 2(2 Agustus), 121-128.
<https://doi.org/10.33369/jkf.2.2.121-128>
- Lewis & Joorman (2018). Rumination. obo in Psychology. doi: 10.1093/obo/9780199828340- 0206
- Liu, X. Q., Guo, Y. X., Zhang, W. J., & Gao, W. J. (2022). Influencing factors, prediction and prevention of depression in college students: a literature review. *World journal of psychiatry*, 12(7), 860.
- McFerran, K. S., & Saarikallio, S. (2014). Depending on music to feel better: Being conscious of responsibility when appropriating the power of music. *The arts in psychotherapy*, 41(1), 89-97.
- McFerran, K. S., Garrido, S., O'Grady, L., Grocke, D., & Sawyer, S. M. (2015). Examining the relationship between self-reported mood management and music preferences of Australian teenagers. *Nordic Journal of Music Therapy*, 24(3), 187-203.
- McNair, D. M., Lorr, M., & Droppleman, L. F. (1971). Profiles of mood states. *San Diego: Educational and Industrial Testing Services*.
- Michl, L. C., McLaughlin, K. A., Shepherd, K., & Nolen-Hoeksema, S. (2013). Rumination as a mechanism linking stressful life events to symptoms of depression and anxiety: longitudinal evidence in early adolescents and adults. *Journal of abnormal psychology*, 122(2), 339.



Millgram, Y., Mizrahi Lakan, S., Joormann, J., Nahum, M., Shimony, O., & Tamir, M. (2023).

Choosing to avoid the positive? Emotion regulation strategy choice in depression. *Journal of Psychopathology and Clinical Science*, 132(6), 669.

Moore, K. (2015). Rumination and self-destructive thoughts in people with depression. *Behavioural Sciences Undergraduate Journal*, 2(1), 5-12.

Mor, N., & Daches, S. (2015). Ruminative thinking: Lessons learned from cognitive training. *Clinical Psychological Science*, 3(4), 574-592.

Mori, K., & Iwanaga, M. (2014). Pleasure generated by sadness: Effect of sad lyrics on the emotions induced by happy music. *Psychology of Music*, 42(5), 643-652.

Newcomb-Anjo, S. E., Villemaire-Krajden, R., Takefman, K., & Barker, E. T. (2017). The unique associations of academic experiences with depressive symptoms in emerging adulthood. *Emerging Adulthood*, 5(1), 75-80.

Nolen-Hoeksema, S. (1991). Responses to depression and their effects on the duration of depressive episodes. *Journal of Abnormal Psychology*, 100, 569-582. doi:10.1037/0021-843X.100.4.569

Nolen-Hoeksema, S. (2000). The role of rumination in depressive disorders and mixed anxiety/depressive symptoms. *Journal of abnormal psychology*, 109(3), 504.

Nolen-Hoeksema, S., & Girgus, J. S. (1994). The emergence of gender differences in depression during adolescence. *Psychological bulletin*, 115(3), 424.

Nolen-Hoeksema, S., & Morrow, J. (1993). Effects of rumination and distraction on naturally occurring depressed mood. *Cognition & emotion*, 7(6), 561-570.

Nolen-Hoeksema, S., Wisco, B. E., & Lyubomirsky, S. (2008). Rethinking rumination. *Perspectives on psychological science*, 3(5), 400-424.

Paula, W. D., Breguez, G. S., Machado, E. L., & Meireles, A. L. (2020). Prevalence of anxiety, depression, and suicidal ideation symptoms among university students: a systematic review.

Pemberton, R., & Tyszkiewicz, M. D. F. (2016). Factors contributing to depressive mood states in everyday life: a systematic review. *Journal of affective disorders*, 200, 103-110.

Piko, B. F. (2009). A new challenge: depression is a significant problem among university

students. *West Indian Medical Journal*, 58(1), 1.

- Pulopulos, M.M., Hoorelbeke, K., Vandenbroucke, S., van Durme, K., Hooley, J.M., & de Raedt, R. (2022). The interplay between self-esteem, expectancy, cognitive control, rumination, and the experience of stress: A network analysis. *Current Psychology*, 42, 15403 - 15411.
- Purborini, N., Lee, M. B., Devi, H. M., & Chang, H. J. (2021). Associated factors of depression among young adults in Indonesia: a population-based longitudinal study. *Journal of the Formosan Medical Association*, 120(7), 1434-1443.
- Punkanen, M., Eerola, T., & Erkkila, J. (2011). Biased emotional preferences in depression: Decreased liking of angry and energetic music by depressed patients. *Music and Medicine*, 3(2), 114-120
- Powell, M., Olsen, K. N., & Thompson, W. F. (2022). Does music help regulate depressive symptoms for fans of violently themed music?. *Psychology of Music*, 50(4), 1296-1311.
- Rachmawati, A. A. (2020). Darurat Kesehatan Mental bagi Remaja. *Egsa Ugm*, 1.
- Randall, W. M., & Rickard, N. S. (2017). Reasons for personal music listening: A mobile experience sampling study of emotional outcomes. *Psychology of Music*, 45(4), 479-495.
- Riset Kesehatan Dasar (Riskesdas) (2018). Badan Penelitian dan Pengembangan Kesehatan Kementerian RI tahun 2018.
- Saarikallio, S., & Erkkilä, J. (2007). The role of music in adolescents' mood regulation. *Psychology of music*, 35(1), 88-109.
- Saarikallio, S. (2019). Access-awareness-agency (AAA) model of music-based social-emotional competence (MuSEC). *Music & Science*, 2, 2059204318815421.
- Sachs, M. E., Damasio, A., & Habibi, A. (2015). The pleasures of sad music: a systematic review. *Frontiers in human neuroscience*, 9, 404.
- Santrock, J. W. (2016). A topical approach to life-span development (Eighth).
- Shriram, J., Paruchuri, S., & Alluri, V. (2021). How Much do Lyrics Matter? Analysing Lyrical Simplicity Preferences for Individuals At Risk of Depression. arXiv preprint arXiv:2109.07227
- Smith, J. M., & Alloy, L. B. (2009). A roadmap to rumination: a review of the definition, assessment, and conceptualization of this multifaceted construct. *Clinical psychology*

review, 29(2), 116–128. <https://doi.org/10.1016/j.cpr.2008.10.003>

- Spasojevic, J., & Alloy, L. B. (2001). Rumination as a common mechanism relating depressive risk factors to depression. *Emotion*, 1(1), 25–37.
- Tanner, A., Voon, D., Hasking, P., & Martin, G. (2013). Underlying structure of ruminative thinking: Factor analysis of the Ruminative Thought Style Questionnaire. *Cognitive therapy and research*, 37, 633-646.
- Taruffi, L., & Koelsch, S. (2014). The paradox of music-evoked sadness: An online survey. *PLoS One*, 9(10), e110490.
- Thayer, R. E., Newman, J. R., & McClain, T. M. (1994). Self-regulation of mood: strategies for changing a bad mood, raising energy, and reducing tension. *Journal of personality and social psychology*, 67(5), 910.
- Thomson, C. J., Reece, J. E., & Di Benedetto, M. (2014). The relationship between music-related mood regulation and psychopathology in young people. *Musicae Scientiae*, 18(2), 150-165.
- Trapnell, P. D., & Campbell, J. D. (1999). Rumination-Reflection Questionnaire [Database record]. APA PsycTests.
- Treynor, W., Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered: A psychometric analysis. *Cognitive therapy and research*, 27, 247-259.
- Trost, W., Ethofer, T., Zentner, M., & Vuilleumier, P. (2012). Mapping aesthetic musical emotions in the brain. *Cerebral Cortex*, 22(12), 2769-2783.
- Ushada, M., Mulyati, G. T., Guritno, A. D., & Murase, H. (2013). Combining drum-buffer-rope Algorithm and Kansei engineering to control capacity constrained worker in a bioproduction system. *IFAC Proceedings Volumes*, 46(4), 384-389.
- van den Tol, A. J., Edwards, J., & Heflick, N. A. (2016a). Sad music as a means for acceptance-based coping. *Musicae Scientiae*, 20(1), 68-83.
- van den Tol, A. J. (2016b). The appeal of sad music: A brief overview of current directions in research on motivations for listening to sad music. *The Arts in Psychotherapy*, 49, 44-49.
- Vuoskoski, J., Thompson, W. F., McIlwain, D., & Eerola, T. (2012). Who enjoys listening to sad music and why?. *Music Perception*, 29(3), 311-317.
<https://doi.org/10.1525/mp.2012.29.3.311>



- Watkins, E. R. (2008). Constructive and unconstructive repetitive thought. *Psychological Bulletin*, 134, 163-206.
- Watkins, E. R., & Nolen-Hoeksema, S. (2014). A habit-goal framework of depressive rumination. *Journal of abnormal psychology*, 123(1), 24.
- Whitmer, A. J., & Gotlib, I. H. (2013). An attentional scope model of rumination. *Psychological bulletin*, 139(5), 1036.
- World Health Organization. (2017). *Depression and other common mental disorders: global health estimates* (No. WHO/MSD/MER/2017.2). World Health Organization.
- World Health Organization. (2016). *World Health Statistics 2016 [OP]: Monitoring Health for the Sustainable Development Goals (SDGs)*. World Health Organization.
- Xu, B. (2023). The causes of major depressive disorder. In *Second International Conference on Biological Engineering and Medical Science (ICBioMed 2022)* (Vol. 12611, pp. 934-939). SPIE.
- Yoon, S., & Rottenberg, J. (2021). Listening to the blues: An ecological momentary assessment of music choice in depression. *Emotion*, 21(6), 1177.
- Zavoyskiy, S., Taylor, C. L., & Friedman, R. S. (2016). Affect-incongruency in emotional responses to music. *Psychomusicology: Music, Mind, and Brain*, 26(3), 247.