

Daftar Pustaka

- Azwar, S. (2017). *Metode Penelitian Psikologi* (II). Pustaka Pelajar.
- Badan Pusat Statistik Indonesia 2023. (2023). *Statistik Indonesia 2023*. Badan Pusat Statistik.
- Bailen, N. H., Green, L. M., & Thompson, R. J. (2019). Understanding Emotion in Adolescents: A Review of Emotional Frequency, Intensity, Instability, and Clarity. *Emotion Review*, 11(1), 63–73. <https://doi.org/10.1177/1754073918768878>
- Bakker, A., Cai, J., English, L., Kaiser, G., Mesa, V., & Van Dooren, W. (2019). Beyond small, medium, or large: Points of consideration when interpreting effect sizes. *Educational Studies in Mathematics*, 102(1), 1–8. <https://doi.org/10.1007/s10649-019-09908-4>
- Barry, C. T., Loflin, D. C., & Doucette, H. (2015). Adolescent self-compassion: Associations with narcissism, self-esteem, aggression, and internalizing symptoms in at-risk males. *Personality and Individual Differences*, 77, 118–123. <https://doi.org/10.1016/j.paid.2014.12.036>
- Beutler, L. E., Malik, M., Harwood, T. M., Talebi, H., Noble, S., & Wong, E. (2004). Therapist variables. In *Bergin and Garfield's handbook of psychotherapy and behavior change* (5th ed., pp. 227–206). John Wiley.
- Bluth, K., & Eisenlohr-Moul, T. A. (2017). Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes. *Journal of Adolescence*, 57, 108–118. <https://doi.org/10.1016/j.adolescence.2017.04.001>
- Bohlmeijer, E., ten Klooster, P. M., Fledderus, M., Veehof, M., & Baer, R. (2011). Psychometric properties of the five facet mindfulness questionnaire in depressed adults and development of a short form. *Assessment*, 18(3), 308–320. <https://doi.org/10.1177/1073191111408231>
- Brewer, M. M. (2010). *The effects of child gender and child age at the time of parental divorce on the development of adult depression* [Walden University]. <https://www.proquest.com/openview/63f85ff79b182c858f21826677bacbe2/1?cbl=18750&pq-origsite=gscholar&parentSessionId=ehSoBXV3A11KfkxVYdyBk0%2BjzGqlGrIX3Pkg7JOjXYs%3D>
- Calvete, E., & Cardeñoso, O. (2002). Self-talk in adolescents: Dimensions, states of mind, and psychological maladjustment. *Cognitive Therapy and Research*, 26(4), 473–485. <https://doi.org/10.1023/A:1016227817041>
- Crocetti, E., Klimstra, T., Keijsers, L., Hale, W. W., & Meeus, W. (2009). Anxiety trajectories and identity development in adolescence: A five-wave longitudinal

- study. *Journal of Youth and Adolescence*, 38(6), 839–849. <https://doi.org/10.1007/s10964-008-9302-y>
- Damairia, D., dan Konseling, B., & Negeri Yogyakarta, U. (2018). Proses regulasi emosi pada remaja dengan orang tua bercerai. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 4(6), 326335. <https://journal.student.uny.ac.id/fipbk/article/view/11856>
- D'Antoni, F., Matiz, A., Fabbro, F., & Crescentini, C. (2022). Psychotherapeutic Techniques for Distressing Memories: A Comparative Study between EMDR, Brainspotting, and Body Scan Meditation. *International Journal of Environmental Research and Public Health*, 19(3), 1142. <https://doi.org/10.3390/ijerph19031142>
- Devita, Y. (2019). *Prevalensi masalah mental emosional remaja di Kota Pekanbaru*. 2, 33–43.
- Diedrich, A., Hofmann, S. G., Cuijpers, P., & Berking, M. (2016). Self-compassion enhances the efficacy of explicit cognitive reappraisal as an emotion regulation strategy in individuals with major depressive disorder. *Behaviour Research and Therapy*, 82, 1–10. <https://doi.org/10.1016/j.brat.2016.04.003>
- Diener, E., & Scollon, C. N. (2014). The What, Why, When, and How of Teaching the Science of Subjective Well-Being. *Teaching of Psychology*, 41(2), 175–183. <https://doi.org/10.1177/0098628314530346>
- Dreisoerner, A., Junker, N. M., Schlotz, W., Heimrich, J., Bloemeke, S., Ditzen, B., & van Dick, R. (2021). Self-soothing touch and being hugged reduce cortisol responses to stress: A randomized controlled trial on stress, physical touch, and social identity. *Comprehensive Psychoneuroendocrinology*, 8, 100091. <https://doi.org/10.1016/j.cpnec.2021.100091>
- Eckstein, M., Mamaev, I., Ditzen, B., & Sailer, U. (2020). Calming Effects of Touch in Human, Animal, and Robotic Interaction-Scientific State-of-the-Art and Technical Advances. *Frontiers in Psychiatry*, 11, 555058. <https://doi.org/10.3389/fpsy.2020.555058>
- Eisenberg, N., & Spinrad, T. L. (2004). Emotion-related regulation: Sharpening the definition. *Child Development*, 75(2), 334–339. <https://doi.org/10.1111/j.1467-8624.2004.00674.x>
- Eldar-Avidan, D., Haj-Yahia, M. M., & Greenbaum, C. W. (2009). Divorce is a part of my life... resilience, survival, and vulnerability: Young adults' perception of the implications of parental divorce. *Journal of Marital and Family Therapy*, 35(1), 30–46. <https://doi.org/10.1111/j.1752-0606.2008.00094.x>
- Esmaeilian, N., Dehghani, M., Dehghani, Z., & Lee, J. (2018). Mindfulness-Based Cognitive Therapy Enhances Emotional Resiliency in Children with Divorced Parents. *Mindfulness*, 9(4), 1052–1062. <https://doi.org/10.1007/s12671-017-0840-9>

- Ezhumalai, S., Muralidhar, D., Dhanasekarapandian, R., & Nikketha, B. S. (2018). Group interventions. *Indian Journal of Psychiatry*, 60(8), S514–S521. https://doi.org/10.4103/PSYCHIATRY.INDIANJPSYCHIATRY_42_18
- Faber, J., & Fonseca, L. M. (2014). How sample size influences research outcomes. *Dental Press Journal of Orthodontics*, 19(4), 27–29. <https://doi.org/10.1590/2176-9451.19.4.027-029.ebo>
- Farb, N. A. S., Anderson, A. K., & Segal, Z. V. (2012). The Mindful Brain and Emotion Regulation in Mood Disorders. *Canadian Journal of Psychiatry. Revue Canadienne De Psychiatrie*, 57(2), 70–77.
- Farichah, I. N., Habsy, B. A., & Suroso, D. H. (2019). Konseling kelompok rasional emotif perilaku dalam membantu mengatasi regulasi emosi siswa SMP, efektifkah? *Jurnal Pendidikan*, 4(1), 25–32. <https://doi.org/10.26740/jp.v4n1.p25-32>
- Fitriani, Y., & Alsa, A. (2015). Relaksasi autogenik untuk meningkatkan regulasi emosi pada siswa SMP. *E-Jurnal Gama Jpp*, 1(3), 149–162. <https://doi.org/10.22146/gamajpp.9391>
- Flückiger, C., Del Re, A. C., Wampold, B. E., Symonds, D., & Horvath, A. O. (2012). How central is the alliance in psychotherapy? A multilevel longitudinal meta-analysis. *Journal of Counseling Psychology*, 59(1), 10–17. <https://doi.org/10.1037/a0025749>
- Gratz, K. L., & Tull, M. T. (2010). Emotion regulation as a mechanism of change in acceptance- and mindfulness-based treatments. In *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 107–133). Context Press/New Harbinger Publications.
- Green, J. G., McLaughlin, K. A., Alegria, M., Costello, E. J., Gruber, M. J., Hoagwood, K., Leaf, P. J., Olin, S., Sampson, N. A., & Kessler, R. C. (2013). School mental health resources and adolescent mental health service use. *Journal of the American Academy of Child and Adolescent Psychiatry*, 52(5), 501–510. <https://doi.org/10.1016/j.jaac.2013.03.002>
- Hastjarjo, T. H. (2011). Validitas eksperimen. *Journal.Ugm.Ac.IdTD HastjarjoBuletin Psikologi*, 2011•*journal.Ugm.Ac.Id*. Retrieved August 26, 2024, from <https://journal.ugm.ac.id/buletinpsikologi/article/download/11558/8616>
- Hastjarjo, T. D. (2019). Rancangan Eksperimen-Kuasi. *Buletin Psikologi*, 27(2), Article 2. <https://doi.org/10.22146/buletinpsikologi.38619>
- Heller, A. S., & Casey, B. J. (2016). The neurodynamics of emotion: delineating typical and atypical emotional processes during adolescence. *Developmental Science*, 19(1), 3–18. <https://doi.org/10.1111/DESC.12373>

- Herndon, K. J., Bailey, C. S., Shewark, E., Denham, S. A., & Bassett, H. H. (2013). Preschoolers' Emotion Expression and Regulation: Relations with School Adjustment. *The Journal of Genetic Psychology*, 174(0), 642–663.
- Hill, C. E., Spiegel, S. B., Hoffman, M. A., Kivlighan Jr., D. M., & Gelso, C. J. (2017). Therapist expertise in psychotherapy revisited ψ . *The Counseling Psychologist*, 45(1), 7–53. <https://doi.org/10.1177/0011000016641192>
- Hilton, A., & Armstrong, R. A. (2006). Statnote 6: post-hoc ANOVA tests.
- Hölzel, B. K., Lazar, S. W., Gard, T., Schuman-Olivier, Z., Vago, D. R., & Ott, U. (2011). How Does Mindfulness Meditation Work? Proposing Mechanisms of Action From a Conceptual and Neural Perspective. *Perspectives on Psychological Science: A Journal of the Association for Psychological Science*, 6(6), 537–559. <https://doi.org/10.1177/1745691611419671>
- Immordino-Yang, M. H., & Singh, V. (2013). Hippocampal contributions to the processing of social emotions. *Human Brain Mapping*, 34(4), 945–955. <https://doi.org/10.1002/HBM.21485>
- Janet, Ms. K. S., & Gowri, Dr. P. M. (2017). Effectiveness of deep breathing exercise on blood pressure among patients with hypertension. *International Journal of Pharma and Bio Science*, 8(1). <https://doi.org/10.22376/ijpbs.2017.8.1.b256-260>
- Kim, J., & Cicchetti, D. (2010). Longitudinal pathways linking child maltreatment, emotion regulation, peer relations, and psychopathology. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 51(6), 706–716. <https://doi.org/10.1111/j.1469-7610.2009.02202.x>
- Leary, M. R., Tate, E. B., Adams, C. E., Allen, A. B., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of Personality and Social Psychology*, 92(5), 887–904. <https://doi.org/10.1037/0022-3514.92.5.887>
- Lee, W. K. (2017). Effects of Mindfulness-based Emotion Management Training on Preventing Self-harming Behaviors in Adolescents. *Journal of the Korean Society of School Health*, 30(3), 295–305. <https://doi.org/10.15434/kssh.2017.30.3.295>
- Lie, F., Ardini, P. P., Utoyo, S., & Juniarti, Y. (2019). Tumbuh Kembang Anak Broken Home. *Jurnal Pelita PAUD*, 4(1), 114–123. <https://doi.org/10.33222/pelitapaud.v4i1.841>
- Luders, E., Toga, A. W., Lepore, N., & Gaser, C. (2009). The underlying anatomical correlates of long-term meditation: Larger hippocampal and frontal volumes of gray matter. *NeuroImage*, 45(3), 672–678.
- Lutz, A., Brefczynski-Lewis, J., Johnstone, T., Davidson, R. J., Cook-Ryder, E., Wangard, B., Robinson, R., Bronstein, A., & John Kluge, the W. (2008). Regulation of the Neural Circuitry of Emotion by Compassion Meditation:

- Effects of Meditative Expertise. *PLOS ONE*, 3(3), e1897. <https://doi.org/10.1371/JOURNAL.PONE.0001897>
- Marshall, S. L., Parker, P. D., Ciarrochi, J., Sahdra, B., Jackson, C. J., & Heaven, P. C. L. (2015). Self-compassion protects against the negative effects of low self-esteem: A longitudinal study in a large adolescent sample. *Personality and Individual Differences*, 74, 116–121. <https://doi.org/10.1016/j.paid.2014.09.013>
- Mehling, W. E., Wrubel, J., Daubenmier, J. J., Price, C. J., Kerr, C. E., Silow, T., Gopisetty, V., & Stewart, A. L. (2011). Body Awareness: A phenomenological inquiry into the common ground of mind-body therapies. *Philosophy, Ethics, and Humanities in Medicine: PEHM*, 6, 6. <https://doi.org/10.1186/1747-5341-6-6>
- Miller, I. (2021). Ending the 'Cult of the Broken home': Divorce, Children and the Changing Emotional Dynamics of Separating British Families, c. 1945–90. *Twentieth Century British History*, 32(2), 165–188. <https://doi.org/10.1093/tcbh/hwab003>
- Moore, R., Gillanders, D., & Stuart, S. (2022). The Impact of Group Emotion Regulation Interventions on Emotion Regulation Ability: A Systematic Review. *Journal of Clinical Medicine*, 11(9), 2519. <https://doi.org/10.3390/jcm11092519>
- Morris, A. S., Silk, J. S., Steinberg, L., Myers, S. S., & Robinson, L. R. (2007). The Role of the Family Context in the Development of Emotion Regulation. *Social Development (Oxford, England)*, 16(2), 361–388. <https://doi.org/10.1111/j.1467-9507.2007.00389.x>
- Namora, H. L. L. (2016). *Konseling Kelompok*. Prenadamedia Group.
- Nansi, D., & Utami, F. T. (2016). Hubungan antara regulasi emosi dengan perilaku disiplin santri madrasah aliyah pondok pesantren qodratullah langkan. *Psikis : Jurnal Psikologi Islami*, 2(1), Article 1. <https://doi.org/10.19109/psikis.v2i1.1054>
- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28–44. <https://doi.org/10.1002/jclp.21923>
- Neff, K., & Germer, C. (2017). Self-compassion and psychological well-being. In *The Oxford handbook of compassion science* (pp. 371–385). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780190464684.001.0001>
- Olson, D. H., & DeFrain, J. (2000). *Marriage and the family: Diversity and strengths*, 3rd ed (pp. xxviii, 692). Mayfield Publishing Co.
- Ortner, C. N., Kilner, S. J., & Zelazo, P. D. (2007). Mindfulness meditation and reduced emotional interference on a cognitive task. *Motivation and Emotion*, 31(4), 271–283.
- Poli, C. F., Molgora, S., Marzotto, C., Facchin, F., & Cyr, F. (2017). Group interventions for children having separated parents: A systematic narrative review. *Journal*

- of Divorce & Remarriage, 58(8), 559–583.
<https://doi.org/10.1080/10502556.2017.1345243>
- Pramudhanti, H. (2020). *Validasi modul mindful self-compassion untuk meningkatkan kesadaran diri pada remaja dengan risiko tinggi psikosis* [Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/184670>
- Putri, P. N. A. (2020). *Validasi Modul Mindful Self-Compassion (MSC) untuk Meningkatkan Efikasi Diri pada Remaja dengan Risiko Tinggi Psikosis* [Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/184842>
- Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18(3), 250–255. <https://doi.org/10.1002/cpp.702>
- Rahma, S. A., Ikhsan, A. P. P., & Yemima, D. (2024). Dampak Pengabaian Orang Tua Terhadap Regulasi Emosi Anak. *Jurnal Psikologi*, 1(4), 18-18.
- Richardson, J. T. E. (2011). Eta squared and partial eta squared as measures of effect size in educational research. *Educational Research Review*, 6(2), 135–147. <https://doi.org/10.1016/J.EDUREV.2010.12.001>
- Rockman, P., & Hurley, A. (2015). *Self-compassion and mindfulness*. The Centre for Mindfulness Studies.
- Sarbini, W., & Wulandari, K. (2014). Kondisi psikologi anak dari keluarga yang bercerai. *Artikel Ilmiah Hasil Penelitian Mahasiswa*, 1-5.
- Schaan, V. K., Schulz, A., Schächinger, H., & Vögele, C. (2019). Parental divorce is associated with an increased risk to develop mental disorders in women. *Journal of Affective Disorders*, 257, 91–99. <https://doi.org/10.1016/j.jad.2019.06.071>
- Schmelefske, E., Per, M., Khoury, B., & Heath, N. (2022). The Effects of Mindfulness-Based Interventions on Suicide Outcomes: A Meta-Analysis. *Archives of Suicide Research: Official Journal of the International Academy for Suicide Research*, 26(2), 447–464. <https://doi.org/10.1080/13811118.2020.1833796>
- Shadish, W. R., Cook, T. D., & Campbell, D. T. (2002). *Experimental and quasi-experimental designs for generalized causal inference* (pp. xxi, 623). Houghton, Mifflin and Company.
- Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5(5), 377–389. <https://doi.org/10.1080/17439760.2010.516763>
- Sirois, F. M., Kitner, R., & Hirsch, J. K. (2015). Self-compassion, affect, and health-promoting behaviors. *Health Psychology: Official Journal of the Division of Health Psychology, American Psychological Association*, 34(6), 661–669. <https://doi.org/10.1037/hea0000158>

- Swastika, G. M., & Prastuti, E. (2021). Perbedaan Regulasi Emosi Berdasarkan Jenis Kelamin dan Rentang Usia pada Remaja dengan Orangtua Bercerai. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 26(1), Article 1. <https://doi.org/10.20885/psikologika.vol26.iss1.art2>
- Tanaka, M., Wekerle, C., Schmuck, M. L., Paglia-Boak, A., & MAP Research Team. (2011). The linkages among childhood maltreatment, adolescent mental health, and self-compassion in child welfare adolescents. *Child Abuse & Neglect*, 35(10), 887–898. <https://doi.org/10.1016/j.chiabu.2011.07.003>
- Thompson, R. (2011). Emotion and Emotion Regulation: Two Sides of the Developing Coin. *Emotion Review*, 3, 53–61. <https://doi.org/10.1177/1754073910380969>
- Thompson, R. A. (1994). Emotion regulation: A theme in search of definition. *Monographs of the Society for Research in Child Development*, 59(2–3), 25–52, 250–283. <https://doi.org/10.2307/1166137>
- Tracey, T. J. G., Wampold, B. E., Lichtenberg, J. W., & Goodyear, R. K. (2014). Expertise in psychotherapy: An elusive goal? *The American Psychologist*, 69(3), 218–229. <https://doi.org/10.1037/a0035099>
- Umar, U. S. (2019). *Influence of Broken Homes on Senior Secondary School Students' Academic, Emotional and Social Adjustments in Katsina State, Nigeria*. <https://www.semanticscholar.org/paper/Influence-of-Broken-Homes-on-Senior-Secondary-and-Umar-Sani/2742d28f47f8cd0271ee67aaa50bd84a8559ddbf>
- Venkatraman, A., Edlow, B. L., & Immordino-Yang, M. H. (2017). The brainstem in emotion: A review. *Frontiers in Neuroanatomy*, 11, 246051. <https://doi.org/10.3389/FNANA.2017.00015/BIBTEX>
- Weiss, J. A., Thomson, K., Burnham Riosa, P., Albaum, C., Chan, V., Maughan, A., Tablon, P., & Black, K. (2018). A randomized waitlist-controlled trial of cognitive behavior therapy to improve emotion regulation in children with autism. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 59(11), 1180–1191. <https://doi.org/10.1111/jcpp.12915>
- Zou, L., Sasaki, J. E., Wei, G.-X., Huang, T., Yeung, A. S., Neto, O. B., Chen, K. W., & Hui, S. S.-C. (2018). Effects of Mind-Body Exercises (Tai Chi/Yoga) on Heart Rate Variability Parameters and Perceived Stress: A Systematic Review with Meta-Analysis of Randomized Controlled Trials. *Journal of Clinical Medicine*, 7(11), 404. <https://doi.org/10.3390/jcm7110404>