



Daftar Pustaka

- Abbasi, M., Ghadampour, E., Hojati, M., & Senobar, A. (2020). Moderating effects of hardiness and optimism on negative life events and coping self-efficacy in first-year undergraduate students. *Anales de Psicologia*, 36(3), 451–456. <https://doi.org/10.6018/analesps.402111>
- Aditia, L., Wahidah, F. R. N., & Na'imah, T. (2023). Academic stress in pharmacy practicum students: Is there a role of hardiness? *Journal of Pedagogical Sociology and Psychology*, 5(1), 12-19.
- Altinsoy, F., & Aypay, A. (2023). A post-traumatic growth model: psychological hardiness, happiness-increasing strategies, and problem-focused coping. *Current Psychology*, 42(3), 2208-2220.
- Amanda, P. (2023). Hubungan antara kepribadian hardiness dengan kecemasan meninggalkan keluarga pada anggota TNI-AD Batalyon Infanteri Raiders 400 Semarang. (Doctoral dissertation, Universitas Islam Sultan Agung).
- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.)
- Anggraeni, A.D. (2022). Uji validitas dan reabilitas skala depression, anxiety, and stress scale-42 (DASS-42) versi Bahasa Indonesia pada emerging adulthood. *Journal Kesehatan*.
- Ardi Kusuma, C., & Purwandari, E. (2018). Hubungan antara kepribadian hardiness dengan optimisme masa depan pada mahasiswa tingkat akhir (Doctoral dissertation, Universitas Muhammadiyah Surakarta).
- Arnet, J. J. (2015). Emerging adulthood: The winding road from the late teens through the twenties (second edition). *Oxford University Press*.
- Arnett, J. J. (2020). Emerging adulthood: A theory of development from the late teens through the twenties. *Oxford University Press*.
- Aurellia, F. (2022). Hubungan kecemasan masa depan dengan efikasi diri pada mahasiswa di universitas "X" (Doctoral dissertation, Universitas Islam Indonesia).
- Azwar, S. (2018). Metode penelitian psikologi edisi II. *Pustaka Pelajar*.
- Badan Penelitian dan Pengembangan Kesehatan. (2018). Laporan nasional riset kesehatan dasar: RISKESDAS (Riset Kesehatan Dasar).
- Barlow, D. H., & Durand, V. M. (2014). Essentials of abnormal psychology (7th ed.). *Cengage Learning Custom Publishing*.



- Cahyadi, A. (2022). Keterkaitan kepribadian hardiness dengan optimisme dalam mencari pekerjaan pada dewasa awal. *Jurnal Psycho Idea*, 20(2), 118-127.
- Carleton, R. N. (2016). Fear of the unknown: One fear to rule them all? *Journal of Anxiety Disorders*, 41, 5-21
- Christianto, L. P., & Amalia, S. R. (2022). Penyusunan alat ukur hardiness untuk individu pada tahap perkembangan dewasa awal. In *Seminar Nasional Psikologi dan Ilmu Humaniora (SENAPIH)*, 1 (1), 132-141.
- Delahajj, R., & van Dam, K. (2017). Coping style development: The role of learning goal orientation and work engagement. *Personality and Individual Differences*, 107, 174-179. <https://doi.org/10.1016/j.paid.2016.11.041>
- Febrianingrum, D. W., & Wibowo, D. H. (2021). Hardiness dan adaptabilitas karir. *Jurnal Psikologi Malahayati*, 3(2), 103-110.
- Gonzalez, A. M., & Tavares, J. (2023). Uncertainty and anxiety: Gender differences in responses to uncertain future events. *Anxiety, Stress, & Coping*, 36(1), 1-17. DOI: 10.1080/10615806.2022.2067525.
- Greenleaf, A. T. (2011). Human agency, hardiness, and proactive personality: potential resources for emerging adults in the college-to-career transition.
- Haase, C. M., Heckhausen, J., & Silbereisen, R. K. (2012). The interplay of occupational motivation and well-being during the transition from university to work. *Developmental Psychology*, 48(6), 1739-1751)
- Halim, A. F. C. (2023). Emosi sebagai prediktor, terhadap tingkat kecemasan pada mahasiswa. Fakultas Psikologi Universitas Gadjah Mada.
- Hamid, A. G. (2023). Hardiness dalam menghadapi quarter life crisis pada mahasiswa tingkat akhir: Studi pada mahasiswa tingkat akhir Universitas Islam Negeri Maulana Malik Ibrahim Malang. (Doctoral dissertation, Universitas Islam Negeri Maulana Malik Ibrahim).
- Hanifah, J. (2022). Peran sense of coherence terhadap future anxiety pada mahasiswa Tingkat akhir. Fakultas Kedokteran Universitas Indralaya
- Haqqi, M. F. H. (2021). Hubungan antara kepribadian dan tingkat kecemasan pada mahasiswa. Fakultas Psikologi Universitas Gadjah Mada.
- Intani, Z. F., & Indati, A. (2019). Peranan wisdom terhadap subjective well-being pada dewasa awal. *Gadjah Mada Journal of Psychology (GamaJoP)*, 3(3), 141-150.
- Itsnaini, N. R. (2022). Peran orientasi kepribadian menurut anchor personality theory terhadap quarter life crisis pada emerging adulthood. Fakultas Psikologi Universitas Gadjah Mada.



- Kobhasa, S. C. (1979). Stressful life events, personality, and health: An inquiry into hardiness. *Journal of Personality and Social Psychology*, 37, 1–1
- Kobhasa, S. C., Maddi, S. R., & Kahn, S. (1982). Hardiness and health: A prospective study. *Journal of Personality and Social Psychology*, 42(1), 168-177. <https://doi.org/10.1037/0022-3514.42.1.168>
- Kowalski, C. M., & Schermer, J. A. (2019). Hardiness, perseverative cognition, anxiety, and health-related outcomes: A case for and against psychological hardiness. *Psychological Reports*, 122(6), 2096-2118. <https://doi.org/10.1177/003329411880044>
- Nugroho, F. W., & Karyono, K. (2014). Hubungan antara hardiness dengan kecemasan menghadapi dunia kerja pada mahasiswa tingkat akhir. *Jurnal Empati*, 3(3), 76-84.
- Maddi, S. R. (2002). The story of hardiness: Twenty years of theorizing, research, and practice. *Consulting Psychology Journal*, 54, 173–185.
- Maddi, S. R. (2006). Hardiness: The courage to grow from stresses. *The Journal of Positive Psychology*, 1(3), 160-168.
- Maddi, S. R., & Maddi, S. (2013). Personal hardiness as the basis for resilience. *Hardiness: Turning stressful circumstances into resilient growth*, 7-17.
- Maddi, S. R., & Khoshaba, D. M. (2020). Resilience at work: How to succeed no matter what life throws at you.
- Malehmir, B., Nozari, A., Rafieerad, Z., & Keyvanlo, S. (2021). Explaining corona anxiety based on intolerance of uncertainty, psychological hardiness, and social support with the mediation of rumination. *Journal Of Human Relations Studies*, 1(1). <https://doi.org/10.22098/jhrs.2022.8850.1003>.
- Mangunsong, M. T. B. R. (2024). Peran hardiness terhadap kecemasan menghadapi dunia kerja pada mahasiswa perantau. Universitas Gunadarma.
- Meyer, B., & Melchior, A. (2022). The role of relational concerns in women's emotional responses to uncertainty. *Psychology of Women Quarterly*, 46(1), 45-60. DOI: 10.1177/03616843211050016.
- Miller, W. R., & Rollnick, S. (2019). Motivational interviewing: Helping people change (3rd ed.). *Guilford Press*.
- Mund, P., & Kobasa (2016). Concept of hardiness. *international research journal of engineering, IT and scientific research*, 2(1), 34-40.
- Nainggolan, K. D., & Huwae, A. (2022). A study of correlation between emotional intelligence and hardiness in young wives. *Kafaah: Journal of Gender Studies*, 12(2), 150-161.



- Nash, R. J., & Murray, M. C. (2010). Helping college students find purpose: The campus guide to meaning-making. Jossey-Bass
- Ng, S. M., & Lee, T. M. (2020). The mediating role of hardiness in the relationship between perceived loneliness and depressive symptoms among older. *Aging & Mental Health*, 24(5), 805-810. <https://doi.org/10.1080/13607863.2018.1550629>
- Nurjanah, A. S. (2020). Kecemasan mahasiswa fresh graduate dalam melamar pekerjaan. *Al-Ittizaan: Jurnal Bimbingan Konseling Islam*, 1(2), 35-38.
- Pasangkin, F., & Huwae, A. (2022). Hubungan hardiness dan adaptabilitas karir pada mahasiswa tingkat akhir. *Counsellia: Jurnal Bimbingan dan Konseling*, 12(1), 64-74.
- Pebyamoriski, N., Minarni, M., & Musawwir, M. (2022). Perbedaan kecemasan memilih pasangan hidup pada dewasa awal berdasarkan demografi. *Jurnal Psikologi*, 15(2), 219-228.
- Quick, J., Macik-Frey, & Nelson, D. (2015). Job Stress.
- Rivenbarck, J. V. (2018). The impact of perceived social status on emotional wellbeing. *Journal of Health Psychology*, 23(6), 811-820. DOI: 10.1177/1359105316681908.
- Robbins, A., & Wilner, A. (2001). Quarter life crisis: Advice from twentysomethings who have been there and survived. Tarcher perigee
- Rossi, N. E., & Mebert, C. J. (2011). Does a quarter life crisis exist? *The Journal of Genetic Psychology*, 172(2), 141-161
- Safitri, R., & Jayanti, A. M. (2023). Harga Diri dan Kecemasan memilih pasangan hidup wanita dewasa awal fase quarter life crisis. *Indonesian Psychological Research*, 5(1).
- Santrock, J. W. (2012). Life-span development, edisi ketigabelas. Erlangga.
- Santrock, J. W. (2018). A tropical approach to life-span development (ninth edition). McGraw-Hill Education.
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction.
- Sekariansah, AT, & Sakti, H. (2013). Hubungan hardiness antara stres dengan jenis mahasiswa dalam skripsi. *Jurnal Empati*, 2(4), 74-82.
- Sweeny, K., Carroll, P. J., & Shepperd, J. A. (2006). The cost of pessimism and the value of optimism: A meta-analysis. *Personality and Social Psychology Review*, 10(4), 263-281.



Syuhadak, N. O., Hardjono, H., & Mardhiyah, Z. (2022). Hope and anxiety about the future in final year students. *Jurnal Ilmiah Psikologi Candradiwa*.
<https://doi.org/10.20961/jip.v7i2.64673>

Wijaya, D., & Utami, M. (2021). Peran kepribadian kesungguhan terhadap krisis usia seperempat abad pada emerging adulthood dengan dukungan sosial sebagai mediator. *Gajah Mada Journal of Psychology*, 7(2), 143-161.
<https://doi.org/10.22146/gamajop.63924>

WHO. (2021). Anxiety Disorder and Other Common Mental Disorders

Yualiza, M. N., (2019). Hubungan kepribadian hardiness dengan stress kerja pada perawat dewasa awal.

Zaleski, Z., Kwapinska, S. M., Przepiorka, A., & Meisner, M. (2017). Development and validation of the dark future scale. *Time & Society*, 1-17.