

DAFTAR PUSTAKA

- Agung, G., Suryani, Hernawaty, T. 2018. Relationship between Academic Stress, Family and Peer Attachment with Internet Addiction in Adolescents. 6: 215-226.
- Ahmady, S., Khajeali, N., Sharifi, F., Mirmoghtadaei, Z.S. 2019. Factors related to academic failure in preclinical medical education: A systematic review. *J Adv Med Educ & Profess*;7(2):74-85.35.
- Alsaleem, M.A., Alsaleem, S.A., Shehri, S.A., Awadalla, N.J., Mirdad, T.M., Abbag, F.I., Mahfouz, A.A. 2021. Prevalence and correlates of university students' perceived stress in southwestern Saudi Arabia. *Medicine* 2021, 100, e27295.
- Ananda, S., Satwika, Y. 2022. Hubungan antara kelekatan orang tua dengan kecerdasan emosional pada remaja. *Jurnal Penelitian Psikologi*, 09, 233–242.
- Atherley, A., Dolmans, D., Hu, W., Hegazi, I., Alexander, S., Teunissen. 2019. Beyond the struggles: A scoping review on the transition to undergraduate clinical training. *Med Educ*;53(6):559-70.
- Azmy, A.N., Nurihsan, A.J., Yudha, E.S. 2017. Deskripsi gejala stress akademik dan kecenderungan pilihan strategi koping siswa berbakat. *Indonesian Journal of Educational Counseling*, 1(2), 197- 208.
- Boyd, D., Bee, H. 2015. *Lifespan Development* (7 ed.). Pearson Education Limited.
- Brew, E.A., Nketiah, B., Koranteng, R. 2021. A literature review of academic performance, an insight into factors and their influences on academic outcomes of students at senior high schools. *Open Access Libr J*;8(6):1.
- Bugaj, T., Cranz, A., Junne, F., Erschens, R., Herzog, W., Nikendei, C. 2016. Psychosocial burden in medical students and specific prevention strategies. *Ment Health & Prev*;4(1):24-30.
- Cahyono, H., 2019. Peran Mahasiswa di Masyarakat. *De Banten-Bode: Jurnal Pengabdian Masyarakat (PKM) Setiabudhi*. 1(1). 32-41.
- Cenceng. 2015. Perilaku kelekatan pada anak usia dini (perspektif John Bowlby). *Lentera*, 17(2).
- Chen, C.C., Lim, S. 2022. Examining the effect of COVID-19 pandemic on exercise behavior and perceived academic stress among US college students. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2094202>
- Coria, G.A., Manzo, J., Garcia, L.I., Carrillo, P., Miquel, M., Pfaus, J.G. 2014. Neurobiology of social attachments. *Neuroscience and Biobehavioral Reviews*, 43, 173–182. <https://doi.org/10.1016/j.neubiorev.2014.04.004>
- Crain, W. 2007. *Teori Perkembangan (Konsep dan Aplikasi)*. Yogyakarta: Pustaka Pelajar.

- Darungan, T., Rahayu, G., Claramita, M. 2016. Evaluasi Proses Pemberian Feedback di Tutorial Problem-Based Learning di Fakultas Kedokteran. *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*.
- Delgado, E., Serna, C., Martínez, I., Cruise, E. 2022. Parental Attachment and Peer Relationships in Adolescence: A Systematic Review. *International journal of environmental research and public health*, 19(3), 1064.
- Demma'musu, D.M., Alwi, M.A. 2023. Hubungan Kelekatan Teman Sebaya dengan Stres Akademik pada Peserta Didik SMA. *Jurnal Psikologi Talenta Mahasiswa* Volume 2, No 3, Februari 2023. e-ISSN 2807-789X.
- Dogan, D.K. Gur, N., Sener, Z. 2012. The Ways of Handling Stress and the Attachment Forms to Parents of University Students, *Procedia - Social and Behavioral Sciences*, Volume 47, Pages 470-476. ISSN 1877-0428. <https://doi.org/10.1016/j.sbspro.2012.06.682>.
- Ebrahim, M. 2016. Perceived academic stress and its association with students' characteristics. *Journal of Applied Medical Sciences*. <http://www.scienpress.com/Upload/JA MS/Vol 5 4 1.pdf>
- Ekpenyong, C.E., Daniel, N.E., Aribo, E.O. 2013. Associations between academic stressors, reaction to stress, coping strategies and musculoskeletal disorders among college students. *Ethiop J Health Sci*. Jul;23(2):98-112. PMID: 23950626; PMCID: PMC3742887.
- Farliani, A.B. 2012. Hubungan Antara Parental Attachment, Peer Attachment, dan Psychological Well-being pada Mahasiswa Tahun Pertama di Universitas Indonesia. (Skripsi).
- Fitrikasari, A., Wardani, N.D., Muflihatunnaimah. 2021. Buku Ajar Siklus Kehidupan dan Teori Perkembangan (EBOOK). Fakultas Kedokteran, Semarang. ISBN 978-623-417-011-5 (EPUB).
- Gan, S.W., Cheah, M.S., Chen, K.L., Wong, L.X. 2019. The Effects of Parental and Peer Attachment on University Adjustment among First-Year Undergraduate Students. 10.2991/iciap-18.2019.58.
- Gaston-Hawkins, L.A., Solorio, F.A., Chao, G.F., Green, C.R. 2020. The silent epidemic: Causes and consequences of medical learner burnout. *Curr Psych Rep*;22(12):2-9.
- Habig, K., Krämer, H.H., Lautenschläger, G., Walter, B., Best, C. 2023. Processing of sensory, painful and vestibular stimuli in the thalamus. *Brain Struct. Funct*. 228, 433–447.

- Hadian, V.A., Maulida, D.A., Faiz, A. 2022. Peran lingkungan keluarga dalam pembentukan karakter. *Jurnal Education and Development*, 10(1), 240-246.
- Hancock, J., Mattick, K. 2020. Tolerance of ambiguity and psychological well-being in medical training: A systematic review. *Med Educ.*;54(2):125-37.
- Hauser, T.U., Eldar, E., Purg, N., Moutoussis, M., Dolan, R.J. 2019. Distinct Roles of Dopamine and Noradrenaline in Incidental Memory. *J. Neurosci.* 39, 7715–7721.
- Henry, A., Allain, P., Potard, C. 2022. Relationships between Theory of Mind and Attachment Styles in Emerging Adulthood. *Journal of Adult Development*. 29. 1-13. 10.1007/s10804-022-09399-3.
- Husna, F.M. 2020. Pengaruh Kelekatan Teman Sebaya (Peer Attachment) Terhadap Penyesuaian Diri Pada Mahasiswa Tahun Pertama UIN Maulana Malik Ibrahim Malang Tahun Akademik 2019-2020. Fakultas Psikologi Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Izaki, A., Verbeke, W., Vrtička, P., Ein-Dor, T. 2024. A narrative on the neurobiological roots of attachment-system functioning. 2. 10.1038/s44271-024-00147-9.
- Javier, Reavisy, R., Maria. 2022. Peer Attachment dan Penyesuaian Mahasiswa Baru Fakultas Psikologi di Masa Pandemi Covid-19. *Psikoborneo Jurnal Ilmiah Psikologi*. 10. 497-506. 10.30872/psikoborneo.v10i3.8356.
- Jayanthi, P., Thirunavukarasu, M., Rajkumar, R. 2015. Academic stress and depression among adolescents: a cross-sectional study. *Indian Pediatrics*, 52(15), 7–9.
- Kamila, A., Filsuf, M. 2023. Hubungan Kelekatan Ayah dan Self Compassion pada Remaja Akhir. *Journal of Islamic and Contemporary Psychology (JICOP)*. 3. 54-63. 10.25299/jicop.v3i1s.12344.
- Karakas, N.M., Dagli, F.S. 2019. The importance of attachment in infant and influencing factors. *Turk Pediatri Arsivi*, 54(2), 76–81.
- Kurniawati, J., Baroroh, S. 2016. Literasi media digital mahasiswa Universitas Muhammadiyah Bengkulu. *Jurnal Komunikator*, 8(2), 51–66.
- Kusumowardhani, B., Wahyudi, H. 2020. Studi Deskriptif Mengenai Gambaran Parental Attachment dan Peer Attachment Pada Andikpas di LPKAPekanbaru. *Prosiding Psikologi*. 6(2), 500-507.
- Laghi, F., Pallini, S., Baumgartner, E., Guarino, A., Baiocco, R. 2016. Parent and peer attachment relationships and time perspective in adolescence: Are they related to satisfaction with life? *Time and Society*, 25(1), 24–39.

- Lane, J.A., Fink, R.S. 2015. Attachment, Social Support Satisfaction, and Well-Being During Life Transition in Emerging Adulthood. *The Counseling Psychologist*, 43(7), 1034-1058.
- Legiran, M., Zalili, A., Nedy, B. 2015. Faktor Risiko Stres dan Perbedaannya pada Mahasiswa Berbagai Angkatan di Fakultas Kedokteran Universitas Muhammadiyah Palembang.
- Loth, M.K., Donaldson, Z.R. 2021. Oxytocin, dopamine, and opioid interactions underlying pair bonding: highlighting a potential role for microglia. *Endocrinology* 162, bqaa223.
- Maharani, E.P. 2018. Kelekatan orang tua dan kesehatan sosial-emosional pada remaja. [Skripsi]. Universitas Islam Indonesia.
- Mahardhani, F., Ramadhani, Anggitya, Isnanti, Rizky, Chasanah, Tri, Prptomojati, Ardian. 2020. Pelatihan Strategi Koping Fokus Emosi untuk Menurunkan Stres Akademik pada Mahasiswa. *Gajah Mada Journal of Professional Psychology (GamaJPP)*.6.60.10.22146/gamajpp.55253.
- Mavrandrea, P., Giovazolias, T. 2022. The effect of personality on depressive symptoms: the mediating effect of adult attachment. *Curr Psychol*;41:6978– 86.
- McConnell, M., Moss, E. 2011. Attachment across the life span: Factors that contribute to stability and change. *Australian Journal of Educational and Developmental Psychology*, 11, 60–77.
- Mohmand, S., Monteiro, S., Solomonian, L. 2022. How are medical institutions supporting the well-being of undergraduate students? A scoping review. *Med Educ Online*;27(1):2133986.36.
- Mónaco, G., Estefanía, De la Barrera, Usue, Montoya-Castilla, Inmaculada. (2021). Parents and peer attachment and their relationship with emotional problems in adolescence: is stress mediating?. *Revista de Psicología Clínica Con Niños y Adolescentes*. 8. 10.21134/rpcna.2021.08.3.8.
- Octaviana, E. 2022. Analisis Penggunaan Gadget pada Perkembangan Sosial Emosional Anak di PAUD Darul Aman Kabupaten Temanggung. *JIPSI: Jurnal Ilmu Pendidikan dan Sains Islam Interdisipliner*, 1(1 Agustus), 53-62.
- Perrella, L., Lodi, E., Patrizi, P. 2024. Adaptation and Validation of the Academic Stress Scale in the Italian Context: Latent Structure, Reliability, and Concurrent Validity. *European Journal of Investigation in Health, Psychology and Education*, 14(3), 782-807.
- Perry, R.E., Blair, C., Sullivan, R.M. 2017. Neurobiology of infant attachment: attachment despite adversity and parental programming of emotionality. *Current opinion in psychology*, 17, 1–6.

- Pisaniello, M.S., Asahina, A.T., Bacchi, S., Wagner, M., Perry, S.W., Wong, M.L. 2019. Effect of medical student debt on mental health, academic performance and specialty choice: A systematic review. *BMJ open*;9(7):e029980.
- Pradhan, R., Baral, B. 2024. Student Stress Inventory: A Comprehensive Tool for Measuring Academic Stress in University Students. *Journal of Educational Research*, 46(1), 42-52.
- Purwati, M., Rahmandani, A. 2020. Hubungan Antara Kelekatan Pada Teman Sebaya Dengan Stres Akademik Pada Mahasiswa Teknik Perencanaan Wilayah Dan Kota Universitas Diponegoro Semarang. *Jurnal Empati*, 7(2).
- Qamar, K., Khan, N.S., Bashir Kiani, M.R. 2015. Factors associated with stress among medical students. *JPMA. The Journal of the Pakistan Medical Association*, 65(7), 753–755.
- Rotenstein, L. S., Ramos, M. A., Torre, M., Bradley Segal, J., Peluso, M. J., Guille, C., Sen, S., & Mata, D. A. 2016. Prevalence of depression, depressive symptoms, and suicidal ideation among medical students a systematic review and meta-analysis. *JAMA - Journal of the American Medical Association*, 316(21), 2214–2236.
- Sajuni, W., Agus, C. 2022. STRESS ANALYTICS OF MEDICAL STUDENTS AT FACULTY OF MEDICINE UNIVERSITY OF SURABAYA. *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*. 11. 319. 10.22146/jpki.64881.
- Salsabila, Diana, Hidayat, Ila, Ramdani, Zulmi. 2022. Stres Akademik dan Perceived Social Support sebagai Prediktor Kesehatan Mental Remaja Akhir. *Gadjah Mada Journal of Professional Psychology (GamaJPP)*. 8. 173. 10.22146/gamajpp.76711.
- Sandra, Lesmana, C.B.J.Y., Aryani, L.N.A., Wardani, I.A.K. 2022. Mekanisme Koping Maladaptif Berkaitan dengan Proporsi Kecemasan: Studi Potong Lintang Pada Mahasiswa Pendidikan Dokter. *Jurnal Medika Udayana*, Vol.11, No.4.
- Santiago, F.J.R., Garduno, M.L.M., Hernández-Aguilera, R.D., Uscanga, Y.C. 2020. Insecure attachment as a risk factor for the development of anxiety and depression symptoms in a sample of Mexican adults. *Issues Ment Health N*;42(8):768–75.
- Sawyer, S.M., Azzopardi, P.S., Wickremarathne, D., Patton, G.C. 2018. The age of adolescence. *The Lancet Child & Adolescent Health*, 2(3), 223–228.

- Setyaningrum, A., Rahman, A.M., Ngesti, M. 2024. Dampak Harapan Orang Tua yang Tidak Realistis terhadap Akademik Remaja: Kajian Sistematis. *Jurnal Psikologi*, 1(4), 16. <https://doi.org/10.47134/pjp.v1i4.2750>.
- Shine, J.M., Lewis, L.D., Garrett, D.D., Hwang, K. 2023. The impact of the human thalamus on brain-wide information processing. *Nat. Rev. Neurosci.* 24, 416–430.
- Simanjorang, G.I., Rindengan, M.E., Sengkey, S.B. 2024. Hubungan Peer Attachment Dengan Stres Akademik Mahasiswa Program Studi Psikologi Universitas Negeri Manado. *Psikopedia*.
- Singh, Garima, Singh, Akanksha. 2021. Academic Stress and Its Management: A Hurdle in Education 4.0: Opportunities and Challenges.
- Smith, A., Tabbaa, M., Lei, K., Eastham, P., Butler, M., Linton, L., Altshuler, R., Liu, Y., Wang, Z. 2015. Local oxytocin tempers anxiety by activating GABAA receptors in the hypothalamic paraventricular nucleus. *Psychoneuroendocrinology*. 63. 50-58. 10.1016/j.psyneuen.2015.09.017.
- Sutjiato, M., Kandou, G.D., Tucunan, A.A.T. 2015. Hubungan Faktor Internal dan Eksternal dengan Tingkat Stress pada Mahasiswa Fakultas Kedokteran Universitas Sam Ratulangi Manado. *JIKMU*, 1 Januari, Volume 5, pp. 30-42.
- Thorp, J., Clewett, D. Riegel, M. 2020. Two Routes to Incidental Memory under Arousal: Dopamine and Norepinephrine. *J. Neurosci.* 40, 1790–1792.
- Thompson, G., Wrath, A., Trinder, K., Adams, G.C. 2018. The roles of attachment and resilience in perceived stress in medical students. *Can Med Educ J.* 12;9(4):e69-e77. PMID: 30498545; PMCID: PMC6260503.
- Varazzani, C., San-Galli, A., Gilardeau, S., Bouret, S. 2015. Noradrenaline and dopamine neurons in the reward/effort trade-off: a direct electrophysiological comparison in behaving monkeys. *J. Neurosci.* 35, 7866–7877.
- Wahyudi, R., Bebasari, E., Nazriati, E. 2017. Gambaran Tingkat Stres pada Mahasiswa Fakultas Kedokteran Universitas Riau Tahun Pertama. *Jurnal Ilmu Kedokteran*. 9. 107. 10.26891/JIK.v9i2.2015.107-113.
- Wang, W., Xu, H., Wang, B., Zhu, E. 2023. The mediating effects of learning motivation on the association between perceived stress and positive-deactivating academic emotions in nursing students undergoing skills training. *J.Korean Acad. Nurs.* 49 (4), 495.
- Wang, H., Yu, G.L. 2022. The relation between attachment anxiety and mental health among college students in dating relationships: the mediating and moderating role of dating relationship quality. *J Psychol Sci*;45(5):1092–8.

- Waqas, A., Rehman, A., Malik, A., Muhammad, U., Khan, S., Mahmood, N. 2015. Association of Ego defense mechanisms with academic performance, anxiety and depression in medical students: A mixed methods study *Cureus*;7:e337.
- White, L.O., Schulz, C.C., Schoett, M.J.S., Kungl, M.T., Keil, J., Borelli, J.L., Vrticka, P. 2020. Conceptual Analysis: A Social Neuroscience Approach to Interpersonal Interaction in the Context of Disruption and Disorganization of Attachment (NAMDA). *Front. Psychiatry* 11:517372.
- Wibowo, N.R. 2017. Hubungan Antara Persepsi Kelekatan Ayah, Ibu, dan Teman Sebaya dengan Perilaku Agresi pada remaja laki-Laki di Panti Sosial Marsudi Putra Antasena Magelang. Tesis. Universitas Gadjah Mada.
- Wulandari, N. 2017. Hubungan Kecerdasan Emosional (Emotional Quotient) Terhadap Tingkat Stres pada Mahasiswa Tahun Pertama Fakultas Kedokteran Universitas Muhammadiyah Makassar. Makassar: Fakultas Kedokteran Universitas Makassar.
- Xiao, L., Priest, M.F., Nasenbeny, J., Lu, T., Kozorovitskiy, Y. 2017. Biased oxytocinergic modulation of midbrain dopamine systems. *Neuron* 95, 368–384.e365.
- Xu, Y., Sun, Y. 2021. Effect of father presence on mental health among college student: the mediating role of adult attachment. *China J Health Psychol*;29(8):1248–52.
- Zhou, X., Bambling, M., Bai, X., Smith, A.C., Edirippulige, S. 2023. Exploring factors affecting Chinese adolescents' perceived usefulness and engagement with a stress management app: a qualitative study. *Frontiers in psychology*, 14, 1249093.