

Daftar Pustaka

- Agata, W., & Sidabutar, F. M. (2015). Pengaruh religiusitas terhadap gratitude pada remaja yang tinggi di panti asuhan Kristen. *Jurnal Psikologi Ulayat*, 2(1), 348–363.
- Ahmad, M. D., & Silfiasari. (2019). Life satisfaction based on gender. In W. Strielkowski, J. M. Black, S. A. Butterfield, C. Chang, J. Cheng, F. P. Dumanig, R. Al-Mabuk, M. Urban, & S. Webb (Eds.) *Advances in social science, education and humanities research: 4th ASEAN conference on psychology, counselling, and humanities (ACPCH 2018)* (pp. 212–215). Atlantis Press. <https://doi.org/10.2991/acpch-18.2019.53>
- Akhtar, H. (2019). Evaluasi properti psikometris dan perbandingan model pengukuran konstruk subjective well-being. *Jurnal Psikologi*, 18(1), 29. <https://doi.org/10.14710/jp.18.1.29-40>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066x.55.5.469>
- Arnett, J. J. (2006). Emerging Adulthood in Europe: A Response to Bynner. *Journal of Youth Studies*, 9(1), 111–123. <https://doi.org/10.1080/13676260500523671>
- Arnett, J. J. (2007). Emerging adulthood: What is it, and what is it good for? *Child Development Perspectives*, 1, 68–73. <https://doi.org/10.1111/j.1750-8606.2007.00016.x>
- Azizah, L. N., & Pudjiati, S. R. R. (2020). Kontribusi identitas budaya Jawa yang dimediasi oleh cognitive reappraisal dalam membentuk resiliensi keluarga pada keluarga suku Jawa. *Analitika: Jurnal Magister Psikologi UMA*, 12(1), 10–21. <https://doi.org/10.31289/analitika.v12i1.2815>
- Baird, B. M., Lucas, R. E., & Donnellan, M. B. (2010). Life satisfaction across the lifespan: Findings from two nationally representative panel studies. *Social Indicators Research*, 99(2), 183–203. <https://doi.org/10.1007/s11205-010-9584-9>
- Bartlett, M. Y., & DeSteno, D. (2006). Gratitude and Prosocial Behavior: Helping When It Costs You. *Psychological Science*, 17(4), 319–325. <https://doi.org/10.1111/j.1467-9280.2006.01705.x>

- Biber, D. D., & Brandenburg, G. (2021). Understanding gratitude, curiosity and life satisfaction in college. *Journal of Interdisciplinary Studies in Education*, 10(2), 65–80.
- Boggio, P. S., Giglio, A. C. A., Nakao, C. K., Wingenbach, T. S. H., Marques, L. M., Koller, S., & Gruber, J. (2020). Writing about gratitude increases emotion-regulation efficacy. *The Journal of Positive Psychology*, 15(6), 783–794. <https://doi.org/10.1080/17439760.2019.1651893>
- Chauhan, A. S., Mathur, G., Gulati, C., & Sharma, A. (2025). The relationship between gratitude and life satisfaction: The mediating effect of mental well-being. *Social Sciences & Humanities Open*, 11(101224). <https://doi.org/10.1016/j.ssaho.2024.101224>
- Cramer, D., & Howitt, D. (2004). *The SAGE dictionary of statistics: A practical resource for students in the social sciences*. SAGE Publications.
- Diener, E., Emmons, R., Larsen, R., Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1).
- Diener, E., & Biswas-Diener, R. (2008). *Happiness: Unlocking the mysteries of psychological wealth*. John Wiley & Sons, Ltd.
- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389. <https://doi.org/10.1037/0022-3514.84.2.377>
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218–226. <https://doi.org/10.1037/0003-066x.56.3.218>
- Fredrickson, B. L. (2004a). The broaden–and–build theory of positive emotions. *Philosophical Transactions of the Royal Society of London B Biological Sciences*, 359(1449), 1367–1377. <https://doi.org/10.1098/rstb.2004.1512>
- Fredrickson, B. L. (2004b). Gratitude, like other positive emotions, broadens and builds. In R. A. Emmons & M. E. McCullough (Eds.), *The psychology of gratitude* (pp. 145–166). Oxford University Press. <https://doi.org/10.1093/acprof:oso/9780195150100.003.0008>

- Fritz, M. S., & MacKinnon, D. P. (2007). Required sample size to detect the mediated effect. *Psychological Science*, 18(3), 233–239. <https://doi.org/10.1111/j.1467-9280.2007.01882.x>
- Grimaldy, D. V., & Haryanto, H. C. (2020). Adaptation of gratitude questionnaire-6 (GQ-6) in Indonesian context. *Jurnal Psikologi*, 47(1), 18–29. <https://doi.org/10.22146/jpsi.39608>
- Gross, J. J. (2001). Emotion regulation in adulthood: Timing is everything. *Current Directions in Psychological Science*, 10(6), 214–219. <https://doi.org/10.1111/1467-8721.00152>
- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85(2), 348–362. <https://doi.org/10.1037/0022-3514.85.2.348>
- Handa, S., Pereira, A., & Holmqvist, G. (2023). The rapid decline of happiness: Exploring life satisfaction among young people across the world. *Applied Research in Quality of Life*, 18(3), 1549–1579. <https://doi.org/10.1007/s11482-023-10153-4>
- Hayuningtyas, K., & Jenuri. (2023). An analysis of gratitude role as the religiosity form towards subjective well-being in college students. *Journal of Islamic and Contemporary Psychology (JICOP)*, 3(1), 16–22. <https://doi.org/10.25299/jicop.v3i1.13179>
- Joshanloo, M. (2018). Gender differences in the predictors of life satisfaction across 150 nations. *Personality and Individual Differences*, 135, 312–315. <https://doi.org/10.1016/j.paid.2018.07.043>
- Kerry, N., Chhabra, R., & Clifton, J. (2023). Being thankful for what you have: A systematic review of evidence for the effect of gratitude on life satisfaction. *Psychology Research and Behavior Management*, 16, 4799–4816. <https://doi.org/10.2147/PRBM.S372432>
- Kim, E. S., Delaney, S. W., Tay, L., Chen, Y., Diener, E., & Vanderweele, T. J. (2021). Life satisfaction and subsequent physical, behavioral, and psychosocial health in older adults. *The Milbankquarterly*, 99(1), 209–239. <https://doi.org/10.1111/1468-0009.12497>
- Kim, U., Nugraha, Y., Cahyono, A. B. F., & Tubbs, N. (2025). Religious, cultural and self-efficacy beliefs influencing subjective well-being in Korea and

- Indonesia: Psychological, relational, social and cultural analysis. *Psychology and Developing Societies*, 37(1), 11–71. <https://doi.org/10.1177/09713336251389651>
- Kobylińska, D., Zajenkowski, M., Lewczuk, K., Jankowski, K. S., & Marchlewska, M. (2022). The mediational role of emotion regulation in the relationship between personality and subjective well-being. *Current Psychology*, 41(6), 4098–4111. <https://doi.org/10.1007/s12144-020-00861-7>
- Lin, Z. (2022). Emotion regulation strategies and sense of life meaning: The chain-mediating role of gratitude and subjective wellbeing. *Frontiers in Psychology*, 13(810591). <https://doi.org/10.3389/fpsyg.2022.810591>
- Mahardhika, N. F., & Halimah, L. (2017). Hubungan gratitude dan subjective well-being odapus wanita dewasa awal di Syamsi Dhuha Foundation Bandung. *Psychopathic: Jurnal Ilmiah Psikologi*, 4(1), 91–114. <https://doi.org/10.15575/psy.v4i1.127>
- Marquez, J., Taylor, L., Boyle, L., Zhou, W., & De Neve, J.-E. (2024). Child and adolescent well-being: Global trends, challenges and opportunities. *Wellbeing Research Centre, University of Oxford*, 61–102. <https://doi.org/10.18724/whr-91b0-ek06>
- McAdams, D. P., Reynolds, J., Lewis, M., Patten, A. H., & Bowman, P. J. (2001). When bad things turn good and good things turn bad: Sequences of redemption and contamination in life narrative and their relation to psychosocial adaptation in midlife adults and in students. *Personality and Social Psychology Bulletin*, 27(4), 474–485. <https://doi.org/10.1177/0146167201274008>
- McCullough, M. E., Kilpatrick, S. D., Emmons, R. A., & Larson, D. B. (2001). Is gratitude a moral affect? *Psychological Bulletin*, 127(2), 249–266. <https://doi.org/10.1037/0033-2909.127.2.249>
- McCullough, M. E., Emmons, R. A., & Tsang, J.-A. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82(1), 112–127. <https://doi.org/10.1037/0022-3514.82.1.112>
- Mujidin & Galintias, F. R. (2021). The role of gratitude and social support in life satisfaction in online motorcycle drivers. *Education and Human Development Journal*, 6(2), 12–23. <https://doi.org/10.33086/ehdj.v6i2>

- Nemati, S., & Maralani, F. M. (2016). The relationship between life satisfaction and happiness: The mediating role of resiliency. *International Journal of Psychological Studies*, 8(3), 194–201. <https://doi.org/10.5539/ijps.v8n3p194>
- Novianti, L. E., Wungu, E., & Purba, F. D. (2020). Quality of life as a predictor of happiness and life satisfaction. *Jurnal Psikologi*, 47(2), 93–103. <https://doi.org/10.22146/jpsi.47634>
- Pavot, W., & Diener, E. (1993). Review of the satisfaction with life scale. In E. Diener (Ed.), *Assessing well-being social indicators research series* 39 (pp. 101–117). Springer. https://doi.org/10.1007/978-90-481-2354-4_5
- Proctor, C., Linley, P. A., & Maltby, J. (2017). Life Satisfaction. In R. J. R. Levesque (Ed.), *Encyclopedia of Adolescence* (pp. 1–12). Springer International Publishing. https://doi.org/10.1007/978-3-319-32132-5_125-2
- Puente-Díaz, R., & Meixueiro, G. (2016). An exploration of the relationships between gratitude, life satisfaction, and importance of helping others among a representative sample of the adult population of Mexico. *Cogent Psychology*, 3(1), 1160558. <https://doi.org/10.1080/23311908.2016.1160558>
- Radde, H., Nurrahman, Nurhikmah, & Saudi, N., (2021). Uji validitas konstruk dari emotion regulation questionnaire versi bahasa indonesia dengan menggunakan confirmatory factor analysis. *Jurnal Psikologi Karakter*, 1(2), 152–160.
- Relawanty, R. (2018). Faktor-faktor yang mempengaruhi kepuasan hidup pada lansia di Panti Tresna Werdha Budi Sejahtera di Kabupaten Banjar Provinsi Kalimantan Selatan. *KINDAI*, 14(3), 218–225. <https://doi.org/10.35972/kindai.v14i3.224>
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, & RND*. Alfabeta.
- Sukmawati, Y., & Widyastuti (2023). Hubungan antara kebersyukuran dan regulasi emosi dengan subjective well-being siswa SMPN 1 Prambon. *Jurnal Mahasiswa BK An-Nur: Berbeda, Bermakna, Mulia*, 9(3), 1–8. <https://doi.org/10.31602/jmbkan.v9i3.12164>
- Sulistyarini, R. R. I., Novita, D. A., Pambudiarti, D. A., Pratiwi, E. A., & Andriansyah, Y. (2022). Gratitude, optimism, religiosity, and subjective well-being among asthma patients in Yogyakarta, Indonesia. *International Journal of Innovative Research and Scientific Studies*, 5(2), 145–154. <https://doi.org/10.53894/ijirss.v5i2.445>

- Unanue, W., Gomez Mella, M. E., Cortez, D. A., Bravo, D., Araya-Véliz, C., Unanue, J., & Van Den Broeck, A. (2019). The reciprocal relationship between gratitude and life satisfaction: Evidence from two longitudinal field studies. *Frontiers in Psychology*, 10(2480). <https://doi.org/10.3389/fpsyg.2019.02480>
- Veenhoven, R. (2015). The overall satisfaction with life: subjective approaches (1). In W. Glatzer, L. Camfield, V. Moller, & M. Rojas (Eds.), *Global handbook of quality of life: Exploration of well-being of nations and continents* (pp. 207–238). Springer Netherlands. https://doi.org/10.1007/978-94-017-9178-6_9
- Watkins, P. C., Grimm, D. L., & Kolts, R. (2004). Counting your blessings: Positive memories among grateful persons. *Current Psychology*, 23(1), 52–67. <https://doi.org/10.1007/s12144-004-1008-z>
- Widhiarso, W. (2010). Berkenalan dengan analisis mediasi: Regresi dengan melibatkan variabel mediator.
- Wood, D., Crapnell, T., Lau, L., Bennett, A., Lotstein, D., Ferris, M., & Kuo, A. (2018). Emerging adulthood as a critical stage in the life course. In N. Halfon, C. B. Forrest, R. M. Lerner, E. M. Faustman (Eds.), *Handbook of life course health development* (pp. 123–143). Springer. https://doi.org/10.1007/978-3-319-47143-3_7
- Wu, W., Wu, H., Wu, X., Gu, J., & Qi, X. (2024). A meta-analysis of life satisfaction's association with cognitive reappraisal and expressive suppression: The influences of age, gender, and cultural values. *Journal of Happiness Studies*, 25(41). <https://doi.org/10.1007/s10902-024-00753-8>