

REFERENCES

- Ader, R. (2001). Psychoneuroimmunology. In N. J. Smelser & P. B. Baltes (Eds.), *International Encyclopedia of the Social & Behavioral Sciences* (pp. 12422–12428). Pergamon. <https://doi.org/10.1016/B0-08-043076-7/03780-3>
- Antaramian, S. (2014). Assessing psychological symptoms and well-being: Application of a dual-factor mental health model to understand college student performance. *Journal of Psychoeducational Assessment*. <https://journals.sagepub.com/doi/abs/10.1177/0734282914557727>
- Apuke, O. D. (2017). Quantitative research methods: A synopsis approach. *Kuwait Chapter of Arabian Journal of Business and Management Review*, 6(11), 40–47. <https://doi.org/10.12816/0040336>
- Augesti, G., Lisiswanti, R., Saputra, O., & Nisa, K. (2015). Differences in stress level between first year and last year medical students in medical faculty of lampung university. *J Majority*, 4(4), 7.
- Azwar, S. (2012). *Penyusunan skala psikologi* (2nd ed.). Pustaka Pelajar.
- Azwar, S. (2016). *Reliabilitas dan validitas* (4th ed.). Pustaka Pelajar.
- Azwar, S. (2017). *Metode penelitian psikologi* (2nd ed.). Pustaka Pelajar.
- Bakare, B. (2015). *Students' adversity quotient and related factors as predictors of academic achievement in the west african senior school certificate examination in southwestern nigeria* [Doctoral dissertation, Ibadan University]. https://www.peaklearning.com/wp-content/uploads/2019/05/PEAK_GRI_bakare2.pdf
- Banerjee, A., & Chaudhury, S. (2010). Statistics without tears: Populations and samples. *Industrial Psychiatry Journal*, 19(1), 60. <https://doi.org/10.4103/0972-6748.77642>
- Bartels, M., & Boomsma, D. I. (2009). Born to be happy? The etiology of subjective well-being. *Behavior Genetics*, 39(6), 605–615. <https://doi.org/10.1007/s10519-009-9294-8>
- Blatný, M. (2016). *Personality and well-being across the life-span*. https://nls.ldls.org.uk/welcome.html?ark:/81055/vdc_100060142714.0x000001
- Bojanowska, A., & Zalewska, A. M. (2017). Happy temperament? Four types of stimulation control linked to four types of subjective well-being. *Journal of Happiness Studies*, 18(5), 1403–1423.

- Canivel, L. D. (2010). *Principals' adversity quotient: Styles, performance and practices* [Master's thesis, University of the Philippines]. https://www.peaklearning.com/wp-content/uploads/2019/05/PEAK_GRI_canivel.pdf
- Cao, Y., Krause, J. S., Saunders, L. L., & Clark, J. M. R. (2015). Impact of marital status on 20-year subjective well-being trajectories. *Topics in Spinal Cord Injury Rehabilitation, 21*(3), 208–217. <https://doi.org/10.1310/sci2103-208>
- Class. (n.d). In *Cambridge dictionary*. cambridge university press. <https://dictionary.cambridge.org/dictionary/english/class>
- Compton, W. C. (2005). *Introduction to positive psychology*. Australia ; Belmont, CA : Thomson/Wadsworth. <https://trove.nla.gov.au/version/21053028>
- Cummins, R. (2012). *Positive psychology and subjective well-being homeostasis: A critical examination of congruence* (Vol. 51, pp. 67–86). https://doi.org/10.1007/978-94-007-4963-4_5
- Danna, K., & Griffin, R. W. (1999). Health and well-being in the workplace: A review and synthesis of the literature. *Journal of Management, 25*(3), 357–384. <https://doi.org/10.1177/014920639902500305>
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin, 95*(3), 542–575. <https://doi.org/10.1037/0033-2909.95.3.542>
- Diener, E., & Biswas-Diener, R. (2009). Happiness: Unlocking the mysteries of psychological wealth. *Happiness: Unlocking the Mysteries of Psychological Wealth*, 1–290. <https://doi.org/10.1002/9781444305159>
- Diener, E., & Lucas, R. E. (2000). Explaining differences in societal levels of happiness: Relative standards, need fulfillment, culture, and evaluation theory. *Journal of Happiness Studies, 1*(1), 41–78. <https://doi.org/10.1023/A:1010076127199>
- Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual Review of Psychology, 54*(1), 403–425. <https://doi.org/10.1146/annurev.psych.54.101601.145056>
- Diener, E., Oishi, S., & Lucas, R. E. (2009). Subjective well-being: The science of happiness and life satisfaction. *The Oxford Handbook of Positive Psychology*. <https://doi.org/10.1093/oxfordhb/9780195187243.013.0017>
- Diener, E., & Ryan, K. (2009). Subjective well-being: A general overview. *South African Journal of Psychology, 39*(4), 391–406. <https://doi.org/10.1177/008124630903900402>

- Diener, E., & Seligman, M. E. P. (2002). Very happy people. *Psychological Science*, 13(1), 81–84. <https://doi.org/10.1111/1467-9280.00415>
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125(2), 276–302. <https://doi.org/10.1037/0033-2909.125.2.276>
- Du, H., King, R. B., & Chi, P. (2017). Self-esteem and subjective well-being revisited: The roles of personal, relational, and collective self-esteem. *Plos One*, 12(8), e0183958. <https://doi.org/10.1371/journal.pone.0183958>
- Ferrer-i-Carbonell, A. (2005). Income and well-being: An empirical analysis of the comparison income effect. *Journal of Public Economics*, 89(5), 997–1019. <https://doi.org/10.1016/j.jpubeco.2004.06.003>
- Fletcher, D., & Sarkar, M. (2013). Psychological resilience: A review and critique of definitions, concepts, and theory. *ResearchGate*. https://www.researchgate.net/publication/263651506_Psychological_resilience_A_review_and_critique_of_definitions_concepts_and_theory
- Fredrickson, B. L. (2002). Positive emotions. In *Handbook of positive psychology* (pp. 120–134). Oxford University Press.
- Fujita, F., Diener, E., & Sandvik, E. (1991). Gender differences in negative affect and well-being: The case for emotional intensity. *Journal of Personality and Social Psychology*, 61(3), 427–434. <https://doi.org/10.1037//0022-3514.61.3.427>
- Galinha, I., & Pais-Ribeiro, J. (2011). Cognitive, affective and contextual predictors of subjective wellbeing. *International Journal of Welbeing*, 2, 34. <https://doi.org/10.5502/ijw.v2i1.3>
- Grant, B.-J. (2019). *Aq Profile 10.0 2019 Technical Report* [Technical Report]. Grant Consulting. https://www.peaklearning.com/wp-content/uploads/2019/04/PEAK_AQP_technicalSupplement.pdf
- Hashimoto, K., & Koyasu, M. (2012). Influences of optimism and positive orientation on students' subjective well-being. *Psychologia*, 55, 45–59. <https://doi.org/10.2117/psysoc.2012.45>
- Herrman, H., Stewart, D. E., Diaz-Granados, N., Berger, E. L., & Beth. (2011). *What is resilience?* <https://doi.org/10.1177/070674371105600504>
- Huijuan, Z. (2009). *The adversity quotient and academic performance among college students at st. Joseph's college, quezon city* [Bachelor thesis, St. Joseph College]. https://www.peaklearning.com/wp-content/uploads/2019/05/PEAK_GRI_huijuan.pdf

- Jibeen, T. (2014). Personality traits and subjective well-being: Moderating role of optimism in university employees. *Social Indicators Research*, *118*(1), 157–172. <https://doi.org/10.1007/s11205-013-0416-6>
- Johnson, M. B. (2005). *Optimism, adversity and performance: Comparing explanatory style and aq* [Master's thesis]. San Jose State University.
- Julika, S., & Setiyawati, D. (2019). Hubungan antara kecerdasan emosional, stres akademik, dan kesejahteraan subjektif pada mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, *5*(1), 50. <https://doi.org/10.22146/gamajop.47966>
- Khairani, A. Z., & Abdullah, S. M. S. (2017). Relationship between adversity quotient and academic well-being among malaysian undergraduates. *Asian Journal of Scientific Research*, *11*, 51–55. <https://doi.org/0.3923/ajsr.2018.51.55>
- Kristoffersen, I. (2018). Great expectations: Education and subjective wellbeing. *Journal of Economic Psychology*, *66*, 64–78. <https://doi.org/10.1016/j.joep.2018.04.005>
- Lai, J. C. (2009). *Dispositional optimism buffers the impact of daily hassles on mental health in chinese adolescents*. <https://doi.org/10.1016/j.paid.2009.03.007>
- Lakey, B., Orehek, E., Hain, K. L., & Van Vleet, M. (2010). Enacted support's links to negative affect and perceived support are more consistent with theory when social influences are isolated from trait influences. *Personality & Social Psychology Bulletin*, *36*(1), 132–142. <https://doi.org/10.1177/0146167209349375>
- Lane, J. A. (2016). Attachment, well-being, and college senior concerns about the transition out of college. *Journal of College Counseling*, *19*(3), 231–245. <https://doi.org/10.1002/jocc.12046>
- Lang, F. R., & Heckhausen, J. (2001). Perceived control over development and subjective well-being: Differential benefits across adulthood. *Journal of Personality and Social Psychology*, *81*(3), 509–523. <https://doi.org/10.1037//0022-3514.81.3.509>
- Last, J. M. (2007). A dictionary of public health. In *A dictionary of public health* (1st ed.). Oxford University Press. <https://global.oup.com/academic/product/a-dictionary-of-public-health-9780195160901?cc=us&lang=en&>

- Liu, X., Ping, S., & Gao, W. (2019). Changes in undergraduate students' psychological well-being as they experience university life. *International Journal of Environmental Research and Public Health*, 16(16). <https://doi.org/10.3390/ijerph16162864>
- Lolaty, H. A., Ghahari, S., Tirgari, A., & Fard, J. H. (2012). The effect of life skills training on emotional intelligence of the medical sciences students in iran. *Indian Journal of Psychological Medicine*, 34(4), 350–354. <https://doi.org/10.4103/0253-7176.108217>
- Lucas, R. E., & Diener, E. (2000). Personality and subjective well-being across the life span. In *Temperament and personality development across the life span* (pp. 211–234). Lawrence Erlbaum Associates Publishers.
- Lykken, D., & Tellegen, A. (2016). Happiness is a stochastic phenomenon. *Psychological Science*. <https://journals.sagepub.com/doi/10.1111/j.1467-9280.1996.tb00355.x>
- Maddux, J. E. (2012). *Self-efficacy: The power of believing you can*. <https://doi.org/0.1093/oxfordhb/9780195187243.013.0031>
- Manning, C. (2011). “Senioritis:” *An analysis of academic motivation and burnout in college students through the lens of positive psychology* [Bachelor thesis, Connecticut College]. https://digitalcommons.conncoll.edu/psychhp/13/?utm_source=digitalcommons.conncoll.edu%2Fpsychhp%2F13&utm_medium=PDF&utm_campaign=PDFCoverPages
- Maria, M., Mahmud, & Wong, S. F. (2018). *A correlational study on subjective well-being (swb) and relationships amongst university students*. ResearchGate. <http://dx.doi.org/10.18178/ijlt.4.2.135-140>
- Mastekaasa, A. (1993). Marital status and subjective well-being: A changing relationship? *Social Indicators Research: An International and Interdisciplinary Journal for Quality-of-Life Measurement*, 29(3), 249–276.
- Mcleod, S. (2012). *Attribution theory—Situational vs dispositional*. Simply Psychology. <https://www.simplypsychology.org/attribution-theory.html>
- McManus, F., Waite, P., & Shafran, R. (2009). Cognitive-behavior therapy for low self-esteem: A case example. *Cognitive and Behavioral Practice*, 16, 266–275. <https://doi.org/10.1016/j.cbpra.2008.12.007>
- Meehan, M. P., Durlak, J. A., & Bryant, F. B. (1993). The relationship of social support to perceived control and subjective mental health in adolescents. *Journal of Community Psychology*, 21(1), 49–55.

[https://doi.org/10.1002/1520-6629\(199301\)21:1<49::AID-JCOP2290210106>3.0.CO;2-I](https://doi.org/10.1002/1520-6629(199301)21:1<49::AID-JCOP2290210106>3.0.CO;2-I)

- Oishi, S., Diener, E., Choi, D.-W., Kim-Prieto, C., & Choi, I. (2007). The dynamics of daily events and well-being across cultures: When less is more. *Journal of Personality and Social Psychology*, 93(4), 685–698. <https://doi.org/10.1037/0022-3514.93.4.685>
- Orlov, A., Pazukhina, S., Yakushin, A., & Ponomareva, T. (2018). A study of first-year students' adaptation difficulties as the basis to promote their personal development in university education. *Psychology of Russia: State of Art*, 11, 71–84. <https://doi.org/10.11621/pir.2018.0106>
- Overton-Healy, J. (2010). *First generation college seniors: A phenomenological exploration of the transitional issues of the final college year*. Indiana University of Pennsylvania. <https://eric.ed.gov/?id=ED516567>
- Pavot, W., & Diener, E. (1993). Review of the satisfaction with life scale. *Psychological Assessment*, 5(2), 164–172. <https://doi.org/10.1037/1040-3590.5.2.164>
- Persaud, N., & Persaud, I. (2015). The relationship between socio-demographics and stress levels, stressors, and coping mechanisms among undergraduate students at a university in barbados. *International Journal of Higher Education*, 5(1), p11. <https://doi.org/10.5430/ijhe.v5n1p11>
- Powdthavee, N. (2009). I can't smile without you: Spousal correlation in life satisfaction. *Journal of Economic Psychology*, 30, 675–689. <https://doi.org/10.1016/j.joep.2009.06.005>
- Proctor, C. (2014). *Subjective well-being* (pp. 6437–6441). https://doi.org/10.1007/978-94-007-0753-5_2905
- Ragnhild Bang Nes, Røysamb, Espen, & Tamb, K. (2006). *Subjective well-being: Genetic and environmental contributions to stability and change*. ResearchGate. <http://dx.doi.org/10.1017/S0033291706007409>
- Ramsey, M. A., & Gentzler, A. L. (2014). Age differences in subjective well-being across adulthood: The roles of savoring and future time perspective. *The International Journal of Aging and Human Development*, 78(1), 3–22. <https://doi.org/10.2190/AG.78.1.b>
- Reich, J. W., & Infurna, F. J. (2017). *Perceived control: Theory, research, and practice in the first 50 years*. Oxford University Press.
- Renshaw, T. L., & Cohen, A. S. (2014). Life satisfaction as a distinguishing indicator of college student functioning: Further validation of the two-

- continua model of mental health. *Social Indicators Research*, 117(1), 319–335. JSTOR.
- Revelia, M. (2016). Pengaruh big five personality dan adversity quotient terhadap psychological well-being santri pondok pesantren darul muttaqien. *Tazkia Journal of Psychology*, 4(2), 13.
- Röckner, N. (2011). *Evolutionary theories of emotional states and quality of life*. Diva-Portal.Org.
<https://www.semanticscholar.org/paper/EVOLUTIONARY-THEORIES-OF-EMOTIONAL-STATES-AND-OF-R%C3%B6ckner/92f9b694065ced4243373e22a164caf9ecfb72e1>
- Rohman, I. H., & Fauziah, N. (2017). Hubungan antara adversity intelligence dengan school well-being (study pada siswa sma kesatrian 1 semarang). *Empati*, 5(2), 322–326.
- Sanmartín, R., Inglés, C. J., Vicent, M., González, C., Díaz-Herrero, Á., & García-Fernández, J. M. (2018). Positive and negative affect as predictors of social functioning in Spanish children. *Plos One*, 13(8), e0201698. <https://doi.org/10.1371/journal.pone.0201698>
- Santrock, J. W. (2014). *A topical approach to life-span development (7th edition)*. McGraw-Hill Education.
- Sari, C., Firdaus ", & Risma, D. (2014). Hubungan adversity quotient dengan tingkat stres pada mahasiswa tahun pertama fakultas kedokteran universitas riaumedical. *Jurnal Online Mahasiswa (JOM) Bidang Kedokteran*, 1(2), 1–12.
- Shmotkin, D. (1990). Subjective well-being as a function of age and gender: A multivariate look for differentiated trends. *Social Indicators Research*, 23(3), 201–230. <https://doi.org/10.1007/BF00293643>
- Siedlecki, K. L., Salthouse, T. A., Oishi, S., & Jeswani, S. (2014). The relationship between social support and subjective well-being across age. *Social Indicators Research*, 117(2), 561–576. <https://doi.org/10.1007/s11205-013-0361-4>
- Siregar, S. (2018). *Statistika deskriptif untuk penelitian*. Rajawali Pers.
- Snyder, C. R., & Lopez, S. J. (Eds.). (2002). *Handbook of positive psychology*. Oxford University Press.
- Stoltz, P. (1997). *Adversity quotient: Turning obstacles into opportunities*. Wiley. <https://www.wiley.com/en->

us/Adversity+Quotient%3A+Turning+Obstacles+into+Opportunities-p-9780471344131

- Suwartika, I., Nurdin, A., & Ruhmadi, E. (2014). Analisis faktor yang berhubungan dengan tingkat stress akademik mahasiswa reguler program study di iii keperawatan cirebon poltekkes kemenkes tasikmalaya. *Jurnal Keperawatan Soedirman*, 9, 17.
- Tay, L., & Diener, E. (2011). Needs and subjective well-being around the world. *Journal of Personality and Social Psychology*, 101(2), 354–365. <https://doi.org/10.1037/a0023779>
- Tenney, E. R., Logg, J. M., & Moore, D. A. (2015). (Too) optimistic about optimism: The belief that optimism improves performance. *Journal of Personality and Social Psychology*, 108(3), 377–399. <https://doi.org/10.1037/pspa0000018>
- Toomela, A. (2010). Quantitative methods in psychology: Inevitable and useless. *Frontiers in Psychology*, 1. <https://doi.org/10.3389/fpsyg.2010.00029>
- Unuvar, S., Avşaroğlu, S., & Uslu, M. (2012). An evaluation of optimism and life satisfaction of undergraduate students in the school of tourism and hotel management. *Asian Social Science*, 8. <https://doi.org/10.5539/ass.v8n12p140>
- Utami, M. S. (2010). *Skala Kesejahteraan Subjektif Mahasiswa* [Research Report]. Fakultas Psikologi UGM.
- Vaez, M., Kristenson, M., & Laflamme, L. (2004). Perceived quality of life and self-rated health among first-year university students. *Social Indicators Research*, 68(2), 221–234. <https://doi.org/10.1023/B:SOCI.0000025594.76886.56>
- Vitterso, J. (2001). *Personality traits and subjective well-being: Emotional stability, not extraversion, is probably the important predictor—ScienceDirect*. 31(6), 903–914. [https://doi.org/10.1016/S0191-8869\(00\)00192-6](https://doi.org/10.1016/S0191-8869(00)00192-6)
- Wadsworth, T. (2016). Marriage and subjective well-being: How and why context matters. *Social Indicators Research*, 126(3), 1025–1048. <https://doi.org/10.1007/s11205-015-0930-9>
- Wang, P., & VanderWeele, T. J. (2011). Empirical research on factors related to the subjective well-being of chinese urban residents. *Social Indicators Research*, 101(3), 447–459. <https://doi.org/10.1007/s11205-010-9663-y>

- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The *panas* scales. *Journal of Personality and Social Psychology*, 54(6), 1063–1070. <https://doi.org/10.1037//0022-3514.54.6.1063>
- Widhiarso, W. (2010, Agustus). *Prosedur uji linieritas pada hubungan antar variabel*. <http://widhiarso.staff.ugm.ac.id/wp/prosedur-uji-linieritas-pada-hubungan-antar-variabel/>
- Williams, C. (2007). Research methods. *Journal of Business & Economics Research (JBER)*, 5(3), Article 3. <https://doi.org/10.19030/jber.v5i3.2532>
- Wulandari, S. H. (2018). *Hubungan antara adversity quotient dengan subjective well-being pada desainer grafis di yogyakarta* [Skripsi, Universitas Mercu Buana Yogyakarta]. <http://eprints.mercubuana-yogya.ac.id/3406/>
- Xie, Y. J., Cao, D. P., Sun, T., & Yang, L. B. (2019). The effects of academic adaptability on academic burnout, immersion in learning, and academic performance among Chinese medical students: A cross-sectional study. *BMC Medical Education*, 19(1), 211. <https://doi.org/10.1186/s12909-019-1640-9>
- Zimmerman, S. L. (1999). *Self-Esteem, personal control, optimism, extraversion, and the subjective well-being of midwestern university faculty* [Doctoral dissertation, Andrews University]. https://digitalcommons.andrews.edu/dissertations/1570/?utm_source=digitalcommons.andrews.edu%2Fdissertations%2F1570&utm_medium=PDF&utm_campaign=PDFCoverPages