

Daftar Pustaka

- Akbar, M. (2015, December 23). *LBH Apik: Kasus KDRT Dominasi Kekerasan Perempuan*. *Republika* Online. <https://republika.co.id/berita/nasional/umum/15/12/23/nzthuw336-lbh-apik-kasus-kdrt-dominasi-kekerasan-perempuan>
- Anggraini, A. D. (2018, January 24). *Pengguna Media Sosial di Indonesia | Indonesia Baik*. Indonesia Baik. <http://indonesiabaik.id/infografis/pengguna-media-sosial-di-indonesia-19>
- Appel, H., Gerlach, A. L., & Crusius, J. (2016). The interplay between Facebook use, social comparison, envy, and depression. *Current Opinion in Psychology*, 9, 44–49. <https://doi.org/10.1016/j.copsyc.2015.10.006>
- Armenia, R. (2016, March 8). *Perempuan Paling Banyak Laporkan Kasus KDRT* [Berita Nasional]. *CNN* Indonesia. <https://www.cnnindonesia.com/nasional/20160307183325-26-115932/perempuan-paling-banyak-laporkan-kasus-kdrt>
- Aryogi, I. (2016). Subjective Well-being Individu dalam Rumah Tangga Di Indonesia. *Jurnal Ilmu Ekonomi Terapan*, 1(1), Article 1. <https://doi.org/10.20473/jiet.v1i1.1900>
- Bastian, B., Kuppens, P., Hornsey, M. J., Park, J., Koval, P., & Uchida, Y. (2012). Feeling bad about being sad: The role of social expectancies in amplifying negative mood. *Emotion (Washington, D.C.)*, 12(1), 69–80. <https://doi.org/10.1037/a0024755>
- Batmetan, J. R. (2018). *Analisis Perilaku Keamanan Informasi Pengguna Sosmed Dikalangan Generasi Milenial*. OSF Preprints. <https://doi.org/10.31219/osf.io/dt4cb>
- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, 117(3), 497–529. <https://doi.org/10.1037/0033-2909.117.3.497>
- Berezan, O., Krishen, A. S., Agarwal, S., & Kachroo, P. (2019). Exploring loneliness and social networking: Recipes for hedonic well-being on Facebook. *Journal of Business Research*. <https://doi.org/10.1016/j.jbusres.2019.11.009>
- BKKBN. (2018, October 7). *Ingin Nikah, Harus Perhatikan Usia Ideal. Ini yang Direkomendasikan BKKBN*. Bkkbn. <https://www.bkkbn.go.id/detailpost/ingin-nikah-harus-perhatikan-usia-ideal-ini-yang-direkomendasikan-bkkbn>
- BPS. (2012). *Sistem Informasi Rujukan Statistik—View Variabel*. Badan Pusat Statistik Status Perkawinan. <https://sirusa.bps.go.id/sirusa/index.php/variabel/35>
- Chae, J. (2018). Reexamining the relationship between social media and happiness: The effects of various social media platforms on

- reconceptualized happiness. *Telematics and Informatics*, 35(6), 1656–1664. <https://doi.org/10.1016/j.tele.2018.04.011>
- Cheng, X., Li, X., Liu, H., Cosco, T., & Duan, W. (2019). Widowhood and the Subjective Well-Being of Older People in China: The Mediating Effects of Lifestyle. *Applied Research in Quality of Life*, 1–16. <https://doi.org/10.1007/s11482-019-09789-y>
- Choi, I., & Choi, Y. (2002). Culture and Self-Concept Flexibility. *Personality and Social Psychology Bulletin*, 28(11), 1508–1517. <https://doi.org/10.1177/014616702237578>
- Council, N. R. (2013). *Subjective Well-Being: Measuring Happiness, Suffering, and Other Dimensions of Experience*. <https://doi.org/10.17226/18548>
- De Vaus, J., Hornsey, M. J., Kuppens, P., & Bastian, B. (2018). Exploring the East-West Divide in Prevalence of Affective Disorder: A Case for Cultural Differences in Coping With Negative Emotion. *Personality and Social Psychology Review: An Official Journal of the Society for Personality and Social Psychology, Inc*, 22(3), 285–304. <https://doi.org/10.1177/1088868317736222>
- Deci, E. L., & Ryan, R. M. (2008). Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian Psychology/Psychologie Canadienne*, 49(3), 182–185. <https://doi.org/10.1037/a0012801>
- Dewi, S. L. A. (2020). PERILAKU GENERASI X DAN GENERASI MILLENNIAL DALAM PENGGUNAAN MEDIA SOSIAL. *Jurnal Inovasi*, 14(1), Article 1. <https://doi.org/10.33557/jurnalinovasi.v14i1.946>
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American Psychologist*, 55(1), 34–43. <https://doi.org/10.1037/0003-066X.55.1.34>
- Diener, E. (2009). *Handbook of Individual Differences in Social Behavior* (M. R. Leary & R. H. Hoyle, Eds.; 1 edition). The Guilford Press.
- Diener, E., Gohm, C. L., Suh, E., & Oishi, S. (2000). Similarity of the Relations Between Marital Status and Subjective Well-Being Across Cultures. *Journal of Cross-Cultural Psychology*, 31(4), 419–436. <https://doi.org/10.1177/0022022100031004001>
- Donnellan, M. B., & Conger, R. D. (2009). Designing and implementing longitudinal studies. In R. W. Robins, R. C. Fraley, & R. F. Krueger (Eds.), *Handbook of Research Methods in Personality Psychology*. Guilford Press.
- Fachrina, F., & Rinaldi Eka, P. (2014). Upaya Pencegahan Perceraian Berbasis Keluarga Luas dan Institusi Lokal dalam Masyarakat Minangkabau di Sumatera Barat. *Antropologi Indonesia*. <https://doi.org/10.7454/ai.v34i2.3966>
- Febriani, N. S. (2020). Preferensi Media Sosial Generasi Milenial pada Tingkat Pengetahuan Calon Legislatif. *Nyimak: Journal of Communication*, 4(1), 89–107. <https://doi.org/10.31000/nyimak.v4i1.2225>
- Field, A. (2005). *Discovering statistics using SPSS, 2nd ed* (pp. xxxiv, 779). Sage Publications, Inc.

- Frey, B. S. (2010). *Happiness: A Revolution in Economics*. The MIT Press.
- Gull, H., & Iqbal, S. (2019). Impact of Social Media Usage on Married Couple Behavior a Pilot Study in Middle East. *International Journal of Applied Engineering Research*, 14, 1368–1378.
- Gustavson, K., Soest, T., Karevold, E., & Røysamb, E. (2012). Attrition and generalizability in longitudinal studies: Findings from a 15-year population-based study and a Monte Carlo simulation study. *BMC Public Health*, 12, 918. <https://doi.org/10.1186/1471-2458-12-918>
- Harjianto, H., & Jannah, R. (2019). Identifikasi Faktor Penyebab Perceraian Sebagai Dasar Konsep Pendidikan Pranikah di Kabupaten Banyuwangi. *Jurnal Ilmiah Universitas Batanghari Jambi*, 19(1), 35–41. <https://doi.org/10.33087/jiubj.v19i1.541>
- Haschek, W. M., Rousseaux, C. G., Wallig, M. A., Bolon, B., & Ochoa, R. (2013). *Haschek and Rousseaux's Handbook of Toxicologic Pathology*. Academic Press.
- Helliwell, J. F., Layard, R., & Sachs, J. D. (Eds.). (2019). *World Happiness Report 2019*. World Happiness Report. <http://worldhappiness.report/>
- Himawan, K. K., Bambling, M., & Edirippulige, S. (2017). Modernization and singlehood in Indonesia: Psychological and social impacts. *Kasetsart Journal of Social Sciences*. <https://doi.org/10.1016/j.kjss.2017.09.008>
- Hulley, S. B., Cummings, S. R., Browner, W. S., Grady, D. G., & Newman, T. B. (2013). *Designing Clinical Research* (4th Revised edition edition). Lippincott Williams and Wilkins.
- Johnson, D. R., & Wu, J. (2002). *An empirical test of crisis, social selection, and role explanations of the relationship between marital disruption and psychological distress: A pooled time-series analysis of four-wave panel data*. <https://doi.org/10.1111/j.1741-3737.2002.00211.x>
- Kahneman, D., Diener, E., & Schwarz, N. (1999). *Well-Being: Foundations of Hedonic Psychology*. Russell Sage Foundation; JSTOR. <https://www.jstor.org/stable/10.7758/9781610443258>
- Kahneman, D., Krueger, A. B., Schkade, D. A., Schwarz, N., & Stone, A. A. (2004). A survey method for characterizing daily life experience: The day reconstruction method. *Science (New York, N.Y.)*, 306(5702), 1776–1780. <https://doi.org/10.1126/science.1103572>
- Kaplan, A. M., & Haenlein, M. (2010). Users of the world, unite! The challenges and opportunities of Social Media. *Business Horizons*, 53(1), 59–68. <https://doi.org/10.1016/j.bushor.2009.09.003>
- Kapteyn, A., Smith, J. P., & van Soest, A. (2009). *Life Satisfaction* (No. 4015; IZA Discussion Papers). Institute of Labor Economics (IZA). <https://ideas.repec.org/p/iza/izadps/dp4015.html>
- Kashdan, T. B., & Steger, M. F. (2007). Curiosity and pathways to well-being and meaning in life: Traits, states, and everyday behaviors. *Motivation and Emotion*, 31(3), 159–173. <https://doi.org/10.1007/s11031-007-9068-7>

- Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82(6), 1007–1022. <https://doi.org/10.1037/0022-3514.82.6.1007>
- Ko, H.-C., & Kuo, F.-Y. (2009). Can Blogging Enhance Subjective Well-Being Through Self-Disclosure? *CyberPsychology & Behavior*, 12(1), 75–79. <https://doi.org/10.1089/cpb.2008.016>
- KOMINFO, P. (2013, November 7). *Kominfo: Pengguna Internet di Indonesia 63 Juta Orang*. Website Resmi Kementerian Komunikasi Dan Informatika RI. https://kominfo.go.id:443/index.php/content/detail/3415/Kominfo++Pengguna+Internet+di+Indonesia+63+Juta+Orang/0/berita_satker
- KOMINFO, P. (2018, August 30). *Angka Penggunaan Media Sosial Orang Indonesia Tinggi, Potensi Konflik juga Amat Besar*. Website Resmi Kementerian Komunikasi Dan Informatika RI. https://kominfo.go.id:443/content/detail/14136/angka-penggunaan-media-sosial-orang-indonesia-tinggi-potensi-konflik-juga-amat-besar/0/sorotan_media
- Landiyanto, E., Ling, J., Puspitasari, M., & Irianti, S. (2011). Wealth and Happiness: Empirical Evidence from Indonesia. *Chulalongkorn Journal of Economics*, 23, 1–17.
- Lynn, P. (2009). Methods for longitudinal surveys. In *Methodology of Longitudinal Surveys* (pp. 1–19). John Wiley & Sons, Ltd. <https://doi.org/10.1002/9780470743874.ch1>
- Marks, D. F. (2004). Questionnaires and surveys. In D. F. Marks & L. Yardley (Eds.), *Research methods for clinical and health psychology*. SAGE Publications, Ltd. <https://doi.org/10.4135/9781849209793>
- Media Kompas Cyber. (2019, February 4). *Separuh Penduduk Indonesia Sudah "Melek" Media Sosial*. KOMPAS.com. <https://tekno.kompas.com/read/2019/02/04/19140037/separuh-penduduk-indonesia-sudah-melek-media-sosial>
- Miyamoto, Y., & Ma, X. (2011). Dampening or savoring positive emotions: A dialectical cultural script guides emotion regulation. *Emotion (Washington, D.C.)*, 11(6), 1346–1357. <https://doi.org/10.1037/a0025135>
- Myers, J., & Well, A. (2003). *Myers, J., & Well, A.D. (2003) Research Design and Statistical Analysis*, Hillsdale, NJ: Lawrence Erlbaum Associates.
- Nelson-Coffey, S. K., & Oishi, S. (2018). *Married...With Children: The Science of Well-Being in Marriage and Family Life*.
- Ramadlon, T., Nabilah, N., Herdian, H., & Arnis, G. (2018). SUMBER KEBAHAGIAAN DAN KESEDIHAN DI ERA MILENIAL. *SemNasPsi (Seminar Nasional Psikologi)*, 1(1), 177–187. <http://journal.uml.ac.id/PSN/article/view/43>
- Reis, H. T. (2012). Perceived partner responsiveness as an organizing theme for the study of relationships and well-being. In *Interdisciplinary research on*

- close relationships: The case for integration* (pp. 27–52). American Psychological Association. <https://doi.org/10.1037/13486-002>
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68–78. <https://doi.org/10.1037/0003-066X.55.1.68>
- Ryan, R. M., & Deci, E. L. (2001). On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being. *Annual Review of Psychology*, 52(1), 141–166. <https://doi.org/10.1146/annurev.psych.52.1.141>
- Ryff, C. D., & Singer, B. H. (2008). Know Thyself and Become What You Are: A Eudaimonic Approach to Psychological Well-Being. *Journal of Happiness Studies*, 9(1), 13–39. <https://doi.org/10.1007/s10902-006-9019-0>
- Sandeen, C. (2008). Boomers, Xers, and Millennials: Who Are They and What Do They Really Want from Continuing Higher Education? *Continuing Higher Education Review*, 72, 11–31. <https://eric.ed.gov/?id=EJ903434>
- Sari, M. N., Yusri, Y., & Sukmawati, I. (2015). Faktor Penyebab Perceraian dan Implikasinya dalam Pelayanan Bimbingan dan Konseling. *Jurnal Konseling Dan Pendidikan*, 3(1), 16–21–21. <https://doi.org/10.29210/112200>
- Selcuk, E., Gunaydin, G., Ong, A. D., & Almeida, D. M. (2016). Does Partner Responsiveness Predict Hedonic and Eudaimonic Well-Being? A 10-Year Longitudinal Study. *Journal of Marriage and the Family*, 78(2), 311–325. <https://doi.org/10.1111/jomf.12272>
- Selcuk, E., Zayas, V., Günaydin, G., Hazan, C., & Kross, E. (2012). Mental representations of attachment figures facilitate recovery following upsetting autobiographical memory recall. *Journal of Personality and Social Psychology*, 103(2), 362–378. <https://doi.org/10.1037/a0028125>
- Situmorang, N. Z., & Tentama, F. (2018). Makna Kebahagiaan pada Generasi Y. *Temu Ilmiah Psikologi Positif I. Seminar Dan Call for Paper "Positive Psychology in Dealing with Multigeneration"*. Universitas Pertamina Jakarta. <http://eprints.uad.ac.id/11240/>
- Smith, J., Ryan, L. H., Queen, T. L., Becker, S., & Gonzalez, R. (2014). Snapshots of Mixtures of Affective Experiences in a Day: Findings from the Health and Retirement Study. *Journal of Population Ageing*, 7(1), 55–79. <https://doi.org/10.1007/s12062-014-9093-8>
- Spencer-Rodgers, J., Boucher, H. C., Mori, S. C., Wang, L., & Peng, K. (2009). The Dialectical Self-Concept: Contradiction, Change, and Holism in East Asian Cultures. *Personality & Social Psychology Bulletin*, 35(1), 29–44. <https://doi.org/10.1177/0146167208325772>
- Spencer-Rodgers, J., Peng, K., Wang, L., & Hou, Y. (2004). Dialectical Self-Esteem and East-West Differences in Psychological Well-Being. *Personality and Social Psychology Bulletin*, 30(11), 1416–1432. <https://doi.org/10.1177/0146167204264243>
- Stillman, T. F., Baumeister, R. F., Lambert, N. M., Crescioni, A. W., Dewall, C. N., & Fincham, F. D. (2009). Alone and Without Purpose: Life Loses Meaning

- Following Social Exclusion. *Journal of Experimental Social Psychology*, 45(4), 686–694. <https://doi.org/10.1016/j.jesp.2009.03.007>
- Strauss, J., Witoelar, F., & Sikoki, B. (2016). *The Fifth Wave of the Indonesia Family Life Survey: Overview and Field Report*. <https://doi.org/10.7249/wr1143.1>
- Sun, S., Chen, J., Johannesson, M., Kind, P., & Burström, K. (2016). Subjective Well-Being and Its Association with Subjective Health Status, Age, Sex, Region, and Socio-economic Characteristics in a Chinese Population Study. *Journal of Happiness Studies*, 17(2), 833–873. <https://doi.org/10.1007/s10902-014-9611-7>
- Susanti, A. (2018, August 21). *Sehari, Generasi Millennials Habiskan 3 Jam Lebih di Media Sosial*. IDN Times. <https://www.idntimes.com/news/indonesia/afrianisusanti/sehari-generasi-millennials-habiskan-3-jam-lebih-di-media-sosial>
- Tatarkiewicz, W. (1976). *Analysis of happiness*. PWN / Polish Scientific Publishers.
- Utz, R. L., Carr, D., Nesse, R., & Wortman, C. B. (2002). The Effect of Widowhood on Older Adults' Social Participation: An Evaluation of Activity, Disengagement, and Continuity Theories. *The Gerontologist*, 42(4), 522–533. <https://doi.org/10.1093/geront/42.4.522>
- Vebryto, R., & Irwansyah, I. (2020). Pencurian Data dan Informasi di Media Sosial Melalui Informasi Hoax: Studi Kasus pada Media Sosial Facebook. *PERSPEKTIF*, 9(2), 366–377. <https://doi.org/10.31289/perspektif.v9i2.3627>
- Weinstein, N., & Ryan, R. M. (2010). When helping helps: Autonomous motivation for prosocial behavior and its influence on well-being for the helper and recipient. *Journal of Personality and Social Psychology*, 98(2), 222–244. <https://doi.org/10.1037/a0016984>
- WHO. (2014). *World Health Organization Basic Document*. World Health Organization. <https://apps.who.int/iris/handle/10665/151605>
- Witoelar, F., Strauss, J., & Sikoki, B. (2012). Socioeconomic success and health in later life: Evidence from the Indonesia Family Life Survey. In J. P. Smith & M. Majmundar (Eds.), *Aging in Asia: Findings from new and emerging data initiatives*. National Academies Press (US). <https://www.ncbi.nlm.nih.gov/books/NBK109209/>
- Wyder, M., Ward, P., & De Leo, D. (2009). Separation as a suicide risk factor. *Journal of Affective Disorders*, 116(3), 208–213. <https://doi.org/10.1016/j.jad.2008.11.007>
- Xu Xiao, Bao Haikun, Strait Kelly, Spertus John A., Lichtman Judith H., D'Onofrio Gail, Spatz Erica, Bucholz Emily M., Geda Mary, Lorenze Nancy P., Bueno Héctor, Beltrame John F., & Krumholz Harlan M. (2015). Sex Differences in Perceived Stress and Early Recovery in Young and Middle-Aged Patients With Acute Myocardial Infarction. *Circulation*, 131(7), 614–623. <https://doi.org/10.1161/CIRCULATIONAHA.114.012826>

Zimmermann, A. C., & Easterlin, R. A. (2006). Happily Ever after? Cohabitation, Marriage, Divorce, and Happiness in Germany. *Population and Development Review*, 32(3), 511–528. <https://www.jstor.org/stable/20058902>