



## Daftar Pustaka

- Allen, M. S., Greenlees, I., & Jones, M. V. (2014). Personality, counterfactual thinking, and negative emotional reactivity. *Psychology of Sport and Exercise*, 15(2), 147–154.  
<https://doi.org/10.1016/j.psychsport.2013.10.011>
- Bechara, A., Damasio, A. R., Damasio, H., & Anderson, S. W. (1994). Insensitivity to future consequences following damage to human prefrontal cortex. *Cognition*, 50(1–3), 7–15. [https://doi.org/10.1016/0010-0277\(94\)90018-3](https://doi.org/10.1016/0010-0277(94)90018-3)
- Bonnie, R. J., Stroud, C., Breiner, H., Committee on Improving the Health, S., Board on Children, Y., Medicine, I. of, & Council, N. R. (2015). Young Adults in the 21st Century. In *Investing in the Health and Well-Being of Young Adults*. National Academies Press (US).  
<https://www.ncbi.nlm.nih.gov/books/NBK284782/>
- Buelow, M. T., & Suhr, J. A. (2009). Construct Validity of the Iowa Gambling Task. *Neuropsychology Review*, 19(1), 102–114.  
<https://doi.org/10.1007/s11065-009-9083-4>
- Butler, G., & Mathews, A. (1987). Anticipatory anxiety and risk perception. *Cognitive Therapy and Research*, 11(5), 551–565.  
<https://doi.org/10.1007/BF01183858>
- Byrne, R. M. J. (2016). Counterfactual Thought. *Annual Review of Psychology*, 67(1), 135–157. <https://doi.org/10.1146/annurev-psych-122414-033249>
- Carmody, J., & Baer, R. A. (2008). Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program. *Journal of Behavioral Medicine*, 31(1), 23–33. <https://doi.org/10.1007/s10865-007-9130-7>
- Cauffman, E., Shulman, E. P., Steinberg, L., Claus, E., Banich, M. T., Graham, S., & Woolard, J. (2010). Age differences in affective decision making as indexed by performance on the Iowa Gambling Task. *Developmental Psychology*, 46(1), 193–207. <https://doi.org/10.1037/a0016128>
- Cunningham, N. K., Brown, P. M., Brooks, J., & Page, A. C. (2013). The structure of emotional symptoms in the postpartum period: Is it unique? *Journal of Affective Disorders*, 151(2), 686–694.  
<https://doi.org/10.1016/j.jad.2013.08.002>
- Damanik, E. D. (2006). The Measurement of Reliability, Validity, Items Analysis and Normative Data of Depression Anxiety Stress Scale. *Fakultas Psikologi Universitas Indonesia*.
- Faravelli, C., Alessandra Scarpato, M., Castellini, G., & Lo Sauro, C. (2013). Gender differences in depression and anxiety: The role of age. *Psychiatry Research*, 210(3), 1301–1303.  
<https://doi.org/10.1016/j.psychres.2013.09.027>



- Frijda, N. H. (1986). *The Emotions*. Cambridge University Press.
- Gee, D. G., Humphreys, K. L., Flannery, J., Goff, B., Telzer, E. H., Shapiro, M., Hare, T. A., Bookheimer, S. Y., & Tottenham, N. (2013). A developmental shift from positive to negative connectivity in human amygdala-prefrontal circuitry. *The Journal of Neuroscience: The Official Journal of the Society for Neuroscience*, 33(10), 4584–4593.  
<https://doi.org/10.1523/JNEUROSCI.3446-12.2013>
- Greifeneder, R., Bless, H., & Pham, M. T. (2011). When do people rely on affective and cognitive feelings in judgment? A review. *Personality and Social Psychology Review: An Official Journal of the Society for Personality and Social Psychology, Inc*, 15(2), 107–141.  
<https://doi.org/10.1177/1088868310367640>
- Hartley, C. A., & Phelps, E. A. (2012). Anxiety and Decision-Making. *Biological Psychiatry*, 72(2), 113–118.  
<https://doi.org/10.1016/j.biopsych.2011.12.027>
- Hastie, R., & Dawes, R. M. (2010). *Rational Choice in an Uncertain World: The Psychology of Judgment and Decision Making* (2nd ed.). SAGE.
- Kabat-Zinn, J. (2003). Mindfulness-Based Interventions in Context: Past, Present, and Future. *Clinical Psychology: Science and Practice*, 10(2), 144–156.  
<https://doi.org/10.1093/clipsy.bpg016>
- Keltner, D., & Lerner, J. S. (2010). Emotion. In D. T. Gilbert, S. T. Fiske, & G. Lindzey (Eds.), *The Handbook of Social Psychology* (pp. 317–352). Wiley.
- Lazarus, R. S. (1991). *Emotion and Adaptation*. Oxford University Press.
- Lerner, J., & Keltner, D. (2000). Beyond valence: Toward a model of emotion-specific influences on judgement and choice. *Cognition and Emotion*, 14, 473–493. <https://doi.org/10.1080/026999300402763>
- Loewenstein, G. F., Weber, E. U., Hsee, C. K., & Welch, N. (2001). Risk as feelings. *Psychological Bulletin*, 127(2), 267–286.  
<https://doi.org/10.1037/0033-2909.127.2.267>
- MacLeod, A. K., Williams, J. M., & Bekerian, D. A. (1991). Worry is reasonable: The role of explanations in pessimism about future personal events. *Journal of Abnormal Psychology*, 100(4), 478–486.  
<https://doi.org/10.1037/0021-843X.100.4.478>
- Marcatto, F., & Ferrante, D. (2008). The Regret and Disappointment Scale: An instrument for assessing regret and disappointment in decision making. *Judgment and Decision Making*, 3(1), 13.
- Markman, K., McMullen, M., & Elizaga, R. (2008). Counterfactual thinking, persistence, and performance: A test of the Reflection and Evaluation Model. *Journal of Experimental Social Psychology*, 421–428.  
<https://doi.org/10.1016/j.jesp.2007.01.001>
- McLean, C. P., Asnaani, A., Litz, B. T., & Hofmann, S. G. (2011). Gender differences in anxiety disorders: Prevalence, course of illness, comorbidity and burden of illness. *Journal of Psychiatric Research*, 45(8), 1027–1035.  
<https://doi.org/10.1016/j.jpsychires.2011.03.006>



- Ordaz, S. J., Foran, W., Velanova, K., & Luna, B. (2013). Longitudinal growth curves of brain function underlying inhibitory control through adolescence. *The Journal of Neuroscience: The Official Journal of the Society for Neuroscience*, 33(46), 18109–18124.  
<https://doi.org/10.1523/JNEUROSCI.1741-13.2013>
- Pigott, T. A. (n.d.). Gender Differences in the Epidemiology and Treatment of Anxiety Disorders. *J Clin Psychiatry*, 12.
- Roese, N. J., & Epstude, K. (2017). The Functional Theory of Counterfactual Thinking: New Evidence, New Challenges, New Insights. In *Advances in Experimental Social Psychology* (Vol. 56, pp. 1–79). Elsevier.  
<https://doi.org/10.1016/bs.aesp.2017.02.001>
- Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, 16(1), 3–12.  
<https://doi.org/10.1089/acm.2009.0044>
- Rye, M. S., Cahoon, M. B., Ali, R. S., & Daftary, T. (2008). Development and Validation of the Counterfactual Thinking for Negative Events Scale. *Journal of Personality Assessment*, 90(3), 261–269.  
<https://doi.org/10.1080/00223890701884996>
- Scheier, M. F., & Carver, C. S. (1996). Psychological Resources Matter, No Matter How You Say it or Frame it. *The Counseling Psychologist*, 24(4), 736–742. <https://doi.org/10.1177/0011100096244003>
- Schulenberg, J., & Schoon, I. (2012). The Transition to Adulthood across Time and Space: Overview of Special Section. *Longitudinal and Life Course Studies*, 3(2), 164–172. <https://doi.org/10.14301/lcls.v3i2.194>
- Simmonds, D. J., Hallquist, M. N., Asato, M., & Luna, B. (2014). Developmental stages and sex differences of white matter and behavioral development through adolescence: A longitudinal diffusion tensor imaging (DTI) study. *NeuroImage*, 92, 356–368.  
<https://doi.org/10.1016/j.neuroimage.2013.12.044>
- Sinclair, M., Ashkanasy, N. M., & Chattopadhyay, P. (2010). Affective antecedents of intuitive decision making. *Journal of Management & Organization*, 16(3), 382–398. <https://doi.org/10.5172/jmo.16.3.382>
- Slovic, P., Finucane, M. L., Peters, E., & MacGregor, D. G. (2007). The affect heuristic. *European Journal of Operational Research*, 177(3), 1333–1352.  
<https://doi.org/10.1016/j.ejor.2005.04.006>
- Winkielman, P., Knutson, B., Paulus, M., & Trujillo, J. L. (2007). Affective Influence on Judgments and Decisions: Moving towards Core Mechanisms. *Review of General Psychology*, 11(2), 179–192.  
<https://doi.org/10.1037/1089-2680.11.2.179>
- Young Adult Development Project. (n.d.). Retrieved March 19, 2021, from <https://hr.mit.edu/static/worklife/youngadult/about.html>
- Zeelenberg, M., van Dijk, W. W., & Manstead, A. S. R. (2000). Regret and Responsibility Resolved? Evaluating Ordóñez and Connolly's (2000) Conclusions. *Organizational Behavior and Human Decision Processes*, 81(1), 143–154. <https://doi.org/10.1006/obhd.1999.2865>