

DAFTAR PUSTAKA

- Abdellaoui, A., Chen, H. Y., Willemsen, G., Ehli, E. A., Davies, G. E., Verweij, K. J. H., Nivard, M. G., de Geus, E. J. C., Boomsma, D. I., & Cacioppo, J. T. (2019). Associations between loneliness and personality are mostly driven by a genetic association with Neuroticism. *Journal of Personality*, 87(2), 386–397. <https://doi.org/10.1111/jopy.12397>
- Adamson, M., & Pennycook, R. (2016). *Trapped in a bubble. An investigation into triggers for loneliness in the UK.* <https://www.co-operative.coop/campaigning/loneliness>
- Akhtar, H., & Azwar, S. (2019). Indonesian Adaptation and Psychometric Properties Evaluation of the Big Five Personality Inventory: IPIP-BFM-50. *Jurnal Psikologi*, 46(1), 32. <https://doi.org/10.22146/jpsi.33571>
- Ali, M., & Asrori, M. (2015). *Psikologi Remaja : Perkembangan Peserta Didik.*
- Arnett, J. J. (2013). *Emerging Adulthood : The Winding Road from the Late Teens Through the Twenties* (Vol. 15, Issue 1). <https://doi.org/10.1093/acprof>
- Artiningsih, R. A., & Savira, S. I. (2021). Hubungan Loneliness Dan Quarter Life Crisis Pada Dewasa Awal. *Charater: Jurnal Penelitian Psikologi*, 8(5). <https://ejournal.unesa.ac.id/index.php/character/article/view/41218/35541>
- Aviva, S. P. A., & Jannah, M. (2023). Eksplorasi loneliness pada dewasa awal. *Character: Jurnal Penelitian Psikologi*, 10(02), 203–212. <https://ejournal.unesa.ac.id/index.php/character/article/view/53184>
- Azwar, S. (2022). *Reliabilitas dan Validitas* (4th ed.). Pustaka Belajar.
- Barańczuk, U. (2019). The Five Factor Model of personality and social support: A meta-analysis. *Journal of Research in Personality*, 81(May), 38–46. <https://doi.org/10.1016/j.jrp.2019.05.002>
- Baron, R. A., & Byrne, D. (1987). *Social Psychology : Understanding Behavior*. (5th ed.). Boston : Allyn and Bacon.
- Bek, H. (2017). Understanding the Effect of Loneliness on Academic Participation and Success among International University Students. *Journal of Education and Practice*, 8(14), 46–50. www.iiste.org
- Beutel, M. E., Klein, E. M., Brähler, E., Reiner, I., Jünger, C., Michal, M., Wiltink, J., Wild, P. S., Müntzel, T., Lackner, K. J., & Tibubos, A. N. (2017). Loneliness in the general population: Prevalence, determinants and

- relations to mental health. *BMC Psychiatry*, 17(1), 1–7. <https://doi.org/10.1186/s12888-017-1262-x>
- Bhawna Chauhan, & Dr Sunil Sharma. (2015). To Explore the Loneliness as It Related To Personality Traits among Emerging Adults Studing Medicine. *International Journal of Indian Psychology*, 3(1). <https://doi.org/10.25215/0301.149>
- Borys, S., & Perlman, D. (1985). Gender Differences in Loneliness. *Personality and Social Psychology Bulletin*, 11(1), 63–74. <https://doi.org/10.1177/0146167285111006>
- Buecker, S., Maes, M., Denissen, J. J. A., & Luhmann, M. (2020). Loneliness and the Big Five Personality Traits: A Meta-analysis. *European Journal of Personality*, 34(1), 8–28. <https://doi.org/10.1002/per.2229>
- Cacioppo, J. T., & Cacioppo, S. (2018). Loneliness in the Modern Age: An Evolutionary Theory of Loneliness (ETL). In *Advances in Experimental Social Psychology* (1st ed., Vol. 58). Elsevier Inc. <https://doi.org/10.1016/bs.aesp.2018.03.003>
- Card, K. G., & Skakoon-Sparling, S. (2023). Are social support, loneliness, and social connection differentially associated with happiness across levels of introversion-extraversion? *Health Psychology Open*, 10(1), 1–14. <https://doi.org/10.1177/20551029231184034>
- Chen, X., Qiu, N., Chen, C., & Zhai, L. (2021). Personality Traits, Loneliness, and Affect Among Boxers. *Frontiers in Psychology*, 12(February), 1–7. <https://doi.org/10.3389/fpsyg.2021.609153>
- Courtin, E., & Knapp, M. (2017). Social isolation, loneliness and health in old age: a scoping review. *Health and Social Care in the Community*, 25(3), 799–812. <https://doi.org/10.1111/hsc.12311>
- Diehl, K., Jansen, C., Ishchanova, K., & Hilger-Kolb, J. (2018). Loneliness at universities: Determinants of emotional and social loneliness among students. *International Journal of Environmental Research and Public Health*, 15(9). <https://doi.org/10.3390/ijerph15091865>
- Erikson, E. H. (1963). *Childhood and Society*.
- Feist, J., & Feist, G. J. (1925). A theory of personality. *Journal of Abnormal Psychology and Social Psychology*, 20(4), 362–370. <https://doi.org/10.1037/h0075794>
- Fikrie, F., Hermina, C., & Ariani, L. (2021). Apakah Anda Merasa Kesepian ?

- Eksplorasi Kepribadian dan Kualitas Pertemanan pada Remaja. *Jurnal Studia Insania*, 9(1), 82. <https://doi.org/10.18592/jsi.v9i1.4166>
- Franssen, T., Stijnen, M., Hamers, F., & Schneider, F. (2020). Age differences in demographic, social and health-related factors associated with loneliness across the adult life span (19–65 years): a cross-sectional study in the Netherlands. *BMC Public Health*, 20(1), 1–12. <https://doi.org/10.1186/s12889-020-09208-0>
- Friedman, H. S., & Schustack, M. W. (2008). *Kepribadian Teori Klasik dan Riset Modern*.
- Ghozali, I. (2018). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 25* (9th ed.). Badan Penerbit Universitas Diponogoro.
- Gierveld, J. D. J., & Van Tilburg, T. (2006). A 6-item scale for overall, emotional, and social loneliness: Confirmatory tests on survey data. *Research on Aging*, 28(5), 582–598. <https://doi.org/10.1177/0164027506289723>
- Goldberg, L. R., Johnson, J. A., Eber, H. W., Hogan, R., Ashton, M. C., Cloninger, C. R., & Gough, H. G. (2006). The international personality item pool and the future of public-domain personality measures. *Journal of Research in Personality*, 40(1), 84–96. <https://doi.org/10.1016/j.jrp.2005.08.007>
- Greene, S., & Robertson, G. (2017). Agreeable Authoritarians: Personality and Politics in Contemporary Russia. *Comparative Political Studies*, 50(13), 1802–1834. <https://doi.org/10.1177/0010414016688005>
- Haas, B. W., Ishak, A., Denison, L., Anderson, I., & Filkowski, M. M. (2015). Agreeableness and brain activity during emotion attribution decisions. *Journal of Research in Personality*, 57, 26–31. <https://doi.org/10.1016/j.jrp.2015.03.001>
- Harlenda, C. Z., & Kartasasmita, S. (2021). The Relationship Between Loneliness and Problematic Internet Use Among Young Adults Who Are Social Media Users. *Proceedings of the International Conference on Economics, Business, Social, and Humanities (ICEBSH 2021)*, 570(Icebsh), 365–370. <https://doi.org/10.2991/assehr.k.210805.059>
- Itzick, M., Kagan, M., & Zychlinski, E. (2020). The Big Five Personality Traits as Predictors of Loneliness among Older Men in Israel. *Journal of Psychology: Interdisciplinary and Applied*, 154(1), 60–74. <https://doi.org/10.1080/00223980.2019.1653250>

- Keldal, G., & Atli, A. (2016). University Students' Personality Traits as Predictors of their Loneliness Levels. *Çukurova Üniversitesi Eğitim Fakültesi Dergisi*, 45(2), 131–146.
- Kertamuda, F., & Herdiansyah, H. (2015). Pengaruh Strategi Coping Terhadap Penyesuaian Diri Mahasiswa Baru. *Jurnal Universitas Paramadina*, 6(1), 11–23.
- Li, S., Kong, K., Zhang, K., & Niu, H. (2023). The relation between college students' neuroticism and loneliness: The chain mediating roles of self-efficacy, social avoidance and distress. *Frontiers in Psychology*, 14(April), 1–8. <https://doi.org/10.3389/fpsyg.2023.1124588>
- Machdy, R. (2022). *Sepi. pijarpsikologi*.
- Miller, J. L. (2011). The relationship between identity development processes and psychological distress in emerging adulthood. *Dissertation*, 1–168.
- Muthia, E. N., & Hidayati, D. S. (2016). Kesepian Dan Keinginan Melukai Diri Sendiri Remaja. *Psypathic: Jurnal Ilmiah Psikologi*, 2(2), 185–198.
- Myers, D. A. (2012). *Psikologi Sosial* (10th ed.).
- Nisa, A. K., & Lestari, S. (2023). Loneliness in College Students: How is the Role of Adjustment and Social Support? *Jurnal Psikologi Teori Dan Terapan*, 14(03), 322–335. <https://doi.org/10.26740/jptt.v14n03.p322-335>
- Octaviany, C. (2019). Dinamika Kesepian pada Wanita Dewasa Awal. *Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 8(1), 1722–1741.
- Peltzer, K., & Pengpid, S. (2019). Loneliness correlates and associations with health variables in the general population in Indonesia. *International Journal of Mental Health Systems*, 13(1), 1–11. <https://doi.org/10.1186/s13033-019-0281-z>
- Perlman, D., & Peplau, L. A. (1998). *Loneliness*. 571–581.
- Pervin, A. (2010). *Psikologi Kepribadian Teori dan Penelitian*. Jakarta : Kencana.
- Pramasella, F. (2019). Hubungan Antara Lima Besar Tipe Sifat Kepribadian Dengan Kesepian Pada Mahasiswa Rantau. *Psikoborneo: Jurnal Ilmiah Psikologi*, 7(3), 457–465. <https://doi.org/10.30872/psikoborneo.v7i3.4805>
- Prasetyo, A., & Ariana, A. D. (2016). Hubungan Lima tipe Kepribadian (Big Five Personality) dengan Nomophobia pada Wanita Dewasa Awal.

- Psikologi Klinis Dan Kesehatan Mental, 5(1), 1–9.*
- Putu, L., Diah, N., Sari, P., Ayu, I. G., & Fridari, D. (2024). Hubungan Kecerdasan Emosional Dan Resiliensi Pada Remaja Yang Mengalami Putus Cinta di SMA Negeri 2 Denpasar. *Jurnal Ilmiah Wahana Pendidikan, 10*(January), 572–584.
- Renken, E. (2020). *Most Americans are lonely, and our workplace culture may not be helping. NPR.*
- Rizky Safitri, & Jayanti, A. M. (2023). Harga Diri dan Kecemasan Memilih Pasangan Hidup Wanita Dewasa Awal Fase Quarter Life Crisis. *Indonesian Psychological Research, 5*(1), 52–58. <https://doi.org/10.29080/ipr.v5i1.765>
- Russell, D. W., Cutrona, C. E., McRae, C., & Gomez, M. (2012). Is loneliness the same as being alone? *Journal of Psychology: Interdisciplinary and Applied, 146*(1–2), 7–22. <https://doi.org/10.1080/00223980.2011.589414>
- Shrestha, S., Sigdel, K., Pokharel, M., & Columbus, S. (2024). Big Five traits predict between- and within-person variation in loneliness. *European Journal of Personality, 0*(0), 1–15. <https://doi.org/10.1177/08902070241239834>
- Udayar, S., Urbanaviciute, I., & Rossier, J. (2020). Perceived Social Support and Big Five Personality Traits in Middle Adulthood: a 4-Year Cross-Lagged Path Analysis. *Applied Research in Quality of Life, 15*(2), 395–414. <https://doi.org/10.1007/s11482-018-9694-0>
- Vozikaki, M., Papadaki, A., Linardakis, M., & Philalithis, A. (2018). Loneliness among older European adults: results from the survey of health, aging and retirement in Europe. *Journal of Public Health (Germany), 26*(6), 613–624. <https://doi.org/10.1007/s10389-018-0916-6>
- Wang, B., & Dong, X. (2018). The Association Between Personality and Loneliness: Findings From a Community-Dwelling Chinese Aging Population. *Gerontology and Geriatric Medicine, 4*, 233372141877818. <https://doi.org/10.1177/2333721418778181>
- Weiss, R. . (1973). *Loneliness : The experience of emotional and social isolation.* The MIT Press.
- Wols, A., Scholte, R. H. J., & Qualter, P. (2015). Prospective associations between loneliness and emotional intelligence. *Journal of Adolescence, 39*, 40–48. <https://doi.org/10.1016/j.adolescence.2014.12.007>

- Wright, S., & Silard, A. (2021). Unravelling the antecedents of loneliness in the workplace. *Human Relations*, 74(7), 1060–1081.
<https://doi.org/10.1177/0018726720906013>
- Yuliasari, H., & Pusvitasisari, P. (2023). Mental Health Literacy Ditinjau Dari Big Five Personality Traits Pada Remaja Di Yogyakarta. *Journal of Psychological Science and Profession*, 7(1), 1.
<https://doi.org/10.24198/jpsp.v7i1.37414>
- Zhou, Y., Li, H., Han, L., & Yin, S. (2021). Relationship Between Big Five Personality and Pathological Internet Use: Mediating Effects of Loneliness and Depression. *Frontiers in Psychology*, 12(December).
<https://doi.org/10.3389/fpsyg.2021.73998>.