

DAFTAR PUSTAKA

- Adhity, N. P. A., & Suminar, D. R. (2022). *Pengaruh Parental Autonomy Support Terhadap Psychological Well-Being Pada Emerging Adult Anak Pertama Perempuan* (Tesis, Universitas Airlangga).
- Anderson, R. E., Lowe, G., & Carter, I. (2011). *Human behavior in the social environment: A social systems approach* (4th ed.).
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480.
- Azwar, S. (2011). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi*. Pustaka Pelajar.
- Azzahra, A. K. S. (2023). *Pengaruh kesepian terhadap pengungkapan diri di media sosial pada anak tunggal* (Doctoral dissertation, Universitas Muhammadiyah Malang).
- Badruddin, S. (2023). *SOSIOLOGI KELUARGA: Dinamika dan Tantangan Masyarakat Modern*. PT. Sonpedia Publishing Indonesia.
- Carpenter, D. M. (2008). Expectations, aspirations, and achievement among latino students of immigrant families. *Marriage and Family Review*, 43(1–2), 164–185.
- Cheung, C. S. S., & Pomerantz, E. M. (2012). Why does parents' involvement enhance children's achievement? The role of parent-oriented motivation. *Child Development*, 83(6), 2116–2131.
- Compton, W. C. (2015). *An Introduction to Positive Psychology* (3rd ed.). Belmont, CA: Wadsworth.
- Coolican, H. (2019). *Research methods and statistics in psychology* (7th ed.). Routledge.
- Curran, T., & Hill, A. P. (2022). Perfectionism and academic stress: Impact on adolescent well-being and mental health. *Journal of Adolescence*, 90, 102–115.
- Dewi, L., & Nasywa, N. (2019). Faktor-faktor yang mempengaruhi subjective well-being. *Jurnal Psikologi Terapan Dan Pendidikan*, 1(1), 54–62.
- Diener, E. (2009). *Subjective Well-Being*. In E. Diener (Ed.), *The science of wellbeing: The collected works of Ed Diener* (pp. 11–58). New York: Springer Berlin Heidelberg.

- Diener, E., & Chan, M.Y. (2011). Happy people live longer: Subjective well-being contributes to health and longevity. *Applied Psychology, Health and Well-Being*, 3, 1-43.
- Diener, E., & Tay, L. (2015). Subjective well-being and human welfare around the world as reflected in the Gallup World Poll. *International Journal of Psychology*, 50(2), 135-149.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Downey, D. B., & Condon, D. J. (2004). Playing well with others in kindergarten: The benefit of siblings at home. *Journal of Marriage and Family*, 66(2), 333-350. <https://doi.org/10.1111/j.1741-3737.2004.00024.x>
- Eisen, A. R., Spasaro, S. A., Brien, L. K., Kearney, C. A., and Albano, A. M. (2004). Parental expectancies and childhood anxiety disorders: psychometric properties of the parental expectancies scale. *J. Anxiety Disord.* 18, 89-109.
- Eldeleklioğlu, J., & Mendi, F. (2016). The relationship between parental expectations, academic stress and subjective well-being in Adolescents. *Turkish Psychological Counseling and Guidance Journal*, 6(47), 103-114.
- Faadhilah, S. N., (2021). *Dinamika Kesepian pada Anak Tunggal Dewasa Awal* (Skripsi, Universitas Islam Negeri Sunan Ampel Surabaya).
- Falbo, T. (1987). Only children in the United States and China. *Applied Social Psychology Annual*, 7, 159-183.
- Ghozali, I. (2018). *Aplikasi Analisis Multivariete dengan Program IBM SPSS 25 (9th ed.)*. Semarang: Universitas Diponegoro.
- Glenn, N. D., & Hoppen, P. P. (1984). Only children as adults: Psychological well-being. *Journal of Marriage and the Family*, 46(1), 85-94.
- Grolnick, W. S., & Ryan, R. M. (1989). Parent styles associated with children's self-regulation and competence in school. *Journal of Educational Psychology*, 81(2), 143-154.
- Hofstede, G. (2001). *Culture's consequences: Comparing values, behaviors, institutions and organizations across nations (2nd ed.)*. Sage Publications.
- Jatmika, D., & Argitha, D. (2013). Gambaran Kesepian Pada Anak Tunggal. *Psibernetika*, 6(1).
- Jiao, S., Ji, G., & Jing, Q. (1986). Comparative Study of Behavioral Qualities of Only Children and Sibling Children. *Child Development*, 57(2), 357-361.

- Kramer, L., & Conger, K. J. (2009). What we learn from our sisters and brothers: For better or for worse. *Horizons in Psychology*, 49, 1–16.
- Lao, Y., & Dong, Z. (2019). The only child, birth order and educational outcomes. *Economics*, 13(28), 1–24.
- Laybourn, A. (1994). *The only child: Myths and reality*. H.M. Stationery Office.
- Lin, S., Falbo, T., Qu, W., Wang, Y., & Feng, X. (2021). Chinese only children and loneliness: Stereotypes and realities. *American Journal of Orthopsychiatry*, 91(4), 531.
- Liu, J., Chen, X., & French, D. (2010). Adjustment of only children in China: A review of the literature. *International Journal of Psychology*, 45(5), 379–387. <https://doi.org/10.1080/00207594.2010.4921>
- Ningtias, R. P., & Andriani, F. (2022). Pengaruh Perceived Parental Expectation terhadap Psychological Distress pada Emerging Adulthood di Indonesia. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 2(1), 37–48.
- Nurmi, J. E. (1991). The changing parent-child relationship, self-esteem, and intelligence as determinants of orientation to the future during early adolescence. *Journal of Adolescence*, 14(1), 1-59.
- Nursalim, E., Mubaidilla, M. R., Asiah, S., Nurminah, N., & Jannah, M. (2024). Pendidikan Keluarga dalam Kematangan Sosial Remaja yang Berstatus Anak Tunggal. *Jurnal Pendidikan Tambusai*, 8(1), 13699–13706.
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2008). *Human development (11th ed.)*. McGraw-Hill.
- Proctor, C. L., Linley, P. A., & Maltby, J. (2009). Youth life satisfaction: A review of the literature. *Journal of Happiness Studies*, 10, 583–630.
- Rahmani, N., & Ulu, E. (2020). *The relationship between attachment styles, emotional intelligence, and self-esteem in only-child families and two-children families* (Master's thesis, Near East University). Near East University Graduate School of Social Sciences.
- Riyanda, W. D. A. P., & Soesilo, A. (2018). Resiliensi anak tunggal yang memiliki orangtua tunggal dengan status sosial ekonomi rendah. *Psycho Idea*, 16(1), 60-72.
- Rulanggi, R., Fahera, J., & Novira, N. (2021). *Faktor-faktor yang memengaruhi subjective well-being pada mahasiswa*. Seminar Nasional Psikologi dan Ilmu Humaniora, Universitas Negeri Malang.
- Ryan, R. M., & Deci, E. L. (2020). Intrinsic and extrinsic motivation from a self-determination theory perspective. *Contemporary Educational Psychology*, 61.

- Salsabila, G., & Utami, M. S. (2022). *Peran Pola Asuh yang Dipersepsikan terhadap Kesejahteraan Subjektif pada Remaja* (Skripsi, Universitas Gadjah Mada).
- Sasikala, S., & Karunanidhi, S. (2011). Development and validation of perception of parental expectations inventory. *Journal of the Indian Academy of Applied Psychology*, 37(1), 114-124.
- Sawitri, A. R. (2023). *Pengaruh Persepsi Harapan Orang Tua, Welas Diri, dan Efikasi Diri terhadap Ketakutan akan Kegagalan pada Pencari Kerja* (Skripsi, Universitas Islam Negeri Syarif Hidayatullah Jakarta).
- Setyaningrum, A., dkk. (2024). Dampak harapan orang tua yang tidak realistis terhadap akademik remaja: Kajian sistematik. *Jurnal Psikologi*, 1(4), 16.
- Situmorang, I, N, A. (2024). *Pengaruh Social Comparison Terhadap Subjective Well-Being*. (Skripsi, Universitas Medan Area).
- Sugiyono. (2013). *Metode Penelitian Pendidikan: Pendekatan Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Suldo, S. M., Riley, K. R., & Shaffer, E. J. (2006). Academic correlates of adolescents' life satisfaction. *School Psychology International*, 27, 567–582.
- Veenhoven, R., & Verkuyten, M. (1989). The well-being of only children. *Adolescence*, 24(93), 155–166.
- Veenhoven, R. (2008). Sociological theories of subjective well-being. *The science of subjective well-being*, 9, 44-61.
- Wang, L. F., & Heppner, P. P. (2002). Assessing the impact of parental expectations and psychological distress on Taiwanese college students. *Journal of Counseling Psychology*, 49(3), 346–354.
- Widiastuti, C. (2016). *Perbedaan tingkat kebahagiaan anak tunggal yang diasuh oleh orangtua tunggal ditinjau dari jenis kelamin*. (Skripsi, Universitas Kristen Satya Wacana).
- Wu, L. (2014). *Are only children worse off on subjective well-being?: Evidence from China's One-Child Policy* (Skripsi, Hong Kong University of Science and Technology).
- Yin, X., Jia, S., Shao, Y., & Zhang, L. (2025). The impact of parental educational expectations on subjective well-being among adolescents: The serial mediating role of self-efficacy and learning engagement. *BMC Psychology*, 13(1), 353.
- Zhang, F., & Yang, R. (2025). Parental expectations and adolescents' happiness: the role of self-efficacy and connectedness. *BMC Psychology*, 13(1), 24.

