

DAFTAR PUSTAKA

- Anggeler, M. (2024). How important is a positive mindset, really? Retrieved April 21, 2024, from theguardian.com website: <https://www.theguardian.com/wellness/2024/jan/03/is-positivity-important-happiness-mindset-optimism-toxic>
- Azwar, S. (2018). *METODE PENELITIAN PSIKOLOGI* (II). Yogyakarta: PUSTAKA PELAJAR.
- Beach, S. R. H., & Tesser, A. (1995). Efficacy, Agency, and Self-Esteem. *Efficacy, Agency, and Self-Esteem*, (May). <https://doi.org/10.1007/978-1-4899-1280-0>
- BERMEJO, M. S., ELEAZAR, E. C., QUINTO, K. L. M., & VILLAREZ, A. L. (2021). *Toxic Positivity and Its Role on College Students' Mental Health during the COVID-19 Pandemic*. Rizal Technological University.
- Cameron, L. D., & Overall, N. C. (2018). Suppression and expression as distinct emotion-regulation processes in daily interactions: Longitudinal and meta-analyses. *Emotion*, *18*(4), 465–480. <https://doi.org/10.1037/emo0000334>
- Cherry, K. (2023). Toxic Positivity—Why It's Harmful and What to Say Instead. Retrieved October 12, 2023, from verywellmind.com website: <https://www.verywellmind.com/what-is-toxic-positivity-5093958>
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (4th ed.). United State: SAGE.
- Davis, T. (n.d.). Positivity: Psychology, Definition, and Examples. Retrieved March 29, 2024, from berkeleywellbeing.com website: <https://www.berkeleywellbeing.com/positivity.html>
- Elissa, A. (2021). Hindari Toxic Positivity Agar Kesehatan Mental Tetap Terjaga. Retrieved April 2, 2024, from emc.id website: <https://www.emc.id/id/care-plus/hindari-toxic-positivity-agar-kesehatan-mental-tetap-terjaga>
- Feltner, M. E. (2023). Toxic Positivity and Perceptions of Mental Health Toxic Positivity and Perceptions of Mental Health. Retrieved from https://scholarcommons.sc.edu/senior_theses
- Goodman, W. (2022). *Toxic Positivity-Keeping It Real in a World Obsessed with Being Happy*. New York: Tarcher Perigee.
- Gordon, J. (2023). What's Toxic About "Toxic Positivity." Retrieved April 2, 2024, from linkedin.com website: <https://www.linkedin.com/pulse/whats-toxic-positivity-jon-gordon->

xs5xe/

- Gumintang, G. H. (n.d.). Gangguan Emosional: Penyebab – Contoh dan Cara Mengatasinya. Retrieved January 29, 2024, from dosenpsikologi.com website: <https://dosenpsikologi.com/gangguan-emosional>
- Heinz, S. (2022). Why “Toxic Positivity” Isn’t Positivity at All. Retrieved from psychologytoday.com website: <https://www.psychologytoday.com/intl/blog/science-over-self-help/202212/why-toxic-positivity-isn-t-positivity-all>
- Herdiansyah, H. (2015). *Metodologi Penelitian Kualitatif Untuk Ilmu Psikologi* (Rosidah, Ed.). Jakarta: Salemba Humanika.
- Hidayat, I. (2021). *Hubungan Antara Harga Diri Dengan Kecemasan Komunikasi Pada Mahasiswa Yang Mengalami Toxic Positivity di Universitas Islam Negeri Ar-Raniry*. UNIVERSITAS ISLAM NEGERI AR-RANIRY BANDA ACEH.
- Hospitals, T. M. S. (2024). Mengenal Toxic Positivity - Dampak dan Cara Menghindarinya. Retrieved April 2, 2024, from siloamhospitals.com website: <https://www.siloamhospitals.com/informasi-siloam/artikel/apa-itu-toxic-positivity>
- Hurlock, E. B. (1980). *Psikologi Perkembangan (Suatu Pendekatan Sepanjang Rentang Kehidupan)* (5th ed.; R. M. Sijabat, Ed.). Jakarta: Penerbit Erlangga.
- Johns Blommborg Hopkins. (2022). Indonesia-National Adolescent Mental Health Survey (I-NAMHS):Laporan Peneleitian. *Pusat Kesehatan Repriduksi*.
- Kojongian, M. G. R., & Wibowo, D. H. (2022). Toxic Positivity: Sisi Lain dari Konsep untuk Selalu Positif dalam Segala Kondisi. *Psychopreneur Journal*, 6(1), 10–25. <https://doi.org/10.37715/psy.v6i1.2493>
- Kurniawan, M. N. (2024). Pengaruh Toxic Positivity di Media Sosial Terhadap Kesehatan Mental Dewasa Muda. Retrieved April 2, 2024, from psychology.binus.ac.id website: <https://psychology.binus.ac.id/2024/02/29/pengaruh-toxic-positivity-di-media-sosial-terhadap-kesehatan-mental-dewasa-muda/#:~:text=Toxic positivity merujuk pada tekanan,berbanding terbalik dari gambaran tersebut.>
- Levesque, L. (2021). When Optimism Becomes a Problem: Toxic Positivity. Retrieved October 10, 2023, from innergrowthcounselling.com website: <https://www.innergrowthcounselling.com/post/what-is-toxic->

positivity

- Marie, S. (2023). Toxic Positivity' Is Real — and It's a Big Problem During the Pandemic. Retrieved October 10, 2023, from healthline.com website: <https://www.healthline.com/health/mental-health/toxic-positivity-during-the-pandemic>
- Maryam, S. (2017). Strategi Coping: Teori Dan Sumber dayanya. *Jurnal Konseling Andi Matappa*, 1, 101–107. Retrieved from <https://media.neliti.com/media/publications/177181-ID-strategi-coping-teori-dan-sumberdayanya.pdf>
- McLaffert, M., Brown, N., Brady, J., McLaughlin, J., McHugh, R., Ward, C., ... Murray, E. K. (2022). Variations in psychological disorders, suicidality, and help-seeking behaviour among college students from different academic disciplines. *PLoS ONE*, 12, 17. <https://doi.org/https://doi.org/10.1371/journal.pone.0279618>
- Millacci, T. S. (2021). Toxic Positivity in Psychology: Examples & Research Findings. Retrieved October 10, 2023, from positivepsychology.com website: <https://positivepsychology.com/toxic-positivity-in-psychology/>
- Mona, B. (2023). Toxic Positivity: Definition, Examples And What To Say Instead. Retrieved April 21, 2024, from Forbes Health website: <https://www.forbes.com/health/mind/toxic-positivity/>
- Moyer, M. W. (2023). Lean Into Negative Emotions. It's the Healthy Thing to Do. Retrieved April 21, 2024, from The New York Times website: <https://www.nytimes.com/2023/04/21/well/mind/negative-emotions-mental-health.html>
- Novitasari, N. E. (2023). *Hubungan Antara Toxic Positivity Dengan Interaksi Sosial Di Kalangan Mahasiswa Universitas Islam Negeri Raden Mas Said Surakarta*. Universitas Islam Negeri Raden Mas Said Surakarta.
- Puji, A. (2022). Kenali Dampak Negatif dari Toxic Positivity Bagi Mental, Plus Tips Menghindarinya. Retrieved April 1, 2024, from hellosehat.com website: <https://hellosehat.com/mental/gangguan-mood/bahaya-toxic-positivity/>
- Putra, R. P., Ramadhanti, A., Rahajeng, A. S., Fadil, A., & Salsyabila, N. (2023). Toxic Positivity in Adolescents: An Attitude of Always Being Positive in Every Situation. *Journal of Psychology and Instruction*, 7, 11–21.
- Quintero, S., & Long, J. (2022). Toxic Positivity: The Dark Side of Positive Vibes. Retrieved October 8, 2023, from thepsychologygroup website:

<https://thepsychologygroup.com/toxic-positivity/>

- Radin, S. (2021). How 'toxic positivity' took over the internet. Retrieved April 21, 2024, from dazeddigital.com website: <https://www.dazeddigital.com/life-culture/article/53737/1/how-toxic-positivity-took-over-the-internet>
- Rahman, A. A. (2020). *Psikologi Sosial*. Depok: PT Raja Grafindo Persada.
- Reynolds, G. (2022). Toxic Positivity. Retrieved September 27, 2023, from Anxiety & Depression Association of America website: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/toxic-positivity#:~:text=Descriptions of toxic positivity vary,the circumstances of the situation.>
- Saleh, A. A. (2020). *Psikologi Sosial*. Parepare: IAIN Parepare Nusantara Press.
- Samha, A. C., Angelina, T., Ramadhona, Y., Sultari, M., Aziza, A., Hussuba, F., ... Putri, R. T. (2022). Toxic Positivity Pada Generasi Z. *PROCEEDING CONFERENCE ON PSYCHOLOGY AND BEHAVIORAL SCIENCES*, 1, 90–94.
- Sears, D. O., Freedman, J. L., & Peplau, L. A. (1985). *Psikologi Sosial* (5th ed.). Jakarta: Penerbit Erlangga.
- Shadily, H. (1999). *Sosiologi Untuk Masyarakat Indonesia*. Jakarta: PT Rineka Cipta.
- Sidanius, J., & Pratto, F. (2012). Social dominance theory. *Handbook of Theories of Social Psychology*, 418–438. <https://doi.org/10.4135/9781446249222.n47>
- Sugiyono. (2016). *METODE PENELITIAN: Kuantitatif, Kualitatif, dan R&D*. Bandung: ALFABETA.
- Suryabrata, S. (2013). *Metodologi Penelitian* (2nd ed.). Jakarta: PT Raja Grafindo Persada.
- Willyard, C. (2012). Need To Heal Theyself? Retrieved April 18, 2024, from American Psychological Association website: <https://www.apa.org/gradpsych/2012/01/heal>