

DAFTAR PUSTAKA

- Afifah, S., & Saloom, G. (2020). *Social support of self-efficacy friends in self-Adjustment of new santri*. 41(2).
<https://doi.org/https://doi.org/10.47655/dialog.v41i2.309>
- A. Hikmah (personal communication, September 30, 2024).
- Anastasi, A., & Urbina, S. (1997). *Psychological testing*. Prentice hall.
- Antony, M. M., & Richard, P. S. (2008). *The shyness and social anxiety workbook (Second edition)*. New Harbinger Publications.
- Arifin, S., Eko, M., & Sugesti, A. (2023). Hubungan culture shock dengan tingkat stress pada santri baru di pondok Al-Amin Prenduan. *Profesional Health Journal*, 5(1).
<https://doi.org/https://doi.org/10.54832/phj.v5i1.428>
- Astuti, Y. D., & Sulistyanto, B. A. (2022). Gambaran kesepian pada remaja putri di pondok pesantren international muhammadiyah boarding school miftahul ulum Pekajangan Pekalongan. *The 16th University Research Colloqium*.
- Azwar, S. (2017). *Metode penelitian psikologi* (2nd ed.). Pustaka Belajar.
- Azwar, S. (2019). *Reliabilitas dan validitas (IV)*. Pustaka pelajar.
- Baltaci, Ö., & Erdal, H. (2013). Analyzing the relationship between social anxiety, social support and problem solving approach of university students. *Education and Science*, 38(167).
<https://hdl.handle.net/20.500.12513/1781>
- Baytemir, K., & Mehmet, A. Y. (2017). Multiple mediation of loneliness and negative affects in the relationship between adolescents social anxiety and depressive symptoms. *Anales De Psicología*, 33.
<https://doi.org/https://doi.org/10.6018/analesps.33.3.269211>
- Cahyandari, R. (2019). Peran spiritual emotional freedom technique (SEFT) dalam penanganan nosocomephobia. *Esoterik: Jurnal Akhlak Dan Tasawuf*, 5(2), 282–303. <https://doi.org/10.21043/esoterik.v5i2.6514>
- Carcedo, R. J., Vázquez-Iglesias, P., Parade, S., Herreros-Fraile, A., & Hervalejo, D. (2023). Social anxiety mediates the effect of attachment to parents on friendships and loneliness during the college transition. *Current Psychology*, 42(13), 10457–10467.
<https://doi.org/10.1007/s12144-022-03868-4>
- Cohen, R. J., & Swerdlik, M. E. (2013). *Psychological testing and assessment: An introduction to tests and measurement* (ninth edit). McGraw-Hill Education. <https://lccn.loc.gov/2016059701>
- Cozby, P. C., & Bates, S. C. (2020). *Methods in Behavioral Research (14th Ed)*. MC Grow-Hill.
- Danneel, S., Nelemans, S., Spithoven, A., Bastin, M., Bijttebier, P., Colpin, H., Van Den Noortgate, W., Van Leeuwen, K., Verschueren, K., & Goossens, L. (2019). Internalizing problems in adolescence: Linking loneliness, social anxiety symptoms, and depressive symptoms over

- time. *Journal of Abnormal Child Psychology*, 47(10), 1691–1705. <https://doi.org/10.1007/s10802-019-00539-0>
- Daud, I. (2023). Alienasi manusia menurut Al-Qur'an. *Al-Mutharahah: Jurnal Penelitian Dan Kajian Sosial Keagamaan*, 20(1).
- Ellison, C. G. (1991). Identification and separatism: Religious involvement and racial orientations among black Americans. *Sociological Quarterly*, 32(3), 477–494. <https://doi.org/10.1111/j.1533-8525.1991.tb00170.x>
- Eres, R., Lim, M. H., Lanham, S., Jillard, C., & Bates, G. (2021). Loneliness and emotion regulation: Implications of having social anxiety disorder. *Australian Journal of Psychology*, 73(1), 46–56. <https://doi.org/10.1080/00049530.2021.1904498>
- Erikson, E. H. (1989). *Identitas dan siklus hidup manusia*. Gramedia Pustaka Utama.
- Foulkes, L., & Blakemore, S. J. (2021). Individual differences in adolescent mental health during COVID-19: The importance of peer relationship quality. *Neuron*, 109(20), 3203–3205. <https://doi.org/10.1016/j.neuron.2021.07.027>
- Geukens, F., Maes, M., Spithoven, A., Pouwels, J. L., Danneel, S., Cillessen, A. H. N., van den Berg, Y. H. M., & Goossens, L. (2020). Changes in adolescent loneliness and concomitant changes in fear of negative evaluation and self-esteem. *International Journal of Behavioral Development*, 46(1), 10–17. <https://doi.org/10.1177/0165025420958194>
- Gierveld, J. D. J. (1998). A review of loneliness: Concept and definitions, determinants and consequences. *Reviews in Clinical Gerontology*, 8(1), 73–80. <https://doi.org/10.1017/S0959259898008090>
- Gierveld, J. de J. (1989). Personal relationships, social support, and loneliness. *Journal of Social and Personal Relationships*, 6. <https://doi.org/https://doi.org/10.1177/026540758900600204>
- G. Muhammad (*personal communication*, September 30, 2024).
- Gravetter, F. J., & Forzano, L.-A. B. (2018). Research methods for the behavioral sciences. In *Cengage* (Vol. 53, Issue 9).
- Hamka. (1989). *Tafsir Al-Azhar*. Pustaka Nasional Singapura.
- Hawkey, L. C., Thisted, R. A., Masi, C. M., & Cacioppo, J. T. (2010). Loneliness predicts increased blood pressure: 5 year cross lagged analyses in middle-aged and older adults. *Psychology and Aging*, 25(1), 132–142. <https://doi.org/10.1037/a0017805>
- Heinrich, L. M., & Eleonora, G. (2006). The clinical significance of loneliness: A literature review. *Clinical Psychology Review*, 26(6), 695–718. <https://doi.org/10.1016/j.cpr.2006.04.002>
- Hu, L. T., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling*, 6(1), 1–55. <https://doi.org/10.1080/10705519909540118>
- Hudiyana, J., Lincoln, T. M., Hartanto, S., Shadiqi, M. A., Milla, M. N., Muluk, H., & Jaya, E. S. (2022). How universal is a construct of Loneliness?

- measurement invariance of the UCLA loneliness scale in Indonesia, Germany, and the United States. *Assessment*, 29(8), 1795–1805. <https://doi.org/10.1177/10731911211034564>
- Jackson, T., Fritch, A., Nagasaka, T., & Gunderson, J. (2002). Towards explaining the association between shyness and loneliness: A path analysis with American college students. *Social Behavior and Personality*, 30(3), 263–270. <https://doi.org/10.2224/sbp.2002.30.3.263>
- Kagan, J., J. Steven, R., & Nancy, S. (1988). Biological bases of childhood shyness. *Biological Bases of Childhood Shyness*, 240(4849), 167–171. <https://doi.org/10.1126/science.3353713>
- Kusuma, A. S., & Nur, L. U. S. (2019). Kapital sosial santri dalam membangun pertemanan di pesantren. *Wacana: Jurnal Ilmiah Ilmu Komunikasi*, 18(1), 112–121. <https://doi.org/10.32509/wacana.v18i1.816>
- Kutlu, M. (2006). Loneliness among turkish adolescents growing up in orphanages and family settings. *International Journal of Educational Reform*, 15(3). <https://doi.org/10.1177/105678790601500306>
- La Greca, A. M., Ingles, C. J., Lai, B. S., & Marzo, J. C. (2015). Social anxiety scale for adolescents: Factorial invariance across gender and age in hispanic American adolescents. *Assessment*, 22(2), 224–232. <https://doi.org/10.1177/1073191114540749>
- La Greca, A. M., & Lopez, N. (1998). Social anxiety among adolescents: Linkages with peer relations and friendships. *Journal of Abnormal Child Psychology*, 26(2), 83–94. <https://doi.org/10.1023/a:1022684520514>
- Liu, X., Yang, Y., Wu, H., Kong, X., & Cui, L. (2022). The roles of fear of negative evaluation and social anxiety in the relationship between self-compassion and loneliness: A serial mediation model. *Current Psychology*, 41(8), 5249–5257. <https://doi.org/10.1007/s12144-020-01001-x>
- Mawarti, S. D., Nurlinawati, & Riska Amalya Nasution. (2023). Hubungan kecemasan dengan kesepian pada remaja putri boarding school di pondok karya pembangunan Al-Hidayah Provinsi Jambi. *Jurnal Ners*, 7(2). <https://doi.org/10.31004/jn.v7i2.16655>
- Moore, D. W., & Schultz, N. R. (1983). Loneliness at adolescence: Correlates, attributions, and coping. *Journal of Youth and Adolescence*, 12(2), 95–100. <https://doi.org/10.1007/BF02088307>
- Moore, K. A. (1999). Social anxiety: Predictors and outcoms. *Australian Journal of Guidance and Counselling*, 9(1).
- Mubasyiroh, R., Suryaputri, I. Y., & Tjandrarini, D. H. (2017). Determinan gejala mental emosional pelajar SMP-SMA di Indonesia tahun 2015. *Buletin Penelitian Kesehatan*, 45(2), 103–112. <https://doi.org/10.22435/bpk.v45i2.5820.103-112>
- Najati, M. U. (2010). *Psikologi Qurani: Dari jiwa hingga ilmu laduni*. Penerbit Marja.
- Nunnally, J., & Bernstein, I. (1994). *Psychometric theory*. McGraw-Hill Inc.

- Nurrahman, A. B., & Lisya, H. (2024). Strategi koping remaja mengatasi kesepian. *Psychopolytan: Jurnal Psikologi*, 7(2). <https://doi.org/10.36341/psi.v7i2.4428>
- O'Day, E. B., Amanda, S. M., Phillipper, R. G., James, J. G., & Richard, G. H. (2019). Social anxiety, loneliness, and the moderating role of emotion regulation. *Journal of Social and Clinical Psychology*, 751(773). <https://doi.org/10.1521/jscp.2019.38.9.751>
- Perlman, D., & Peplau, L. A. (1981). *Toward a social psychology of loneliness*. Academic Press.
- Perlman, D., & Peplau, L. A. (1998). Loneliness. *Encyclopedia of Mental Health*.
- Rapee, R. M. (1998). *Overcoming shyness and social phobia: A step by step guide*. Jason Aronson.
- Raykov, T., & Marcoulides, G. (2011). *Introduction to psychometric theory*. Taylor & Francis e-Library.
- Rokach, A. (2019). *The psychological journey to and from loneliness: Development, causes, and effects of social and emotional isolation*. Academic Press.
- Russel, D., Letitia, A. P., & Mary, L. F. (1978). Developing a measure of loneliness. *Journal of Personality Assesment*, 42(3). https://doi.org/10.1207/s15327752jpa4203_11
- Russell, D. W. (1996). UCLA loneliness scale (Version 3): reliability, validity, and factor structure. *Journal of Personality Assessment*, 66(1). https://doi.org/10.1207/s15327752jpa6601_2
- Sabil, N. F., & Fery, D. (2021). Sistem pendidikan nasional di pondok pesantren. *Jurnal Pendidikan Islam*, 19(2). <https://doi.org/10.35905/alishlah.v19i2.2134>
- Santrock, J. W. (2012). *Life-span development (edisi ketigabelas jilid I)*. Penerbit Erlangga.
- Sany, U. P. (2022). Gangguan kecemasan dan depresi menurut perspektif Al-Quran. *Syntax Literate: Jurnal Ilmiah Indonesia*, 7(1).
- Schlenker, B. R., & Leary, M. R. (1982). Social anxiety and self-presentation: A conceptualization model. *Psychological Bulletin*, 92(3), 641–669. <https://doi.org/10.1037/0033-2909.92.3.641>
- Schmidt, N., & Sermat, V. (1983). Measuring loneliness in different relationships. *Journal of Personality and Social Psychology*, 44(5). <https://doi.org/10.1037/0022-3514.44.5.1038>
- Shadiqi, M. A. (2023). *Statistik untuk Penelitian Psikologi dengan SPSS*. Raja Grafindo Persada.
- SP. Rasya (personal communication, September 30, 2024).
- Shihab, M. Q. (2017). *Tafsir Al-Mishbah: Pesan, kesan dan keserasian Al-Qur'an*. Lentera Hati.
- Stein, M. B., & Stein, D. J. (2008). Social anxiety disorder. *The Lancet*, 371(9618). [https://doi.org/10.1016/S0140-6736\(08\)60488-2](https://doi.org/10.1016/S0140-6736(08)60488-2)
- Sudaryono. (2019). *Metodologi penelitian kuantitatif, kualitatif, dan mix method* (2nd ed.). Rajawali Pers.

- Sugiyono. (2018). *Metodologi penelitian kuantitatif, kualitatif, dan R&D*. CV Alfabeta.
- Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan R & D* (2nd ed.). Penerbit Alfabeta.
- Sun, R., Li, W., Lu, S., & Gao, Q. (2023). Psychological needs satisfaction and smartphone addiction among Chinese adolescents: The mediating roles of social anxiety and loneliness. *Digital Health*, 9. <https://doi.org/10.1177/20552076231203915>
- Sun, S., Wang, Y., Wang, L., Lu, J., Li, H., Zhu, J., Qian, S., Zhu, L., & Xu, H. (2024). Social anxiety and loneliness among older adults: A moderated mediation model. *BMC Public Health*, 24(1), 1–11. <https://doi.org/10.1186/s12889-024-17795-5>
- Sutanto, S. H., & Suwartono, C. (2019). Hubungan antara kesepian dan keterlibatan ayah pada remaja. *Jurnal Psikologi Ulayat*, 6(1), 53–68. <https://doi.org/10.24854/jpu85>
- Tabachnick, B. G., & Fidell, L. S. (2013). Using multivariate statistics. In *Pearson Education*.
- Wang, X., Qian, M., Yu, H., Sun, Y., Li, S., Yang, P., Lin, M., Yao, N., & Zhang, X. (2016). Social anxiety and interpretation bias: Effect of positive priming. *Psychological Reports*, 119(2), 539–556. <https://doi.org/10.1177/0033294116658605>
- Wang, X., Sun, Y., & Kramer, T. (2021). Ritualistic consumption decreases loneliness by increasing meaning. *Journal of Marketing Research*, 58(2), 282–298. <https://doi.org/10.1177/0022243721993426>
- Widhiarso, W. (2011). *Menghitung koefisien alpha berstrat*.
- Yeeun Lee, & Young-gun, K. (2017). Feeling lonely when not socially isolated: Social isolation moderates the association between loneliness and daily social interaction. *Journal of Social and Personal Relationships*, 35(10). <https://doi.org/10.1177/0265407517712902>
- Yustika, V. A., & Istiqomah. (2022). Peran kesepian pada kecemasan sosial remaja akhir. *MerPsy Journal*, 14(2). <http://dx.doi.org/10.22441/merpsy.v14i2.18134>