

DAFTAR PUSTAKA

- Achor, S. (2010). *The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work*. Crown Business/Random House.
- Ambrosi, C., Zaiontz, C., Peragine, G., Sarchi, S., & Bona, F. (2019). Randomized controlled study on the effectiveness of animal-assisted therapy on depression, anxiety, and illness perception in institutionalized elderly. *Psychogeriatrics*, *19*(1).
- Arif, I. S. (2016). *Psikologi Positif: Pendekatan Saintifik Menuju Kebahagiaan*. Kompas Gramedia.
- Arikunto, S. (2017). *Pengembangan Instrumen Penelitian dan Penilaian Program*. Pustaka Pelajar.
- As'ri, Q. Z. (2021). Hubungan Pet Attachment Terhadap Subjective Well-Being Pemilik Hewan Saat Pandemic. *Prosiding Seminar UNIMUS*, *1*, 978–986.
- Ayuningtias, H. U. A., Hambarsika, E. M. A. G. I., & Hardika, R. I. (2023). Hubungan antara Pet Attachment dengan Psychological Well-Being pada Masyarakat Bali yang Memelihara Hewan Anjing. *Jurnal Kesehatan, Sains, Dan Teknologi (JAKASAKTI)*, *2*(1), 191–198.
- Azwar, S. (2013). *Metode Penelitian*. Pustaka Pelajar.
- Azwar, S. (2013). *Metode Penelitian Psikologi*. Pustaka Pelajar.
- Baron, A. R., & Byrne, D. (2004). *Psikologi Sosial* (1st ed.). Erlangga.
- Beck, A., & Katcher, A. (1996). *Between Pets and People: The Importance of Animal Companionship (New Directions in the Human-Animal Bond)*. Purdue University Press.

- Brooks, H., Rushton, K., Walker, S., Lovell, K., & Rogers, A. (2016). Ontological security and connectivity provided by pets: a study in the self-management of the everyday lives of people diagnosed with a long-term mental health condition. *BMC Psychiatry*, 16(1), 409.
- Brunelli, A. A., Murphy, G. C., & Athanasou, J. A. (2016). Effectiveness of Social Support Group Interventions for Psychosocial Outcomes: A Meta-analytic Review. *The Australian Journal of Rehabilitation Counselling*, 22(2), 104–127.
- Bryman, A. (2016). *Social Research Methods*. Oxford University Press.
- Chaudhary, S., & Srivastava, S. K. (2017). Own a Pet – Stay well and Happy : an exploratory study. *Indian Journal of Mental Health(IJMH)*, 4(4), 391.
- Citra Lalitya Optiarni, & Farida Coralia. (2023). Pengaruh Pet Attachment terhadap Tingkat Stres pada Pemilik Hewan Peliharaan Kucing di Kota Bandung. *Jurnal Riset Psikologi*.
- Corliss, J. (2022). *Ownership, The heartfelt benefits of pet: Dogs and other pets can foster positive feelings and habits that may improve cardiovascular health*. Harvard Health Publishing.
- Creswell, J. W. (2013). *Research Design: Pendekatan Kualitatif, Kuantitatif, dan Mixed* (3rd ed.). Pustaka Pelajar.
- Delle Fave, A. (2014). Eudaimonic and Hedonic Components of *Happiness*. *ResearchGate*, December, 2000.
- Diener, E., Oishi, S., & Lucas, R. E. (2015). National accounts of subjective well-being. *American Psychologist*, 70(3), 234–242.
- Diener, E., & Seligman, M. E. P. (2002). Very Happy People. *Psychological Science*, 13(1), 81–84.

- Djuwita, R., & Ariyanto, A. (2018). Pengantar Psikologi Lingkungan. *Pengantar Psikologi Lingkungan, 1*, 1–28.
- Erliza, Y., & Atmasari, A. (2022). Pengaruh Pet Attachment Terhadap *Happiness* Pada Pemilik Hewan Peliharaan Di Kecamatan Sumbawa. *JURNAL PSIMAWA*.
- Esquillo, R. A., Enriquez, M. Y. L., Luciano, M. R. B., Bernardo, A. P., & Koh, A. P. (2022). The Role of Companion Animals and Its Relationship to the Well-Being, *Happiness*, and Loneliness of College Students Amidst the COVID-19 Pandemic. *PSYCHOLOGY AND EDUCATION: A MULTIDISCIPLINARY JOURNAL, 2*.
- Fahlevi, R., Simarmata, N., Aprilyani, R., Abrdurohman, K. Hedon, P. J. D., Patodo, S. M., Arini, P. D., Wijaya, Y., & Shobihah, F. I. (2022). *Psikologi Positif*. PT. Global Eksekutif Teknologi.
- Febrieta, D. (2017). Efek Kesepian Terhadap Hubungan Antara Persahabatan dan Kebahagiaan. *Jurnal Psiko Bhara Kajian Ilmiah Dan Penelitian Psikologi, 1*(1), 57–76.
- Hanrahan, C. (2019). Social Work and Human Animal Bonds and Benefits in Health Research. *Critical Social Work, 14*(1).
- Hardani, Auliya, H. N., Andriani, H., Fardani, A. R., Ustiawaty, J., Utami, F. E., Sukmana, J. D., & Istiqomah, R. R. (2020). *METODE PENELITIAN KUALITATIF & KUANTITATIF* (H. Abadi (ed.)). Pustaka Ilmu.
- Hinkert, C. (2013). *The influence of dogs and cats on the mental health and emotional wellbeing of their owners in the Netherlands*. 1–29.
- Hosey, G., & Melfi, V. (2014). Human-Animal Interactions, Relationships and Bonds: A Review and Analysis of the Literature. *International Journal of*

Comparative Psychology, 27(1).

Hurlock, E. B. (2001). *Developmental Psychology: A Life - Span Approach*. McGraw-Hill Education.

Johnson, T. P., Garrity, T. F., & Stallones, L. (1992). Psychometric Evaluation of the Lexington Pet attachments Scale (Laps). *Anthrozoös*, 5(3), 160–175.

Joseph, N., Chandramohan, A. K., Lorainne D'souza, A., Shekar C, B., Hariram, S., & Nayak, A. H. (2019). Assessment of pet attachment and its relationship with stress and social support among residents in Mangalore city of south India. *Journal of Veterinary Behavior*, 34, 1–6.

Karen, Y. H. C. (2010). *Relationship of pet attachment and self-esteem among adolescents in Hong Kong* (Issue April). Hong Kong Baptist University.

Khalifa, A. | ; A., Hussein, S. M., Soliman, W. S., & Khalifa, A. ; A. (2021). Benefits of pets' ownership, a review based on health perspectives. *Intern Med Emerg Res Review Article*, 2(1), 1–9.

Kurdek, L. A. (2008). Pet dogs as attachment figures. *Journal of Social and Personal Relationships*, 25(2), 247–266.

Lauer, S., Wong, K. L. Y., & Yan, M. C. (2024). Social infrastructure, community organizations, and friendship formation: a scoping review. *Community Development Journal*.

Lyubomirsky, S., King, L., & Diener, E. (2005). The Benefits of Frequent Positive Affect: Does *Happiness* Lead to Success? *Psychological Bulletin*, 131(6), 803–855.

Martens, P., Enders-Slegers, M.-J., & Walker, J. K. (2016). The Emotional Lives of Companion Animals: Attachment and Subjective Claims by Owners of Cats and Dogs. *Anthrozoös*, 29(1), 73–88.

- Martin, F., Bachert, K. E., Snow, L., Tu, H.-W., Belahbib, J., & Lyn, S. A. (2021). Depression, anxiety, and *happiness* in dog owners and potential dog owners during the COVID-19 pandemic in the United States. *PLOS ONE*, *16*(12).
- Martins, C. F., Soares, J. P., Cortinhas, A., Silva, L., Cardoso, L., Pires, M. A., & Mota, M. P. (2023). Pet's influence on humans' daily physical activity and mental health: a meta-analysis. *Frontiers in Public Health*, *11*(May).
- Matijczak, A., Yates, M. S., Ruiz, M. C., Santos, L. R., Kazdin, A. E., & Raila, H. (2023). The Influence of Interactions With Pet Dogs on Psychological Distress. *Emotion*, *24*(2), 384–396.
- McConnell, A. R., Brown, C. M., Shoda, T. M., Stayton, L. E., & Martin, C. E. (2011). Friends with benefits: On the positive consequences of pet ownership. *Journal of Personality and Social Psychology*, *101*(6), 1239–1252.
- McNicholas, J. (2014). The role of pets in the lives of older people: a review. *Working with Older People*, *18*(3), 128–133.
- Melson, G. F. (2003). Child Development and the Human-Companion Animal Bond. *American Behavioral Scientist*, *47*(1), 31–39.
- Moeini, B., Barati, M., Farhadian, M., & Ara, M. H. (2018). The Association between Social Support and *Happiness* among Elderly in Iran. *Korean Journal of Family Medicine*, *39*(4), 260–265.
- Moghadam, M., Rezaei, F., Ghaderi, E., & Rostamian, N. (2016). Relationship between attachment styles and *happiness* in medical students. *Journal of Family Medicine and Primary Care*, *5*(3), 593. <https://doi.org/10.4103/2249-4863.197314>
- Moghadam, M., Rezaei, F., Ghaderi, E., & Rostamian, N. (2016). Relationship between attachment styles and *happiness* in medical students. *Journal of Family Medicine and Primary Care*, *5*(3), 593.

- Nur Hafizhah, D., Raihana Hamdan Prodi Psikologi, S., & Psikologi, F. (2021). Hubungan Pet Attachment dengan Psychological Well-Being pada Pemeliharaan Kucing Kota Bandung. *Prosiding Psikologi*, 7(1), 73–76.
- O’Haire, M. (2010). Companion animals and human health: Benefits, challenges, and the road ahead. *Journal of Veterinary Behavior*, 5(5), 226–234.
- Paik, J. H., Duh, S., Rodriguez, R., Sung, W. K., Ha, J. Y., Wilken, L., & Lee, J. T. (2024). A Global Community-Based Approach to Supporting Social and Emotional Learning. *Social and Emotional Learning: Research, Practice, and Policy*, 4(August), 100063.
- Parducci, A. (1995). *Happiness, pleasure, and judgment: The contextual theory and its applications*. Lawrence Erlbaum Associates. APA, PsycNet.
- Peng, X., Chi, L. K., & Luo, J. (2018). The effect of pets on happiness: A large-scale multi-factor analysis using social multimedia. *ACM Transactions on Intelligent Systems and Technology*, 9(5).
- Purewal, R., Christley, R., Kordas, K., Joinson, C., Meints, K., Gee, N., & Westgarth, C. (2017). Companion Animals and Child/Adolescent Development: A Systematic Review of the Evidence. *International Journal of Environmental Research and Public Health*, 14(3), 234.
- Putri, A. F. (2018). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, 3(2), 35.
- Putri, A. I., & Kurniawan, R. (2024). *The Influence of Pet Attachment with Happiness Levels in Cat Pet Owners in Padang City Pengaruh Pet Attachment Dengan Tingkat Happiness Pada Pemilik Hewan Peliharaan Kucing di Kota Padang*. 1(4), 79–85.

- Raibley, J. R. (2012). *Happiness is not Well-Being*. *Journal of Happiness Studies*, 13(6), 1105–1129.
- Russ, H. (2022). *The Happiness Trap: How to Stop Struggling and Start Living* (2nd ed.). Shambhala.
- Sahebalzamani, M., Rezaei, O., & Moghadam, L. F. (2020). Animal-assisted therapy on *happiness* and life quality of chronic psychiatric patients living in psychiatric residential care homes: a randomized controlled study. *BMC Psychiatry*, 20(1), 575.
- Santrock, J. W. (2017). Life-span development Sixteenth Edition. In *Life-span development, 7th ed.* McGraw-Hill Higher Education.
- Saputra, D., & Dewi, P. A. G. (2023). Keterkaitan Antara Pet Attachment Dan Health Related Quality Of Life (Hrql) Pada Mahasiswa. *INQUIRY: Jurnal Ilmiah Psikologi*, 14(10), 16–32.
- Seligman, E. P. S. (2005). *Authentic Happiness: Menciptakan Kebahagiaan dengan Psikologi Positif*. PT. Mizan Pustaka.
- Seligman, M. E. P. (2012). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Free Press.
- Stallones, L., Marx, M. B., Garrity, T. F., & Johnson, T. P. (1988). Attachment to Companion Animals among Older Pet Owners. *Anthrozoös*, 2(2), 118–124.
- Sugiyono. (2014). *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D*. alfabeta.
- Sugiyono, P. D. (2022). *Metode Penelitian: Kuantitatif, Kualitatif dan R&D*. Penerbit Alfabeta.

- Sung, J. Y., & Han, J. S. (2023). Exploring the Role of Empathy as a Dual Mediator in the Relationship between Human–Pet Attachment and Quality of Life: A Survey Study among Adult Dog Owners. *Animals*, 13(13), 2220.
- Tang, T. W., Chen, C. C., & Chou, J. C. (2013). Understanding pet attachment and happiness linkages: The mediating role of leisure coping. *Proceedings - 2013 7th International Conference on Complex, Intelligent, and Software Intensive Systems, CISIS 2013*, 677–682.
- Tanjung, A. R., Simaremare, C., Putri, D. A., Attar, F., & Ediyono, S. (2023). *The Concept of Happiness according to Positive Psychology*. December.
- Tribudiman, A., Rahmadi, R., & Fadhila, M. (2021). Peran Pet Attachment Terhadap Kebahagiaan Pemilik Hewan Peliharaan Di Kota Banjarmasin. *Jurnal Al-Husna*, 1(1), 60.
- Wells, D. L. (2019). The State of Research on Human–Animal Relations: Implications for Human Health. *Anthrozoos*, 32(2), 169–181.
- Wilson, C. C., & Netting, F. E. (2015). The Status of Instrument Development in the Human–Animal Interaction Field. *Anthrozoös*, 25(sup1), s11–s55.
- Wilson, E. O. (1984). *Biophilia*. Harvard University Press.
- Wood, L., Martin, K., Christian, H., Nathan, A., Lauritsen, C., Houghton, S., Kawachi, I., & McCune, S. (2015). The Pet Factor - Companion Animals as a Conduit for Getting to Know People, Friendship Formation and Social Support. *PLOS ONE*, 10(4), e0122085.
- Wulan Agustina, M., Ramadhani Kusuma, A., Viona Semas Puspita, A., Salsabella, V., Ariyanto, I., Risky Amalia Putri, F., Restivani, S., Psikologi, P., & Sosial Humaniora dan Seni, F. (2024). Authentic *Happiness* Pada Guru Honorer. *Jurnal Insan Pendidikan Dan Sosial Humaniora*, 2(1), 261–271.
- Zilcha-Mano, S., Mikulincer, M., & Shaver, P. R. (2011). Pet in the therapy room:

An attachment perspective on Animal-Assisted Therapy. *Attachment & Human Development*, 13(6), 541–561.

