

ADOLESCENT EMOTIONAL RESPONSES TO SOCIAL ENVIRONMENTAL STIMULUS

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Abstract

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The adolescent phase aged 10-21 is a transitional period involving physical changes and a search for identity. Social pressures can affect emotions, with the risk of anxiety and frustration. Support from parents and the environment is crucial to help adolescents overcome these challenges. This study aims to understand adolescents' emotional development, especially in managing anger and depression, and how the social environment affects their emotional responses. The subjects of this study were four adolescents. The research method used was qualitative, with data collection techniques in the form of interviews and documentation studies. The purpose of the interviews was to explore how adolescents manage their emotions in social interactions and responses to various social stimuli. The results showed that adolescents who experience difficulties in controlling anger and depression are often influenced by stress and a less supportive environment, while adolescents with high self-awareness and a positive environment are better able to manage their emotions. In addition, some adolescents have difficulty in making rational decisions, but there are also adolescents who are able to think more maturely in stressful conditions. The influence of the environment on adolescents' emotional responses varied depending on their personality, with some adolescents being more influenced by their social environment, while others regulated emotions more internally. Overall, this study shows that social support and good emotion management are crucial in adolescent development.

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INTRODUCTION

The adolescent age range is 10 to 21 years old according to some experts. Adolescence is a transitional phase from childhood to adulthood. Characteristics that

can be observed include numerous changes, both physical and psychological. (Diananda, 2018) It is not easy to define adolescence precisely, as there are many perspectives that can be used in defining it. The word “adolescent” originates from the Latin term “adolescens,” meaning “to grow” or “to reach maturity”(Golinko & Rice, in Jahja, 2011). The adolescent phase is a period during which individuals experience changes in body proportions and shape. As a result of these changes, many adolescents lack confidence in their appearance. In today's world, there are various ways to achieve the desired body image, including exercise, dieting, and even extreme measures such as plastic surgery. This is related to body image (Dwinanda, 2016). At this stage, adolescents often face various stimuli from their social environment that can influence their emotional development. Positive emotions themselves are a state of mind that determines the intensity of consumers' decision-making when shopping (Tirmizi in Nindyakirana, et al, 2016). Hurlock (Amseke, et al, 2021) state during adolescence, students are in the stage of self-identity formation, which involves efforts to understand who they are, their role in society, and the direction their life will take in the future. Furthermore, Hurlock (Nuban & Amseke, 2024) states that one of the developmental tasks experienced by students is to establish more mature relationships with peers and strive to achieve social roles within their environment. Marimbuni et al, (2017) Conversely, negative emotions such as anger, disappointment, fear, anxiety, and hatred are emotions that can trigger various adolescent problems. Understanding adolescents and their emotional development is crucial to helping them develop their potential while also finding solutions to the problems they face (Azmi, 2015). Emotions are feelings of psychological and physical discomfort when feeling threatened. These emotions include fear, stress, sadness, depression, and frustration, leading to aggressive behavior (Masruhah, in Fauziyyah et al, 2020). This study aims to provide solutions to the emotional problems often experienced by adolescents, such as anxiety, frustration, and conflict, through the roles of parents, educators, and a supportive environment (Azmi, 2015).

Based on previous research published in Azmi, the results show that adolescents' emotional management patterns are influenced by social and educational environmental factors. The study highlights the importance of the roles of parents, teachers, and peers in developing adolescents' ability to control their emotions, especially when facing pressure or conflicts (Azmi, 2015). Therefore, building on previous research, we sought to refine the previous study by analyzing the issues through observation and interviews.

RESEARCH METHOD

This research method is designed to understand and recognize the emotional development of adolescents in responding to stimuli that occur in daily life and their interactions in the social environment of society. In this study, researchers used a qualitative approach by conducting interviews and documentation studies to gain an in-depth understanding of the emotional experiences of adolescents. Data collection techniques were carried out through in-depth interviews, where the researcher sought to create a comfortable and open atmosphere so that the subjects could share their experiences honestly. These interviews were designed to explore how adolescents feel and express their emotions in various social situations, as well as how they manage those emotions when interacting with peers, family, and their surroundings. The data obtained will be analyzed thematically to identify patterns that emerge in adolescents'

emotional responses to social stimuli. This study focuses on four subjects consisting of one early adolescent male from SMPN 11 Kupang, one early adolescent female from SMPK ST. Maria Asumpta, one middle adolescent female from SMAN 1 Kota Kupang, and one late adolescent female from Poltekkes Kementerian Kesehatan Kupang. By selecting subjects with diverse educational backgrounds and developmental stages, the researcher hopes to explore diverse perspectives on how adolescents respond to emotions in different social contexts.

The results of this study are expected to provide better insights into the dynamics of adolescent emotional development in response to various social stimuli. By analyzing the emotional responses of early and late adolescents, the researchers can identify differences and similarities in how they respond to complex social situations. These findings are expected to contribute to the development of more effective intervention programs to support adolescent emotional health, as well as provide recommendations for parents, educators, and the community in understanding and supporting adolescent emotional development in their social environment.

RESULTS AND DISCUSSION

EMOTIONAL CONTROL

The aspect of emotional control is important for understanding how adolescents manage their emotions. This study examines emotional awareness, emotional regulation, responses to stress, and the influence of social support from parents and friends. By examining these aspects, researchers can formulate interventions that support the emotional health of adolescents.

A. EXPRESSION OF SAD EMOTIONS

Amseke and Radja (2023) stated that emotional intelligence in adolescents is a teenager's ability to control their emotions. It is further said that controlling sad emotions has significant psychological benefits, such as reducing stress and anxiety, increasing self-awareness, building mental resilience, and improving quality of life. Additionally, controlling sad emotions also has positive social impacts, such as improving interpersonal relationships, building empathy, enhancing communication, and fostering trust. In the context of development, controlling sad emotions helps enhance emotional development, build identity, improve problem-solving skills, and foster emotional maturity. Therefore, controlling sad emotions is important in self-development, cognitive therapy, emotional education, and psychological interventions. Controlling sad emotions can also help individuals cope with life difficulties, such as loss, separation, or failure. As a result, individuals can develop stress-coping skills and improve mental well-being.

Adolescence Period	The origin school	Gender	Strategy for Stimulus
Early Adolescence	SMPN 11 KOTA KUPANG	Male	When you are sad, you often overthink, and prefer to release your sadness by pursuing a hobby.
Early	SMPK	Female	When you get sad stimulus, do journaling

Adolescence	SANTA MARI A ASUMPTA		more often.
Middle Adolescent	SMAN 1 KOTA KUPANG	Female	Often have excessive expectations so they prefer to remain silent
Late Teenagers	POLTEKKES KEMENKES KUPANG	Female	Often having excessive expectations becomes the main trigger for sadness, to reduce it, go to the beach more often.

Table 1.1 Sad emotions
Source: Data processed in 2025

Sadness is an emotion that affects mental and physical health. This emotion can be caused by traumatic experiences, the loss of a loved one, interpersonal conflicts, life pressures, and mental disorders. Its effects include depression, anxiety, mood disorders, decreased self-awareness, and poor emotional control. Sadness encourages self-adjustment and reduces energy, but excessive sadness can slow down the body's metabolism. If sadness is accompanied by introspection, it can create an opportunity for reflection, ultimately leading to a pale complexion and a cold sensation in the blood (Dewi & Yusri, 2023). To manage sadness, effective strategies include cognitive-behavioral therapy, physical activity, social support, mindfulness, and emotional expression. As a result, individuals can reduce the intensity of sadness and improve their quality of life.

B. EXPRESSION OF ANGER

Taking the aspect of expressing anger in research can provide deep insights into social dynamics, human behavior, and how emotions influence interactions and decision-making. Its relevance to this research is quite broad, depending on the research focus, such as cultural influence, emotion management, communication, or mental health impacts. Anger expressions among 15-year-old adolescents may more frequently manifest as sulking, refusing to speak, or harsh criticism (Hurlock, in Falentina & Yulianti, 2012).

Adolescence Period	The origin of the school	Gender	Positive/Negative Factors	Response
Early adolescence	SMPN 11 KOTA KUPANG	Male	Negative	Tends to express frustration with physical action or isolation, depending on the severity of the situation.
Early adolescence	SMPK SANTA MARIA ASUMPTA	Female	Positive	It depends on the person you are talking to, if someone is closer they tend to be more open when they want to get angry, whereas with someone they have just met they prefer to remain silent.

Middle Adolescent	SMAN 1 KOTA KUPANG	Female	Positive	Often suppresses feelings of anger because it is difficult for those closest to you to listen.
Late Teenagers	POLTEKKES KEMENKES KUPANG	Female	Negatif	Have a sense of satisfaction when the sentence

Table 1.2 Anger Emotion Source: Data Processed 2025

Overall, the expression of anger is influenced by personal experiences, social relationships, and an individual's ability to manage emotions that are destructive or constructive depending on the situation. From a psychophysiological perspective, anger begins with physical, sensory, or cognitive stimuli perceived as a threat (provocation, frustration, or obstacles deemed immoral or unfair), which patients prefer to avoid and are automatically associated with unpleasant situations or intense anger experiences that trigger significant neuronal and motor activity, with strong cardiovascular reactivity (Larrea, 2024).

C. EXPRESSION OF SAD EMOTIONS

Research on the expression of sad emotions has various benefits in developmental psychology research. Theoretically, it helps to understand negative emotions, identify triggering factors, and develop intervention models. Other benefits include increased self-awareness, reduced stress and anxiety, and improved social relationships. Additionally, educational benefits include improved mental awareness and learning quality. Emotional maturity is necessary for every individual to control themselves in expressing emotions, both through actions and words (Prasetya, 2022).

Adolescence period	The origin of the school	Gender	Positive/negative factors	Response
Early adolescence	SMPN 11 KUPANG	Male	Negative	Describes emotions of depression, fear, anger and difficulty and difficulty controlling emotions.
Early Adolescence	SMPK SANCTA MARIA ASUMPTA	Female	Positive	Portraying gloomy emotions by pursuing hobbies or other routines
Middle Adolescent	SMA NEGERI 1 KUPANG	Female	Negative	Feeling tired, stressed, and depressed due to lack of support from those closest to you.
Late Teenagers	POLTEKKES KEMENKES KUPANG	Female	Negative	With the presence of social stimuli that cause gloomy emotions and discomfort

**Table 1.3 Depressive Emotions
Source: Data Processed 2025**

Based on the analysis of existing research results, it can be concluded that the

expression of sad emotions is still unstable. This is characterized by the dominance of feelings of sadness, fear, anger, and difficulty controlling emotions. Triggering factors such as thoughts about parents, education, and questions from those around them still have an influence. Unstable and difficult-to-control emotions, lack of social and family support, and the absence of effective strategies for managing emotions also indicate the instability of sad emotions. To achieve emotional stability, several strategies can be implemented, such as professional counseling, relaxation activities, building social support, developing self-awareness, and seeking constructive solutions to problems. According to Hurlock (Amseke & Radja, 2023), emotional changes in adolescents tend to be turbulent, and their ability to manage emotions has not yet developed fully (Kamila, 2022).

D. SELF-CONTROL WHEN EMOTIONS RUN HIGH

Self-control when emotions run high is very important in many areas of life, including study. When emotions such as anger, frustration, or fear arise, impulsive reactions can interfere with the decision-making process and affect research results. By controlling emotions, researchers are able to think more clearly, focus on facts, and make more rational decisions. Additionally, self-monitoring helps maintain positive relationships with colleagues and participants, creating a more productive and collaborative environment. Therefore, the ability to control emotions is key to achieving objective and high-quality research results.

Gender	Adolescence Period	The origin of the school	Strategy
Male	Early Adolescence	SMPN 11 KOTA KUPANG	when I am very angry I always think about revenge but sometimes I reflect to calm my emotions
Female	Early adolescence	SMPK SANTA MARIA ASUMPTA	choose to talk about it directly so that the problem can be resolved quickly.
Female	Middle teens	SMAN 1 KOTA KUPANG	prefer to remain silent rather than express anger
Female	Late	POLTEKKES KEMENKES KUPANG	when angry, prefer to share stories with people around him

Table 1.4 Self-control when emotions are running high
Source: Processed Data 2025

Research indicates that self-control is crucial, especially when emotions are running high. When researchers feel angry, frustrated, or anxious, these feelings can interfere with their thinking and decision-making. If not managed properly, research results can be inaccurate and relationships with colleagues can be disrupted. By regulating their emotions, researchers can remain focused and think more clearly, which supports them in making better decisions. Research also shows that individuals who are able to control their emotions are better prepared to face challenges. In addition, self-control is important for maintaining good relationships with staff and participants. When researchers remain calm, they can communicate more effectively and create a positive work environment. Therefore, self-control during high-emotion situations helps researchers produce better results and create a more productive work environment. This

research emphasizes the importance of emotional management and healthy communication (Amseke & Radja, 2023).

E. ABLE TO THINK CAREFULLY AND MAKE RATIONAL DECISIONS

The ability to think quickly and make rational decisions has many advantages. First, people who can think quickly can complete tasks more efficiently, which improves time management and work performance. In addition, they are also calmer and more focused in emergency situations, so they can make better decisions than when they panic. Rational decisions, based on logic and facts, are also very important. This helps reduce mistakes and deal with challenges better. People who can think quickly and rationally tend to be more confident in various situations, both at work and in their personal lives. It turns out that positive thinking also encourages us to think alternatively. Because our focus is on positive things, if our journey is hindered by non-positive things, we can think long and hard to come up with new ideas, new alternatives to overcome the problems or challenges that stand in our way (Mahaputra, 2022). This ability also helps a person adapt to rapid changes. In a constantly changing world, the ability to think quickly and rationally enables us to handle new situations more effectively. Overall, this ability enhances the quality of life by helping us make better decisions and be more prepared to face challenges.

Adolescence Period	Gender	The origin of the school	Positive/Negative Emotions	Response
Early adolescence	Male	SMPN 11 KOTA KUPANG	Negative	Subject 1 tends to be angry and often has thoughts of committing crimes when his emotions are at their peak.
Early adolescence	Female	SMPK SANTA MARIA ASUMPTA	Negative	Subject 2 chose to remain silent and walk away from the problem because he felt emotional.
Middle teens	Female	SMAN 1 KOTA KUPANG	Positive	Subject 3 prefers to solve his own problems because he feels capable without the help of others, because subject 3 tends to be more introverted.
Late teens	Female	POLTEKKES KEMENKES KUPANG	Negative	Subject 4 hates his classmates because they make Subject 2 feel uncomfortable. So he tends to be quiet.

Table 1.5: Able to Think Carefully in Rational Decision-Making

Source: Data Processed 2025

The conclusion of the study involving four subjects shows that most subjects showed negative results in quick thinking and rational decision-making abilities. Three of the four subjects had difficulty in quick thinking and rational decision-making, while one subject excelled in quick thinking and rational decision-making. This indicates that

there are differences in quick thinking and decision-making abilities among those who took the test. Therefore, critical thinking skills need to be instilled from an early age. In a global work environment, critical thinking skills are very important in making decisions that have a significant impact on organizations or companies. Employees with these skills can make smarter and more timely decisions, as well as identify and solve problems in more creative and innovative ways (Ariadi, 2023).

SELF-AWARENESS

Self-awareness is important for recognizing individuals with diverse backgrounds and experiences. It includes awareness of identity, values, and past experiences that influence behavior and emotions. Self-awareness increases empathy and tolerance, and allows researchers to appreciate diversity of perspectives and create more inclusive approaches.

A. SHOWING STABLE EMOTIONAL REACTIONS

The main objective is to understand how factors such as light, sound, color, temperature, and spatial layout affect our feelings. We will explore the connection between the environment and emotions, both positive (happy, calm) and negative (stress, anger). Additionally, we will assess the impact of the environment on emotional well-being at home, the workplace, or public spaces, and measure emotional comfort in various environments.

Adolescence Period	Gender	The origin of the school	Response
Early adolescence	Male	SMPN 11 Kota Kupang	It's always hard to control your emotions when meeting people, but over time, your heart begins to let go of all of that and chooses to make peace with the situation.
Early adolescence	Female	SMPK Santa Maria Asumpta	I sometimes have too many expectations of positive things. To find a way out of stress is to win, go for a walk.
Middle teens	Female	SMAN 1 Kota Kupang	I always feel tired and exhausted when I want to tell everything to my family but there is no good response or support from them. The only way is to accept it and smile.
Late teens	Female	Poltekkes Kemenkes Kupang	Always thinking about things that make me feel afraid and anxious. Yes, when I am in that situation, I will look for a solution by telling other people to get a solution.

Table 2.1 Shows Stable Emotional Reactions
Source: Data Processed 2025

In conclusion, based on the results of the study conducted on four subjects, it was found that all four subjects had good emotional control. Despite facing various situations and conditions, they were able to maintain their emotional stability effectively, both in dealing with stress and in social interactions. This shows that all four subjects had a good level of emotional intelligence, which enabled them to manage their feelings and reactions in a positive way.



B. EMOTIONAL MANAGEMENT STRATEGIES

Emotional management strategies have extensive experience. Individuals can improve mental well-being and quality of life, prevent mental disorders, and enhance social skills and interpersonal relationships. Children can also benefit by developing emotional regulation skills, increasing empathy, and improving social skills. This helps prevent mental disorders such as depression and anxiety, while also enhancing social skills and interpersonal relationships. Additionally, emotional management strategies can help improve academic and professional performance. Character education management is key to ensuring mental and emotional well-being. By understanding the challenges faced and implementing appropriate strategies, we can help Generation Z develop the skills needed to cope with pressure and become healthy and competitive individuals in the digital age (Nuban & Amseke, 2024).

NO	Strategy	Gender
1.	Pursue hobbies to minimize emotional stimuli	Male
2.	Entertain yourself by doing other activities to avoid uncontrolled emotions.	Female
3.	Sometimes hopeless because of circumstances that make you disappointed	Female
4.	Looking for something to do to avoid stress	Female

Table 2.2 Emotion management strategies

Source: Processed data 2025

Calming oneself and seeking meaningful activities are effective strategies for managing emotions. These strategies reduce stress and anxiety, and build positive feelings such as calmness, happiness, and confidence. Although it may be difficult at first, the long-term benefits include improved mental well-being, productivity, and better social relationships. Therefore, awareness of the importance of emotion management is crucial. Teenagers who lack good emotional regulation skills may exhibit aggressive behavior or withdraw from social interactions, which can have negative effects on psychological development (Hamidah & Rizal, In Muna, et al, 2024).

C. THE INFLUENCE OF THE ENVIRONMENT ON EMOTIONAL REACTIONS

The environment plays an important role in shaping an individual's emotional reactions, especially in adolescents who are in the phase of emotional and social development. Social environments, such as family, peers, and communities, can be sources of emotional support, but they can also be triggers for stress or conflict that affect adolescents' mental health. A child's social-emotional development depends on the child as an individual and the role of the parents. The environment within the family also influences the child's social-emotional development. Parents need to provide appropriate stimulation and encouragement to ensure optimal development (Muzzamil, et al, 2020) For example, a supportive environment can increase feelings of happiness and self-confidence, while an environment full of social pressure or conflict can trigger negative emotions such as anxiety, anger, or sadness (Amseke & Panis, 2020).

Adolescence Period	Positive / Negative Emotions	Gender	The origin of school	Response
Early adolescence	Positive.	Male	SMPN 11 KOTA KUPANG	One way to calm my emotions is to go out and play ball with my friends. I always think critically to keep my emotions in check.
Early adolescence	Positive.	Female	SMPK SANTA MARIA ASUMPTA	I prefer to be indifferent and avoid it so that any problems or emotions I face remain under control and can be resolved. By healing at the beach
Middle teens	Negative.	Female	SMAN 1 KOTA KUPANG	Always carried away by emotions in everything and difficult to control. Because of the conducive environment
Late Teenagers	Positive.	Female	POLTEKKES KEMENKES KUPANG	It creates a bad mood and makes me reluctant to interact with people around me. Yes, in my home environment, I have to understand the characteristics of the people in my home environment, and if I'm with my friends, I...

Table 2.3 The influence of the environment on emotional reactions

Source: Data processed: 2025

The environment plays an important role in shaping an individual's emotional reactions, especially in adolescents who are in the phase of emotional and social development. Social environments, such as family, peers, and community, can be sources of emotional support, but they can also be triggers for stress or conflict that affect adolescents' mental health. For example, a supportive environment can increase feelings of happiness and self-confidence, while an environment full of social pressure or conflict can trigger negative emotions such as anxiety, anger, or sadness.

CONCLUSION

This study shows that adolescents' ability to control emotions, such as anger and depression, is very important for their social interactions and mental health. Adolescents who have difficulty controlling their anger, such as two male and female adolescents in the early and late stages of development, are often influenced by stress and an unsupportive environment. Conversely, adolescents who are better able to manage their anger, such as female and male adolescents in the early and middle stages of development, have higher self-awareness and a supportive environment, which helps them control their emotions better. The study also shows that many adolescents struggle with feelings of depression, which can disrupt their mood and social interactions. Three out of four study participants experienced these difficulties, but one female adolescent successfully managed her depressive feelings, highlighting the importance of appropriate support to help adolescents cope with such emotions. In addition, adolescents' ability to think carefully when making decisions was also a focus of the study. The three adolescents studied showed difficulty in making rational decisions, often reacting negatively in difficult situations. However, one adolescent showed the ability to think more maturely and make the right decisions under pressure. Finally, the influence of the environment on adolescents' emotional responses was found to vary. Some adolescents, especially those in the early and late stages, are greatly influenced by

their environment, which can have a negative impact on their emotions. However, other adolescents, especially introverts, feel that their environment does not greatly influence their emotional responses. This shows that the impact of the environment on adolescents' emotions is greatly influenced by their personality and how they interact with the world around them.

RECOMMENDATIONS

Future research should involve more adolescents from diverse backgrounds to obtain more accurate results. In addition, it is important to combine various disciplines and involve mental health experts to gain a better understanding. Research should also be conducted over a longer period of time to see how adolescents' emotions develop over time. The impact of social media on adolescents' emotions needs to be further studied, including how online interactions affect their feelings. Community-based support programs should also be developed to help adolescents manage their emotions more effectively. Focusing on differences between males and females in emotion management is also important, as well as evaluating existing programs to improve the quality of support provided. With these steps, future research can better assist adolescents in addressing their emotional issues.

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