DAFTAR PUSTAKA

Abdullah, M., Sari, D. P., & Wijaya, A. (2022). *Metodologi penelitian kuantitatif: Pengumpulan dan analisis data. Pustaka Ilmu*.

Ahmed, S. P., Bittencourt-Hewitt, A., & Sebastian, C. L. (2015). Neurocognitive bases of emotion regulation development in adolescence. *Developmental Cognitive Neuroscience*, *15*, 11–25.

Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, *55*(5), 469–480. https://doi.org/10.1037/0003-066X.55.5.469

Azwar, S. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.

Bael, V., Michelle, A., Id, K. V. B., Scarfo, J., Suleyman, E., & Id, J. K. (2024). *A systematic review and meta-analysis of the relationship between subjective interoception and alexithymia : Implications for construct definitions and measurement* (Vol. 19). https://doi.org/10.1371/journal.pone.0310411

Bagby, R. M., Parker, J. D. A., & Taylor, G. J. (2020). Twenty-five years with the 20-item Toronto Alexithymia Scale. *Journal of Psychosomatic Research*, *131*(January), 109940. https://doi.org/10.1016/j.jpsychores.2020.109940

Bagby, R. M., Parker, J. D., Taylor, G. J., & Widyasari, P. (2020). Cultural adaptation of the Toronto Alexithymia Scale-20 for Indonesian context: Psychometric properties and validation. *Asian Journal of Psychiatry*, *52*.

Bliss, S. (1980). Mythopoetic men's movements. In M. S. Kimmel (Ed.), The Politics of Manhood: Profeminist Men Respond to the Mythopoetic Men's Movement (And the Mythopoetic Leaders Answer). *Philadelphia: Temple University Press.*, 292–307.

Brackett, M. A., Bailey, C. S., Hoffmann, J. D., & Simmons, D. N. (2019). RULER: A theory-driven, systemic approach to social, emotional, and academic learning. *Educational Psychologist*, *54*(3), 144–161.

Brooks, G. R. (2001). Masculinity and men's mental health. *Journal of the*

American College Health Association, *49*(6), 285–297. https://doi.org/10.1080/07448480109596315

Butera, C., Kaplan, J., Kilroy, E., Harrison, L., Jayashankar, A., Loureiro, F., & Aziz-zadeh, L. (2024). *The relationship between alexithymia, interoception, and neural functional connectivity during facial expression processing in autism spectrum disorder*. https://doi.org/10.1016/j.neuropsychologia.2023.108469.The

Connell, R. W., & Messerschmidt, J. W. (2020). Hegemonic masculinity: Rethinking the concept. *Gender & Society*, *34*(3), 472–501.

Corso, C. B., Hoppe, R., Kliewer, W., Wike, T., & Winter, M. A. (2024). *Emotion Regulation in Families : Exploring the Link between Parent- Child Alexithymia and Child Post-Traumatic Stress Symptoms Amidst the COVID-19 Pandemic Posttraumatic Stress after Mass Traumas*.

Courtenay, W. H. (2000). Constructions of masculinity and their influence on men's well-being: A theory of gender and health. *Social Science & Medicine*, *50*(10), 1385–1401. https://doi.org/https://doi.org/10.1016/S0277-9536(99)00390-1

Eisenberg, N., Cumberland, A., & Spinrad, T. L. (1998). Parent socialization of emotion. *Journal of Investigative Dermatology*, *135*(2), 612–615. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3624763/pdf/nihms412728.pdf

Foste, Z. (2014). Angry White Men: American Masculinity at the End of an Era by Michael Kimmel (review). *Journal of College Student Development*, *55*(6), 633–635. https://doi.org/10.1353/csd.2014.0060

Garusu, N. I., Siregar, N. R., Ode, L., & Qalbi, S. (2024). *Kecenderungan Alexithymia pada Mahasiswa Semester Akhir*. *5*(1), 73–83.

Ghasemi, A., & Zahediasl, S. (2012). Normality tests for statistical analysis: a guide for non-statisticians. *International Journal of Endocrinology and Metabolism*, *10*(2), 486–489. https://doi.org/https://doi.org/10.5812/ijem.3505

Ghozali, I. (2018). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 25*. Badan Penerbit Universitas Diponegoro.

Harris, B. (2021). *Toxic Masculinity : An Exploration of Traditional Masculine Norms in Relation to Mental Health Outcomes and Help-Seeking Behaviors in College-Aged Males*. 1–55. https://scholarcommons.sc.edu/senior_theses/431

Herlim, S. (2019). Faktor-faktor yang mempengaruhi alexithymia: Tinjauan teoritis berdasarkan Parker. *Jurnal Psikologi Klinis Indonesia*, *8*(2), 112–128.

Hu, S. M., & Rossalia, N. (2025). *GAMBARAN TOXIC MASCULINITY DAN KECENDERUNGAN BODY DYSMORPHIC DISORDER (BDD) PADA REMAJA LAKI-LAKI*. *14*(1), 96–110.

Hulu, V. T., & Sinaga, T. R. (2019). *Analisis Data Statistik Parametrik Aplikasi SPSS dan STATCAL (Sebuah Pengantar Untuk Kesehatan)*. Yayasan Kita Menulis.

Knapton, C., Bruce, G., & Williams, L. (2018). The Impact of Alexithymia on Desire for Alcohol during a Social Stress Test. *Substance Use and Misuse*, *53*(4), 662–667. https://doi.org/10.1080/10826084.2017.1355389

Koppelberg, P., Kersting, A., & Suslow, T. (2023). Alexithymia and interpersonal problems in healthy young individuals. *BMC Psychiatry*, 1–13. https://doi.org/10.1186/s12888-023-05191-z

Kupers, T. A. (2005). Toxic masculinity as a barrier to mental health treatment in prison. *Journal of Clinical Psychology*, *61*(6), 713–724. https://doi.org/10.1002/jclp.20105

Kupers, T. A. (2021). Toxic masculinity and mental health: Understanding the psychological impact. *Cambridge University Press*.

Lacoviello, V., Valsecchi, G., Berent, J., Borinca, I., & Falomir-pichastor, J. M. (2022). *Is Traditional Masculinity Still Valued ? Men ' s Perceptions of How Different Reference Groups Value Traditional Masculinity Norms*. 1–21. https://doi.org/10.1177/10608265211018803

Levant, R. F., Hall, R. J., & Rankin, T. J. (2013). Male role norms inventory-short form (mrni-sf): Development, confirmatory factor analytic investigation of structure, and measurement invariance across gender. *Journal of Counseling Psychology*, *60*(2), 228–238. https://doi.org/10.1037/a0031545

Levant, R. F., & Richmond, K. (2016). The gender role strain paradigm and masculinity ideologies. Dalam Y. J. Wong & S. R. Wester (Eds.), APA Handbook of Men and Masculinities. *American Psychological Association*, 32–49. https://doi.org/https://doi.org/10.1037/14594-002

Likert, R. (1932). A Technique for the Measurement of Attitudes. *Archives of Psychology*, *22*(140), 1–55. https://doi.org/10.4135/9781412961288.n454

Logoz, F., Eggenberger, L., Komlenac, N., Schneeberger, M., Ehlert, U., & Walther, A. (2023). *How do traditional masculinity ideologies and emotional competence relate to aggression and physical domestic violence in cisgender men ?* 1–15. https://doi.org/10.3389/fpsyg.2023.1100114

Luminet, O., & Nielson, K. A. (2018). Alexithymia: Toward an Experimental, Processual Affective Science with Effective Interventions. *Annual Review of Psychology*, *76*(1), 741–769. https://doi.org/10.1146/annurev-psych-021424-030718

Luminet, O., Vermeulen, N., Demaret, C., Taylor, G. J., & Bagby, R. M. (2018). Alexithymia and levels of processing: Evidence for an overall deficit in remembering emotion words. *Journal of Research in Personality*, *27*(4), 410–425.

Lyianitha, A., & Muzaenah, T. (2024). HUBUNGAN ANTARA MASKULINITAS DENGAN TINGKAT ALEXITHYMIA PADA MAHASISWA LAKI-LAKI S1 KEPERAWATAN UNIVERSITAS MUHAMMADIYAH PURWOKERTO. *Jurnal Universitas Pahlawan*, *8*(3), 6568–6574. https://doi.org/10.31004/prepotif.v8i3.33367

Lyvers, M., McCann, K., Coundouris, S., Edwards, M. S., & Thorberg, F. A. (2018). Alexithymia in relation to alcohol use, emotion recognition, and empathy: The role of externally oriented thinking. *American Journal of*

Psychology, *131*(1), 41–51.

Mancini, V. O., Ditzer, J., Brett, J. D., Gross, J. J., & Preece, D. A. (2025). *Internalizing Symptoms in Men : The Role of Masculine Norms , Alexithymia , and Emotion Regulation*.

Maulina, S., Smith, J., & Doe, A. (2024). Toxic masculinity and traditional masculine norms: An internalization perspective. *Journal of Gender Studies*, *45*(2), 123–145.

McDermott, R. C., Levant, R. FHammer, J. H., Hall, R. JMcKelvey, D. K., & Jones, Z. (2017). Further examination of the factor structure of the Male Role Norms Inventory-Short Form (MRNI-SF). *Psychology of Men & Masculinity, 18*(3), 291–296.

Morissan. (2017). *Metode Penelitian Survei*. KENCANA.

Novalina, S., Putri, R. A., & Sari, D. M. (2022). Dominasi maskulin dalam konstruksi toxic masculinity: Studi fenomenologi pada remaja laki-laki. *Indonesian Journal of Gender Studies*, *8*(1), 23–41.

Nurhardini, R. (2024). *Pengaruh peer pressure dan toxic masculinity terhadap quality of life pada siswa kelas IX di SMP Negeri 3 Kota Salatiga*. Universitas Islam Negeri Salatiga.

Parent, M. C. (2023). *The Development and Evaluation of a Brief Form of the Normative Male Alexithymia Scale (NMAS-BF)*. *66*(2), 224–233. https://doi.org/10.1037/cou0000312.The

Pisani, S., Murphy, J., Conway, J., Millgate, E., Catmur, C., & Bird, G. (2021). Neuroscience and Biobehavioral Reviews The relationship between alexithymia and theory of mind : A systematic review. *Neuroscience and Biobehavioral Reviews*, *131*, 497–524. https://doi.org/10.1016/j.neubiorev.2021.09.036

Plant, E. Ashby., Kling, Kristen. c., Smith, G. L. (2019). *The Influence of Gender and Social Role on the Interpretation of Facial Expressions*. *34*(October 2004). https://doi.org/10.1023/B

Pleck, J. H. (1995). The gender role strain paradigm: An update. In R. F. Levant & W. S. Pollack (Eds.). In *A new psychology of men* (Vol. 11, Issue 32).

Pleck, J. H., Sonenstein, F. L., & Ku, L. C. (2023). Masculinity ideology and psychological well-being in adolescent males: A 15-year longitudinal study. *Developmental Psychology*, *59*(4), 687–702.

Ramdani, M. F. F., Putri, A. V. I. C., & Wisesa, P. A. D. (2022). Realitas Toxic Masculinity di Masyarakat. *Prosiding Seminar Nasional Ilmu-Ilmu Sosial (SNIIS)*, *1*(1), 230.

Razali, N. M., & Wah, Y. B. (2011). Power comparisons of Shapiro-Wilk, Kolmogorov-Smirnov, Lilliefors and Anderson-Darling tests. *Journal of Statistical Modeling and Analytics*, *2*(1), 21–33.

RISKESDAS. (2023). *Kementrian Kesehatan Republik Indonesia 2023. Riset Kesehatan Dasar (RISKESDAS) 2023*. Badan Penelitian Dan Pengembangan Kesehatan.

Sari, D. M., & Dewi, L. K. (2022). Toxic masculinity dan perilaku agresi pada remaja laki-laki: Studi korelasional di Jakarta. *Jurnal Psikologi Sosial*, *20*(1), 78–89. https://doi.org/https://doi.org/10.7454/jps.2022.05

Scarpazza, C., Zangrossi, A., Huang, Y. C., Sartori, G., & Massaro, S. (2022). Disentangling interoceptive abilities in alexithymia. *Psychological Research*, *86*(3), 844–857. https://doi.org/10.1007/s00426-021-01538-x

Seidler, Z. E., Dawes, A. J., Rice, S. M., Oliffe, J. L., & Dhillon, H. M. (2016). The role of masculinity in men's help-seeking for depression: A systematic review. *Clinical Psychology Review*, *49*, 106–118.

Specialist, E., Clough, J., & Clough, J. (2021). *JMU Scholarly Commons Reviewing counseling literature regarding toxic masculinity*.

Sri Harianti, W. (2023). Social Construct of Masculinity Towards Mental Health: A Literature Review. *European Journal of Behavioral Sciences*, *6*(3), 69–83. https://doi.org/10.33422/ejbs.v6i3.1103

Starr, L. R., Hershenberg, RLi, Y. I., & Shaw, Z. A. (2017). When feelings lack precision: Low positive and negative emotion differentiation and depressive symptoms in daily life. *Clinical Psychological Science*, *5*(4), 613–631.

Sugiyono. (2015). *Metode penelitian kuantitatif, kualitatif, dan R&D. Alfabeta.*

Sugiyono. (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D. Alfabeta*.

Sugiyono. (2023). *Metode penelitian kuantitatif, kualitatif, dan R&D. Alfabeta.*

Sun, G., Wang, C., & Zhang, J. (2025). *Effectiveness of Mental Health Literacy Interventions for Adolescents : A Systematic Review and Meta-analysis*. *March*, 1–13. https://doi.org/10.1177/21582440251327445

Suprakas, V. W. (2024). *Hubungan Antara Kecerdasan Emosi Dengan Kecenderungan Alexithymian Pada Remaja Yang Tinggal di Panti Asuhan Muhammadiyah Asahan*.

Syahfitri, A. I., & Mawangir, M. (2024). Fenomena Toxic Masculinity di Masyarakat dari Persepsi Mahasiswa UIN Raden Fatah Palembang. *Indonesian Journal of Behavioral Studies*, *4*(2), 105–116. https://doi.org/https://doi.org/10.19109/ijobs.v4i2.24673

Thompson, R. A. (2009). Emotional regulation and emotional development. In *Educational Psychology Review* (Vol. 21, Issue 2). https://doi.org/10.1007/BF01319934

Timoney, L. R., & Holder, M. D. (2013). *Emotional processing deficits and happiness: Assessing the measurement, correlates, and well-being of people with alexithymia. Springer*.

ulya, fatimah. (2024). *Hubungan Antara Toxic Masculinity dan Kecenderungan Alexithymia Pada Remaja Laki-Laki Di SMK X Kota Semarang* (Issue 30702000241).

Waling, A. (2019). Problematising ‘Toxic’ and ‘Healthy’ Masculinity for Addressing Gender Inequalities. *Australian Feminist Studies*, *34*(101), 362–375. https://doi.org/10.1080/08164649.2019.1679021

Wijaya, A., Pratama, R., & Suhendra, M. (2022). Menjadi laki-laki sejati": Eksplorasi kualitatif konstruksi maskulinitas remaja di Surabaya. *Indonesian Journal of Social Psychology*, *4*(2), 78–95.

Wong, Y. J., Ho, M. H. R., Wang, S. Y., & Miller, I. S. (2017). Meta-analyses of the relationship between conformity to masculine norms and mental health-related outcomes. *Journal of Counseling Psychology*, *64*(1), 80–93.

World Health Organization. (2019). World Health Organization. Suicide Worldwide in 2019. In *World Health Organization,Geneva*.

Zhang, B., Zhang, W., Sun, L., Jiang, C., Zhou, Y., & He, K. (2023). *Relationship between alexithymia , loneliness , resilience and non-suicidal self-injury in adolescents with depression : a multi-center study*. 1–11.

Zulfikar, R., Makmur, T., & Syahtrial, B. (2020a). *Metode penelitian sosial. Media Akademi*.

Zulfikar, R., Makmur, T., & Syahtrial, B. (2020b). Metode penelitian sosial. *Media Akademi*.