

DAFTAR PUSTAKA

- Altucher, J., & Altucher, C. A. (2014). *The power of NO: Satu kata yang bisa membuat Anda selalu sehat, sukses, dan bahagia*. Penerbit Gemilang.
- Amalia, M. A. D. B. P. W. S. R. G. S. I. (2022). Bahaya silent treatment. *Jurnal Pendidikan Transformatif*, 1, Article 192. <https://doi.org/10.9000/jupetra.v1i1.192>
- Anggreini, D. M., & Suryono. (2013). *Metode penelitian kualitatif dan kuantitatif dalam bidang kesehatan*. Yogyakarta: Nuha Medika.
- Arda, J. C. D., & Rina, N. (2022). Pengaruh keterbukaan diri terhadap hubungan relasional antar mahasiswa ilmu komunikasi Universitas Telkom. *Medium*, 10(1), 135–148. [https://doi.org/10.25299/medium.2022.vol10\(1\).9222](https://doi.org/10.25299/medium.2022.vol10(1).9222)
- Arikunto, S. (2010). *Prosedur penelitian: Suatu pendekatan praktik*. Rineka Cipta.
- Baroroh, E. Z., Suzanna, & Fajriah, L. (2023). *Psikologi komunikasi* (1st ed.).
- Canevello, A., & Crocker, J. (2010). Creating good relationships: Responsiveness, relationship quality, and interpersonal goals. *Journal of Personality and Social Psychology*, 99(1), 78–106. <https://doi.org/10.1037/a0018186>
- Chairunnisa, A., Arum, H. S., & Salamah, P. U. (2024). Pengaruh hubungan dan komunikasi interpersonal terhadap aspek psikologis: Sebuah systematic review. *Jurnal Psikologi*, 1(4), Article 14. <https://doi.org/10.47134/pjp.v1i4.2717>
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (4th ed.). Thousand Oaks, CA: SAGE Publications.
- Creswell, J. W. (2015). *Research design: Qualitative, quantitative, and mixed methods approaches* (4th ed.). Sage Publications .
- Crotty, M. (1998). *The foundation of social research: Meaning and perspective in*

the research process. SAGE Publications.

Denzin, N. K. (1978). *The Research Act: A Theoretical Introduction to Sociological Methods*. New York: McGraw-Hill.

DeVito, J. A. (2019). *The interpersonal communication book* (14th ed.). Pearson Education.

Effendy, O. U. (2008). *Dinamika komunikasi* (4th ed.). Bandung: Remaja Rosdakarya.

Esperansa, S. T., Siva, N., Saraswati, I. A., Wisnawa, K. S. C., & Kistian, A. (2023). The effect of toxic friendship on students' mental health. *Applikatif: Journal of Research Trends in Social Sciences and Humanities*, 2(2), 59–66. <https://doi.org/10.59110/aplikatif.v2i2.124>

Ghorbal, S. L. (2022). Pengaruh kecerdasan emosi, prasangka, dan kualitas pertemanan terhadap sikap toleransi siswa pada sekolah berbasis agama. *Jurnal Penelitian Pendidikan Islam*, 9(2), 1–14. <https://doi.org/10.36667/jppi.v9i2.765>

Guba, E. G., & Lincoln, Y. S. (1994). Competing paradigms in qualitative research. In N. K. Denzin & Y. S. Lincoln (Eds.), *Handbook of qualitative research* (pp. 105-117). Sage Publications.

Hasyim, M. (2024). Penerapan social penetration theory dalam kehidupan sehari-hari. *Journal of Dialogos*, 1(2), 28–33. <https://doi.org/10.62872/p63cs790>

Holt-Lunstad, J., Uchino, B. N., Smith, T. W., & Hicks, A. (2007). On the importance of relationship quality: The impact of ambivalence in friendships on cardiovascular functioning. *Annals of Behavioral Medicine*, 33(3), 278–290. <https://doi.org/10.1007/BF02879910>
<https://doi.org/10.3389/fpsyg.2023.1059057>

Kartini., Damayanti, E., Ananda, N. D., Zharifa, S. P., Nabila, N. A., Zuraida, L., & Mansyur, H. (2024). Memahami dampak media sosial terhadap

komunikasi interpersonal: Pendekatan teori komunikasi. *Da'watuna: Journal of Communication and Islamic Broadcasting*, 4(1), 52–59.
<https://doi.org/10.47467/dawatuna.v4i1.1423>

Keltner, D., & Kring, A. M. (1998). Emotion, social function, and psychopathology. *Review of General Psychology*, 2(3), 320–342. <https://doi.org/10.1037/1089-2680.2.3.320>

Khullar, T. H., Kirmayer, M. H., & Dirks, M. A. (2021). Relationship dissolution in the friendships of emerging adults: How, when, and why? *Journal of Social and Personal Relationships*, 38(11), 3243–3264.
<https://doi.org/10.1177/02654075211026015>

Kim, H. K., Capaldi, D. M., & Crosby, L. (2007). Generalizability of Gottman and colleagues' affective process models of couples' relationship outcomes. *Journal of Marriage and Family*, 69(1), 55–72.
<https://doi.org/10.1111/j.1741-3737.2006.00343.x>

Madani.

Martono, S. (2010). *Metode penelitian kualitatif*. Rineka Cipta.

Merriam, S. B. (2009). *Qualitative research: A guide to design and implementation*. Jossey-Bass.

Miller, K. (2005). *Communication theories* (2nd ed.). Boston: McGraw Hill.

Moleong, L. J. (2005). *Metodologi penelitian kualitatif*. Remaja Rosdakarya.

Patton, M. Q. (2002). *Qualitative Research & Evaluation Methods* (3rd ed.). Thousand Oaks, CA: SAGE Publications.

Pezirkianidis, C., Galanaki, E., Raftopoulou, G., Moraitou, D., & Stalikas, A. (2023). Adult friendship and wellbeing: A systematic review with practical implications. *Frontiers in Psychology*, 14.

Purbalingga: Eureka Media Aksara. Rakhmat, J. (2015). *Psikologi komunikasi* (3rd ed.). Remaja Rosdakarya.

Rismawaty, & Surya, D. E. (2020). *Kepribadian dan komunikasi* (1st ed.).

Roem, E. R., & Sarmiati. (2019). *Komunikasi interpersonal* (Vol. 1). CV IRDH.

Rubin, R. B., Rubin, A. M., Haridakis, P. M., & Piele, L. J. (2010). *Communication research: Strategies and sources* (7th ed.). Wadsworth Cengage Learning.

Rydgren, J., Sofi, D., & Hällsten, M. (2013). Interethnic friendship, trust, and tolerance: Findings from two North Iraqi cities. *American Journal of Sociology*, 118(6), 1650–1694. <https://doi.org/10.1086/669854>

Salsabila, A. R., Hermina, C., & Julaibib, J. (2024). Kualitas pertemanan dan kesejahteraan psikologis: Perspektif mahasiswa. *Jurnal Psikologi Wijaya Putra*, 5(1), 12–22. <https://doi.org/10.38156/psikowipa.v5i1.131>

Soma, C. S., Wampold, B. E., Flemotomas, N., Peri, R., Narayanan, S., Atkins, D. C., & Imel, Z. E. (2023). The silent treatment? Changes in patient emotional expression after silence. *Counselling and Psychotherapy Research*, 23(2), 378–388. <https://doi.org/10.1002/capr.12537>

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

Sujarwerni, S. (2014). *Metode penelitian kualitatif*. Penerbit Ombak.

Titsworth, S., & Hosek, A. (2024). *Human communication*. McGraw Hill LLC.

Tran, K., Castiglioni, L., Walper, S., & Lux, U. (2024). Resolving relationship dissolution—What predicts emotional adjustment after breakup? *Family Process*, 63(3), 1157–1170. <https://doi.org/10.1111/famp.12914>

Triningtyas, D. A. (2016). *Komunikasi antarpribadi*. AE Media Grafika.

West, R., & Turner, L. H. (2010). *Introducing communication theory: Analysis and application* (4th ed.). McGraw-Hill