



Series: *Advances in Social Science, Education and Humanities Research*

# Proceedings of the 2nd Tarumanagara International Conference on the Applications of Social Sciences and Humanities (TICASH 2020)

---

[HOME](#)

---

[PREFACE](#)

---

[ARTICLES](#)

---

[AUTHORS](#)

---

[SESSIONS](#)

---

[ORGANIZERS](#)

---

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On behalf of the organizing committee of the 2nd TICASH 2020, I would like to welcome all to this event with great pleasure. The 2nd TICASH 2020 has attracted many academicians, scientists, engineers, postgraduates and other professionals from many countries. The aim of the conference is to promote exchange of ideas among researchers and scientists active in the related areas of social science and humanity. It presents a high-level international forum to introduce, to exchange and to discuss recent advances, new applications in the field of Social Sciences and Humanities.

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---

HOME

---

PREFACE

---

ARTICLES

---

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---

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---

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- ▶ ABOUT
- ▶ NEWS
- ▶ CONTACT
- ▶ SEARCH

## TABLE OF CONTENTS

### PART 1

LEGAL PROTECTION OF FAKE DRINKING WATER CONSUMERS REVIEWED BY LAW NO. 8 OF 1999 CONCERNING CONSUMER PROTECTION (CASE STUDY: THE FORGING OF 2TANG GALLON DRINKING WATER IN PERIUK, TANGERANG, BANTEN 2018) .....	1
<i>Fena Angel Lia Kaawoan, Jeane Neltje Saly</i>	
DECISION ANALYSIS OF PTUN NUMBER 11/G/2018/ PTUN-SRG CONCERNING OVERLAPPING LAND CERTIFICATES.....	7
<i>W. Praliany Geezha Azhari, Hanafi Tanawijaya</i>	
CRIMINALIZATION OF TRADING IN INFLUENCE IN INDONESIA LAW .....	17
<i>Steven Timoty, Hery Firmansyah</i>	
THE EFFECT OF CREATIVE ACCOUNTING PRACTICES WITH STATUTORY AUDITOR AS MEDIATION, AND ACCOUNTANT ETHICS STANDARDS ON THE RELIABILITY OF FINANCIAL STATEMENTS.....	23
<i>Hendro Lukman, Thalia Irisha</i>	
THE ROLE OF JOB INSECURITY AND ORGANIZATIONAL COMMITMENT TO TURNOVER INTENTION ON STARTUP EMPLOYEE .....	30
<i>Ranisya Fitta, Fransisca I. R Dewi, Rita Markus Idulfilastri</i>	
UTILIZATION OF INSTAGRAM SOCIAL MEDIA PREMIERE WEDDING ORGANIZER IN PROMOTING ACTIVITIES .....	35
<i>William Khosasi, Septia Winduwati</i>	
PROTECTION OF IN CIVIL CITIZENS INTERNATIONAL ARMED CONFLICT BASED GENEVA IV CONVENTION IN 1949 .....	38
<i>Gorga Alam Harahap, Amad Sudiro, Thelisia Kristin</i>	
JURIDICIAL REVIEW OF RESTITUTION FOR CHILDREN IMPACTED BY CRIMINAL ACT BASED ON: GOVERNMENT REGULATION NUMBER 43 OF 2017 CONCERNING THE IMPLEMENTATION OF RESTITUTION FOR CHILDREN TO BECOME CRIMINAL VICTIMS .....	43
<i>Rahaditya, Kenneth Sunarto</i>	
DIGITAL DIVIDE: A CRITICAL APPROACH TO DIGITAL LITERACY IN 'MAKING INDONESIA 4.0' .....	53
<i>Nadira Maurizka Kuputri</i>	
MARKETING COMMUNICATION PLANNING IN PANDEMI ERA CASE STUDY OF SUKMUL SISMA MEDIKA TANJUNG PRIOK .....	59
<i>Abdillah Ilhaq, Muhammad Adi Pribadi</i>	
PROMOTION STRATEGIES OF NON-PROFIT ORGANIZATION FOR SOROPTIMIST INTERNATIONAL OF TAIWAN .....	65
<i>Peng-Yin Tseng, Chin-Chiuan Lin</i>	
APPLYING INTERACTIVE EXHIBITION IN MUSEUM OF INSECTS, TAMAN MINI INDONESIA INDAH JAKARTA .....	70
<i>Susan, Noeratri Andanwerti, Ferdinand</i>	

DESIGNING WAYFINDING AT BUNDARAN HI MRT STATION, JAKARTA .....	76
<i>Clarissa Aurelia, Azis Tirtaatmadja, Augustina Ika Widyani</i>	
THE EFFECTIVENESS OF IMPLEMENTING CRIMINAL SANCTIONS IN MINE BUSINESS WITHOUT MINING PERMITS IN BELITUNG DISTRICT .....	84
<i>Tantowi Thomas, Ahmad Redi</i>	
STATE SOVEREIGNTY OVER THE AIRSPACE ON THE PERSPECTIVE OF INTERNATIONAL AIR LAW (A STUDY OF THE DELEGATION OF AIRSPACE MANAGEMENT OF BATAM AND NATUNA ISLAND TO SINGAPORE) .....	91
<i>Amad Sudiro, Jeannette Natawidjaja</i>	
VALIDITY TEST OF HYPOMANIA CHECKLIST: SUICIDE IDEATION AS A CRITERION .....	95
<i>Felinda Stefika, Ediasri Toto Atmodiwigro, P. Tommy, Y. S. Suyasa</i>	
INVESTIGATION OF GRIT AND SELF REGULATION IN LEARNING AND THEIR ROLE ON ACADEMIC ACHIEVEMENT OF MEDICAL STUDENTS IN JAKARTA.....	117
<i>Angela, Sri Tiatri, Meylisa Permata Sari</i>	
MANDALA DRAWING FOR REDUCING TEST ANXIETY IN COLLEGE STUDENT.....	122
<i>Chaterine Angellim, Monty P. Satiadarma, Untung Subroto</i>	
CONTEMPORARY JAVANESE INTERIOR DESIGN OF MARTHA TILAAR SALON AND DAY SPA PURI KEMBANGAN .....	128
<i>Catharine Aditya, Aing. R. Nayadilaga, Maitri Widya Mutiara</i>	
THE RELATIONSHIP BETWEEN SELF-REGULATED LEARNING WITH STUDENT ENGAGEMENT IN COLLEGE STUDENTS WHO HAVE MANY ROLES.....	134
<i>Sherin Setiani, Erik Wijaya</i>	
THE IMPACT OF THE VACANCY OF VICE-REGENT TO THE PERFORMACE OF ROKAN HULU REGIONAL GOVERNMENT .....	140
<i>Ahmad Redi, Tundjung Herning Sitabuana, Sugandi Ishak, Tatang Ruchimat, Michael</i>	
CREATIVE METHODS TO LEARN PANCASILA .....	143
<i>Kurnia Setiawan, Ninawati, Meiske Yunithree Suparman</i>	
STUDY OF HUMAN DIMENSIONS AND ERGONOMICS CASE STUDY: TRANSFORMING INTERIOR FASHION TO PORTABLE ARCHITECTURE .....	149
<i>Rudy Trisno, Fermanto Lianto, Mieke Choandi, Denny Husin</i>	
VALIDITY ANALYSIS ON POLAHI TRIBE INCEST IN GORONTALO BASED ON LAW OF MARRIAGE NUMBER 1 OF 1974.....	155
<i>Jeane Neltje Sally, Vanessa Joe</i>	
THE RESPONSIBILITY OF THE UNITED STATES AGAINST ARREARS IN THE MEMBERSHIP OF UNESCO A CASE STUDY OF THE UNITED STATES OUT FROM UNESCO .....	162
<i>Muhammad Erizal Nurwansyah, Ida Kurnia</i>	
FACTORS INFLUENCING GREEN PURCHASE INTENTION.....	167
<i>Keni Keni, Andreas Asali, Ai Ping Teoh, Rajendran Muthuveloo</i>	
POLITICS AND YOUNG CHINESE-INDONESIAN WOMEN: SOCIO-PSYCHOLOGICAL DETERMINANTS OF THEIR POLITICAL PARTICIPATION.....	175
<i>Bonar Hutapea, Fransisca Iriani Roesmala Dewi</i>	

THE INFLUENCE OF ENTREPRENEURIAL EDUCATION, AND FAMILY BACKGROUND ON ENTREPRENEURSHIP INTENTION WITH SELF-EFFICACY AS A MEDIATING VARIABLE IN FINAL YEAR UNDERGRADUATE STUDENTS IN JAKARTA .....	183
<i>Margaretha Titania Gunarso, Frangky Selamat</i>	
SUCCESS RATE OF MEDIATION IN PILOT PROJECT COURT AFTER THE ISSUANCE OF SUPREME COURT REGULATION NUMBER 1 OF 2016 CONCERNING MEDIATION PROCEDURES IN COURT (2017-2019).....	188
<i>Nichola Timijaya, Stanislaus Atalim</i>	
TRANSLATION OF NARRATOLOGY MODEL IN LITERATURE INTO NARRATIVE MUSEUM ARCHITECTURE .....	195
<i>Rudy Trisno, Andreas Wibisono, Fermano Lianto, Vallen Sularko</i>	
ANALYSIS OF PUBLIC CEMETERY WAQF LAND HANDOVER (RUILSLAG) WITH THIRD PARTIES (CASE STUDY OF DECISION NUMBER 279/PDT.G/2017/ PA.CLG).....	201
<i>Hanafi Tanawijaya, Deviana Agustin</i>	
PROSPECTS OF LAW ENFORCEMENT OF ACTS OF ELIMINATION OF DOMESTIC VIOLENCE REVIEWED FROM THE PERSPECTIVE OF LAW SOCIOLOGY.....	208
<i>Nomensen Sinamo, Sabungan Sibarani</i>	
DIGITAL PUBLIC RELATIONS CAMPAIGN IN DEVELOPING THE IMAGE OF THE INDONESIAN SOLIDARITY PARTY (PSI) IN THE 2019 GENERAL ELECTION .....	216
<i>Imelda Junita, H. H. Daniel Tamburian</i>	
THE INFLUENCE OF USE ROCK AND METAL THEME AS BRAND IMAGE TO CONSUMER BUYING INTEREST LAWLESS BURGERBAR KEMANG.....	221
<i>Mira Fajriana, Farid Rusdi</i>	
SOCIAL MEDIA INSTAGRAM ADDICTION AND SELF-ESTEEM IN HIGH SCHOOL STUDENTS.....	225
<i>Respita Trias Ardiana, Raja Oloan Tumanggor</i>	
ATTRACTION OF INTERACTIVE DISPLAY AT THE MAIN EXHIBITION HALL OF JAKARTA TEXTILE MUSEUM .....	230
<i>Travis Tandy, Azis Tirtaatmadja, Augustina Ika Widyan</i>	
THE INSTITUTIONAL POSITION OF THE CORRUPTION ERADICATION COMMISSION BASED ON THE CONSTITUTIONAL COURT DECISION NUMBER 36/PUU-XV/ 2017 IN TERMS OF THE STATE INSTITUTIONAL STRUCTURE .....	239
<i>Ahmad Redi, Shintamy Nesyicha Syahril</i>	
STUDENT ENGAGEMENT AND STUDENT LIFE SATISFACTION OF HIGH SCHOOL STUDENT.....	245
<i>Zagita Rainisha Safira, Monika</i>	
THE ROLE OF PERSONALITY TRAIT AND QUALITY OF WORK LIFE ON JOB PERFORMANCE WITH WORK ENGAGEMENT AS A MEDIATOR STUDY ON PT X INDONESIA DRIVER PARTNERS .....	253
<i>Dhindayanti Putri, Zamralita, Rita Markus Idulflastri</i>	
JURIDICAL ANALYSIS OF GUARANTEE ON STATE ASSETS BUSINESS ASSETS BY PT. ACSET REVIEW DECISION NUMBER 760/PK/PDT/2016 (CASE STUDY OF PT.PLN (PERSERO) ASSETS BY PT. ACSET) .....	266
<i>Gunawan Djajaputra, Jessie</i>	

THE RELATIONSHIP BETWEEN FEAR OF FAILURE AND STUDENT ACADEMIC ACHIEVEMENT WITH PROCRASTINATION AS MEDIATING VARIABLE .....	272
<i>Brilliant Sanny Anoita, Sri Tiatri, Meylisa Permata Sari</i>	
RELATIONSHIP BETWEEN SELF-CONCEPT AND SUBJECTIVE WELL-BEING IN LATE ADOLESCENT SOCIAL MEDIA USERS .....	278
<i>Adinda Rasdanintia, Debora Basaria, Riana Sahrani</i>	
THE ROLE OF EMOTIONAL INTELLIGENCE AS A MODERATOR BETWEEN STRESS CONDITIONS AND PERFORMANCE ON CONTRACTOR EMPLOYEES.....	284
<i>Djauharoh Siti, P. Tommy, Y. S. Suyasa, Raja Oloan Tumanggor</i>	
FACTORS AFFECTING INCOME SMOOTHING.....	290
<i>Wilbert Jonathan Holinata, Yanti</i>	
COMMUNICATION NETWORK IN REDUCING UNCERTAINTY.....	299
<i>Roswita Oktavianti, Riris Loisa</i>	
USER EXPERIENCE/USER INTERFACE DESIGN; RAJA AMPAT DIVE RESORT WEBSITE .....	305
<i>Sherly Lourensia, Kurnia Setiawan, Ari Dina Krestiawan</i>	
THE VALIDITY OF THE APPOINTMENT OF A MINISTER WHO IS A FOREIGN CITIZEN IN INDONESIA BASED ON ARTICLE 22 OF LAW NUMBER 39 YEAR 2008 ABOUT STATE MINISTRY CASE STUDY OF THE APPOINTMENT OF THE MINISTER OF ENERGY AND MINERAL RESOURCES ARCANDRA TAHAR .....	312
<i>Tatang Ruchimat, Oswaldo Brahalino Kasman</i>	
PROTECTION OF UN STAFF IN ARMED CONFLICT AREAS IN AFGHANISTAN CASE STUDY: DEATH ON ANIL RAJ.....	320
<i>Raphaela Jayaputra, Teddy Nurcahyawan</i>	
IMPLEMENTATION OF THE ELECTRONIC WASTE MANAGEMENT TO ACHIEVE ENVIRONMENTAL SUSTAINABILITY IN INDONESIA .....	327
<i>Yenita, Lamto Widodo</i>	
QUALITY SERVICE ANALYSIS OF ADMINISTRATIVE SERVICES, TEACHERS, AND INFRASTRUCTURE FACILITIES ON STUDENT'S SATISFACTION AT PREMIER MUSIC SCHOOLS, JAKARTA.....	334
<i>Linda Lin-Chin Lin, Agustinus Purna Irawan, Benson Kosasih, Yu-Wei Chiu</i>	
SEXUAL HARASSMENT IN ADOLESCENT .....	339
<i>Kezia Mallista, Naomi Soetikno, Widya Risnawaty</i>	
STRATEGY OF COPING STRESS BY NOVICE MOBILE BRIGADE OFFICERS IN CONFLICT AREAS .....	343
<i>Noviera Djasmine Chairunnisa, Monty P. Satiadarma, Untung Subroto</i>	
LEGAL SATISFACTION IN AGREEMENT POST-DECIDED MARRIAGE MARRIAGE CONSTITUTION NUMBER 69 / PUU-XIII / 2015.....	348
<i>Gunawan Djajaputra, Carren Chaterina</i>	
THE TRANSITION OF INTERACTIONAL PATTERNS AND CELLPHONE USAGE BETWEEN GENERATIONS IN THE BELITUNG COMMUNITY: A YEAR BEFORE THE COVID-19 PANDEMIC .....	355
<i>Mei Ie, Anny Valentina, Sri Tiatri, Jap Tji Beng</i>	

ANALYSIS OF LAND CERTIFICATE'S PUBLICATION BASED ON LAND HISTORY AND NO DISPUTE LETTER OF STATEMENT BY VILLAGE HEAD OFFICER (SUPREME COURT'S JURISPRUDENCE NUMBER 2943 K/PDT/2016).....	362
<i>Inest Suryana Anggrek, Hanafi Tanawijaya</i>	
PSYCHOMETRIC PROPERTIES OF BEACH CENTER FAMILY QUALITY OF LIFE SCALE FOR INDONESIAN FAMILIES' CHILDREN WITHOUT DISABILITIES .....	368
<i>Widya Risnawaty, Agustina, Denrich Suryadi</i>	
REQUIREMENTS OF TERMS IN VIEWS SOCIOLOGY OF LAW .....	375
<i>Joko Sriwidodo</i>	
ANALYSIS UTILIZATION OF FOREST AREA FOR PALM OIL PLANTATION FOR COMPANIES THAT DO NOT HAVE A DECISION LETTER FOR DISCLOSURE OF FOREST AREAS VIEWED FROM LAW REGULATION (CASE STUDY: PT KHARISMA RIAU SENTOSA).....	384
<i>Ahmad Redi, Astrid Fahmadina</i>	
DEVELOPMENT OF FACTOR STRUCTURE FOR PASSION SCALE.....	389
<i>Rita Markus Idulfilastri, Andri Setia Dharma</i>	
THE CANCELLATION OF THE AUCTION OBJECT RIGHT DEPENDENTS GUARANTEES IN TERMS OF THE LAW NUMBER YEAR ON 4 1996 RIGHT DEPENDENTS (A CASE STUDY OF DECISIONS NO: 12/PDT.PLW/2019/PN.PBR) .....	396
<i>S. Atalim, Prayoga M Ezra</i>	
LEGAL REMEDIES OF CUSTOMERS EXPERIENCE NON-PERFORMING LOAN REVIEW FORM LAW NUMBER 10 YEAR 1998 CONCERNING AMENDMENTS LAW NUMBER 7 YEAR 1992 CONCERNING BANKING (EXAMPLE CASE COURT JUDGMENT NO. 1/PDT.G/2018/PN KNG) .....	403
<i>Leonardo Darma Putra, Christine S. T. Kansil</i>	
FEAR OF MISSING OUT (FOMO) AND PSYCHOLOGICAL WELL-BEING OF LATE ADOLESCENTS USING SOCIAL MEDIA .....	408
<i>Feilina Sutanto, Riana Sahrani, Debora Basaria</i>	
THE PERCEPTION OF GENERATION Z TOWARDS CORPORATE SOCIAL RESPONSIBILITY PLUS SCHOLARSHIP PROGRAM OF PT. DJARUM INDONESIA .....	414
<i>Melissa, Wulan Purnama Sari</i>	
BRIDESTORY MARKETING COMMUNICATION (QUANTITATIVE STUDY INFLUENCE BRAND AWARENESS ON CONSUMER INTEREST USING WEDDING ORGANIZER).....	419
<i>Graceshiella Jeftannie, M. Gafar Yoedtadi</i>	
THE IMPLEMENTATION OF JAVANESE CULTURE WITH URBAN STYLE DESIGN IN THE INTERIOR LOBBY OF ALILA SOLO HOTEL.....	423
<i>Adi Ismanto, Fivanda, Hafidh Indrawan</i>	
THE ECONOMIC EMPOWERMENT MODEL OF MULTICULTURAL SOCIETY .....	429
<i>Tri Purwani, Indah Arvianti</i>	
CREATIVE INNOVATION; DESIGNING HOME SAFETY BOARDGAME FOR CHILDREN .....	437
<i>Salma Diah Khalilah Putri, Kurnia Setiawan, Ari Dina Krestiawan</i>	
THE IMPACT OF ELECTRONIC WORD-OF-MOUTH ON THE PURCHASE INTENTION .....	445
<i>Alphet Dyego, Roswita Oktavianti</i>	

A PHENOMENOLOGICAL INVESTIGATION THROUGH AMANDARI CONTEMPORARY RESORT IN UBUD, BALI.....	451
<i>Fermanto Lianto, Naniek Widayati Priyomarsono, Lewin Nuramin, Beatrice Wiratno</i>	
LEGAL PROTECTION FOR INSURED COMPANIES IN THE INSURANCE COMPANY EXPERIENCE FAIL TO PAY IN CLAIM PROCESS (EXAMPLE OF THE CASE OF BUMIPUTERA INSURANCE CERTIFICATE POLICY NUMBER: 209101549390) .....	457
<i>Christine Kansil, Deasy Susilawati</i>	
LEGAL PROTECTION OF CONSUMER RIGHTS IN THE SERVICES OF SRIWIJAYA TRAVEL PASS BASED ON LAW NUMBER 8 OF 1999 CONCERNING CONSUMER PROTECTION .....	462
<i>Stanny Puspa Anjani, Amad Sudiro</i>	
THE WORK PASSION EFFECT ON PT. XYZ'S EMPLOYEES PERFORMANCE IN JAKARTA.....	466
<i>Felicia Srijaya, Zamralita, Dan Debora Basaria</i>	
THE APPLICATION OF PHILOSOPHICAL MEANINGS OF DRAGON ORNAMENTS IN THE INTERIOR DESIGN OF TAY KAK SIE TEMPLE IN SEMARANG .....	471
<i>Monica Jocelyna, Ika Yuni, Fivanda</i>	
RESPONSIBILITIES OF AVIATION COMPANIES ON PASSENGER DUE TO CANCELLATION OF THE TRANSPORTER SSEPTING BASED ON LAW NUMBER 1 OF 2009 CONCERNING FLIGHT (STUDY OF CASSATION DECISION NUMBER 975 / K / PDT / 2019).....	475
<i>Elvinelly, Amad Sudiro</i>	
CHALLENGES IN DEVELOPING LITERACY LEARNING MODELS FOR TEACHERS TO DEVELOP COGNITIVE STRATEGIES FOR ELEMENTARY SCHOOL STUDENTS.....	482
<i>Sri Tiatri, Jap Tji Beng, Claudia Fiscarina, Hartinah Dinata</i>	
AIRPORT RESPONSIBILITY TOWARDS LATE FLIGHT DUE TO NO OPERATION OF FLIGHT NAVIGATION EQUIPMENT BASED ON LAW NUMBER 1 OF 2009 .....	487
<i>Harry Arafah, H.K. Martono</i>	
THE EFFECT OF COMMISSIONER BOARD'S ROLE ON FIRM VALUE WITH CSR AS MEDIATING IN THE PLANTATION INDUSTRY .....	493
<i>Hendro Lukman, Cindy Geraldline</i>	
CIRCULAR ECONOMIC MODEL TO IMPROVE RESEARCH ACTIVITIES EFFICIENCY AND THE EFFECTIVENESS OF INDONESIAN LAWS AND REGULATIONS CONCERNING RESEARCH .....	498
<i>Tundjung Herning Sitaruana, Hazelya Tirza Djaja</i>	
PROOF OF LAND RIGHTS OWNERSHIP OVER THE LAND DISPUTES IN THE STUDY OF THE SUPREME COURT'S DECISION NUMBER 57 PK / PDT / 2016.....	508
<i>Benny Djaja, Mardani</i>	
USING IPA MODEL FOR ENSURING SUSTAINABLE DEVELOPMENT IN THE RURAL TOURISM DESTINATION .....	513
<i>Mn Nuryasman, Kartika Nuringsih</i>	
SEA TRANSPORT RESPONSIBILITY FOR VICTIMS CAUSED BY EXPLOSION OF FERRY SHIP KM ZAHRO EXPRESS BASED ON LAW NUMBER 17 OF 2008 CONCERNING SHIPPING (STUDY CASE: 323 / PID.SUS / 2017 / PT.DKI) .....	521
<i>Felix Adbert Wijaya, H. K. Martono</i>	

JURIDICAL ANALYSIS OF CHURCH'S LEGAL STATUS THAT ESTABLISHED IN THE MALL AND HOTEL BASED ON REGULATION OF THE MINISTER OF RELIGION NUMBER 8 OF 2006 AND NUMBER 9 OF 2006 CONCERNING ESTABLISHMENT OF SYNAGOGUE .....	529
<i>William Timoty</i>	
SOCIAL MEDIA UTILIZATION FOR TOURISM DEVELOPMENT .....	532
<i>Sinta Paramita</i>	
LEGAL PROTECTION AGAINST FEMALE VICTIMS OF SEXUAL ABUSE ON COMMUTER LINE RANGKAS BITUNG – TANAH ABANG ROUTE.....	537
<i>Yulia Marasi Claudia, R. Rahaditya</i>	
THE EFFECT OF SHOPEE PROMOTION USING BEAUTYCAM'S NEW TECHNOLOGY ON THE LIFESTYLE OF COSMETICS LOVERS.....	542
<i>Yenni Fransiska, Diah Ayu Candraningrum</i>	
CREATIVITY PROCESS OF NAMING THE COFFEE MENU AS A PART OF MARKETING COMMUNICATIONS.....	546
<i>Billy Stephen Sawa, Nigar Pandrianto</i>	
APPLIED STUDY OF ECO-INTERIOR CONCEPT IN LEMONGRASS RESTAURANT, BOGOR.....	552
<i>Fivanda, Adi Ismanto</i>	
JURIDICAL ANALYSIS ARTICLE 181 LAW NUMBER 23 OF 2007 CONCERNING RAILWAYS IN ANCIL STATION UNTIL TANJUNG PRIOK STATION IN NORTH JAKARTA.....	559
<i>Dwi Andayani Bs, Muhammad Rizqi Fadhlillah</i>	
NY NINA'S BAKERY VISUAL IDENTITY REDESIGN IN TASIKMALAYA .....	564
<i>Melinda Theresia Witanto, Kurnia Setiawan, Ari Dina Krestiawan</i>	
DEVELOPMENT OF AN INTERVENTION MODULE ON INCREASING TOLERANCE FOR ADOLESCENTS.....	572
<i>Raja Oloan Tumanggor, Heni Mularsih</i>	

## PART 2

DEVELOPMENT OF BIOLOGICAL UNDERSTANDING MATERIALS FOR ARCHITECTURE CASE STUDY: PINEAPPLE FIBRE, “NATA DE COCO”, WASTE PAPER .....	578
<i>Fermanto Lianto, Rudy Trisno, Denny Husin, Mieke Choandi</i>	
BULLYING IN ADOLESCENTS .....	584
<i>Rini Purnamasari Yanwar, Naomi Soetikno, Samsunuwiyyati Mar'At</i>	
EXPLORATION OF TARUNG VILLAGE, WEST SUMBA AS A PART OF THE ROAD MAP FOR THE DEVELOPMENT OF CULTURAL TOURISM BASED ON SUSTAINABLE TOURISM APPROACH.....	589
<i>Nafiah Solikhah, Hetty Karunia Tunjungsari, Bagus Mulyawan</i>	
THE CORRELATION BETWEEN SELF-ESTEEM AND BODY IMAGE: A STUDY ON FEMALE ADOLESCENT INSTAGRAM USERS .....	597
<i>Maurell Audrey, Monty Satiadarma, Untung Subroto</i>	

FORMATION OF TOKOPEDIA IMAGE PERCEPTIONS IN PUBLIC (STUDY ON BTS FANS, ARMY).....	602
<i>Limar Tina, Lusia Savitri Setyo Utami</i>	
THE APPLICATION OF GOOD FAITH PRINCIPLES IN HEALTH INSURANCE AGREEMENT (CASE STUDY: ALLIANZ LIFE INSURANCE INDONESIA) .....	606
<i>Hanafi Tanawijaya, Meliana</i>	
COMMUNICATION STRATEGY IN PROMOTING BATUJAYA SECTION SITE AS A CULTURAL TOURIST DESTINATION IN KARAWANG DISTRICT .....	612
<i>Mikail Occultisan, Yugih Setyanto</i>	
THE ROLE OF SOCIAL MEDIA AND YOUTH PARTICIPATION IN DEVELOPING LOCAL TOURISM CASE STUDY ON GENERASI PESONA INDONESIA LOMBOK .....	615
<i>Septia Winduwati</i>	
RESPONSIBILITIES OF SUBSTITUTE SALE DEED OFFICIAL IN DEED CANCELLATION OF NOT REGISTERED LAND (STUDY OF SUPREME COURT DECISION NUMBER 681 K / PDT / 2017).....	620
<i>Benny Djaja, Christian Wahyu Putra</i>	
JURIDICAL ANALYSIS OF THE DESIGN OF PANCASILA IDEOLOGY DIRECTION .....	628
<i>R. Rahaditya, Muhammad Rizqi Fadhlillah</i>	
JUDICIAL REVIEW REGARDING SANCTIONS FOR NOTARY/LAND DEED OFFICER WHO MADE AUTHENTIC DEEDS FOR LAND BASED ON PRIVATE BEQUEST DEED (CASE STUDY OF THE SUPREME COURT'S DECISION NUMBER 1477 K/PDT/2019).....	631
<i>Marshella, Tjempaka</i>	
CONSUMER LEGAL PROTECTION FOR MOBILE PHONE SALES BASED ON LAW NUMBER 8 YEAR 1999 CONCERNING CONSUMER PROTECTION .....	637
<i>Jeane Neltje Sally, Descar Kristian</i>	
RITUAL COMMUNICATION OF OBIYEM ON TAMIL HINDU ETHNIC IN MEDAN CITY INDONESIA .....	643
<i>Ratna Sari Puspa, Suzy Azeharie</i>	
THE EFFECTS OF DRAWING AND COLORING MANDALA ON ANXIETY AMONG PREGNANT WOMEN IN THEIR THIRD TRIMESTER .....	648
<i>Grace Amelia, Monty P. Satiadarma, Linda Wati</i>	
STARTING BUSINESS BACK AFTER PANDEMIC COVID-19 IN LEGAL VIEWS IN INDONESIA .....	654
<i>Sabungan Sibarani</i>	
THE APPLICATION OF DYNAMIC AND FUN CONCEPT IN PURWADHIKA STARTUP AND CODING SCHOOL INTERIOR DESIGN.....	661
<i>Johanna Aprilia, Ika Yuni, Fivanda</i>	
HATE SPEECH CASES IN CYBER MEDIA NEWS COVERAGE.....	665
<i>Eko Harry Susanto, Ahmad Junaidi, Farid Rusdi</i>	
ALTERNATIVE MEDIA AS COUNTER-HEGEMONY: A CASE STUDY OF KONDE.CO AND MAGDALENE.CO.....	669
<i>Moehammad Gafar Yoedtadi, Muhammad Adi Pribadi</i>	

THE APPLICATION OF GRATITUDE GROUP PROGRAM TO INCREASE QUALITY OF LIFE AMONG INDONESIAN ELDERLY IN RESIDENTIAL HOME X JAKARTA .....	678
<i>Hanna Hadipranoto, Heryanti Satyadi, Rostiana</i>	
FORGIVENESS AND ITS RELATION TO PSYCHOLOGICAL WELL-BEING IN CHRISTIANS OF PROTESTANT CHURCHES IN JAKARTA.....	683
<i>Desiree Gracia, Pamela Hendra Heng</i>	
IMPLEMENTATION OF ACOUSTIC MATERIALS IN THE AUDITORIUM OF DAYA INDONESIA PERFORMING ARTS ACADEMY (DIPAA) MUSIC INSTITUTE.....	692
<i>Indira, Eddy Supriyatna Marizar, Maria Florencia</i>	
DESCRIPTIVE STUDY OF THE FAMILY FUNCTIONING IN ADOLESCENT VICTIMS OF BULLYING.....	696
<i>Indira Mustika Tandiono, Naomi Soetikno, Fransisca Iriana Roesmala Dewi</i>	
THE EFFECT OF DURATION OF SOCIAL MEDIA USAGE ON EMOTIONAL STABILITY IN UNDERGRADUATE STUDENTS .....	701
<i>Manacika Almira Annisty, Agustina</i>	
SCHOOL WELL-BEING WITH STUDENT LEARNING MOTIVATION IN ACTIVE STUDENTS IN EXTRACURRICULAR ACTIVITIES AT X SENIOR HIGH SCHOOLS IN NORTH JAKARTA REGION .....	708
<i>Angelina Melania Maria, Niken Widi Astuti</i>	
FANDOM AND VOLUNTARY “ARMY”: CASE STUDY ON BTS FANS IN INDONESIA.....	715
<i>Lusia Savitri Setyo Utami, Septia Winduwati</i>	
AUTHORITY OF ASOSIASI FINTECH PENDANAAN BERSAMA INDONESIA (AFPI) IN DETERMINING THE AMOUNT OF LOAN INTEREST RATES LIMIT IN PEER TO PEER LENDING (P2P LENDING) BUSINESS ACTIVITIES .....	722
<i>Matthew Gladden, St. Atalim</i>	
RESPONSIBILITY OF A NOTARY PUBLIC TOWARDS A FORGED DEED OF DECISION OF THE SHAREHOLDERS MEETING (EXAMPLE OF THE CASES OF BANTEN HIGH COURT NUMBER 9/PID/2019/PT.BTN).....	728
<i>Candy Paula Adventia Haezera, Tjempaka</i>	
RESPONSIBILITIES OF TRANSPORT OF PASSENGERS IN THE FAILURE OF THE AIRCRAFT’S FLIGHT ATTENDANT WHICH RESULTED IN DISABILITY (CASE STUDY: PT. GARUDA INDONESIA AIRWAYS).....	732
<i>Kevin Yudha Paripurna, H. K. Martono</i>	
PSYCHOLOGICAL WELL-BEING: THE IMPACT OF WORK-LIFE BALANCE AND WORK PRESSURE .....	741
<i>Kiky D. H. Saraswati, Daniel Lie</i>	
LEGAL CONSEQUENCES OF AUCTION OF MORTGAGE RIGHT WITH LOWER LIMIT VALUE THAN THE VALUE OF PROPERTY APPRAISAL BY THE APPRAISAL TEAM (STUDY OF JAKARTA HIGH COURT DECISION NUMBER 516 / PDT / 2017 / PT.DKI).....	749
<i>Agnes Monica, Benny Djaja</i>	
THE EFFECT OF PERCEIVED SECURITY, EASE OF USE AND PERCEIVED USEFULNESS ON INTENTION TO USE TOWARDS MOBILE PAYMENT SERVICES IN INDONESIA .....	755
<i>Keni Keni, Hendry Tjoe, Nicholas Wilson, Edi Surya Negara</i>	

THE PROBLEM OF SUPERVISORY BOARD IN EXISTENCE IN THE EVENT OF CORRUPTION CASES IN ACCORDANCE WITH THE LAW OF REPUBLIC OF INDONESIA NUMBER 19 OF 2019 .....	762
<i>Rasji, Johnathan Pahatur Sormin</i>	
THE PROVISION OF SUBJECTIVE INTENTIONAL ELEMENTS OF RELIGIOUS BLASHPEMY CRIME (STUDY ON THE STATE COURT OF THE NORTH JAKARTA, NORTH JAKARTA 1537 / PID.B / 2016 / PN.JKT.UTR .....	770
<i>Jevons Pangestu, R. Rahaditya</i>	
THE INFLUENCE OF PROFITABILITY, LIQUIDITY, FIRM SIZE AND LEVERAGE ON CASH HOLDING .....	775
<i>Davidson, Rosmita Rasyid</i>	
UNDERSTANDING THE RELATIONSHIP BETWEEN JOB STRESS AND TURNOVER INTENTION: PSYCHOLOGICAL CAPITAL AS MODERATOR .....	780
<i>Alfianti Fajrin, Fransisca Iriani R Dewi, Andri Setia Dharma</i>	
“MULTI ETHNICITY” ON SINGKAWANG CULTURAL CENTER INTERIOR DESIGN .....	786
<i>William, Hafidh Indrawan, Mariana</i>	
CORRELATION BETWEEN MINDFULNESS AND HAPPINESS IN UNIVERSITY STUDENTS ON WEST JAKARTA .....	791
<i>Erlina, D. Suryadi</i>	
THE APPLICATION ‘LIFE OF GRACE’ THEME CONCEPT IN ST. PETER & PAUL CHURCH JAKARTA INTERIOR DESIGN .....	796
<i>Vincent Liputra, Adi Ismanto, Silvia Meliana</i>	
THE EFFECT OF SERVICE QUALITY, PERCEIVED VALUE ON CUSTOMER SATISFACTION AND LOYALTY OF GARUDA INDONESIA AIRLINE PASSENGERS .....	799
<i>Felga Lopentus, Rezi Erdiansyah</i>	
THE ROLE OF ENGAGING LEADERSHIP ON WORK ENGAGEMENT WITH JOB INSECURITY AS MODERATOR ACROSS PROXIMAL WITHDRAWAL STATES SITUATION .....	808
<i>Della Ariani, Rostiana</i>	
PARENTING SELF-EFFICACY AMONG FULL-TIME WORKING MOTHERS IN JABODETABEK .....	821
<i>Irene Apriani, Widya Risnawaty</i>	
VIRAL MARKETING MODEL THROUGH DIGITAL CONTENT .....	827
<i>Eric, Sinta Paramita</i>	
ASIA TV WEB PUBLIC RELATIONS STRATEGY IN BUILDING BRAND IMAGE CASE STUDY OF MEGAKISS ESPORTS .....	831
<i>Vony Vitality, Sisca Aulia, Yugih Setyanto</i>	
DESCRIPTIVE STUDY OF ADOLESCENT DEPRESSION IN COVID-19 PANDEMIC .....	837
<i>Naomi Soetikno</i>	
LEGAL REVIEW ON OBJECTIVE APPLICATION OF ASSESSMENT RELATED TO REHABILITATION OF NARCOTICS ABUSE (CASE NUMBER: 2430 K/PID.SUS/2017).....	842
<i>Hery Firmansyah, Adeline</i>	

DESIGN GUIDELINES FOR THE SETTLEMENT WITH INDUSTRIAL REVOLUTION 4.0 DIGITAL INFRASTRUCTURE-BASED FACILITIES .....	847
<i>Indra Mulyana, Fermano Lianto, Surya Gunanta</i>	
RESPONSIBILITIES OF ILLEGAL WORKERS SUPPLIER FOR MIGRANT WORKERS RESTITUTION (DECREE NUMBER 2710 / SPECIAL CRIME / 2018 TANGERANG DISTRICT COURT) .....	853
<i>R. Rahaditya, Muhamad Javier Ramzy</i>	
INTENSITY OF GADGETS USAGE FOR ACHIEVING PRIME SOCIAL AND COGNITIVE HEALTH OF ADOLESCENTS DURING THE COVID-19 PANDEMIC .....	862
<i>Jap Tji Beng, Sri Tiatri, Fenny Lusiana, Vivien H. Wangi</i>	
STATE RESPONSIBILITIES ON THE DISTURBANCE OF THE FLIGHT PATH TO YOGYAKARTA BY AIR BALLOONS TO GUARANTEE FLIGHT SAFETY .....	869
<i>Ahmad Faqihurrohman, H. K. Martono</i>	
PROOF ANALYSIS DENIAL OF INVESTIGATION REPORT BY THE DEFENDANT DURING TRIAL BASED ON JURISPRUDENCE NUMBER: 229 K/KR/1959 (VERDICT STUDY OF SIDOARJO DISTRICT COURT NUMBER: 390/PID.B./2015/PN.SDA) .....	876
<i>R. Rahaditya, Janesia</i>	
PROPAGANDA ANALYSIS IN THE MOVIE CHE: THE ARGENTINE .....	887
<i>Prasad Aditya, Gregorius Genep Sukendro</i>	
THE USE OF SOCIAL MEDIA BY URBAN ADOLESCENTS IN JAVA: DESCRIPTIVE STUDY .....	891
<i>Pamela Hendra Heng, Rahmah Hastuti, Naomi Soetikno</i>	
URGENCY OF CONSUMER LEGAL PROTECTION AND E-COMMERCE DISPUTE RESOLUTION THROUGH ARBITRATION IN THE ASIAN MARKET .....	899
<i>Derry Angling Kesuma, Yuli Asmara Triputra</i>	
RELATIONSHIP BETWEEN SELF-CONTROL AND YOUTH RISK BEHAVIOR IN TEENAGERS .....	914
<i>Stella Wijaya, Meiske Yunithree Suparman, Jessica Chandhika</i>	
INDIVIDUAL MORTGAGEES AS A SOLUTION FOR REAL ESTATE PROPERTY DEVELOPERS .....	920
<i>Benny Djaja</i>	
THE APPLICATION OF THE PRECAUTIONARY PRINCIPLE IN INDUSTRIAL FOREST PLANTATION PRODUCTION PERMIT (STUDY OF THE SUPREME COURT DECISION NUMBER 460K/PDT/2016) .....	926
<i>Graciela Franciska Tanisiwa, Mella Ismelina Farma Rahayu</i>	
THE EFFECT OF BAN BAN SOCIAL MEDIA PROMOTION ADVERTS ON PURCHASING DECISIONS .....	932
<i>Richard Allen Chandra, Ahmad Junaidi</i>	
PLANNING FOR GINTUNG TOURISM AREA GINTUNG RESERVOIR, CIRENDEU, EAST CIPUTAT, SOUTH TANGERANG .....	936
<i>Annissa Fathimah Azzahra, Liong Ju Tjung, Sylvie Wirawati, I. G. Oka Sindhu Pribadi</i>	
CORRELATION BETWEEN MARITAL SATISFACTION AND SUBJECTIVE WELL BEING OF WORKING HUSBANDS WITH WORKING WIVES .....	944
<i>C Evani, D Suryadi</i>	

EVALUATION OF LAND USE AREA OF RAWA BUNTU STATION TOD USING MATRIX 5.A.1. ITDP STANDARD 3.0 AND MINISTER OF AGRICULTURE AND SPATIAL PLANNING REGULATION NUMBER 16/2017 .....	949
<i>Andi Rachmad Arief Ramdhani, Liong Ju Tjung</i>	
THE EFFECT OF SALES PROMOTION, SERVICE QUALITY, PERCEIVED VALUE ON REPURCHASE (CASE STUDY OF ORIGINAL LEVIS STORE IN JAKARTA).....	953
<i>Handy Cipto, Rezi Erdiansyah</i>	
AGENCY CONFLICT CONTROL ON CORPORATE VALUES IN COMPANIES WITH THE BEST GCG PERIOD 2008-2014 .....	958
<i>Rita Amelinda, Ignatius Roni Setyawan</i>	
THE URGENCY OF GOVERNMENT REGULATIONS IN SUBSTITUTE OF LAW ABOUT THE DRONE USAGE REGULATION.....	965
<i>Yuwono Prianto, Paksi Yudha Sasmita, Agata A. Mourin</i>	
THE ROLE OF JOB RESOURCES ON WORK ENGAGEMENT OF RETAIL SALESPeOPLE IN DKI JAKARTA.....	969
<i>Caitlin Anindya Atmawidjaja, Zamralita, Rita Markus Idulfilastri</i>	
THE EFFECT OF JOB RESOURCES AND PERSONAL RESOURCES ON TURNOVER INTENTION TROUGH WORK ENGAGEMENT AS A MEDIATOR ON OPERATIONAL EMPLOYEE.....	977
<i>Wivan Gustian Lee Candra, Zamralita, Rita Markus Idulfilastri</i>	
CYBER MEDIA AND CONFLICTS: HOW JOURNALISTS ARE PREVENTING VIOLENCE.....	985
<i>Ahmad Junaidi, Eko Harry Susanto, Farid Rusdi</i>	
SEMIOTICS OF SEVEN-COLORS LODEH VEGETABLE .....	991
<i>Doddy Salman</i>	
ALTERNATIVE GREEN SPACE AS A THIRD PLACE IN PADEMANGAN.....	997
<i>Teresa Natalia, Dewi Ratnaningrum</i>	
CORRELATION BETWEEN MULTI-DIMENSIONAL SEXUAL PERFECTIONISM AND SEXUAL SATISFACTION IN WOMEN UNDERGOING LONG DISTANCE MARRIAGE .....	1002
<i>H. D Hanjani, D. Suryadi</i>	
LEARNING THROUGH KMS MODEL USING VIDEO CONFERENCE TO OPTIMIZE THE ABSORPTIVE CAPACITY OF VOCATIONAL SCHOOL STUDENTS DURING COVID-19 PANDEMIC .....	1008
<i>Jap Tji Beng, Sri Tiatri, Vivien H. Wangi, Fenny Lusiana</i>	
LEGAL CONSEQUENCES TO THE INSURING OF BANKRUPT ASSETS CARRIED OUT BY NINIKDEWI NINGSIH BETWEEN PT. SAMUDRA MELA ABADI WITH PT. BANK UOB INDONESIA (EXAMPLE CASE OF COMMERCIAL COURT DECISION DECISION NUMBER: 03/RENOVI PROSEDUR/2016/PN.NIAGA.SBY JO NUMBER: 12/PAILIT/2016/PN.NIAGA.SBY.) .....	1013
<i>Stanilaus Atalim, Fianita Chandra</i>	
ANALYSIS OF AIRLINE LIABILITY FOR THE RIGHTS OF PERSONS WITH DISABILITIES IN TRANSPORTATION LAW BASED ON ACT NO. 1 OF 2009 CONCERNING FLIGHT (CASE STUDY OF DECISION NUMBER 2368K/ PDT / 2015).....	1018
<i>Diki Chandra</i>	

JURIDICAL ANALYSIS OF LETTER FORGERY CRIMES COMMITTED BY INTERMEDIARY SERVICES “BROKERING” (CASE STUDIES OF DECISION NUMBER 541 / PID / B / 2018 / PN. JKT.TIM) .....	1023
<i>Billy Gani, R. Rahaditya</i>	
THE INFLUENCE OF BRAND IMAGES ON CUSTOMER LOYALTY (STUDY OF UNIVERSITY STUDENTS USING TICKET.COM APPLICATIONS) .....	1028
<i>Daisy Carissa, Riris Loisa</i>	
DIFFERENCES BETWEEN ATTITUDES TOWARDS MARRIAGE AMONG YOUNG ADULTS WITH DIVORCED AND NON-DIVORCED PARENTS.....	1034
<i>Brigida Febby Cahaya, Meiske Yunithree Suparman, Jessica Chandhika</i>	
LEGAL PROTECTION OF CREDITOR’S RIGHT REGARDING DEBTOR ASSETS THAT IS IN THE CONTROL OF THIRD PARTIES THAT CANNOT BE INCLUDED INTO THE BANKRUPTCY INVENTORY (STUDY OF COURT DECISION NUMBER 02 / PDT.SUS / PKPU / 2016 / PN.NIAGA.JKT.PST JUNCTO 02 / PDT.SUS / ACTIO-PAULIANA / 2017 / PN.NIAGA.JKT.PST JUNCTO 888K / PDT.SUS-PAILIT / 2017 JUNCTO 200PK / PDT.SUS- PAILIT / 2018) .....	1038
<i>Olivia Pauline Hartanti, Christine S. T. Kansil</i>	
NUPTIAL AGREEMENT FOLLOWING THE DECISION OF THE CONSTITUTIONAL COURT OF THE REPUBLIC OF INDONESIA NUMBER 69/PUU-XIII/2015.....	1044
<i>Benny Djaja</i>	
LEGAL ANALYSIS OF THE REVOCATION OF VOTING AND ELECTED MEMBERS OF THE HOUSE OF REPRESENTATIVES ON THE SUPREME COURT RULING NO. 225 PK/PID. SUS/2017 BY LAW NUMBER 7 YEAR 2017 ON GENERAL ELECTIONS .....	1052
<i>Rasji, Firdaus</i>	
LEGAL CERTAINTY OF NOODWEER AS AN EXCUSE JUSTIFICATION FOR THE DECISION OF THE BLORA DISTRICT COURT NUMBER 109/PID/B/2015/PN/BLA .....	1062
<i>Ade Adhari, Rinaldo Julian Winata</i>	
IMPLEMENTATION OF CHINESE ORIENTAL ORNAMENTS AND DECORATIONS ON THE WALL OF LI FENG RESTAURANT IN BANDUNG .....	1069
<i>Fanny, Eddy Supriyatna Marizar, Maria Florencia</i>	
THEORY OF REASONED ACTION AS A FRAMEWORK FOR TAX VOLUNTEERS BEHAVIOR: A CASE STUDY OF ACCOUNTING STUDENTS AT UNIVERSITAS TARUMANAGARA.....	1075
<i>Hendro Lukman, Mf Djeni Indrajati Wijaya, Estralita Trisnawati, Purnamawati Helen Wijaya</i>	
THE INFLUENCE OF YOGYAKARTA’S PHILOSOPHICAL AXIS ON CITY SPATIAL.....	1080
<i>Aurelia Wipranata, Liong Ju Tjung</i>	
THE APPLICATION OF ‘REVITALIZATION’ IN INTERIOR DESIGN OF THE FINE ARTS AND CERAMICS MUSEUM, KOTA TUA, JAKARTA FOR MILLENNIALS .....	1087
<i>Angelia, Noeratri Andanwerti, Ferdinand</i>	
THE RESPONSIBILITY OF NOTARY WHO MISUSED THE SIGNATURE WHICH WAS ON A BLANK FORM (CASE NUMBER: 2564K/PDT/2019).....	1093
<i>Gunawan Djajaputra, Ivana</i>	
ROLE OF THE CHRISTIAN WOMEN IN THE MINAHASA EVANGELICAL CHRISTIAN CHURCH TO GUARDING HARMONY IN MANADO .....	1099
<i>Suzy Azeharie, Wulan Purnama Sari</i>	

POLICIES ADOPTED BY THE GOVERNMENT OF INDONESIA IN THE PREVENTION OF TRAFFICKING IN PERSONS (HUMAN TRAFFICKING) .....	1105
<i>Sabungan Sibarani</i>	
THE CHINESE ETHNIC CULTURE ORIENTATION AND DISCRIMINTATION EXPERIENCE.....	1111
<i>Ninawati, Kurnia Setiawan, Meiske Yunithree Suparman</i>	
SOCIAL SUPPORT AND STUDENTS' ACADEMIC ENGAGEMENT .....	1122
<i>Priskilla Mulyadi, Zamralita, Kiky D. H. Saraswati</i>	
THE ROLE OF AQUARIUM IN INCREASING VISITORS INTERACTIVITY IN INTERIOR DESIGN OF JAKARTA AQUARIUM .....	1130
<i>Eveliza Meylieyanda Hasim, Hafidh Indrawan, Mariana</i>	
APPLICATION OF THE PUBLIC SPACE MODEL AS A MEDIUM OF CONFLICT RECONCILIATION .....	1135
<i>Wulan Purnama Sari, Suzy Azeharie</i>	
PARENTING STYLE AND COMMUNITY RELATIONSHIP PATTERN IN TANJUNGPINANG CITY IN THE CONTEXT OF CHINESE NEW YEAR CELEBRATIONS TWO MONTHS BEFORE THE COVID-19 PANDEMIC IN INDONESIA.....	1141
<i>Maitri Widya Mutiara, Mariati, Jap Tji Beng, Sri Tiatri</i>	
LAND POLICY PROPORTION IN SINGAPORE, MALAYSIA AND INDONESIA THROUGH THE CASE OF SUBSIDIZED FLAT FOR LOW-MEDIUM-INCOME IN KEBON KACANG, JAKARTA, INDONESIA .....	1149
<i>Vera W S Soemarwi</i>	

**Author Index**

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# Descriptive Study of Adolescent Depression in Covid-19 Pandemic

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## ABSTRACT

Covid-19 virus is a respiratory disease that can spread from person to person. The impact of the existence of the Covid-19 pandemic in various sectors of social life. Another impact with the physical distance between one person and another is that many office agencies and schools have closed their activities in direct contact. The phenomenon was found that adolescents showed psychological problems namely depression during the Covid-19 pandemic. This study aims to obtain a description of the factors that drive depression in adolescents during the Covid-19 pandemic. The study was conducted on three teenagers aged 15-18 years who were obtained by purposive sampling method. Participants filled out the Depression Anxiety Stress Scale (DASS-42) questionnaire to determine the level of depression experienced, then proceed with the interview. The results showed that there were things that were shared between the three participants, namely the limitations in socializing, lack of space in playing or doing activities, as well as doubts about the future. The results of this study are useful for parents and for the development of further studies.

**Keywords:** Depression, Adolescents, Pandemic Covid-19

## 1. INTRODUCTION

At the beginning of 2020, the whole world experienced health problems that were so fast spreading, the Covid-19 virus. Covid-19 virus is a respiratory disease that can spread from person to person. Covid-19 is part of a coronavirus that was first discovered in Wuhan, China [1]. Most people infected with the Covid-19 virus will experience mild to moderate respiratory disease and recover without special treatment. Whereas older people who have cardiovascular disease, diabetes, chronic respiratory diseases, and cancer are more likely to develop serious diseases [2].

The World Health Organization (2020) explains that "the Covid-19 virus can spread through droplets of saliva or fluid that comes out when people are infected with coughing or sneezing. There is currently no vaccine or special treatment for Covid-19". Already more than 60,000 people have been infected with Covid-19 worldwide [3]. The spread of the Covid-19 virus has entered Indonesian territory as well [4]. At present the total number of confirmed cases of Covid-19 in Indonesia as of June 6, 2020, is 29,521, with 1,770 death cases, 9,443 cured cases, and 18,308 treatment cases. The list of Covid-19 infected countries is increasing every day following the development of data and information obtained.

Efforts made by all governments in the world as well as WHO in getting treatment and antiviral have not also shown a bright spot. Until now there is no vaccine and also treatment to treat Covid-19. The best way is with daily prevention. World Health Organization (2020) calls for efforts to prevent the transmission of Covid-19. The way to

prevent and slow down transmission is by frequent hand washing or using alcohol, not touching your face and protecting yourself from others. One way to protect yourself from others is by maintaining physical distance. Maintaining physical distance from others means keeping a distance from others when outside the home, avoiding crowds, avoiding group gatherings, and at least 6 feet or two meters away.

The impact of the existence of the Covid-19 in various sectors of social life. The DKI Jakarta Manpower, Transmigration and Energy Office noted that 162,416 workers in Jakarta had been laid off and laid off without pay as a result of Covid-19 [5]. It is known in detail that 30,137 workers from 3,348 companies were laid off, while 132,279 workers from 14,697 companies were laid off without pay. Of course this will have an impact on the psychological condition of individuals who receive termination of employment.

Another impact with the physical distance between one person and another is that many office agencies and schools have closed their activities in direct contact. Many activities are carried out to move from home. Dr. Steven Gordon [6] states that quarantine and isolation are effective ways to protect the community. Quarantine is to keep someone who might be displayed Covid-19 from another person, separate from others, restricting movement outside the home. Whereas isolation is used to separate sick people from healthy people, those who are sick must stay at home and when at home must separate themselves from others who live at home.

Prolonged social isolation turns out to cause psychological problems, namely depression. Feeling alone, helpless, hopeless, and worried that something bad will happen is a common symptom of depression [7]. Social isolation is a state of alienation, where social connections are limited or even non-existent [8]. Social isolation consists of two namely objective social isolation and subjective social isolation [9]. Objective social isolation is physical separation from and absence or lack of interaction with others, which includes assessing the size of one's social network, frequency of interaction with members of social networks, and participation in groups, voluntary, or other social activities / activities.

Subjective social isolation is defined as the perception and quality of individual relationships with members of their social networks, as well as perceived integration and involvement in social networks. Objective and subjective social isolation related to mental health problems and loneliness. Feelings of loneliness and depression often arise when social relationships are not fulfilled. Loneliness can adversely affect a person's physical, mental and cognitive health [10].

Social relationships are a fundamental part of human life. Social relationships can provide support, meaning and influence health. Many people will experience stress reactions, anxiety, and depression [11]. This impact is also evident for people with mental health disorders, especially for those who struggle with anxiety and depression [12]. With social isolation occurring during quarantine during the pandemic, adverse health consequences include depression, poor sleep quality, impaired executive function, accelerated cognitive decline, poor cardiovascular function and impaired immunity at every stage of life. Singer (2018) states that the risk of depression is higher in those who come in direct contact with children, family, or friends less than once a month [13]. People with contact once or twice a week have the lowest levels of depression. The current pandemic has a great risk of psychological and psychiatric morbidity [14]. The human body is not designed to handle social deprivation for too long, because solitude and no social opportunities can cause depression [15].

It cannot be denied the fact that individuals who were depressed during the Covid-19 pandemic, such as a student from China who lives in Saudi Arabia committed suicide by jumping from the 3rd floor of a hospital. With the quarantine due to being suspected of being infected with coronavirus, it has already taken the life of a student [16]. There is also another teenager, Emily Owen, 19, the youngest (UK) suicide victim who is afraid of isolation due to the lockdown announcement, as reported by Miller, 2020 in the New York Post [17].

Young age, especially teenagers need more attention because it is related to the stages of development and their vulnerability to experience mental problems. At the stage of adolescent development, usually they have shown more mature cognitive development. They tend to do a long process of thinking such as seeing rationality and logic when formulating an opinion [18].

In the Covid-19 pandemic, with many restrictions on direct interaction, it greatly affected teenagers. Teenagers

will search from various media sources that they are able to meet to find information. The media can also be a source of anxiety for teenagers. This is because teenagers still have difficulty in determining whether the content in the media is true and can be trusted. Parents as the closest source of information during a pandemic can also backfire for teenagers if there is inaccurate information. So many articles in the world that provide tips on how to deliver appropriate information related to the pandemic Covid-19 [19].

Of the many phenomena associated with the impact of the Covid-19 pandemic to adolescents so that it can lead to mental health disorders namely depression, the researchers conducted research to determine the dynamics of the problem that triggered depression in adolescents during the Covid-19 pandemic.

## 2. LITERATURE REVIEW AND RESEARCH METHODS

### 2.1. Depression

Depression is a common and serious mental disorder, which can negatively affect feelings, ways of thinking, and ways of acting. This can cause a variety of emotional and physical problems, and can reduce a person's ability to function at work or at home [20]. Depression is characterized by feelings such as sadness, loss of interest or pleasure in daily activities, low energy and loss of concentration [21].

According to the World Health Organization (2020), depression can be caused by several factors, such as biological, psychological, and social factors (such as unemployment, mourning, and psychological trauma). Depression is caused by genetic, hormonal and chemical factors in the brain, but depression is also influenced by environmental stress [22]. Depression can cause dysfunction and worsen the life situation of people with depression.

Depression can be caused by several factors, such as; (a) biological factors, i.e. differences in chemicals in the brain; (b) genetic factors, i.e. depression that can occur because family members have previously been depressed; (c) psychological / personality, individuals who are dependent, not assertive, have low self-esteem can be overwhelmed by stress and pessimistic which can cause depression; (d) environmental factors, individuals who are continuously exposed to violence, neglect, harassment, or poverty.

Depression can also be caused by cognitive distortion. Baron et al [23], said that depression is always associated with cognitive distortion. Beck said "A similar experience will affect two people in different ways. This difference is greatly influenced by the perspective of the individual concerned about an event. The perspective or interpretation of cognition that is often mistaken is involving negative distortions of life experiences, negative self-assessment,

pessimism, and hopelessness ". The negative views learned subsequently lead to feelings of depression.

Burn [23] explains that it is not an actual event, but self-perception that results in mood swings. Emotions that arise are caused by the way a person sees things. In depressed individuals, the thoughts that arise will always be things that are illogical, turned around, not realistic about negative events. This is because their understanding of what happened is not right, not based on objective facts, but rather based on emotions that are happening.

Generally individuals who are depressed show typical physical, psychological and social symptoms. Some people show minimal symptoms, some others more. High and low symptoms vary from time to time. According to the Diagnostic and Statistical Manual 5 (DSM-5), depressive disorders can be established if at least 5 of the symptoms below have been found within the same 2 week period and are a change in the pattern of function from before. The following are common symptoms and signs of depression:

Physical symptoms such as (1) Sleep disturbance; Difficulty sleeping (insomnia) or excessive sleep (hypersomnia), (2) Decreased level of activity, for example, loss of interest, enjoyment of a hobby or activity that was previously favoured, (3) Difficulty eating or overeating (can become thin or overweight), (4) Slowing thoughts and reduced physical movement (can be observed by others, not just subjective feelings of anxiety or slowed down), (5) Fatigue or loss of energy almost every day, (6) Difficulty concentrating, remembering, deciding.

On the other side, here is the Psychological Symptoms, such as (1) Feeling sad, anxious, or continuous emptiness, (2) Feeling hopeless and pessimistic, (3) Guilt, worthlessness, feeling overwhelmed and helpless / useless, (4) Not calm and easily offended, (5) Thinking about dying or committing suicide, (6) Loss of confidence.

The social symptom such as (1) Decreased daily activities and interests (withdrawing, aloof, lazy), (2) There is no motivation to do anything, (3) Loss of desire for life and suicidal ideation, (4) Disrupting education and employment.

## 2.2. Method

The method used in this research is qualitative information collection on 3 teenagers aged 15-18 years. Collecting information about the problems that lead to depression in adolescents begins with asking teens to fill in the questionnaire Depression Anxiety Stress Scale (DASS-42) developed by Lovibond and Lovibond (1995) which consists of 42 items. DASS is distributed through Google forms to researchers' social networks. By using purposive sampling, participants were obtained in this study. DASS items contain symptoms of depression, anxiety, and stress. DASS items contain symptoms of depression, anxiety, and stress. Internal consistency for DASS-42 ranges from 0.92 - 0.97 for the 3 dimensions: 1). Depression, 2). Anxiety, and 3). Stress [24]. Three teenage participants who had high

DASS scores were contacted to explore more about the problems that led to depression.

## 3. RESULT

Of the three participants obtained through the DASS questionnaire, subjects X, female, 15 years old, 10th grade high school in Bandung; subject Y, female, 18 years old, 12th grade of high school in Bandung; and subject Z, male, 18 years old, 12th grade high school in Jakarta. Interviews were conducted through online video call media in April-May 2020.

From the results of interviews conducted with subject X, obtained some information related to factors that encourage depression to her. Subject X showed a lackadaisical behavior, while having to go through an online class also felt physical fatigue that was said by subject X that she did not know the cause. Subject X said that her sleep became less regular, like at night it would be very late at night and then she could fall asleep. Usually during pandemic subject X will watch a movie, up to 4 films a day. When asked about her appreciation of the online class at home during this pandemic, subject X said she was rather lazy to follow her but was forced to follow because she was told by her parents. When the online class took place, subject X actually liked meeting with the teacher and some of her friends. According to subject X there is no problem in the learning process. According to subject X, the most problematic during this pandemic, were activities confined to the home, subject X felt bored. Judging from the family background and settings in the house, it is known that subject X is the first child of two siblings, her younger brother is a 12 year old. Both parents of subject X work normally, but during this pandemic the mother in particular is always at home while the father sometimes works out of the house. In the house, the subject X activities besides studying online classes, watching movies, sleeping, and sometimes asked by the mother to help drying and folding clothes. This activity was actually rarely carried out by subject X before, but in the pandemic period it was felt by subject X that many mothers told her to do chores helping household matters.

The activity of taking care of the household which is rarely carried out by subject X, as well as the lack of play areas outside the home, seems to be a problem complained of by subject X.

In contrast to subject Y, from the results of the DASS it was found that there were complaints about doubts about the final exam of the 12th grade high school that she was undergoing. Subject Y said that she should undergo the final high school graduation exams and want to be like her older siblings. The background picture of subject Y is the third of four children. Subject Y was upset and disappointed because of this pandemic so many changes experienced in her life, and it did not make her comfortable. Subject Y is currently also in a dating relationship, which according to her before the pandemic there were still times when she could meet her boyfriend who happened to be a schoolmate but had different classes. At the time of this pandemic, the

mother of subject Y was quite authoritarian according to subject Y, so she was not permitted to travel including meeting with her boyfriend. Subject Y felt lonely without her boyfriend, because according to her all this time the place where she was told was her boyfriend. Subject Y felt she was not close to his brothers and sisters. The activity of her older brother and younger brother is also playing games all day during this pandemic, while subject Y prefers to watch movies and sometimes draw. Subject Y had hopes that this pandemic would end soon because she wanted to enroll in college according to her intended field of accounting economics, but subject Y also felt doubtful. Subject Y was doubtful whether the department was right for her and in fact at this time her interest in learning also declined somewhat.

From the complaints of subject Y, it seems that the factor influencing subject Y to have a depressive mood is due to the lack of opportunities to socialize and explore the environment. Things that can be done by subject Y in socializing with her boyfriend and friends becomes very limited. Exploration of the environment is also a factor that makes the existence of a depressive atmosphere felt by subject Y. Subject Y cannot find out about the campus and course of study she will choose.

In subject Z, depressive moods were also reflected in the results of the DASS. Subject Z is very lacking in the initiative to carry out tasks in his home. Fighting is quite common between subject Z, his younger sister, also with his mother and father. Subject Z felt the level of quarrel with the family more and more often during this pandemic. According to subject Z, things that often make a quarrel occur because subject Z feels disturbed in doing the preferred activity which is playing games. Subject Z felt that during this pandemic, he had a lot of time to increase the score of the online games he played frequently. During the period before the pandemic, subject Z also often played online games, but was often reprimanded by his mother and reminded to do schoolwork. During this pandemic, subject Z did not do too much school work because he was just waiting for his final exam and graduation. Subject Z was quite enthusiastic about discussing high school graduation because according to him this was an opportunity so he could immediately study outside the city as he had planned. With this pandemic condition, in fact subject Z also had doubts about his future, regarding the course he would choose. Subject Z calculated that his father's finances were also running low because as a printing entrepreneur, his father's business when the pandemic was deserted.

From interviews with subject Z, what can be concluded is that even a limited social scope can be transferred to online gaming activities. Subject Z also has doubts about the future due to a pandemic.

#### 4. CONCLUSION

Based on the results of interviews conducted with three teenage participants aged 15-18 years, problems were felt as a factor that influenced the depressive mood in adolescents. Some things that were shared by the three

participants were limitations in socializing, lack of space to play or do activities, and doubts about the future. In line with the opinion of Parekh, 2017 that the factors that contribute to depression are (a) biological factors, (b) genetic factors, (c) psychological / personality factors, and (d) environmental factors, it can be explained that participants in this study also showed that psychological or personality factors of those who create a depressed atmosphere are felt. Z's personality is easily upset and quarreling with his family, subject Y is dependent with her friends and boyfriend, and subject X's personality is dependent and needs to be directed. Environmental factors are also the cause of the depressive perceived by participants, namely the home environment that limits the space for movement and the socio-economic environment in the pandemic that causes doubts about the future.

From the results of this study, what can be practical advice is for parents who currently have more time with teenagers. The pattern of care provided for adolescents is to involve them more in activities with understanding and explanation. Practical advice for further research is to review this depressive problem longitudinally, so that it can be seen more clearly about the psychological dynamics of adolescents that show depressive moods in a period of time that is quite long pandemic.

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