

DAFTAR PUSTAKA

- Afifuddin, A., Amri, M., Latif, A., Rosmini, R., & Bin Tahir, S. Z. (2025). Negotiating multicultural values within centralized education systems: a case study of Indonesia. *Frontiers in Education*, 10. <https://doi.org/10.3389/feduc.2025.1620685>
- Azzahra, S. Y. (2024). *Uji Validitas dan Reliabilitas Alat Ukur PASH BRAINS terhadap Mahasiswa Penderita Adiksi Game di Fakultas Kedokteran Prodi Kedokteran UPN "Veteran" Jakarta Tahun 2024*. <https://repository.upnvj.ac.id/34413/>
- Banich MT. (2024). *The Frontal Cortex: Organization, Networks, and Function*. MIT Press.
- Beck, A. T. , et al. (2023). Urban stress and cognitive adaptation: A neuropsychological review. *Frontiers in Psychology*.
- BPS. (2020). *Penduduk Berumur 15 Tahun Ke Atas Menurut Pendidikan Tertinggi yang Ditamatkan dan Jenis Kegiatan Selama Seminggu yang Lalu 2008-2020*. <https://www.bps.go.id/id/statistics-table/1/MTkwOSMx/penduduk-berumur15-tahun-ke-atas-menurutpendidikan-tertinggi-yang-ditamatkan-dan-jeniskegiatan-selama-seminggu-yang-lalu--2008-2024.html>
- Brandão, T. (2025). Religion and Emotion Regulation: A Systematic Review of Quantitative Studies. *Journal of Religion and Health*, 64(3), 2083–2100. <https://doi.org/10.1007/s10943-024-02216-z>
- Caitlan Reich. (2023). *Anatomy Singulata Girus*. <https://www.kenhub.com/en/library/anatomy/cingulate-gyrus>
- Calvi, E., Quassolo, U., Massaia, M., Scandurra, A., D’Aniello, B., & D’Amelio, P. (2020). The scent of emotions: A systematic review of human intra- and interspecific chemical communication of emotions. In *Brain and Behavior* (Vol. 10, Issue 5). John Wiley and Sons Ltd. <https://doi.org/10.1002/brb3.1585>
- Chan, C. C., Alter, S., Hazlett, E. A., Shafritz, K. M., Yehuda, R., Goodman, M., Haznedar, M. M., & Szeszko, P. R. (2023). Neural correlates of impulsivity in bipolar disorder: A systematic review and clinical implications. *Neuroscience & Biobehavioral Reviews*, 147, 105109. <https://doi.org/10.1016/J.NEUBIOREV.2023.105109>
- Cristofori, I., Cohen-Zimmerman, S., & Grafman, J. (2019). Executive functions. *Handbook of Clinical Neurology*, 163, 197–219. <https://doi.org/10.1016/B978-0-12-804281-6.00011-2>

- Djossou, T. K. (2021). *Cognitive Flexibility and Cultural Identity: Exploring the Relationship between Set-Shifting and Multicultural Identity*.
- Fendrian, F., Ma'mun, A., Hendrayana, Y., Ray, H. R. D., Alif, M. N., & Setiawan, E. (2023). Program Brain Jogging: Dampak pada Perkembangan Kefasihan Matematika dan Fungsi Eksekutif pada Anak. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 7(2), 2348–2360. <https://doi.org/10.31004/obsesi.v7i2.4379>
- Ferguson, H. J. , B. V. E. A. , & B. E. E. F. (2021). The developmental trajectories of executive function from adolescence to old age. *Scientific Reports*. <https://doi.org/10.1038/s41598-020-80866-1>
- Flores, G., Reyes-Lizaola, S., Aguilar-Hernández, L., Gil-Velazco, A., Tendilla-Beltrán, H., & Morales-Medina, J. C. (2025). Role of the amygdala and possible biomarkers in psychiatric disorders. *NeuroMarkers*, 2(1), 100032. <https://doi.org/10.1016/J.NEUMAR.2024.100032>
- Giuliani NR. (2024). Functional connectivity in procrastination and emotion regulation. *Neuropsychologia*.
- Grujičić. (2023). *Anatomy Prefrontal cortex*. <https://www.kenhub.com/en/library/anatomy/prefrontal-cortex>
- Gupta, T. (2024). *Academy of Marketing Studies Journal “The Intersection Of Information Overload, Emotional Exhaustion, And Social Media Fatigue: A Comprehensive Literature Review.”*
- Haikal Huda, F. I., & Widodo, H. (2022). teacher’s Efforts In Forming Religious Character In Neuroscience-Based PAI (Islamic Education) Learning. *International Journal of Education Humanities and Social Science*, 05(06), 160–167. <https://doi.org/10.54922/ijehss.2022.0463>
- Handoko, F., Gustiawan, E., & Tina Widjaja, N. (n.d.). *Depression and Sleep Quality of Outpatients In Penjarangan Primary Health Care, Jakarta: A Cross-sectional Study*.
- Hardani, et al. (2020). *Metode Penelitian Kualitatif & Kuantitatif*. Yogyakarta: CV Pustaka Ilmu Grup.
- Hasan, F., & Kim, J. (2024). Social religiosity and spirituality in metropolitan populations. *Journal of Religion and Health*.
- Hudiafa, E., Purwaningsih, N., Azka, K., Roziq, A. H., Pendidikan, J., Formal, N., Sultan, U., & Tirtayasa, A. (2024). *Prosiding Seminar Nasional Pendidikan Non Formal Fakultas Keguruan dan Ilmu Pendidikan Universitas Sultan Ageng Tirtayasa 2024*.

- Idowu, M. I., & Szameitat, A. J. (2023). Executive function abilities in cognitively healthy young and older adults—A cross-sectional study. *Frontiers in Aging Neuroscience, 15*. <https://doi.org/10.3389/fnagi.2023.976915>
- Ihza, M. N. (2019). *Perbandingan Fungsi Eksekutif Siswa Berdasarkan Ekstrakurikuler*.
- J. Torrico, T., & Abdijadid, S. (2023). *Neuroanatomy, Limbic System*. <https://www.ncbi.nlm.nih.gov/books/NBK538491/>
- Kandel, E. R., Koester, J. D., Mack, S. H., & Siegelbaum, S. A. (2021). *Principles of Neural Science (6th ed.)*. McGraw-Hill.
- Knegtering, H., Bruggeman, R., & Spoelstra, S. K. (2024). Spirituality as a Therapeutic Approach for Severe Mental Illness: Insights from Neural Networks. In *Religions* (Vol. 15, Issue 4). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/rel15040489>
- Kouravand, N. (2024). Neuro Management and Leadership. *International Journal of New Findings in Health and Educational Sciences (IJHES)*, 2(2), 12–24. <https://doi.org/10.63053/ijhes.68>
- Lee, H. , et al. (2021). Chronic stress effects on prefrontal cortex functioning. *Neuroscience Letters*.
- Lee, S., & Wulandari, M. (2022). Work Pressure and Existential Reflection in Urban Professionals. *Asian Journal of Psychological Research*.
- Lestari, D., Widyastuti, S., & Puspitasari, M. (2022). Urban spirituality and emotional regulation among multicultural communities in Jakarta. *Jurnal Psikologi Sosial Indonesia, 10*.
- Lim, M. , et al. (2023). Emotion–attention integration and resilience in high-stress environments. *Brain and Behavior*.
- Lin M, Ma C, Zhu J, Gao J, Huang L, Huang J, Liu Z, Tao J, & Chen L. (2022). Effects of exercise interventions on executive function in old adults with mild cognitive impairment: A systematic review and meta-analysis of randomized controlled trials. *Ageing Res Rev*.
- Luciana, M., & Collins, P. F. (2025). On: Wed. *The Annual Review of Clinical Psychology Is Online at Downloaded from Wwww.Annualreviews.Org. Guest, 32, 443–469*. <https://doi.org/10.1146/annurev-clinpsy-081219>
- Maldonado, K. A., & Alsayouri, K. (2020). Physiology, Brain. In *StatPearls*.
- Marek, S., & Dosenbach, N. U. F. (2018). The frontoparietal network: Function, electrophysiology, and importance of individual precision mapping. In

- Dialogues in Clinical Neuroscience* (Vol. 20, Issue 2, pp. 133–141). Les Laboratoires Seriver. <https://doi.org/10.31887/dcons.2018.20.2/smarek>
- Menon, V. (2023). 20 years of the default mode network: A review and synthesis. In *Neuron* (Vol. 111, Issue 16, pp. 2469–2487). Cell Press. <https://doi.org/10.1016/j.neuron.2023.04.023>
- Munakata, Y., & Michaelson, L. E. (2025). Executive Functions in Social Context: Implications for Conceptualizing, Measuring, and Supporting Developmental Trajectories. *Annual Review of Developmental Psychology* Downloaded from *Www.Annualreviews.Org*. Guest, 12, 47. <https://doi.org/10.1146/annurev-devpsych-121318>
- Nasution, A., & Widodo, H. S. (2024). Habit formation, cultural diversity, and executive functioning in Indonesian metropolitan settings. *Asian Journal of Behavioral Studies*, 9.
- Niruj Agrawal, Rafey Faruqui, & Mayur Bodani. (2020). *Oxford Textbook of Neuropsychiatry*.
- Nuraini, T., & Hidayat, F. (2021). Emotional Regulation and Meaning-Making in Multicultural Urban Communities. *Indonesian Journal of Psychology and Societ*.
- Olegário RL, Fernandes SR, & de Moraes R. (2025). Efficacy of cognitive training on executive functions in healthy older adults: a systematic review with meta-analysis of randomized controlled trials. *Psychol Health*.
- Ostavnov, N., Nieto-Doval, C., Galli, G., & Feurra, M. (2024). Frontoparietal Brain Network Plays a Crucial Role in Working Memory Capacity during Complex Cognitive Task. *ENeuro*, 11(8). <https://doi.org/10.1523/ENEURO.0394-23.2024>
- Pakpahan, D. (2022). Religious Coping and Emotional Regulation Among Urban Adults in Jakarta. *Indonesian Journal of Behavioral Studies*.
- Pasiak. (2023a). Fungsi Eksekutif Transenden dan Fungsi Eksekutif Konvensional Otak dengan Asesmen PASH-BRAINS. *Sekolah Otak Indonesia*.
- Pasiak. (2023b). Neurosains Spiritual: Hubungan Manusia, Alam, dan Tuhan. In *Neurosains Spiritual: Hubungan Manusia, Alam, dan Tuhan*. Penerbit BRIN. <https://doi.org/10.55981/brin.594>
- Pasiak, M., Wongkar, D., & Angmalisang, E. (2019). Gambaran Kinerja Otak Mahasiswa Fakultas Kedokteran UNSRAT. *Jurnal Medik Dan Rehabilitasi(JMR)*. <https://ejournal.unsrat.ac.id/v3/index.php/jmr/article/view/22543/22234>

- Pasiak, T. F., Maramis, M. M., Aulya, D., Tubagus, F. S., Avicenna, M. M., & Yogi Saputra, D. A. (2025). PASH-BRAINS: Psychometric Validation of an Instrument Integrating Neurobiological and Spiritual Dimensions of Executive Function. *Academia Open*.
- Patel A, B. G. F. J. (2023). Neuroanatomy, Temporal Lobe. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK519512/>
- Penn, C. S. (2025). *Stress and Executive Function Summary Overview of Chronic Stress Impacts By Severity*. <https://www.christopherspenn.com><https://www.trustinsights.ai>
- Pfeifer, L. , et al. (2022). Cognitive load and executive dysfunction in urban populations. *Cognitive Neuropsychiatry*.
- Plieger, T., & Reuter, M. (2020). Stress & executive functioning: A review considering moderating factors. *Neurobiology of Learning and Memory*, 173, 107254. <https://doi.org/10.1016/J.NLM.2020.107254>
- Prismawan, D., & Michael. (2024). Dampak Urbanisasi terhadap Kesehatan Mental di Perkotaan Indonesia dan Peran Intervensi Kefarmasian: Studi Literatur. *Jurnal Perkotaan*, 15(1), 1–10. <https://doi.org/10.25170/perkotaan.v15i1.5531>
- Putri, A. D., & Rahardjo, W. E. (2021). Emotion regulation and meaning in life among young adults living in urban environments. *Psychology and Society*, 13(.
- Rahayu, N., Setiawan, A., & Tjandra, I. D. (2023). Cognitive control, social perception, and spiritual adaptation in multicultural Jakarta residents. *Journal of Cognitive and Cultural Studies*, 5.
- Rahman, D., & Prasetyo, A. (2020). Cognitive and Spiritual Adaptation in Urban Populations: A Case Study of Jakarta. *Journal of Behavioral Development Studies*.
- Rahmani, S. , et al. (2023). Executive functioning and daily decision-making in fast-paced work environments. *Journal of Applied Neuropsychology*.
- Rahmawati, N., & Yusuf, K. (2023). Mindfulness and Spiritual-Based Interventions to Enhance Meaning in Life Among Urban Populations. *Journal of Spiritual Health*.
- Ramezanpour, H., & Fallah, M. (2022). The role of temporal cortex in the control of attention. In *Current Research in Neurobiology* (Vol. 3). Elsevier B.V. <https://doi.org/10.1016/j.crneur.2022.100038>

- Remes, O., Francisco, J., & Templeton, P. (2021). Biological, Psychological, and Social Determinants of Depression: A Review of Recent Literature. *Brain Sciences*, *11*(12). <https://doi.org/10.3390/brainsci11121633>
- Rohman, F., & Nurdin, S. (2021). Executive function and psychological well-being in high-stress urban populations. *Indonesian Journal of Psychology*, *18*.
- Rosmarin, D. H., Kaufman, C. C., Ford, S. F., Keshava, P., Drury, M., Minns, S., Marmarosh, C., Chowdhury, A., & Sacchet, M. D. (2022). The neuroscience of spirituality, religion, and mental health: A systematic review and synthesis. *Journal of Psychiatric Research*, *156*, 100–113. <https://doi.org/10.1016/J.JPSYCHIRES.2022.10.003>
- Santarnecci, E. , et al. (2020). Habitual behavior, automaticity, and reduced reflective capacity. *NeuroImage*.
- Santoso, R., Hartati, S., & Dewi, K. P. (2022). Cognitive-emotional interaction and stress coping among professionals in Jakarta. *Jurnal Psikologi Klinis Dan Kesehatan Mental*, *11*.
- Scholl, C., Baladron, J., Vitay, J., & Hamker, F. H. (2022). Enhanced habit formation in Tourette patients explained by shortcut modulation in a hierarchical cortico-basal ganglia model. *Brain Structure and Function*, *227*(3), 1031–1050. <https://doi.org/10.1007/s00429-021-02446-x>
- Senkler, B., Freymueller, J., Lopez Lumbi, S., Hornberg, C., Schmid, H. L., Hennig-Fast, K., Horstmann, G., & Mc Call, T. (2023). Urbanicity— Perspectives from Neuroscience and Public Health: A Scoping Review. In *International Journal of Environmental Research and Public Health* (Vol. 20, Issue 1). MDPI. <https://doi.org/10.3390/ijerph20010688>
- Setyowati, R. , et al. (2021). Religion as emotional coping in Indonesian urban communities. *BMC Psychology*.
- Simanjuntak, M., & Andriyanto, F. (2021). Urban Stress and Spiritual Well-being in Indonesian Metropolitan Communities. *Journal of Urban Psychology*.
- Steffen, P. R., Hedges, D., & Matheson, R. (2022). The Brain Is Adaptive Not Triune: How the Brain Responds to Threat, Challenge, and Change. In *Frontiers in Psychiatry* (Vol. 13). Frontiers Media S.A. <https://doi.org/10.3389/fpsy.2022.802606>
- Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R & Metode Penelitian Kuantitatif, Kualitatif Dan R & D. Bandung: Alfabeta.

- Susanti, D. (2024a). The Influence of Socioeconomic Status on Executive Functions. *JPUD - Jurnal Pendidikan Usia Dini*, 18(2), 442–454. <https://doi.org/10.21009/jpud.v18i2.50298>
- Susanti, D. (2024b). The Influence of Socioeconomic Status on Executive Functions: Causal Study in Kindergarten Group B DKI Jakarta Province. *JPUD – Jurnal Pendidikan Usia Dini*.
- Susanti, D., Hasmira, H., & Sukarnih Putri, M. (2023). Peran Fungsi Eksekutif Otak pada Perkembangan Anak. *Jurnal Pendidikan Indonesia*, 4(1), 22–32. <https://doi.org/10.36418/japendi.v4i1.1524>
- Syafii, M. H., Alaldaya, R., Purnomo, H., & Azhari, H. (2025). Neurocognitive-Spiritual Based Psychopedagogy in Improving Working Memory and Emotional Intelligence in Muslim Students. *Journal of Islamic Education and Ethics*, 3(2), 151–166. <https://doi.org/10.18196/jiee.v3i2.86>
- Tringale, M., Stephen, G., Boylan, A. M., & Heneghan, C. (2022). Integrating patient values and preferences in healthcare: a systematic review of qualitative evidence. *BMJ Open*, 12(11). <https://doi.org/10.1136/bmjopen-2022-067268>
- Wilson, J. B., Epstein, M., Lopez, B., Brown, A. K., Lutfy, K., & Friedman, T. C. (2023). The role of Neurochemicals, Stress Hormones and Immune System in the Positive Feedback Loops between Diabetes, Obesity and Depression. In *Frontiers in Endocrinology* (Vol. 14). Frontiers Media SA. <https://doi.org/10.3389/fendo.2023.1224612>
- Wolajan. (2024). *Uji Validitas, Reliabilitas, dan Korelasi Terhadap Instrumen PASH BRAINS Pada Mahasiswa Kedokteran Universitas Pembangunan Nasional Veteran Jakarta*. <https://repository.upnvj.ac.id/34828/>
- Yan, H., Wu, H., Cai, Z., Du, S., Li, L., Xu, B., Chang, C., & Wang, N. (2023). The neural correlates of apathy in the context of aging and brain disorders: a meta-analysis of neuroimaging studies. In *Frontiers in Aging Neuroscience* (Vol. 15). Frontiers Media SA. <https://doi.org/10.3389/fnagi.2023.1181558>
- Yasin, S. (2024). Leveraging The Power Of Gamification In Consumer Decision Making: Hedonism VS. Utilitarianism. *Pazarlama ve Pazarlama Araştırmaları Dergisi*. <https://doi.org/10.15659/ppad.17.1.1276595>
- Yin, X., et al. (2022). Yin, X., et al. (2022). Spiritual fatigue and reduced existential reflection. *Journal of Spirituality in Mental Health*.
- Young, C. B., & Sonne, J. (2019). Neuroanatomy, Basal Ganglia. In *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK537141/>

- Zelazo, P. D., & Carlson, S. M. (2020). The neurodevelopment of executive function skills: Implications for academic achievement gaps. *Psychology & Neuroscience, 13*(3), 273–298. <https://doi.org/10.1037/pne0000208>
- Zhang, X., Zhang, R., Lv, L., Qi, X., Shi, J., & Xie, S. (2022). Correlation between cognitive deficits and dorsolateral prefrontal cortex functional connectivity in first-episode depression. *Journal of Affective Disorders, 312*, 152–158. <https://doi.org/10.1016/J.JAD.2022.06.024>
- Zhao, J., Chen, L., & Wang, Y. (2023). Executive function and subjective well-being: Evidence from urban youth populations. *Frontiers in Psychology, 14*.
- Zheng Y, et al. (2025). *Flexible Prefrontal Control over Hippocampal Episodic Memory for Goal-Directed Generalization*. <https://doi.org/10.48550/arXiv.2503.02303>