

DAFTAR PUSTAKA

- Afrillia, D. (2018, November 6). Mengenali krisis identitas pada orang dewasa. Retrieved January 25, 2021, from <https://beritagar.id/artikel/gaya-hidup/mengenali-krisis-identitas-pada-orang-dewasa>
- Anna, L. K. (2018, November 5). Orang dewasa juga bisa alami krisis identitas, kenali cirinya. Retrieved January 25, 2021, from <https://lifestyle.kompas.com/read/2018/11/05/070000120/orang-dewasa-juga-bisa-alami-krisis-identitas-kenali-cirinya?page=all>
- Arismunandar, S. (2013, November). *Teknik wawancara jurnalistik* [PDF]. Jakarta.
- Badan Pusat Statistik. (2012). Analisis statistik sosial (bonus demografi dan pertumbuhan ekonomi). Retrieved January 20, 2021, from <https://www.bps.go.id/publication/download.html?nrbvfeve=NGMzNmFmYWM4NDdjNjU2ZDRkYjkzMdQw&xzmn=aHR0cHM6Ly93d3cuYnBzLmdvLmlkL3B1YmxpY2F0aW9uLzIwMTIvMTEvMzAvNGMzNmFmYW M4NDdjNjU2ZDRkYjkzMdQwL2FuYWxpc2lzLXN0YXRpc3Rpay1zb3NpYWwtLWJvbnVzLWRlbW9ncmFmaS1kYW4tcGVydHVtYnVoYW4tZWtvbm9taS0uaHRtbA%3D%3D&twoadfnoarfeauf=MjAyMS0wMS0yNyAyMTowODoxNQ%3D%3D>
- Bastian, I., Winardi, R. D., & Fatmawati, D. (2018). Metoda wawancara. In *Metoda pengumpulan dan teknik analisis data* (pp. 1-326). Yogyakarta, Indonesia: Andi Offset. Retrieved 2020, from https://www.researchgate.net/publication/331556677_Metoda_Wawancara
- Beckers, K. (2017). Vox pops in the news: The journalists' perspective. *Communications*, 43(1), 1-11. doi:10.1515/commun-2017-0040
- Berry, R. (2006). Will the iPod kill the radio star? Profiling podcasting as radio. *Convergence*, 12(2), 143-162. doi:10.1177/1354856506066522
- Briggs, M. (2013). *Journalism next: A practical guide to digital reporting and publishing* (2nd ed.). California, Amerika Serikat: CQ Press. Retrieved 2020, from <https://books.google.co.id/books?id=ymlTCekSX14C&printsec=frontcover#v=onepage&q&f=false>
- Dewi, R. K. (2020, July 15). Viral soal kasus bunuh diri mahasiswa karena skripsinya kerap ditolak dosen, ini analisis pengamat pendidikan. Retrieved January 25, 2021, from <https://www.kompas.com/tren/read/2020/07/15/120405165/viral-soal-kasus-bunuh-diri-mahasiswa-karena-skripsinya-kerap-ditolak-dosen?page=all>
- Easton, M. (2019, January 21). Why vox pops are important. Retrieved March 10, 2021, from <https://www.bbc.com/news/uk-46946442>
- Eka, R. (2018, August 27). Laporan dailysocial: Penggunaan layanan podcast 2018. Retrieved November 11, 2020, from <https://dailysocial.id/post/laporan-dailysocial-penggunaan-layanan-podcast-2018>
- Fadilah, E., Yudhapramesti, P., & Aristi, N. (2017). Podcast sebagai alternatif distribusi konten audio. *Jurnal Kajian Jurnalisme*, 1, 90-104. doi:10.24198/jkj.v1i1.10562

- Folia, R. (2020, October 5). Pemerintah prediksi tingkat depresi anak muda Indonesia meningkat selama pandemi. Retrieved November 11, 2020, from <https://www.vice.com/id/article/5dz7w5/achmad-yurianto-kemenkes-sebut-tingkat-depresi-dan-bunuh-dirinya-bisa-meningkat-di-indonesia-akibat-pandemi-Covid-19>
- Gillespie, T. (2017). Regulation of and by platforms. In *The sage handbook of social media*. SAGE Publications. <http://dx.doi.org/10.4135/9781473984066>
- Goujard, C. (2018, August 21). Storytelling techniques for audio journalists. Retrieved October 23, 2020, from <https://ijnet.org/en/story/storytelling-techniques-audio-journalists>
- Groovy. (2019, February 15). Tertarik #kejarmimpi buat podcast sendiri? begini cara memulainya! Retrieved October, 2020, from <https://kumparan.com/groovy/tertarik-kejarmimpi-buat-podcast-sendiri-begini-cara-memulainya-1550214795928562454/full>
- Hammersley, B. (2004, February 12). Audible revolution. Retrieved September 12, 2020, from <https://www.theguardian.com/media/2004/feb/12/broadcasting.digitalmedia>
- IDN Media. (n.d.). About us. Retrieved April 30, 2021, from <https://www.idntimes.com/about-us>
- Ishwara, L. (2011). *Jurnalisme dasar*. Jakarta, Indonesia: Buku Kompas.
- Kirnandita, P. (2019, April 1). Quarter life crisis: Kehidupan dewasa datang, krisis pun menghadang. Retrieved January 25, 2021, from <https://tirto.id/quarter-life-crisis-kehidupan-dewasa-datang-krisis-pun-menghadang-dkvU>
- Kovach, B., & Rosenstiel, T. (2006). *Sembilan elemen jurnalisme, apa yang seharusnya diketahui wartawan dan diharapkan publik*. Jakarta, Indonesia: Pantau.
- Kumparan. (2021, March 5). Memahami 10 arti warna dalam psikologi warna. Retrieved May 22, 2021, from <https://kumparan.com/berita-hari-ini/memahami-10-arti-warna-dalam-psikologi-warna-1vIJ5Gi57CN/full>
- Mchugh, S. (2015). Audio storytelling: Unlocking the power of audio to inform, empower and connect. *Asia Pacific Media Educator*, 24(2), 141-156. Retrieved 2020, from https://www.researchgate.net/publication/276317417_Audio_Storytelling_Ulocking_the_Power_of_Audio_to_Inform_Empower_and_Connect
- McQuail, D. (2011). *Teori komunikasi massa* (6th ed.). Jakarta, Indonesia: Salemba Humanika.
- Meisyanti, M., & Kencana, W. H. (2020). Platform digital suara berbasis on demand. *Commed Jurnal Komunikasi Dan Media*, 4, 191-207. doi:10.33884/commed.v4i2.1547
- Mondry, M. (2016). *Pemahaman teori dan praktik jurnalistik* (2nd ed.). Bogor, Indonesia: Ghalia Indonesia.
- Morris, T., Terra, E., & Tomasi, C. (2008). *Podcasting for dummies* (2nd ed.). Indianapolis, Amerika Serikat: John Wiley & Sons. Retrieved from https://books.google.tt/books?id=sXf4AvwKVJAC&printsec=frontcover&source=gbs_book_other_versions_r&cad=2#v=onepage&q&f=false

- NapoleonCat. (n.d.). Instagram users in Indonesia december 2020. Retrieved January 25, 2021, from <https://napoleoncat.com/stats/instagram-users-in-indonesia/2020/11>
- Neelamalar, M. (2018). *Radio programme production*. New Delhi, India: PHI Learning Private Limited. Retrieved 2020, from https://books.google.co.id/books?id=OLRHDwAAQBAJ&pg=PA1&source=gbs_toc_r&cad=4#v=onepage&q&f=false
- Nelson, L. J., & Barry, C. M. (2005). Distinguishing features of emerging adulthood the role of self-classification as an adult. *Journal of Adolescent Research*, 242-262. doi:10.1177/0743558404273074
- Nugroho, K. B. (2016, July 20). Pedang bermata dua bernama bonus demografi. Retrieved January 20, 2021, from <https://tirto.id/pedang-bermata-dua-bernama-bonus-demografi-btVG>
- O'Connor, C. G. (2020, March 18). How to help a millennial with depression. Retrieved November 27, 2020, from <https://quarterlifecenter.com/how-to-help-a-loved-one-whos-depressed/>.
- Pertiwi, S. W. (2020, July 28). Covid-19 membuat 69% peserta swaperiksa alami masalah psikologis. Retrieved November 15, 2020, from <https://mediaindonesia.com/humaniora/332293/Covid-19-membuat-69-peserta-swaperiksa-alami-masalah-psikologis>
- Podcast Engineers. (n.d.). What does a podcast producer do? Retrieved May 15, 2021, from <https://podcastengineers.com/blogs/what-does-podcast-producer-do>
- Piskorz, J. (2018, December 30). Me and my quarter-life crisis: A millennial asks what went wrong. Retrieved January 26, 2021, from <https://www.theguardian.com/global/2018/dec/30/me-and-my-quarter-life-crisis-a-millennial-asks-what-went-wrong>
- Purnamasari, D. M. (2020, August 28). Pemerintah diminta perhatikan kesehatan mental masyarakat saat pandemi Covid-19. Retrieved November 15, 2020, from <https://nasional.kompas.com/read/2020/08/28/11320291/pemerintah-diminta-perhatikan-kesehatan-mental-masyarakat-saat-pandemi-covid?page=all>
- Putri, G. N. (2019). *Quarter-life crisis: Ketika hidupmu berada di persimpangan*. Jakarta, Indonesia: Elex Media Komputindo.
- Rageliénė, T. (2016). Links of adolescents identity development and relationship with peers: A systematic literature review. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 25(2), 97-105. Retrieved January 25, 2021, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4879949/#b16-ccap25_p0097
- Rezkisari, I. (2019, July 25). Psikolog ungkap bersedih itu manusia. Retrieved January 25, 2021, from <https://www.republika.co.id/berita/pv6y6p459/gaya-hidup/trend/19/07/25/pv6f88328-psikolog-ungkap-bersedih-itu-manusia>
- Robinson, O. C., Wright, G. R., & Smith, J. A. (2013). The holistic phase model of early adult crisis. *Journal of Adult Development*, 20, 1-27. Retrieved January 25, 2021, from <https://eprints.bbk.ac.uk/id/eprint/6706/2/6706.pdf>.

- Rokom (2019, March 18). Capai bonus demografi, jangan abaikan kesehatan mental remaja. Retrieved January 20, 2021, from <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20190318/2329754/capai-bonus-demografi-jangan-abaikan-kesehatan-mental-remaja/>
- Romli, A. S. (2009). *Dasar-dasar siaran radio*. Bandung, Indonesia: Nuansa.
- Romli, A. S. (2017). *Manajemen program & teknik produksi siaran radio*. Bandung, Indonesia: Nuansa Cendekia.
- Rossi, N. E., & Mebert, C. (2011). Does a quarterlife crisis exist? *The Journal of Genetic Psychology*, 172(2), 141-161. doi:10.1080/00221325.2010.521784
- Saraswati, R. (2020, February 28). Apa itu krisis identitas dan bagaimana cara mengatasinya? Retrieved January 25, 2021, from <https://www.sehatq.com/artikel/krisis-identitas-bagaimanakah-mengenali-dan-mengatasinya>
- Silviananda, A. (2019, December 11). Mencari motivasi hidup di tengah 'quarter life crisis'. Retrieved November 15, 2020, from <https://kumparan.com/millennial/mencari-motivasi-hidup-di-tengah-quarter-life-crisis-1sQ06TyrZ4I>
- Spotify. (n.d.). Help loudness normalization. Retrieved May 22, 2021, from <https://artists.spotify.com/help/article/loudness-normalization>
- Stapleton, A. (2012). Coaching clients through the quarter-life crisis: What works? *International Journal of Evidence Based Coaching and Mentoring*, (6), 131-145. Retrieved January 26, 2021, from <http://ijebcm.brookes.ac.uk/documents/special06-paper-10.pdf>
- Tantri, E. (2020, August 26). Bangun strategi pemasaran berbasis empati yang tepat sasaran. Retrieved November, 2020, from <https://klasika.kompas.id/baca/bangun-strategi-pemasaran-berbasis-empati/>.
- Tim Riskesdas 2018. (2019). Laporan nasional riskesdas 2018. Retrieved November 15, 2020, from http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf
- Vann-Wall, S. (2018, January 23). Effective audio storytelling. Retrieved October 24, 2020, from <https://blogs.unimelb.edu.au/podhub/2018/01/23/effective-audio-storytelling/>
- Weyman, A. (2019, May 08). What is audio mixing and mastering? Retrieved May 22, 2021, from <https://medium.com/future-vision/what-is-audio-mixing-and-mastering-f3481c7e5041>
- Wibowo, A. S. (2017). *Mantra kehidupan: Sebuah refleksi melewati fresh graduate syndrome & quarter-life crisis*. Jakarta, Indonesia: PT Elex Media Komputindo.
- Yonas, A. R. (2019, December 24). Tulis buku nkcthi saat alami fase quarter life crisis, marchella fp: Pengingat untuk diri sendiri. Retrieved January 25, 2021, from <https://www.tribunnewswiki.com/2019/12/24/tulis-buku-nkcthi-saat-alami-fase-quarter-life-crisis-marchella-fp-pengingat-untuk-diri-sendiri>
- Yulia, W. (2010). *Andai aku jadi penyiar*. Yogyakarta, Indonesia: Andi Offset. Retrieved September, 2020, from

- https://books.google.co.id/books?id=GAET7QN7n0gC&pg=PA1&hl=id&source=gbs_toc_r&cad=3#v=onepage&q&f=false
- Zaenudin, A. (2017, August 11). Hikayat podcast. Retrieved December 16, 2020, from <https://tirto.id/hikayat-podcast-cufm>
- Zilca, R. (2017, March 7). Why your late twenties is the worst time of your life. Retrieved November 17, 2020, from <https://hbr.org/2016/03/why-your-late-twenties-is-the-worst-time-of-your-life?referral=00060>.
- Žukauskienė, R. (2016). *Emerging adulthood in a european context*. New York, Amerika Serikat: Routledge. Retrieved October, 2020, from <https://books.google.co.id/books?id=rYs0CwAAQBAJ&pg=PA24&lpg=PA24&dq=locked+out+locked+in+crisis+rita+oliver+robinson&source=bl&ots=Xeg2uAqjPP&sig=ACfU3U31zeHqZFMQgA1BV3ymspUMrfy6vQ&hl=en&sa=X&ved=2ahUKEwjW2q7H5MDuAhVh4XMBHcRNADgQ6AEwB3oECAYQAg#v=onepage&q=locked%20out%20locked%20in%20crisis%20rita%20oliver%20robinson&f=false>