

DAFTAR PUSTAKA

- Aamodt, M. G., (2010), *Industrial Organizational Psychology: An Applied Approach, Sixth Edition*. USA : Wadsworth Cengage Learning.
- Agus, S, (2003), *Analisis faktor-faktor yang mempengaruhi Job Stress serta Pengaruhnya terhadap Kepuasan Kerja dan Kinerja Salesman*, Studi Kasus: PT. Adira Finance Bangkok Semarang. <http://ejournal.undip.ac.id/index.php/smo>
- Augusty, F. T., (2000), *Manajemen Pemasaran: Sebuah Pendekatan Strategik, Research Paper Series Program MM*, Semarang: Universitas Diponegoro.
- Azwar, S., (2008), *Penyusunan Skala Psikologi*, Yogyakarta : Pustaka Pelajar
- Beehr, T.A. and Newman, J.E., (1978), Job Stress, Employee Health and Organizational Effectiveness: A Facet Analysis, Model and Literature Review, *Personnel Psychology*, 31, 665-699. Diakses dari <http://www.academia.edu/download/50311458/j.1744-6570.1978.tb02118.x20161114-18134-17e34f7.pdf>
- Beech, H.R., Burn, L.E., & Sheffield, B.F., (1982), *A Behavioral Approach to the Management of Stress: A Practical Guide to Techniques*, New York: John Willey and Sons.
- Davis, M., Eshelman, E.R., & McKay, M, (1995), *The Relaxation and Stress Reduction Workbook*, 4th edition, New Haringer Publications Inc, Oaklan. Diakses dari ebook: <file:///G:/print/jurnal%20print/The%20Relaxation%20and%20Stress%20Reduction%20Workbook%20-%20Martha%20Davis,%20Elizabeth%20Robbins%20Eshelman,%20Matthew%20McKay%20-%20Google%20Books.html>
- Dehdari, (2009), *Effects of progressive muscular relaxation training on quality of life in anxious patients after coronary artery bypass graft surgery*, diakses tanggal 2 November 2017. Diakses dari <http://www.ijmr.org.in>
- Diener, D. & Dendato, K.M., (1986), Effectiveness of Cognitive relaxation therapy and study skills traiding in reducing self-reported anxiety and improving the academic performance of test-anxious students, *Journal of Counseling Psychology*, Vol. 33 (2), April 1986, hlm. 131-135. Dari <http://psycnet.apa.org/record/1986-31319-001>
- Essa, M.R., Ismail, N.I.A.A., & Hassan, N.I., (2017), Effect of progressive muscle relaxation technique on stress, anxiety, and depression after hysterectomy, *Journal of Nursing Education and Practice*, Vol.7, No.7, diakses dari <http://www.sciedu.ca/journal/index.php/jnep/article/viewFile/9987/6783>

- Gibson, J. L., Ivancevich, J. M., & Donnelly, J. H., (2012), *Organisasi : Perilaku, struktur, proses*, Jilid 1, Edisi keempatbelas, Editor: Agus Dharma, Alih Bahasa : Djarkasih, Jakarta : Erlangga.
- Gitosudarmono, I., (2000), *Manajemen Pemasaran*, Edisi II, BPFE, Yogyakarta.
- Goliszek, A., (2005), *Managemen Stres*, Jakarta. Bhuana Ilmu Populer
- Greenberg, (2000), *Seri Buku Kecil Terapi Alternatif*, Yogyakarta : Yayasan Spritia.
- Hartono, LA., (2007), *Stres & Stroke*. Yogyakarta : Kanisius. Diakses dari: <file:///G:/print/jurnal%20print/Kesehatan%20Masyarakat%20STRES%20DAN%20STROKE%20-%20Google%20Books.html>
- Hasibuan, M., (2000), *Manajemen Sumber Daya Manusia*, Jakarta: Bumi Aksara
- Hewitt, J., (1986), *The Complete relaxation Book, A Manual of Eastern and Western Techniques*, London : Rider. Diakses dari ebook: file:///G:/print/jurnal%20print/The%20Complete%20Relaxation%20Book_%20A%20Manual%20of%20Eastern%20and%20Western%20Techniques%20-%20James%20Hewitt%20-%20Google%20Books.html
- Hoelscher, T.J. & Lichstein, K.L., (2006), Home Relaxation Practice in Hypertension Treatment: Objective Assesment and Compliance Induction, *Journal of Consulting and Clinical Psychology*, 54, 2, dari <http://psycnet.apa.org/record/1986-20352-001>
- Ivancevich, Konopaske, & Matteson, (2007), *Perilaku dan Manajemen Organisasi*, Jilid 1, Edisi ketujuh, Editor: Wibi Hardani, Alih Bahasa : Gina Gania, Jakarta : Erlangga.
- Karyono, (1995), *Efektivitas Relaksasi dalam Menurunkan Tekanan Darah pada Penderita Hypertensi Ringan*, Tesis, Yogyakarta: Program Pasca Sarjana UGM. Diakses dari http://etd.repository.ugm.ac.id/index.php?mod=penelitian_detail&sub=PenelitianDetail&act=view&typ=html&buku_id=16409
- Latipun, (2002), *Psikologi Eksperimen*, Malang : Universitas Muhammadiyah Malang Press.
- Lazarus, R.S. & Folkman, S., (1984), *Stress, Appraisal, and Coping*, New York: Springer Publishing Company. Ebook diakses dari: <file:///G:/print/jurnal%20print/Stress,%20Appraisal,%20and%20Coping%20-%20Richard%20S.%20Lazarus,%20PhD,%20Susan%20Folkman,%20PhD%20-%20Google%20Books.html>
- Looker, Terry, Gregson & Olga, (2005), *Managing Stress Mengatasi Stres Secara mandiri*, Yogyakarta : BACA
- Losyk B., (2005), *Kendalikan Stres Anda*, Jakarta: Gramedia Pustaka Utama

- Luthans, F., (2011), *Organizational Behavior Twelfth Edition*, New York: The Mc Graw Hill Companies Inc.
- Lyles, J. N., Burish, T. G., Krozely, M. G., & Oldham, R. K., (1982), Efficacy of relaxation training and guided imagery in reducing the aversiveness of cancer chemotherapy, *Journal of Consulting and Clinical Psychology*, 50(4), 509-524, dari <http://psycnet.apa.org/buy/1982-28546-001>
- Mangkunegara, AA. A. P., (2007), *Evaluasi Kinerja SDM*. Bandung : Rosda.
- Maria, J. D., J. Umarani, & Asha, P.S., (2015), Academic Stress Reduction by Jacobson's Progressive Muscle Relaxation: A Quasi experimental study, *International Research Journal of Medical Sciences*, Vol. 3(8), 7-13, http://www.isca.in/MEDI_SCI/Archive/v3/i8/2.ISCA-IRJMedS-2015-032.php
- Mulyono, R., (2005), *Terapi marah*, Jakarta: Studia press.
- Muller, A., Hammill, H. V ., & Hermann, C., (2016), The Effects of Pilates and Progressive Muscle Relaxation Therapy on Maternal Stress and Anxiety: a Literature Review, *International Journal of Humanities and Social Scienc*, Vol.6, No.6, Diakses dari http://www.ijhssnet.com/journals/Vol_6_No_6_June_2016/20.pdf
- Munandar, A. S., (2001), *Psikologi Perusahaan*. Universitas Indonesia, Jakarta.
- Murdoko, E. W. H. & Hindiarto, F., (2011), *What it Takes to be an Effective and Attractive Trainer*, Jakarta : PT. Elex Media Komputindo
- Patel, P., (2014). A Study to Assess the Effectiveness Of Progressive Muscle Relaxation Therapy on Stress among Staff Nurses Working In Selected Hospitals at Vadodara City, *IOSR Journal of Nursing and Health Science*, Volume 3, Issue 3 Ver. II PP 34-59, Diakses dari <http://iosrjournals.org/iosr-jnhs/papers/vol3-issue3/Version-2/F03323459.pdf>
- Pedak, M., (2009), *Metode Supernol Menaklukan Stres*, Jakarta: Hikmah
- Priharjo, R., (1996), *Pengkajian Fisik Keperawatan*, Jakarta: EGC.
- Robbins, S. P., (2015), *Perilaku Organisasi*. Edisi ke keenambelas, Alih Bahasa: Ratna Saraswati dan Febriella Sirait, Jakarta : Salemba Empat.
- Sarafino, E. P., (2006), *Health Psychology : Biopsychosocial Interactions*, Fifth Edition, USA: John Wiley & Sons.
- Sarafino, E.P. & Smith, T.W., (2012), *Health psychology: Biopsychosocial interactions*, 7th edition, New York: Wiley.
- Sasono, E., (2004), Mengelola Stres Kerja, *Jurnal Fokus Ekonomi*. Vol III, No.2 , <http://idtesis.blogspot.co.id/2008/03/mengelola-stres-kerja.html>
- Schabracq, M. J., J. A. M. Winnubst, and C.L. Cooper, (2003), *The Handbook of Work and Health Psychology*, Belanda: John Wiley & Sons Ltd.
- Selye, H., (1956). *The Stres of Life*, New York: Mc Graw – Hill Book Company.

Smet, (1993), *Psikologi Kesehatan*, Jakarta: Grasindo

Smith, J.C., (2002), *Stress Management, A Comprehensive Handbook of Techniques and Strategies*, New York: Springer Publishing Company, Inc. diakses dari ebook: file:///G:/print/jurnal%20print/Stress%20Management_%20A%20Comprehensive%20Handbook%20Of%20Techniques%20And%20Strategies%20-%20Jonathan%20C.%20Smith,%20PhD%20-%20Google%20Books.html

Subandi, M.A., (2002), *Psikoterapi: pendekatan konvensional dan kontemporer*, Pustaka Pelajar : Yogyakarta

Sunyoto, D & Burhanudin, (2011), *Perilaku Organisasional*, Yogyakarta: CAPS.

Suryani, L. K., (2000), *Menemukan Jati Diri Dengan Meditasi*, Jakarta: PT. Elex Media Komputindo

Uzma Ali, (2010), The Effectiveness of Relaxation Therapy in the Reduction of Anxiety Related Symptoms (A Case Study), *International Journal of Psychological Studies*, Vol. 2, No.2, Diakses dari <http://www.ccsenet.org/journal/index.php/ijps/article/view/8523>

Quick, D.J., (1998), *Managing Drug Supply, 2nd ed, Management Sciences for Health*, USA: Kumarin Press.

Van der Klink, J. J. L., Blonk, R. W., Schene, A. H., & Van Dijk, F. J., (2001), The Benefits of Interventions for Work-Related Stress *American Journal of Public Health*, 91, 270-276. Diakses dari <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1446543/>

Wallace, M., (2007), *Essentials of Gerontological Nursing*, New York: Springer Publishing Company.

Wiramihardja, S., (2004), *Pengantar Psikologi Klinis*, Bandung: PT. Refika Aditama.