

DAFTAR PUSTAKA

- Ajhuri, Kayyis F. M.A. (2019). *Psikologi Perkembangan Pendekatan Sepanjang Rentang Kehidupan*. Yogyakarta: Penebar Media Pustaka.
<http://repository.iainponorogo.ac.id/489/>
- Alidia, Fauzana. (2018). Body Image Siswa Ditinjau dari Gender. *Jurnal Tarbawi: Jurnal Ilmu Pendidikan*, 14(02), 79–92.
<https://doi.org/https://doi.org/10.32939/tarbawi.v14i2.291>
- Amalia, L. (2007). Citra Tubuh (Body Image) Remaja Perempuan. *Musawa Jurnal Studi Gender dan Islam*, 5(4), 441-464.
<https://doi.org/10.14421/musawa.2007.54.441-464>
- Azwar, S. (2013). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Bakan, L. N., & Hapsari, E. W. (2022). Hubungan Antara Gratitude Dengan Citra Tubuh Pada Remaja Putri di Kabupaten Alor. *Jurnal Experientia*, 10(1),46-60.
<http://journal.wima.ac.id/index.php/EXPERIENTIA/article/view/3749>
- Bell, L., & Rushforth, J. (2008). *Overcoming Body Image Disturbance: A Programme for People Eating Disorders*. USA: Routledge.
<https://www.routledge.com/Overcoming-Body-Image-Disturbance-A-Programme-for-People-with-Eating-Disorders/Bell-Rushforth/p/book/9780415423304>
- Burrowes, Nina. (2013). *Body Image: A Rapid Evidence Assessment of the Literature*. Government Equalities Office. Government Equalities Office.
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/202946/120715_RAE_on_body_image_final.pdf
- Cash, T. F., & Pruzinsky, T. (2002). *Body Image: A Handbook of Theory, Research, and Clinical Practice*. In New York: Guilford Press (Vol. 289).
<https://doi.org/10.1001/jama.289.14.1861>
- Cash, T. F., & Smolak, L. (2011). *Body Image: A Handbook of Science, Practice, and Prevention Second edition*. A Division of Guilford Publications, Inc.
https://books.google.co.id/books?id=bxPuCP9nCZoC&printsec=copyright&redir_esc=y#v=onepage&q&f=false
- Curtis, A. C. (2015). Defining Adolescence. *Journal of Adolescent and Family Health*, 7(2), 119–119.
<https://doi.org/10.1037/000574>
- Dunaev, J., Markey, C. H., & Brochu, P. M. (2018). An Attitude of Gratitude: The Effects of Body-Focused Gratitude on Weight Bias Internalization and Body Image. *Body Image*, 25, 9–13.
<https://doi.org/10.1016/j.bodyim.2018.01.006>

- Dwinanda, R. F. (2016). Hubungan Gratitude Dengan Citra Tubuh pada Remaja. *Jurnal Ilmiah Psikologi*, 9(1), 35–41. <https://ejournal.gunadarma.ac.id/index.php/psiko/article/view/1541/0>
- Emmons, R. A., & Mishra, A. (2011). Why Gratitude Enhances Well-Being: What We Know, What We Need to Know. *Designing Positive Psychology: Taking Stock and Moving Forward*, 248–262. <https://doi.org/10.1093/acprof:oso/9780195373585.003.0016>
- Frith, H., & Gleeson, K. (2004). Clothing and Embodiment: Men Managing Body Image and Appearance. *Psychology of Men and Masculinity*, 5(1), 40–48. <https://doi.org/10.1037/1524-9220.5.1.40>
- Froh, J. J., Yurkewicz, C., & Kashdan, T. B. (2009). Gratitude and Subjective Well-Being in Early Adolescence: Examining Gender Differences. *Journal of Adolescence*, 32(3), 633–650. <https://doi.org/10.1016/j.adolescence.2008.06.006>
- Geraghty, A. W. A., Wood, A. M., & Hyland, M. E. (2010). Social Science & Medicine Attrition from Self-Directed Interventions : Investigating The Relationship between Psychological Predictors, Intervention Content and Dropout from A Body Dissatisfaction Intervention. *Social Science & Medicine*, 71(1), 30–37. <https://doi.org/10.1016/j.socscimed.2010.03.007>
- Grogan, S. (2008). *Body Image Understanding Body Dissatisfaction in Men, Women, and Children Second Edition*. In Routledge (Vol. 53). https://www.google.co.id/books/edition/Body_Image/J5tlEAAQBAJ?hl=en&gbpv=1&printsec=frontcover
- Hambali, A., Meiza, A., & Fahmi, I. (2016). Faktor-Faktor Yang Berperan Dalam Kebersyukuran (Gratitude) Pada Orang Tua Anak Berkebutuhan Khusus Perspektif Psikologi Islam. *Psymphatic : Jurnal Ilmiah Psikologi*, 2(1), 94–101. <https://doi.org/10.15575/psy.v2i1.450>
- Hoffmann, S., & Warschburger, P. (2016). Weight, Shape, and Muscularity Concerns in Male and Female Adolescents: Predictors of Change and Influences on Eating Concern. *International Journal of Eating Disorders*, 50(2), 9. <https://doi.org/10.1002/eat.22635>
- Homan, K.J., Sedlak B.L., Boyd, E.A. (2014). Gratitude Buffers The Adverse Effect of Viewing The Thin Ideal on Body Dissatisfaction. *Body Image*, 11 (2014), 245–250. <https://doi.org/10.1016/j.bodyim.2014.03.005>
- Husna, Nur Lailatul. (2013). Hubungan antara Body Image dengan Perilaku Diet (Penelitian pada Wanita di Sanggar Senam Rita Pati). *Developmental and Clinical Psychology*, 2(2). <http://lib.unnes.ac.id/18410/1/1550406005.pdf>

- Hurlock, Elizabeth B. (1991). *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Rentang Kehidupan*. Erlangga, Jakarta.
<https://pdfcoffee.com/psikologi-perkembangan-elizabeth-b-hurlockpdf-5-pdf-free.html>
- Margaretta, A., & Rozali, Y. A. (2018). Perbedaan Body Image Ditinjau dari Jenis Kelamin pada Anggota Clark Hatch Fitness Center. *Universitas Esa Unggul Fakultas Psikologi*.
<https://digilib.esaunggul.ac.id/perbedaan-body-image-ditinjau-dari-jenis-kelamin-pada-anggota-clark-hatch-fitness-center-10895.html>
- McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The Grateful Disposition: A Conceptual and Empirical Topography. *Journal of Personality and Social Psychology*, 82(1), 112–127.
<https://doi.org/10.1037/0022-3514.82.1.112>
- Michael, S. L., Wentzel, K., Elliott, M. N., & Dittus, P. J. (2013). Parental and Peer Factors Associated with Body Image Discrepancy among Fifth-Grade Boys and Girls. *Youth Adolescence*.
<https://doi.org/10.1007/s10964-012-9899-8>
- Monks, F. J., Knoers, A. M. P., & Haditono, S. R. (1998). *Psikologi Perkembangan*. Yogyakarta: Gadjah Mada University Press.
- Nikmah, K. & Liana, C. (2016). Perubahan Konsep Kecantikan Menurut Iklan Kosmetik di Majalah Femina Tahun 1977-1995. *Avatara, e-Journal Pendidikan Sejarah*, 4(1), 167-180.
<https://ejournal.unesa.ac.id/index.php/avatara/article/view/14182>
- Nurfajri, Annisa P. (2017). Hubungan antara Kebersyukuran dan Body Image pada Remaja Putri. *Universitas Islam Indonesia*.
<https://dspace.uii.ac.id/handle/123456789/10875>
- Nurleli. (2019). Hubungan Body Image dengan Status Gizi Remaja di Kota Makassar. *Jurnal Infokes (Informasi Kesehatan)*, 9(02), 128133.
<https://doi.org/10.30643/info%20kesehatan.v9i02.116>
- Purwanti, Yuline, & Pertiwi. (2016). Tugas-Tugas Perkembangan Remaja di SMA Negeri 1 Sejangkung. *Jurnal Pendidikan Dan Pembelajaran Khatulistiwa*, 5(06), 1–11.
<http://dx.doi.org/10.26418/jppk.v5i06.15638>
- Santrock, J. W. (2011). *Life Span Development (Thirteenth)*. New York: McGraw Hill
<http://www.mim.ac.mw/books/John%20W.%20Santrock%20-%20Life-span%20Development%2013th%20Edition.pdf>
- Setyani & Annatagia. (2018). Hubungan Antara Kerbersyukuran dengan Body Image pada Model. *Universitas Islam Indonesia*.
<https://dspace.uii.ac.id/handle/123456789/6225>
- Sugiyono, P. D. (2013). *Metode Penelitian Kuantitatif Kualitatif dan R & D*. Bandung: Alfabeta.

<https://anyflip.com/utlqr/qtha>

- Sumanty, D., Sudirman, D., & Puspasari, D. (2018). Hubungan Religiusitas dengan Citra Tubuh pada Wanita Dewasa Awal. *Jurnal Psikologi Islam Dan Budaya*, 1(1), 9–28.
<https://doi.org/10.15575/jpib.v1i1.2076>
- Sunartio, L., Sukamto, M., & Dianovinina, K. (2012). Social Comparison dan Body Dissatisfaction pada Wanita Dewasa Awal. *Jurnal Humanitas*, 9(2).
<http://dx.doi.org/10.26555/humanitas.v9i2.342>
- Snyder, C. R., & Lopez, S. J. (2002) *Handbook of Positive Psychology*. Oxford University Press.
http://ldysinger.stjohnsem.edu/@books1/Snyder_Hndbk_Positive_Psych/Snyder_Lopez_Handbook_of_Positive_Psychology.pdf
- Thompson, J. K. (2000). *Body Image, Eating Disorders, and Obesity*. In American Psychological Association Washington, DC (Vol. 7).
<https://zlibrary.to/pdfs/body-image-eating-disorders-and-obesity-j-thompson-apa-ww-pdf>
- Toussaint, L., & Friedman, P. (2009). Forgiveness, gratitude, and well-being: The mediating role of affect and beliefs. *Journal of Happiness Studies*, 10(6), 635–654.
<https://doi.org/10.1007/s10902-008-9111-8>
- Tri Damayanti, D., & Saifuddin, A. (2022). Correlation Between Gratitude and Social Comparison with Body Image in Vocational High School (SMK) Students. *Journal An-Nafs: Kajian Penelitian Psikologi*, 7(1), 102–120.
<https://doi.org/10.33367/psi.v7i1.2238>
- Tylka, T. L. (2012). Positive psychology perspectives on body image. In *Encyclopedia of Body Image and Human Appearance* (Vol. 2, pp. 657–663). USA.
<https://doi.org/10.1016/B978-0-12-384925-0.00104-8>
- Tylka, T. L., & Wood-Barcalow, N. L. (2015). What Is and What Is Not Positive Body Image? Conceptual Foundations and Construct Definition. *Body Image*, 14, 118–129.
<https://doi.org/10.1016/j.bodyim.2015.04.001>
- Wahyu, A. (2022). 12 Perubahan Fisik pada Masa Pubertas Perempuan, Wajib Tahu! Diakses pada 5 Maret 2022 pukul 14.34 wib.
<https://www.orami.co.id/magazine/pubertas-perempuan>
- Watkins, P. C., Uher, J., & Pichinevskiy, S. (2015). Grateful Recounting Enhances Subjective Well-Being: The importance of Grateful Processing. *Journal of Positive Psychology*, 10(2), 91–98.
<https://doi.org/10.1080/17439760.2014.927909>

- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L. (2003). Gratitude and Happiness: Development of a Measure of Gratitude, and Relationships with Subjective Well-being. *Social Behavior and Personality*, 31(5), 431–452.
<https://doi.org/10.2224/sbp.2003.31.5.431>
- Widawati, L., Saputra, A. K., Fauziah, D. N., & Susanti, M. A. (2018). Hubungan Rasa Syukur dengan Citra Tubuh pada Siswi SMA X Kota Bandung. *Psikologi: Jurnal Psikologi*, 3(1), 41–50.
<https://doi.org/10.21070/psikologia.v2i2.1716>
- Wolfe, W. L., & Patterson K. (2017). Comparison of A Gratitude-Based and Cognitive Restructuring Intervention for Body Dissatisfaction and Dysfunctional Eating Behavior in College Women. *Eating Disorders: The Journal of Treatment and Prevention*.
<https://doi.org/10.1080/10640266.2017.1279908>
- Wood, A. M., Froh; J. J., & Geraghty A. W.A. (2010). Gratitude and Well Being: A Review and Theoretical Integration. *Clinical Psychology Review*, 30(7), 890–905.
<https://doi.org/10.1016/j.cpr.2010.03.005>
- Wood-Barcalow N. L., Tylka T. L., Horvath C. L. (2010). “But I Like My Body”: Positive body image characteristics and a holistic model for young-adult women. *Body Image*, 7(10), 106-116.
[doi:10.1016/j.bodyim.2010.01.001](https://doi.org/10.1016/j.bodyim.2010.01.001).
- Wood, A. M., Maltby, J., Gillett, R., Linley, P. A., & Joseph, S. (2007). The role of gratitude in the development of social support, stress, and depression: Two longitudinal studies. *Journal of Research in Personality*, 42(4), 854–871.
<https://doi.org/10.1016/j.jrp.2007.11.003>
- Zahra, A. F., A., Shanti, P., & Hutagalung, F. (2022). The Influence of Gratitude on Body Image Among Male Adolescents. *KnE Social Sciences*,(ICoPsy2021),11–24.
<https://doi.org/10.18502/kss.v7i1.10197>