

DAFTAR PUSTAKA

- Abdullah, M. (2015). *Metode Penelitian Kuantitatif*. Yogyakarta: Aswaja Pressindo. Retrieved from <https://core.ac.uk/download/pdf/45258621.pdf>
- Bajaj, B., Khoury, B., & Sengupta, S. (2022). Resilience and Stress as Mediators in the Relationship of Mindfulness and Happiness. *Front. Psychol*, 1-10. Diakses dari: <https://www.frontiersin.org/articles/10.3389/fpsyg.2022.771263/full>.
- Chávez, R., González, F., Alcaraz, V., & Ramos, J. (2022.). Strategic Diagnostics of Stress and Impulse Control for Second Order Change: Inclusion of Forgotten Effects in Diffuse Cognitive Maps. In E. B.-M.-G.-L. León-Castro, *Soft Computing and Fuzzy Methodologies in Innovation Management and Sustainability* (Vols. https://doi.org/10.1007/978-3-030-96150-3_5, pp. https://doi.org/10.1007/978-3-030-96150-3_5).
- Connor, K., & Davidson, J. (2003). Development of a New Resilience Scale the Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 76-82. Retrieved from <https://doi.org/10.1002/da.10113>
- Efendi, R. (2013). SELF EFFICACY: STUDI INDIGENOUS PADA GURU BERSUKU JAWA . *Journal of Social and Industrial Psychology*, 61-67. Diunduh dari: <https://journal.unnes.ac.id/sju/index.php/sip/article/view/2595/2385>.
- Fagin, L., Carson, J., De Villiers, N., Bartlett, H., O'Malley, P., West, M., Brown, D. (1996). Stress, Coping and Burnout in Mental Health Nurses: Findings From Three Research Studies. *Internation Journal of Social Psychiatry*, 102-111. Retrieved from <https://doi.org/10.1177/002076409604200204>
- Gaol, N. (2016). Teori Stres: Stimulus, Respons, dan Transaksional. *Buletin Psikologi*, 24(1), 1-11. Retrieved from <https://doi.org/10.22146/bpsi.11224>
- García-Leóna, M.A; Pérez-Mármolb, J.M; Gonzalez-Pérezc, R; García-Ríosb, M.D.C ; Peralta-Ramírez M.I. (2019). Relationship between resilience and stress: Perceived stress, stressful life events, HPA axis response during a stressful task and hair cortisol. *Physiology & Behavior*, 87-93. Retrieved from <https://sci-hub.se/https://doi.org/10.1016/j.physbeh.2019.02.001>
- Goodwin, L., Ben-Zion, I., N.T, F., Hotopf, M., Stansfeld, S., & Wessely, S. (2013). Are Reports of Psychological Stress Higher in Occupational Studies? A Systematic Review across Occupational and Population Based Studies. *PLoS ONE*, 8(11), 1-22. Retrieved from <https://doi.org/10.1371/journal.pone.0078693>
- Herrman, H., Stewart, D., Diaz Granados, N., Berger, E., Jackson, B., & Yuen, T. (2011). What is Resilience. *The Canadian Journal of Psychiatry*, 258-265. Retrieved from <https://journals.sagepub.com/doi/pdf/10.1177/070674371105600504>

- Kuprianov, R., & Zhdanov, R. (2014). The Eustress Concept: Problems and Outlooks. *World Journal of Medical Science*, 11(2), 179-185. Retrieved from <https://doi.org/10.5829/idosi.wjms>.
- Kurnia S., A., & Ediati, A. (2020). PENGARUH COLORING MANDALA TERHADAP NEGATIVE EMOTIONAL STATE PADA MAHASISWA. *Jurnal EMPATI*, 7(2), 502-509. <https://doi.org/10.14710/empati.2018.21680>
- Lin, S., & Huang, Y. (2014). Life Stress and Academic Burnout. *Active Learning in Higher Education*, 15(1), 77-90. Retrieved from <https://sci-hub.hkvisa.net/10.1177/1469787413514651>
- Lovibond, P., & Lovibond, S. (1995). The Structure of Negative EMotional States: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behav.Res.Ther*, 335-343. Retrieved from [https://doi.org/10.1016/0005-7967\(94\)00075-U](https://doi.org/10.1016/0005-7967(94)00075-U)
- McLaughlin, A., Doane, L., Costiuc, A., & Feeny, N. (2008). Sress and Resilience. In S. Loue, & M. Sajatovic, *Determinants of Minority Mental Health and Wellness* (pp. 349-364). New York: Springer New York. Retrieved from https://doi.org/10.1007/978-0-387-75659-2_17
- Misra, R., & Castillo, L. (2004). Academic Stress Among College Students: Comparison of American and International Students. *International Journal of Stress Management*, 11(2), 132-148. Retrieved from https://www.researchgate.net/publication/228367874_Academic_Stress_Among_College_Students_Comparison_of_American_and_International_Students7_of_doctoral_degrees_earned_in_the/link/0deec527d3d69d2d7200000/download
- Musabiq, S., & Karimah, I. (2018). Gambaran Stress dan Dampaknya pada Mahasiswa. *InSight*, 20(2), 75-83. Diakses dari: <https://ejurnal.mercubuana-yogya.ac.id/index.php/psikologi/article/download/240/524>
- Nasution, S., Sutatminingsih, R., & Marhamah. (2020). Dynamics of Resilience on Women as Intimate Partner Violence Survivors. *Journal of Educational and Social Research*, 10(3), 141-150. Retrieved from <https://doi.org/10.36941/jesr-2020-0054>
- Palmer, A., & Rodger, S. (2009). Mindfulness, Stress, and Coping Among University Students. *Canadian Journal of Counselling and Psychotherapy*, 43(3), 198-212. Retrieved from <https://cjc-rcc.ucalgary.ca/article/view/59019/44460>
- Palmer, S. (2021). Stress Management: a Masterclass: An Anaugural lecture. *Counselling Psychology Review*, 18-27. Retrieved from https://www.researchgate.net/publication/339512463_Stress_Management_a_masterclass_An_inaugural_lecture

- Pratiwi, N., & Wilani, N. (2019). Peran kecerdasan emosional dan motivasi berprestasi terhadap penyesuaian diri mahasiswa baru Fakultas Kedokteran Universitas Udayana angkatan 2018. *Jurnal Psikologi Udayana*, 195-204. Retrieved from <https://ojs.unud.ac.id/index.php/psikologi/article/view/52521>
- Purwati, Mirna and Rahmandani, Amalia (2018) *Hubungan antara Kelekatan pada Teman Sebaya dengan Stres Akademik pada Mahasiswa Teknik Perencanaan Wilayah dan Kota Universitas Diponegoro*. Undergraduate thesis, Undip. Retrieved from <http://eprints.undip.ac.id/59737/>
- Reich, J., Zautra, A., & Hall, J. (2010). *Handbook of Adult Resilience*. New York: The Guilford Press. https://drive.google.com/file/d/1uSO3AihM_xZ5fPdkfgeUxNZgR2xSYrUZ/view?usp=sharing
- Richardson, G. (2002). The Metatheory of Resilience and Resiliency. *Journal of Clinical Psychology*, 307-321. Retrieved from https://www.researchgate.net/publication/11523616_The_Metatheory_of_Resilience_and_Resiliency
- Richardson, G., Neiger, B., Jensen, S., & Kumpfer, K. (2014). The Resiliency Model. *Health Education*, 33-39. Retrieved from <https://doi.org/10.1080/00970050.1990.10614589>
- Rinawati, F., & Sucipto. (2019). ANALISA FAKTOR-FAKTOR YANG MEMPENGARUHI STRES DAN MOTIVASI BELAJAR MAHASISWA. 95-100. <https://jurnal.unimus.ac.id/index.php/JKJ/article/view/4754/pdf>
- Rutter, M. (1985). Resilience in the face of adversity. Protective factors and resistance to psychiatric disorder. *The British Journal of Psychology*, 147(6), 598-611. Retrieved from <https://doi.org/10.1192/bjp.147.6.598>
- Santrock, J. (2003). *Adolescence/Perkembangan Remaja*. Jakarta: Erlangga.
- Sarafino & Smith. (2014). *Health psychology: biopsychosocial interactions eighth edition*. United States of America: Wiley
- Sarafino, E & . (1998). *Health Psychology*. New York: John Wiley & Sons.
- Saputri, K. A., & Sugiharto, D.. (2020). Hubungan Antara Self Efficacy Dan Social Support Dengan Tingkat Stres Pada Mahasiswa Akhir Penyusun Skripsi Di FIP UNNES Tahun 2019. *Konseling Edukasi "Journal of Guidance and Counseling"*, 4(1). Retrieved from <https://doi.org/10.21043/konseling.v3i2.6010>
- Seligman, M., & Csikszentmihalyi, C. (2000). Positive Psychology. *An Introduction*, 5-14. Retrieved from <https://doi.org/10.1037/0003-066X.55.1.5>
- Shatté, A., Perlman, A., Smith, B., & Lynch, W. (2016). The Positive Effect of Resilience on Stress and Business Outcomes in Difficult Work

Environments. *Journal of occupational and environmental medicine / American College of Occupational and Environmental Medicine*, 135-140.
<https://doi.org/10.1097/JOM.0000000000000914>

Siyoto, S., & Sodik, A. (2015). *Dasar Metode Penelitian*. Yogyakarta: Literasi Media Publishing. Retrieved from https://www.researchgate.net/profile/Muhammad-Sodik-2/publication/314093441_Dasar_Metodologi_Penelitian/links/58b5028492851cf7ae941921/Dasar-Metodologi-Penelitian.pdf

Sun, Y., Pan, W., Zhang, Y., Xu, G., Xi, J., & Bao, Q. &. (2021). The relationship between stress, resilience, and quality of life in Chinese high school students. *Ann Palliat Med*, 10 (5), 5483-5493. Diakses dari: <https://apm.amegroups.com/article/view/69534/html>.

Sutalaksana, D. A., & Kusdiyati, S. (2021). Hubungan Stres Akademik dengan Subjective Well-Being pada Mahasiswa Tingkat Akhir. <https://karyailmiah.unisba.ac.id/index.php/psikologi/article/view/23629>

Triyana, M., Hardjajani, T., & Karyanta, N. (2013). Hubungan antara Resiliensi dan Stres dalam menyusun skripsi pada mahasiswa program studi fakultas kedokteran universitas sebelas maret. *Skripsi*, 1-13. Retrieved from <https://digilib.uns.ac.id/dokumen/download/197131/MTk3MTMx>

Van Breda, A. (2001, Oktober). *Resilience Theory: A Literature Review*. Pretoria: South African Military Health Service, Military Psychological Institute. Retrieved from https://d1wqtxts1xzle7.cloudfront.net/40718148/resilience_theory_review-with-cover-page-v2.pdf?Expires=1653798693&Signature=J5w2QFNqMQAax3F2xl6WXYafusYjkeN-1n4pJnenpM4AfSrdisWfUzO0Rk9j1xERHNjwif5hupmVvCV0WS7kkuz5bq77fv76cjAICx5ZzclXyIFkAlnJphrlqjs3Jgb6~9y

Velickovic, K., Hallberg, I., Axelsson, U., Borrebaeck, C., Rydén, L., Johnsson, P., & Månsson, J. (2020). Psychometric properties of the Connor Davidson Resilience Scale (CD-RISC) in a non-clinical population in Sweden. *Health and Quality of Life Outcomes*, 18(132), 1-10. Retrieved from <https://doi.org/10.1186/s12955-020-01383-3>

Ward, R., & Yalch, M. (2021). Stress, resilience, and Coping. *Emotion, Well-Being, and Resilience*, 1-14. Retrieved from https://www.researchgate.net/publication/352106480_Stress_Resilience_and_Coping

Wilda, T., Nazriati, E., & Firdaus. (2016). Hubungan Resiliensi Diri Terhadap Tingkat Stress pada Sokter Muda Fakultas Kedokteran Universitas Riau. *Jom FK*, 1-9. Retrieved from <https://media.neliti.com/media/publications/184715-ID-hubungan-resiliensi-diri-terhadap-tingka.pdf>

- Wilks, S. (2008). Resilience amid Academic Stress: The Moderating Impact of Social Support among Social Work Students. *Journals IUPUI*, 9(2), 1-12. Retrieved from <https://advancesinsocialwork.iupui.edu/index.php/advancesinsocialwork/article/view/51>
- Yue, Y., Le, Q. (2013). Coping Strategies Adopted by International Students in Australian Tertiary Context. *International Journal of Interdisciplinary Educational Studies*, 7(2), 25-29. https://www.researchgate.net/publication/270703564_Coping_Strategies_Adopted_by_International_Students_in_an_Australian_Tertiary_Context
- Zuhara, I., Muflikhati, I., & Krisnatuti, D. (2017). Stressor, Social Support, Coping Strategy, Stress, and Life Satisfaction of Married Woman Student. *Journal of Family Sciences*, 2(1), 1-14. Retrieved from <https://core.ac.uk/download/pdf/230423882.pdf>

