

DAFTAR REFERENSI

- Amaliyah, A. K., & Khoirunnisa, R. N. (2018). Hubungan Antara Kepercayaan Diri Dengan Kecemasan Menjelang Pertandingan Pada Atlet Bola Basket Di Unit Kegiatan Mahasiswa Universitas Negeri Surabaya. *Character: Jurnal Penelitian Psikologi*, 05(02).
- APA. (2018). APA Dictionary of Psychology. <https://dictionary.apa.org/anxiety>
- APA. (2024). Anxiety. <https://www.apa.org/topics/anxiety/index>
- Bhat, I. ., & Arumugam, G. (2021). Construction, Validation, and Standardization of General Self-confidence Scale. *Vidyabharati International Interdisciplinary Research Journal*, September 2022, 121–129.
- Bradley, J. (2023). Self-Confidence and Decision-Making: Trusting Yourself. Medium. <https://medium.com/lampshade-of-illumination/self-confidence-and-decision-making-trusting-yourself-82b5eb8bf1df>
- Cambridge, U. of. (2024). Cambridge Dictionary. <https://dictionary.cambridge.org/dictionary/english/generation>
- Carlucci, L., Watkins, M. W., Sergi, M. R., Cataldi, F., Saggino, A., & Balsamo, M. (2018). Dimensions of anxiety, age, and gender: Assessing dimensionality and measurement invariance of the State-Trait for Cognitive and Somatic Anxiety (STICSA) in an Italian sample. *Frontiers in Psychology*, 9(NOV), 1–12. <https://doi.org/10.3389/fpsyg.2018.02345>
- Chand, S. P., & Marwaha, R. (2023). Anxiety. StatPearls Publishing.
- Cheng, H., & Furnham, A. (2002). Personality, peer relations, and self-confidence as predictors of happiness and loneliness. *Journal of Adolescence*, 25(3), 327–339. <https://doi.org/10.1006/jado.2002.0475>
- Choo, C. C., Harris, K. M., Chew, P. K. H., & Ho, R. C. (2017). What predicts medical lethality of suicide attempts in Asian youths? *Asian Journal of Psychiatry*, 29(2017), 136–141. <https://doi.org/10.1016/j.ajp.2017.05.008>
- Ersy Aprilya Fransiska, Triyana Harlia Putri, & Titan Ligita. (2023). Faktor yang Memengaruhi Tingkat Kecemasan Akademik pada Mahasiswa. *Jurnal Keperawatan*, 16(1), 87–94. <https://doi.org/10.32583/keperawatan.v16i1.1502>
- Eysenck, M. W., & Fajkowska, M. (2018). Anxiety and depression: toward overlapping and distinctive features. *Cognition and Emotion*, 32(7), 1391–1400. <https://doi.org/10.1080/02699931.2017.1330255>
- Feldborg, M., Lee, N. A., Hung, K., Peng, K., & Sui, J. (2021). Perceiving the self and emotions with an anxious mind: Evidence from an implicit perceptual

- task. *International Journal of Environmental Research and Public Health*, 18(22). <https://doi.org/10.3390/ijerph182212096>
- Felman, A. (2023). What causes anxiety? *Medical News Today*. <https://www.medicalnewstoday.com/articles/323494#faq>
- Ghufron, M. N., & Risnawita, R. (2017). *Teori-Teori Psikologi*. Ar-Ruzz Media.
- Golde, S., Ludwig, S., Lippoldt, S., Rimpel, J., Schulze, L., Haucke, M., Renneberg, B., & Heinzel, S. (2023). Negative and positive self-beliefs in social anxiety: The strength of believing mediates the affective response. *PLoS ONE*, 18(3 March), 1–17. <https://doi.org/10.1371/journal.pone.0281387>
- Hendriana, Y. (2023). Journal of Nursing Practice and Hubungan antara tingkat kecemasan dengan kepercayaan diri menghadap skripsi pada mahasiswa keperawatan tingkat akhir STIKes Kuningan tahun 2023. *Journal of Nursing Practice and Education*, 4(1), 212–218.
- Hernanda, M. (2023). Intervensi untuk Mengurangi Academic Anxiety pada Mahasiswa Rumpun Kesehatan: Scoping Review. *Maheesa: Malahayati Helath Student Journal*. Volume 3(8), <https://ejournalmalahayati.ac.id/index.php/MAHESA/article/view/10801>
- Karyati, E. (2023). Hubungan Antara Kepercayaan Diri dengan Kecemasan Pada Mahasiswa Dalam Menghadapi Tugas Akhir. *Innovative: Journal Of Social Science Research*, 3(3), 793–800.
- Komaraju, M., & Nadler, D. (2013). Self-efficacy and academic achievement: Why do implicit beliefs, goals, and effort regulation matter? *Learning and Individual Differences*, 25, 67–72. <https://doi.org/10.1016/j.lindif.2013.01.005>
- Laduniyyah, M. (2022). Hubungan kecemasan akademik dan efikasi diri dengan keberhasilan belajar siswa Sekolah Menengah Pertama (SMP). *PSYCOMEDIA: Jurnal Psikologi*. Volume 2(1), 33-39.
- Markway, B., & Ampel, C. (2018). *The Self Confidence Workbook*. Althea Press.
- Mattie, L. J., Loveall, S. J., Channell, M. M., & Rodgers, D. B. (2023). Perspectives on adaptive functioning and intellectual functioning measures for intellectual disabilities behavioral research. *Frontiers in Psychology*, 14(March), 1–7. <https://doi.org/10.3389/fpsyg.2023.1084576>
- Mirawdali, S., Morrissey, H., & Ball, P. (2018). Academic anxiety and its effects on academic performance. *International Journal of Current Research*, 10(6), 70017–70026. <https://www.journalcra.com/sites/default/files/issue-pdf/30653.pdf>
- Moneva, J., & Tribunalo, S. M. (2019). Students' Level of Self-confidence and Performance Tasks. *Asia Pacific Journal of Academic Research in Social Sciences*, 5(May 2020), 42–48.

- a.) Mutahari, H. (2016). Hubungan Antara Kepercayaan Diri Dengan Kecemasan Sosial Pada Siswa Kelas Vii Smp Negeri 2 Kalasan Tahun Ajaran 2015- The Correlation Between Confidence And Social Anxiety On Vii Grade. *E-Journal Bimbingan Dan Konseling*, 3(5), 13–23.
- Nguyen, D. T., Wright, E. P., Dedding, C., Pham, T. T., & Bunders, J. (2019). Low self-esteem and its association with anxiety, depression, and suicidal ideation in vietnamese secondary school students: A cross-sectional study. *Frontiers in Psychiatry*, 10(SEP), 1–7. <https://doi.org/10.3389/fpsyt.2019.00698>
- Oney, E., & Oksuzoglu-Guven, G. (2015). Confidence: A critical review of the literature and an alternative perspective for general and specific self-confidence. *Psychological Reports*, 116(1), 149–163. <https://doi.org/10.2466/07.PR0.116k14w0>
- Oswal, M. (2023). What Are The Factors That Affect Self Confidence? <https://kapable.club/blog/self-confidence/what-are-the-factors-that-affect-self-confidence/>
- Parsafar, P., & Davis, E. L. (2018). Fear and Anxiety. In *The Function of Emotions : When and Why Emotions Help Us*. Springer International Publishing AG.
- Prameswari, A. (2023). The Influence Of Self-Compassion On Anxiety In Final Year Student In Jakarta. *IJASSH*. Volume 1(1), <https://journal.untar.ac.id/index.php/ijassh/article/view/25927>
- Preston, D. L. (2007). 365 Steps to Self-Confidence. How To Content.
- Putri, C. (2018). Kecemasan Diri Dewasa Awal yang Menjalani Hubungan Romantis saat Mendapat Perilaku Silent Treatment. *Buletin Riset Psikologi dan Kesehatan Mental*. Volume 2(1)
- Rachman, S. J. (2020). *Anxiety* (Fourth Edi). Routledge.
- Salali, G. D., Uysal, M. S., & Bevan, A. (2021). Adaptive function and correlates of anxiety during a pandemic. *Evolution, Medicine and Public Health*, 9(1), 393–405. <https://doi.org/10.1093/emph/eoab037>
- Santrock, J. W. (2016). *Adolescence* (Sixteenth). McGraw-Hill Education,.
- Stankov, L., Kleitman, S., & Jackson, S. A. (2015). Measures of the Trait of Confidence. In *Measures of Personality and Social Psychological Constructs* (Issue January). <https://doi.org/10.1016/B978-0-12-386915-9.00007-3>
- Stankov, L., Lee, J., Luo, W., & Hogan, D. J. (2012). Confidence: A better predictor of academic achievement than self-efficacy, self-concept and anxiety? *Learning and Individual Differences*, 22(6), 747–758. <https://doi.org/10.1016/j.lindif.2012.05.013>

- Sugiyono. (2017). Metode Penelitian Bisnis. Pendekatan Kuantitatif, kualitatif dan R & D. Bandung: Alfabeta.
- Tomé-Lourido, D., Arce, C., & Ponte, D. (2019). The relationship between competitive state anxiety, self-confidence and attentional control in athletes. *Revista de Psicología Del Deporte*, 28(4), 143–150.
- Wahyuni, S. (2013). Hubungan antara kepercayaan diri dengan kecemasan berbicara di depan umum pada mahasiswa psikologi. 1(4), 220–227.
- WHO. (2021). Mental health of adolescents.
- WHO. (2023). Anxiety disorders. <https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders>
- Wolman, B. (2015). Defining Anxiety. In *Anxiety and Related Disorders* (p. 12). John Wiley & Sons.
- Xi, Y. (2020). Anxiety: A concept analysis. *Frontiers of Nursing*, 7(1), 9–12. <https://doi.org/10.2478/fon-2020-0008>

