

DAFTAR PUSTAKA

- Andhita, P. R., Sos, S., & Kom, M. I. (2021). *Komunikasi Visual* (Vol. 1). Zahira Media Publisher. [https://books.google.co.id/books?hl=en&lr=&id=ico5EAAAQBAJ&oi=fnd&pg=PA2&dq=Andhita,+P.+R.,+Sos,+S.,+%26+Kom,+M.+I.+\(2021\).+Komunikasi+Visual+\(Vol.+1\).+Zahira+Media+Publi sher.+&ots=329kE7PiLF&sig=dk5mp4uqdMhT-RVvhewvvFnJJHU&redir_esc=y#v=onepage&q&f=false](https://books.google.co.id/books?hl=en&lr=&id=ico5EAAAQBAJ&oi=fnd&pg=PA2&dq=Andhita,+P.+R.,+Sos,+S.,+%26+Kom,+M.+I.+(2021).+Komunikasi+Visual+(Vol.+1).+Zahira+Media+Publi sher.+&ots=329kE7PiLF&sig=dk5mp4uqdMhT-RVvhewvvFnJJHU&redir_esc=y#v=onepage&q&f=false)
- Arisanti, I., & Mubarak, A. S. (2024). The Impact of Daily Mindfulness Practice and Meditation on Stress Reduction and Improvement in Quality of Life in Indonesia Article Info ABSTRACT. *The Eastasouth Journal of Social Science and Humanities*, 2(01), 63–74. <https://doi.org/10.58812/esssh.v1i03>
- Armstrong, G., Adam, S., Denize, S., & Kotler, P. (2014). *Principles of marketing*. Pearson Australia. https://books.google.co.id/books?hl=en&lr=&id=UKyaBQAAQBAJ&oi=fnd&pg=PP1&dq=kotler+%26+armstrong&ots=RZrgPINacu&sig=9l9NbcL75KhYv7YINDA2Pnf4VXc&redir_esc=y#v=onepage&q=integrated&f=false
- Bidang Kajian Microeconomics Dashboard Laboratorium Ilmu Ekonomi FEB UGM (2023). Menilik Isu dan Urgensi Kesehatan Mental Pekerja Indonesia. Diakses pada (3) (Maret) (2025) dari <https://microdashboard.feb.ugm.ac.id/kajian-vol-1-menilik-isu-dan-urgensi-kesehatan-mental-pekerja-indonesia/>
- de Oliveira, C., Saka, M., Bone, L. et al. (2023) The Role of Mental Health on Workplace Productivity: A Critical Review of the Literature. *Appl Health Econ Health Policy* 21(2), 167–193. <https://doi.org/10.1007/s40258-022-00761-w>
- Hamidli, N. (2023). Introduction to UI/UX design: key concepts and principles. Preuzeto, 28, 2024. https://www.academia.edu/98036432/Introduction_to_UI_UX_Design_Key_Concepts_and_Principles?source=swp_share
- Iswanto, R. (2023). Perancangan Buku Ajar Tipografi. *Jurnal Desain Komunikasi Visual Nirmana*, 23(2), 123–129. <https://doi.org/10.9744/nirmana.23.2.123-129>
- Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia. (2021). LAYANAN SEJIWA LINDUNGI KESEHATAN MENTAL MASYARAKAT DI MASA PANDEMI COVID-19. Diakses pada 12 Maret 2025 dari <https://www.kemenpppa.go.id/index.php/page/read/29/3178/layanan-sejiwa-lindungi-kesehatan-mental-masyarakat-di-masa-pandemi-covid-19>
- Kermavnar, T., & Desmet, P. M. A. (2024). Technology and Meditation: Exploring the Challenges and Benefits of a Physical Device to Support Meditation Routine. *Multimodal Technologies and Interaction*, 8(2). <https://doi.org/10.3390/mti8020009>
- Keumala Sari, D., Hengki Nababan, R., Daulay Pengaruh Meditasi Mindfullness terhadap Perubahan Cemas, W., Daulay, W., Ilmu Keperawatan, M., & Keperawatan Universitas Sumatera Utara, F.

(2023). *Pengaruh Meditasi Mindfulness terhadap Perubahan Cemas (The Effect of Mindfulness Meditation on Anxiety Changes)*. <https://doi.org/10.46815/jk.v12i1.118>

Kholifah (2014) Pengaruh penggunaan media audio visual dengan metode reading aloud dalam pembelajaran Bahasa Arab terhadap hasil belajar siswa pada materi pokok العنوان kelas IV semester II MIN Wonoketingal Demak. Undergraduate (S1) thesis, UIN Walisongo. https://eprints.walisongo.ac.id/id/eprint/4058/3/103911022_bab2.pdf

KOMPAS ID (2023) Kesadaran tentang Kesehatan Mental Mulai Tumbuh. Diakses pada 10 Maret 2025 dari <https://www.kompas.id/baca/riset/2023/07/10/kesadaran-tentang-kesehatan-mental-mulai-tumbuh>

Loucks, E. B., Crane, R. S., Sanghvi, M. A., Montero-Marin, J., Proulx, J., Brewer, J. A., & Kuyken, W. (2022). Mindfulness-based programs: Why, when, and how to adapt?. *Global Advances in Health and Medicine*, 11, 21649561211068805. <https://journals.sagepub.com/doi/pdf/10.1177/21649561211068805>

Maharsi, I. (2016). *Ilustrasi*. Dwi-Quantum. <https://digilib.isi.ac.id/1167/1/Pages%20from%20NASKAH%20ILUSTRASI%20FORMAT%20B5%20HIBAH%20PERPUS%20ISI%20%202016.pdf>

Mamis, S., Putra, I. N. A. S., Yusa, I. M. M., Aryanto, D., Yasa, N. P. D., Wahidiat, M. P., ... & Carollina, D. (2023). *DASAR-DASAR DESAIN KOMUNIKASI VISUAL (DKV): Panduan Lengkap Untuk Memasuki Dunia Kreatif Visual*. PT. Sonpedia Publishing Indonesia. [https://books.google.co.id/books?hl=en&lr=&id=70rPEAAQBAJ&oi=fnd&pg=PA23&dq=Mamis,+S.,+Putra,+I.+N.+A.+S.,+Yusa,+I.+M.+M.,+Aryanto,+D.,+Yasa,+N.+P.+D.,+Wahidiat,+M.+P.,+...+%26+Carollina,+D.+\(2023\).+DASAR-DASAR+DESAIN+KOMUNIKASI+VISUAL+\(DKV\):+Panduan+Lengkap+Untuk+Memasuki+Dunia+Kreatif+Visual.+PT.+Sonpedia+Publishing+Indonesia.&ots=2tRtfgIU1&sig=AKkOhXLuCsGs5MRDixrXcogTN8&redir_esc=y#v=onepage&q&f=false](https://books.google.co.id/books?hl=en&lr=&id=70rPEAAQBAJ&oi=fnd&pg=PA23&dq=Mamis,+S.,+Putra,+I.+N.+A.+S.,+Yusa,+I.+M.+M.,+Aryanto,+D.,+Yasa,+N.+P.+D.,+Wahidiat,+M.+P.,+...+%26+Carollina,+D.+(2023).+DASAR-DASAR+DESAIN+KOMUNIKASI+VISUAL+(DKV):+Panduan+Lengkap+Untuk+Memasuki+Dunia+Kreatif+Visual.+PT.+Sonpedia+Publishing+Indonesia.&ots=2tRtfgIU1&sig=AKkOhXLuCsGs5MRDixrXcogTN8&redir_esc=y#v=onepage&q&f=false)

Matko, K., Ott, U., & Sedlmeier, P. (2021). What do meditators do when they meditate? Proposing a novel basis for future meditation research. *Mindfulness*, 12(7), 1791-1811. <https://link.springer.com/content/pdf/10.1007/s12671-021-01641-5.pdf>

Mettler, J., Zito, S., Bastien, L., Bloom, E., & Heath, N. L. (2024). How we teach mindfulness matters: Adolescent development and the importance of informal mindfulness. *Journal of School Psychology*, 105. <https://doi.org/10.1016/j.jsp.2024.101323>

Naluri Life (2023) Kondisi Kesehatan Mental di Asia 2024: Gen Z Berisiko Paling Tinggi. Diakses pada 13 Maret 2025 dari <https://www.naluri.life/id/news-and-reports/2024-mental-health-asia-gen-z-most-at-risk#:~:text=Di%20tahun%202024%2C%20sebanyak%2058,tempat%20kerja%20yang%20me%20mbuahkan%20hasil.>

Nababan, Ryan. (2020). *Peran Komunikasi Visual Di Tengah Pandemic COVID 19 Di Indonesia*. Semarang : Universitas Katolik Soegijapranata. <http://repository.unika.ac.id/id/eprint/26260>

- Paksi, D. F., & Nur, D. (2021). Warna dalam Dunia Visual. IMAJI: Film, Fotografi, Televisi & Media Baru, 12(2), 90-97. <https://repository.ikj.ac.id/534/1/Imaji%202021%20-%20No.2%20Juli%20%281%29.pdf#page=47>
- Putra, R. W. (2021). Pengantar desain komunikasi visual dalam penerapan. Penerbit Andi. [https://books.google.co.id/books?id=yQwVEAAQBAJ&lpg=PP1&ots=za5Z_tI7sJ&dq=Putra%20C%20R.%20W.%20\(2021\).%20Pengantar%20desain%20komunikasi%20visual%20dalam%20penerapan.%20Penerbit%20Andi.&lr&pg=PP1#v=onepage&q&f=false](https://books.google.co.id/books?id=yQwVEAAQBAJ&lpg=PP1&ots=za5Z_tI7sJ&dq=Putra%20C%20R.%20W.%20(2021).%20Pengantar%20desain%20komunikasi%20visual%20dalam%20penerapan.%20Penerbit%20Andi.&lr&pg=PP1#v=onepage&q&f=false)
- Putri, M. A., Bimantoko, I., Hertan, N., Listiyandini, R. A., & Tujuan, K. S. (2023). *Jurnal Psikogenesis Volume* (Vol. 11, Issue 1). <https://academicjournal.yarsi.ac.id/index.php/Jurnal-Online-Psikogenesis/article/view/1961/1544>
- Rindawati, T., Thamrin, L., & Lusi, L. (2022). Penggunaan Media Audio Visual Film Kartun dalam Pembelajaran Kosakata Bahasa Mandarin pada Siswa SD LKIA. *Jurnal Tunas Bangsa*, 9(1), 1-10. <https://ejournal.bbg.ac.id/tunasbangsa/article/view/1722/1331>
- Rustan, S. (2013). Layout. Gramedia Pustaka Utama. https://books.google.co.id/books?hl=en&lr=&id=A1hjDwAAQBAJ&oi=fnd&pg=PP1&dq=rustan+2013&ots=-oE3EZtR4o&sig=qTN8ZXXRkOv7jLbNutTxs5weO28&redir_esc=y#v=onepage&q=rustan%202013&f=false
- Sidharta, M. V., Harto, S., Sujiono, S., Sudarto, S., Sadikah, A. A., Purnomo, D. T., & Maryani, D. (2023). Meditasi: Studi Perspektif Dan Pengaruhnya Terhadap Kecerdasan Emosional Siswa Buddhis. *Jurnal Agama Buddha Dan Ilmu Pengetahuan*, 9(2), 152-157. <https://jurnal.radenwijaya.ac.id/index.php/ABIP/article/view/1111/586>
- The Council of State Government. (2022). Addressing the Mental Health Needs of Workers Throughout and Beyond the COVID-19 Pandemic. Diakses pada 13 Maret 2025 dari https://seed.csq.org/wp-content/uploads/2022/01/Accessible-2021_SEED_WorkersMentalHealth_Report-11_22.pdf
- Toussaint, L., Nguyen, Q. A., Roettger, C., Dixon, K., Offenbächer, M., Kohls, N., Hirsch, J., & Sirois, F. (2021). Effectiveness of Progressive Muscle Relaxation, Deep Breathing, and Guided Imagery in Promoting Psychological and Physiological States of Relaxation. *Evidence-Based Complementary and Alternative Medicine*, 2021. <https://doi.org/10.1155/2021/5924040>
- Wang, Y. (2022). Illustration art based on visual communication in digital context. *Mobile Information Systems*, 2022(1), 7364003. <https://onlinelibrary.wiley.com/doi/pdf/10.1155/2022/7364003>
- World Health Organization. (2022). Mental health at work. Diakses pada 10 Maret 2025 dari <https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>
- Youngs, M. A., Lee, S. E., Mireku, M. O., Sharma, D., & Kramer, R. S. S. (2021). Mindfulness Meditation Improves Visual Short-Term Memory. *Psychological Reports*, 124(4), 1673–1686. <https://doi.org/10.1177/0033294120926670>

Zemla, K., Sedek, G., Wróbel, K., Postepski, F., & Wojcik, G. M. (2023). Investigating the Impact of Guided Imagery on Stress, Brain Functions, and Attention: A Randomized Trial. *Sensors*, 23(13). <https://doi.org/10.3390/s23136210>

