

DAFTAR PUSTAKA

- Abdul, N. and Abdul, M. (2011) *Dasar-Dasar Keperawatan Jiwa*. Jakarta: Salemba Medika.
- Aini, H. N. (2016) *Hubungan Stres Dengan Strategi Koping Mahasiswa Semester 4 Angkatan 2014 Fakultas Keperawatan Universitas Airlangga*. Universitas Airlangga.
- Aldwin, C. M. *et al.* (1996) 'Age differences in stress, coping, and appraisal: Findings from the normative aging study', *Journals of Gerontology - Series B Psychological Sciences and Social Sciences*, 51(4), pp. 179–188. doi: 10.1093/geronb/51B.4.P179.
- Allred, A., Granger, M. and Hogstrom, T. (2013) 'The Relationship Between Academic Major, Personality Type, and Stress In College Students', *Eukaryon*, 9(March), pp. 1–4.
- Alsa, A. (2007) *Pendekatan Kuantitatif & Kualitatif Serta Kombinasinya Dalam Penelitian Psikologi*. Yogyakarta: Pustaka Pelajar.
- American Public Health Association (2016) 'Climate Changes Mental Health'. Available at: https://www.apha.org/~media/files/pdf/topics/climate/climate_changes_mental_health.ashx.
- Amiruddin (2017) *Analisis Faktor - Faktor Penyebab Tingkat Kejadian Stres Pada Mahasiswa Fakultas Kedokteran Universitas Hasanuddin Angkatan 2015, Skripsi*.
- Anbumalar, C. *et al.* (2017) 'Gender differences in perceived stress levels and coping strategies among college students', *International Journal of Indian Psychology*, 4(4), pp. 22–33. doi: 10.25215/0404.103.
- Araas, T. E. (2008) *Associations of mindfulness, perceived stress, and health behaviors in college freshmen., Dissertation Abstracts International Section A: Humanities and Social Sciences*. Available at: http://search.proquest.com.ezproxy.library.yorku.ca/docview/304685212?accountid=15182%5Cnhttp://sfx.scholarsportal.info/york?url_ver=Z39.88-2004&rft_val_fmt=info:ofi/fmt:kev:mtx:dissertation&genre=dissertations+%26+theses&sid=ProQ:ProQuest+Dissertations+%26+T.
- Atik, A. (2011) *Faktor-Faktor Yang Berhubungan Dengan Depresi Pada Lansia*

di Desa Mendong Kecamatan Trucuk Kabupaten Klaten. Universitas Muhammadiyah Surakarta.

Baqutayan, S. (2011) 'Stress and social support', *Indian Journal of Psychological Medicine*, 33(1), pp. 29–34. doi: 10.4103/0253-7176.85392.

Bataineh, M. Z. (2013) 'Academic Stress Among Undergraduate Students: the Case of Education Faculty At King Saud University', *International Interdisciplinary Journal of Education*, 2(1), pp. 82–88.

Bayram, N. and Bilgel, N. (2008) 'The prevalence and socio-demographic correlations of depression, anxiety and stress among a group of university students', *Social Psychiatry and Psychiatric Epidemiology*, 43(8), pp. 667–672. doi: 10.1007/s00127-008-0345-x.

Beck, J. S. (1995) *Cognitive Behavior Therapy: Basics and beyond*. 1st Editio. New York: Guilford.

Chaplin, J. (2002) *Kamus Lengkap Psikologi*. Jakarta: Rajawali Press.

Departemen Kesehatan RI (2004) *Kebijakan Dasar Pusat Kesehatan Masyarakat*. Jakarta: Kementerian Kesehatan RI.

Dinas Kesehatan Provinsi Jawa Timur (2017) *Profil Kesehatan Provinsi Jawa Timur Tahun 2017*. Surabaya.

Fajar, K. Al (2017) *Pentingnya Punya Coping Skill yang Baik Sebagai Cara Mengatasi Masalah*. Available at: <https://hellosehat.com/hidup-sehat/psikologi/strategi-coping-skill-untuk-mengatasi-masalah/>.

Fitasari, I. N. (2011) *Faktor Yang Berhubungan Dengan Kejadian Stres Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga, Universitas Airlangga*. Universitas Airlangga.

Ghasemi, M. *et al.* (2017) 'The effect of a positive reappraisal coping intervention and problem-solving skills training on coping strategies during waiting period of IUI treatment: An RCT', *International Journal of Reproductive BioMedicine*, 15(11), pp. 687–696. doi: 10.29252/ijrm.15.11.687.

Glanz, K., Rimer, B. k. and Viswanath, K. (2008) *Health Behavior and Health Education (Theory, Research, and Practice)*. San Fransisco: John Wiley & Sons, Inc.

Gunawati, R. (2005) *Hubungan Antara Efektivitas Komunikasi Mahasiswa Dosen Pembimbing Utama Skripsi Pada Mahasiswa Program Studi Psikologi Fakultas Kedokteran Universitas Diponegoro*. Universitas Diponegoro.

- Habeeb, K. A. (2010) 'Prevalence of stressors among female medical students, Taibah University', *Journal of Taibah University Medical Sciences*. Elsevier, 5(2), pp. 110–119. doi: 10.1016/s1658-3612(10)70140-2.
- Handayani, S. (2017) *Mengerikan, 86% Remaja Menderita Stres*.
- Hardjana, A. M. (2002) *Stres Tanpa Distres: Seni Mengelola Stres*. Yogyakarta: Kanisius.
- Hawari, D. (2006) *Manajemen Stres, Cemas, dan Depresi*. Second Edi. Jakarta: Balai Penerbit Fakultas Kedokteran Universitas Indonesia.
- Heckman, S., Lim, H. and Montalto, C. (2014) 'Factors Related to Financial Stress among College Students', *Journal of Financial Therapy*, 5(1). doi: 10.4148/1944-9771.1063.
- Heiman and Kariv (2005) 'Task-Oriented versus Emotion-Oriented Coping Strategies: The Case of College Students', *College Student Journal*, 39(1), pp. 72–89.
- Hidayat, A. A. A. (2007) *Metode Penelitian Keperawatan dan Teknik Analisis Data*. Jakarta: Salemba Medika.
- Hill, C. (2014) 'School Stress , Academic Performance , and Coping in College Freshmen', *University of Northern Colorado Undergraduate Research Journal: McNair Scholars Edition*, 4(2), pp. 1–9.
- Hogan, J. M., Carlson, J. G. and Dua, J. (2002) 'Stressors and stress reactions among university personnel', *International Journal of Stress Management*, 9(4), pp. 289–310. doi: 10.1023/A:1019982316327.
- Husnia, Z. and Megatsari, H. (2020) 'Health Promotion in Public Places of Sakinah Supermarket Surabaya', *Jurnal PROMKES*, 8(1), p. 66. doi: 10.20473/jpk.v8.i1.2020.66-78.
- Iorga, M., Dondas, C. and Zugun-Eloae, C. (2018) 'Depressed as freshmen, stressed as seniors: The relationship between depression, perceived stress and academic results among medical students', *Behavioral Sciences*, 8(8), pp. 1–12. doi: 10.3390/bs8080070.
- Isnovijanti (2002) *Pengaruh Dukungan Sosial Terhadap Stress Kerja Dan Kepuasan Kerja (Studi Kasus Pada Polres Pati Jateng)*. Universitas Diponegoro.
- Jensen, C. *et al.* (2016) 'Australian University Students' Coping Strategies and Use of Pharmaceutical Stimulants as Cognitive Enhancers', *Frontiers in*

Psychology, 7(March), pp. 1–9. doi: 10.3389/fpsyg.2016.00277.

Kadhiravan, S. and Kumar, K. (2012) 'Enhancing Stress Coping Skills among College Students', *Journal of Arts, Science & Commerce*, 3(4), pp. 49–55. Available at: www.researchersworld.com.

Kelly, M. M. *et al.* (2008) 'Sex differences in the use of coping strategies: Predictors of anxiety and depressive symptoms', *Depression and Anxiety*, 25(10), pp. 839–846. doi: 10.1002/da.20341.

Kementerian Kesehatan RI (2018) *Riset Kesehatan Dasar; RISKESDAS*. Jakarta.

Koochaki, G. M. *et al.* (2011) 'Prevalence of stress among Iranian medical students: A questionnaire survey', *Eastern Mediterranean Health Journal*, 17(7), pp. 593–598. doi: 10.26719/2011.17.7.593.

Kozier, B. and Erb (2011) *Kozier and Erb's Fundamental of Nursing*. Melbourne: Pearson Education Australia.

Kramer, J. (2020) *7 Foods That Secretly Stress You Out*. Available at: <http://www.eatingwell.com/article/291444/7-foods-that-secretly-stress-you-out/> (Accessed: 25 June 2020).

Lazarus, R. S. (1976) *Pattern of Adjustment*. New York: McGraw-Hill.

Lazarus, R. S. and Folkman, S. (1984) *Stress, Appraisal, and Coping*. New York: Springer Publishing Company.

Legiran, Azis, M. Z. and Bellinawati, N. (2015) 'Faktor Risiko Stres dan Perbedaannya pada Mahasiswa', *Jurnal Kedokteran dan Kesehatan*, 2(2), pp. 197–202. doi: 10.1063/1.3106611.

Li, C. T., Cao, J. and Li, T. M. H. (2016) 'Eustress or Distress: An Empirical Study of Perceived Stress in Everyday College Life', *UbiComp 2016 Adjunct - Proceedings of the 2016 ACM International Joint Conference on Pervasive and Ubiquitous Computing*, pp. 1209–1217. doi: 10.1145/2968219.2968309.

Marbun, G. (2011) *Perbedaan Coping Stres Pada Pria dan Wanita Dalam Pernikahan*. Universitas Sumatera Utara.

Maryam, S. (2017) 'Strategi Coping: Teori Dan Sumberdayanya', *JURKAM: Jurnal Konseling Andi Matappa*, 1(2), p. 101. doi: 10.31100/jurkam.v1i2.12.

Matud, M. P. (2004) 'Gender differences in stress and coping styles', *Personality*

and Individual Differences, 37(7), pp. 1401–1415. doi: 10.1016/j.paid.2004.01.010.

- Mazumdar, H. *et al.* (2012) 'A Comparative study on stress and its contributing factors among the Graduate and Post-graduate students', *Advances in Applied Science Research*, 3(1), pp. 399–406. Available at: <http://www.imedpub.com/articles/a-comparative-study-on-stress-and-its-contributing-factors-among-thegraduate-and-postgraduate-students.pdf>.
- McLeod, S. A. (2010) *Stress Management: Problem-Focused Coping With Stress*.
- Morris, S. A. *et al.* (2010) 'Alcohol inhibition of neurogenesis: A mechanism of hippocampal neurodegeneration in an adolescent alcohol abuse model', *Hippocampus*, 20(5), pp. 596–607. doi: 10.1002/hipo.20665.
- Mu'tadin, Z. (2002) *Pengantar Pendidikan dan Ilmu Perilaku Kesehatan*. Yogyakarta: Andi Offset.
- Nasution, I. K. (2007) *Stres Pada Remaja*. Universitas Sumatra Utara.
- Nazir, M. (2011) *Metode Penelitian*. Bogor: Penerbit Ghalia Indonesia.
- Newman, B. M. and Newman, P. R. (2017) *Development Through Life: A Psychosocial Approach*. 13th Editi. Boston: Cengage Learning.
- Omoniyi, M. B. I. and Ongunsanmi, J. O. (2012) 'Sex , Marital Status and Years of Experience As Correlates of Stress Among Academic Staff in South West Nigeria', *European Scientific Journal*, 8(10), pp. 25–34.
- Palmer, S. (2007) 'PRACTICE: A model suitable for coaching, counselling, psychotherapy and stress management', *The Coaching Psychologist*, 3(2), pp. 71–77.
- Park, C. L. and Adler, N. E. (2003) 'Coping Style as a Predictor of Health and Well-Being Across the First Year of Medical School', *Health Psychology*, 22(6), pp. 627–631. doi: 10.1037/0278-6133.22.6.627.
- Park, C. L., Armeli, S. and Tennen, H. (2004) 'The Daily Stress and Coping Process and Alcohol Use among College Students', *Journal of Studies on Alcohol*, 65(1), pp. 126–135. doi: 10.15288/jsa.2004.65.126.
- Pergament, K. (1997) *The Psychology of Religion and Coping Theory Research, Practice*. New York: Guilford Press.
- Potter, P. A. and Perry, A. G. (2005) *Buku Ajar Fundamental Keperawatan Konsep, Proses, dan Praktik*. 4th Editio. Jakarta: EGC.

- Psychology Foundation of Australia (2010) *Depression Anxiety Stress Scale*.
- Ptacek, J. T., Smith, R. E. and Zanas, J. (1992) 'Gender, Appraisal, and Coping: A Longitudinal Analysis', *Journal of Personality*, 60(4), pp. 747–770. doi: 10.1111/j.1467-6494.1992.tb00272.x.
- Purwati, S. (2012) *Tingkat Stres Akademik pada Mahasiswa Reguler Angkatan 2010 Fakultas Ilmu Keperawatan Universitas Indonesia, UI*.
- Pusat Bahasa Departemen Pendidikan Nasional (2005) *Pedoman Umum Ejaan Bahasa Indonesia yang Disempurnakan*. Jakarta: Balai Pustaka.
- Rasmun (2004) *Stres, Koping, dan Adaptasi (Teori dan Pohon Masalah Keperawatan)*. Jakarta: Sagung Seto.
- Reni, R. (2012) *Gambaran Stres dan Strategi Koping Mahasiswa Program Reguler 2009 FIK UI Saat Melaksanakan Praktik Klinik PKD II*. Universitas Indonesia.
- Robotham, D. and Julian, C. (2006) 'Stress and the higher education student: A critical review of the literature', *Journal of Further and Higher Education*, 30(2), pp. 107–117. doi: 10.1080/03098770600617513.
- Ruwindiyani, M. B. D. (2008) *Analisis Perbedaan Stres Kerja Perawat Berdasarkan Usia, Jenis Kelamin, dan Divisi Pekerjaan di RSUD Tugurejo Semarang*. Universitas Katolik Soegijapranata.
- Santrock, J. W. (2007) *Psikologi Perkembangan*. Jakarta: Erlangga.
- Santrock, J. W. (2008) *Life span-development*. 11th Editi. New York: McGraw-Hill.
- Sarafino, E. P. (1998) *Health Psychology: Biopsychosocial Interaction*. 3rd Edition. New York: John Wiley & Sons, Inc.
- Sarafino, E. P. and Smith, T. (2011) *Health Psychology Biopsychosocial Interactions*. 7th Edition. New Jersey: John Wiley & Sons, Inc.
- Sari, N. (2015) *Hubungan Keaktifan Berorganisasi Dengan Stres Pada Mahasiswa Pendidikan Dokter Fakultas Kedokteran Universitas Sy. Universitas Syiah Kuala*.
- Selye, H. (1974) *Stress Without Distress*. Philadelphia: PA: Lippincott.
- Setiadi (2007) *Konsep & Penulisan Riset Keperawatan*. Yogyakarta: Graha Ilmi.

- Sheu, S., Lin, H. S. and Hwang, S. L. (2002) 'Perceived stress and physio-psychosocial status of nursing students during their initial period of clinical practice: The effect of coping behaviors', *International Journal of Nursing Studies*, 39(2), pp. 165–175. doi: 10.1016/S0020-7489(01)00016-5.
- Sideridis, G. D. (2006) 'Coping is not an "either" "or": The interaction of coping strategies in regulating affect, arousal and performance', *Stress and Health*, 22(5), pp. 315–327. doi: 10.1002/smi.1114.
- Smet, B. (1994) *Psikologi Kesehatan*. Jakarta: PT. Gramedia Widiasarana.
- Smith, T. B., McCullough, M. E. and Poll, J. (2003) 'Religiousness and Depression: Evidence for a Main Effect and the Moderating Influence of Stressful Life Events', *Psychological Bulletin*, 129(4), pp. 614–636. doi: 10.1037/0033-2909.129.4.614.
- Smith, T. and Renk, K. (2007) 'Predictors of Academic-Related Stress in College Students : An Examination of Coping , Social Support , Parenting , and Anxiety', *NASPA Journal*, 44(3), pp. 405–431. doi: 10.2202/1949-6605.1829.
- Spangenberg, J. J. and Theron, J. C. (1999) 'Stress and coping strategies in spouses of depressed patients', *Journal of Psychology: Interdisciplinary and Applied*, 133(3), pp. 253–262. doi: 10.1080/00223989909599738.
- Stixrud, W. R. (2012) 'Why Stress Is Such a Big Deal', *Journal of Management Education*, 36(2), pp. 135–142. doi: 10.1177/1052562911430317.
- Stuart, G. W. and Sundeen, S. J. (2005) *Buku Saku Keperawatan Jiwa*. 3rd Editio. Jakarta: EGC.
- Sugiono (2010) *Statistika Untuk Penelitian*. Bandung: Alfabeta.
- Sukadiyanto, S. (2010) 'Stress Dan Cara Mengurangnya', *Jurnal Cakrawala Pendidikan*, 1(1), pp. 55–66. doi: 10.21831/cp.v1i1.218.
- Sukmadinata, N. S. (2005) *Metode Penelitian Pendidikan*. Bandung: PT. Remaja Rosdakarya.
- Suwartika, I., Nurdin, A. and Ruhmadi, E. (2014) 'Analisis Faktor Yang Berhubungan Dengan Tingkat Stress Akademik Mahasiswa Reguler Program Studi D Iii Keperawatan Cirebon Poltekkes Kemenkes Tasikmalaya', *The Soedirman Journal of Nursing*, 9(3), pp. 173–189. Available at: <http://jks.fikes.unsoed.ac.id/index.php/jks/article/viewFile/612/337>.

- Tamres, L. K., Janicki, D. and Helgeson, V. S. (2002) 'Sex Differences in Coping Behavior: A Meta-Analytic Review and an Examination of Relative Coping', *Personality and Social Psychology Review*, 6(1), pp. 2–30. doi: 10.1207/S15327957PSPR0601.
- Thawabieh, A. M. and Qaisy, L. M. (2012) 'Assessing Stress Among University Students', *American International Journal of Contemporary Research*, 2(2), pp. 110–116. doi: 10.1071/EA9921045.
- Toussaint, L. *et al.* (2016) 'Effects of lifetime stress exposure on mental and physical health in young adulthood: How stress degrades and forgiveness protects health', *Journal of Health Psychology*, 21(6), pp. 1–11. doi: 10.1177/1359105314544132.
- Turner, J. S. and Helms, D. B. (1995) *Human Development*. 5th Editio. New York: McGraw-Hill.
- Varcarolis, E. M. (2000) *Psychiatric Nursing Clinical Guide: Assessment Tools & Diagnosis*. 1st Editio. Philadelphia: Saunders.
- Wahyudi, R., Bebasari, E. and Nazriati, E. (2015) 'Hubungan kebiasaan berolahraga dengan tingkat stres pada mahasiswa fakultas kedokteran universitas riau tahun pertama', *Jurnal Olahraga Stres*, 2(2), pp. 1–11. doi: 10.6067/XCV81C1XQ4.
- Walker, J. (2002) *Adolescent Stress and Depression: Teens in Distress Series*. Minnesota: University of Minnesota.
- Walton, R. L. and Dennis P. Prisk (2002) *A Comparison of Perceived Stress Levels and Coping Styles of Junior and Senior Students in Nursing And Social Work Programs, College of Graduate Studies*.
- Wangsa, T. (2010) *Menghadapi Stres dan Depresi Seni Menikmati Hidup Agar Selalu Bahagia*. Yogyakarta: Oryza.
- Wind, D. (2015) *Depresi Dan Stress Dapat Memicu Gangguan Jiwa Berat, Waspadalah..!*
- Wong, P. T. P. (2011) 'Positive Psychology 2.0: Towards a Balanced Interactive Model of The Good Life', *Canadian Psychology*, 52(2), pp. 69–81. doi: 10.1037/a0022511.
- Yau, Y. H. C. and Potenza, M. N. (2013) 'Stress and Eating Behaviors', *NIH Public Access*, 38(3), pp. 255–267. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3624763/pdf/nihms412728.pdf>.

- Yikealo, D., Yemane, B. and Karvinen, I. (2018) 'The Level of Academic and Environmental Stress among College Students: A Case in the College of Education', *Open Journal of Social Sciences*, 06(11), pp. 40–57. doi: 10.4236/jss.2018.611004.
- Yusuf, M. (2011) 'The impact of self-efficacy, achievement motivation, and self-regulated learning strategies on students' academic achievement', *Procedia - Social and Behavioral Sciences*. Elsevier B.V., 15, pp. 2623–2626. doi: 10.1016/j.sbspro.2011.04.158.