

DAFTAR PUSTAKA

- Azwar, Saifuddin. (2012). *Penyusunan Skala psikologi*. Yogyakarta: Pustaka Pelajar
- Anonim. (2015). *Kamus Besar Bahasa Indonesia*. Diakses dari <http://kbbi.web.id/indekos>
- Badan Penelitian dan Pengembangan Kesehatan. (2013). Hasil riset kesehatan dasar (Riskesdas) 2013. Badan Penelitian dan Pengembangan Kesehatan Menteri Kesehatan RI 2013.
- Batia, A. S. (2007). Relationship among personality, self determination and exercise behavior. University of Florida, Florida.
- Benjamin, L., & Wulfert, E. (2005). Dispositional correlates of addictive behaviors in college women: Binge eating and heavy drinking. *Eating Behaviors*, 6, 197-209
- Bogg, T. & Roberts, B. W. (2013). The Case for Conscientiousness: Evidence and Implications for a Personality Trait Marker of Health and Longevity. *ann. behav. med.*, 45, 278–288
- Booth-Kewley, S., & R. R. Vickers, J. (1992). *Association between major domains of personality and health behaviro*. California: Naval Health Research Center.
- Cheng, C-H. E., Weiss, J. W., & Siegel, J. M. (2015). Personality traits and health behaviors as predictors of subjective wellbeing among a multiethnic sample of university-attending emerging young adults. *International Journal of Wellbeing*, 5(3), 21-43
- Chu, X., Ma, Z., Li, Y., & Han, J. (2015). Agreeableness, Extraversion, Stressor and Physiological Stress Response. *International Journal of Social Science Studies*, 3(4), 79-86
- Eldesouky, L. (2012). Openness to Experience and Health: A Review of the Literature. *The Yale Review of Undergraduate Research in Psychology*, 5, 24-42
- Feldman, Robert S. (2003). *Essential of Understanding Psychology*[5th ed]. United States : McGraw Hill
- Friedman, H. S. (2000). Long Term Relation of Personality and Health : Dynamism, Mechanism, Tropism. *Journal of Personality*, p.1089-1107.

- Friedman, H. S., & Kern, M. L. (2010). Contributions of Personality to Health Psychology. In J. M. Suls, K. W. Davidson, & R. M. Kaplan, *Handbook of Health Psychology and Behavioral Medicine* (pp. 102-119). New York: The Guilford Press
- Goldstein, C. M., Xie, S. S., Hawkins, M. A. W., & Hughes, J. W. (2015). Reducing Risk for Cardiovascular Disease : Negative Health Behaviors in College Students. *Emerging Adulthood*, 3(1), 24-36.
- Goodwin, R. & Friedman, H. S. (2006). Health Status and the Five-factor Personality Traits in a Nationally Representative Sample. *Journal of Health Psychology*, 11(5), 643-654.
- Greaney, dkk. (2009). College students' barriers and enabler for healthful weight management : A qualitative study. *Journal Nutrition Education Behavior*, 41, 281-286.
- Hall, P. A., Fong, G. T., & Epp, L. J. (2014). Cognitive and Personality Factors in Predicting Health Behaviors : an Examination of Total, Direct and Indirect Effect. *Journal of Behavioral Medicine*, 37, 1057-1068.
- Hansen, P. E., Floderus, B., Frederiksen, K., & Johansen, C. (2005). Personality Traits, Health Behavior, and Risk for Cancer A Prospective Study of a Swedish Twin Cohort. *American Cancer Society*, 103(5), 1082-1091
- Hampson, S. E. (2013). Personality as a Marker of Health: a Comment on Bogg and Roberts. *Ann. Behav. Med.*, 45, 269-270.
- Hampson, S. E., Goldberg, L. R., Fogt, T. M., Dubanoski, J. P. (2007). Mechanisms by which Childhood Personality Traits Influence Adult Health Status: Educational Attainment and Healthy Behaviors. *Health Psychology*, 26(1), 121-125
- Hong, R. Y., & Paunonen, S. V. (2009). Personality Traits and Health-risk behavior in University Student. *European Journal of Personality*, 675-696.
- Ingledeu, D. K. & Brunning, S. (1999). Personality, Preventive Health Behaviour and Comparative Optimism about Health Problems. *Journal of Health Psychology*, 4(2), 193-208.
- John, O. P., Donahue, E. M., & Kentle, R. L. (1991). The Big Five Inventory-- Versions 4a and 54. Berkeley, CA: University of California, Berkeley, Institute of Personality and Social Research.
- John, O. P., Naumann, L. P., & Soto, C. J. (2008). Paradigm shift to the integrative Big Five trait taxonomy: History, measurement, and conceptual

- issues. In O. P. John, R. W. Robins, & L. A. Pervin (Eds.), *Handbook of personality: Theory and research* (pp. 114-158). New York, NY: Guilford Press.
- Kerlinger, Fred N. (1990). *Asas-asas penelitian behavioral*. Yogyakarta: Gadjah Mada University Press.
- Larsen, R. J. & Buss, D. M. (2010). *Personality Psychology : Domains of Knowledge About Human Nature* [4th ed]. New York : McGraw Hill Company.
- Marks, G. R. & Lutgendorf, S. K. (1999). Perceived Health Competence and Personality Factors Differentially Predict Health Behaviors in Older Adults. *Journal of Aging and Health*, 11(2) 221-239.
- Mathur, C., Stigler, M., Lust, K., & Laska, M. (2014). A Latent Class Analysis of Weight-Related Health Behaviors Among 2- and 4-Year College Students and Associated Risk of Obesity. *Health Education & Behavior*, 41(6), 663-672.
- McKinney, Courtney E., "Assessment of Dietary Behaviors of College Students Participating in the Health Promotion Program BUCS: Live Well" (2013). Electronic Theses and Dissertations. Paper 1105. <http://dc.etsu.edu/etd/1105>
- Nelson, C. M. C., Story, M., Larson, N. I., Neumark-Sztainer, D., & Lytle, L. A. (2008). emerging Adulthood and Collegeaged youth: An overlooked Age for Weight-related behavior. *Obesity*. 16, 2205-2211.
- Netemeyer, R. G., Bearden, W. O., & Sharma, S. (2003). *Issues and Applications : Scalling Procedures*. USA : Sage Publication.
- Neuman, (2007). *Basics of Social Research :Qualitative and Quantitative Approach* [2nd ed]. Boston: Pearson Education, Inc.
- Nugent, R. (2008). Chronic Disease in Developing Countries Health and Economic Burdens. *New York Academy of Sciences*, 1136, 70-79
- Otonari, J., Nagano, J., Morita, M., Budhathoki, S., Toshiro, N., Toyomura, K., Kono, S., Imai, K., Ohnaka, K., & Takayanagi, R. (2011). Neuroticism and extraversion personality traits, health behaviours, and subjective well-being: the Fukuoka Study (Japan). *Quality of Life Research*, 21, 1847–1855
- Pallant, J. (2007). *SPSS Survival Manual: A Step by Step Guide to Data Analysis using SPSS for Windows* [3rd ed]. England: Open University Press

- Pellowski, J. A. & Kalichman, S. C. (2015). Health behavior predictors of medication adherence among low health literacy people living with HIV/AIDS. *Journal of Health Psychology*, 1-11.
- Raynor, D. A. & Levine, H. (2009). Associations Between The Five-Factor Model of Personality and Health Behaviors Among College Students. *Journal American College Health*, 58(1), 73-81.
- Rhodes, R. E. & Smith, N. E. I. (2006). Personality Correlates Physical Activity : Review and Meta Analysis. *Br J Sport Med*, 40, 958–965
- Smith, T. S. (2006). Personality as risk and resilience in physical health. *Personality and Physical Health*, 15(5), 227-231.
- Sutin, A. R., Ferruci, L., Zonderman, A. B., & Teraaciano, A. (2011). Personality and obesity across the adult life span. *Journal of Personality and Social Psychology*, 101(3), 579-592.
- Tanner, J. L. & Arnett, J. J. (2009). The emergence of emerging adulthood : The new life stage between adolescent and young adulthood. *Handbook of Youth and Young Adulthood : New perspectives and agendas*
- Taylor, S. E. (1999). *Health Psychology* [4th ed]. Singapore : McGraw Hill
- Terraciano, A. & Costa Jr., P. T. (2004). Smoking and the Five-Factor Model of Personality. *Addiction*, 99(4), 472-481.
- Trankle, S. dan Haw, J. (2009). Predicting Health Behavior from Health Beliefs. *Electric Journal of Applied Psychology*, 5(2), 9-17
- Turiano, N. A., Chapman, B. P., Gruenewald, T. L., & Mroczek, D. K. (2015). Personality and the Leading Behavioral Contributors of Mortality. *Health Psychology*, 34(1), 51–60
- Undang-undang nomor 12 tahun 2012 tentang pendidikan tinggi
- Van Den Bree, M. B. M., Przybeck, T. R., & Cloninger, C. R. (2006). Diet and personality: Association in a population based sample. *Appetite*, 46, 177-1

- Vollrath, M., Knoch, D., & Cassan, L. (1999). Personality, Risky Health Behaviour, and Perceived Susceptibility to Health Risks. *European Journal of Personality*, 13, 39-50.
- World Health Behavior. (2003). *Diet, nutrition and the prevention of chronic diseases*(WHO Technical Report Series, No. 916)diakses dari http://whqlibdoc.who.int/trs/who_trs_916.pdf
- World Health Organisation. (2014). *Global Status Report on Noncommunicable Disease 2014*. Diakses dari http://www.who.int/topics/noncommunicable_disease/en/
- World Health Organisation. (2015a). *Indonesia: WHO statistical profile*.diakses dari<http://www.who.int/gho/countries/idn.pdf>
- World Health Organisation. (2015b). *Noncommunicable disease*[Fact sheet]. Diakses dari <http://www.who.int/mediacentre/factsheets/fs355/en/>
- World Health Organisation. (2015c). *The Impact of Chronic Disease in Indonesia*. Diakses dari www.who.int/entity/chp/chronic_disease_report/media/impact/indonesia.pdf