

DAFTAR PUSTAKA

- Anonim. (2012). *Perancangan Fuzzy Logic untuk Mengidentifikasi Suasana Hati yang Buruk melalui Gadget Berbasis BlackBerry*. [online] Tersedia: <http://library.binus.ac.id/eColls/eThesisdoc/Bab1HTML/2012100456IFBa1001/page.html> [14 Oktober 2013].
- Apostolo dan Kolcaba, K. (2009). *The Effects of Guided Imagery on Comfort, Depression, Anxiety, and Stress of Psychiatric Inpatients with Depressive Disorders*. [Online]. Tersedia: www.sciencedirect.com [22 Agustus 2014].
- Armitage, C. J., Conner, M. and Norman, P. (1999). "Differential Effects of Mood on Information Processing: Evidence from the Theories of Reasoned Action and Planned Behavior." *Eur. J. Soc. Psychol.* Vol. 29, 419-433.
- Bagherpour, T., Hashim, H. A., Saha, S., Ghosh, A. K. (2012). "Comparison of Long - Term Effects of Internal Imagery and Progressive Muscle Relaxation on Brunel Mood among Malaysian and Iranian Taekwondo Athletes." *International Conference on Education and Management Innovation*. Vol. 30, 255- 230.
- Baumeister, R. F., dan Heatherton, T. F. (1996). "Self-Regulation Failure". *Psychological Inquiry*. Vol. 7(1), 1-15.
- Beck, A.T. (1967). *Depression: Clinical, Experimental, and Theoretical Aspects*. New York: Harper Row.
- Blanchard-Fields, F. (2007). "Everyday Problem Solving and Emotion: An Adult Developmental Perspective". *Current Directions in Psychological Science*. Vol. 16, 26–31.
- Bless, H., Bohner, G., Schwarz, N., & Strack, F. (1990). "Mood and Persuasion: A Cognitive Response Analysis". *Personality and Social Psychology Bulletin*. Vol.16, 331-345.
- Bower, G.H., Gilligan, S.G., and Monteiro, K.P. (1981). "Selectivity of Learning Caused by Affective States". *Journal of Experimental Psychology: General*. Vol. 110, 451-473.
- Brave& Nass. (2003). "Emotion in Human-Computer Interaction. In: Jacko, J.A., Sears, A. (Eds.)". *The Human-Computer Interaction Handbook*. 81-96.
- Butler, T. dan Bowdon. (2007). *50 Psychology Classics*. London-Boston: Nicholas Brealey Publishing.
- Campbell-Gillies, L. (2004). *Guided Imagery as Treatment for Anxiety and Depression in Breast Cancer Patients: A Pilot Study*. Disertasi Fakultas Psikologi pada Rand Afrikaans University. [Online] Tersedia:

<http://etd.rau.ac.za/theses/available/etd-10062004-095533/restricted/GIreviseddissert2003130304.pdf>. [22 Agustus 2014].

- Carstensen, L. L., & Mikels, J. A. (2005). "At the Intersection of Emotion and Cognition: Aging and the Positivity Effect". *Current Directions in Psychological Science*. Vol. 14, 117–121.
- Carstensen, L.L., et al. (2011). "Emotional Experience Improves with Age: Evidence Based on Over 10 Years of Experience Sampling". *Psychology and Aging*. Vol. 26, 21–33.
- Catanzaro, S. J. dan Mearns, J. (1990). "Measuring Generalized Expectancies for Negative Mood Regulation: Initial Scale Development and Implications". *Journal of Personality Assessment*. Vol. 54(3&4), 546-563.
- Chang, A. and Wilson, M. (2004). "Recalling Emotional Experiences Affects Performance on Reasoning Problems". *Evolution and Human Behavior*. Vol. 25, 267-276.
- Corby, E. K. (2007). *Affect and Person Specificity in Mood Regulation*. Thesis Psychology di University of Oslo. [Online] Tersedia:https://www.duo.uio.no/bitstream/handle/10852/18291/MASTER_S_THESIS__EMMA_KATE_CORBY_2007.pdf?sequence=1 [16 November 2013]
- Creswell, J.W. (2008). *Research Design: Qualitative, Quantitative and Mixed Methods Approaches*. Thousand Oaks, California: Sage Publications, Inc.
- Cully, J. A., & Teten, A. L. (2008). *A Therapist's Guide to Brief Cognitive Behavioral Therapy*. Houston: Department of Veterans Affairs South Central MIRECC.
- Departemen Pendidikan Nasional. (2007). *Penataan Pendidikan Profesional Konselor dan Layanan Bimbingan dan Konseling dalam Jalur Pendidikan Formal*. Jakarta: Departemen Pendidikan Nasional.
- Desmet, et al. (2012). *Pick-A-Mood: Development and Application of a Pictorial Mood Reporting Instrument*. [online] Tersedia: <http://studiolab.ide.tudelft.nl/studiolab/pmri/files/2011/08/pick-a-mood-FA.pdf> [22 November 2013].
- Diener, E., & Fujita, F. (1995). "Resources, Personal Strivings, and Subjective Well-Being: A Nomothetic and Idiographic Approach". *Journal of Personality and Social Psychology*. Vol. 68, 926-935.
- Fichman, L., Koestner, R., Zuroff, D. C., & Gordon, L. (1999). "Depressive Styles and the Regulation of Negative Affect: A Daily Experience Study". *Cognitive Therapy and Research*. Vol. 23, 483-495.

- Folkman, S. & Moskowitz, J. T. (2000). "Positive Affect and The Other Side of Coping". *American Psychologist*. Vol. 55(6), 647–654.
- Forgas, J. P. (1995). "Mood and Judgments: The Affect Infusion Model (AIM)". *Psychological Bulletin*. Vol. 117, 39-66.
- Furqon. (2004). *Statistika Terapan Untuk Penelitian*. Bandung: ALFABETA.
- Gardner, M. P. and Hill, R. P. (1990). "Consumer's Mood States and the Decision-Making Process. *Marketing Letters*. Vol. 1, 229-238.
- Gendolla, G. H. E. (2000). "On the Impact of Mood on Behavior: An Integrative Theory and A Review". *Review of General Psychology*. Vol. 4, 378–408.
- Gladding, S. T. (1994). *Effective Group Counseling*. [Online]. Tersedia: <http://files.eric.ed.gov/fulltext/EDOCG9402.pdf> [31 Januari 2015]
- Gross, J. J. (1998a). "The Emerging Field of Emotion Regulation: An Integrative Review". *Review of General Psychology*. Vol. 2 (3), 271-299.
- Guilford, J. P. (1956). *Fundamental Statistics in Psychology and Education*. New York: Mc Graw-Hill Book Co. Inc.
- Hall, B. (2008). *Director's Corner: Anger & Mood Swings in Tweens & Teens*. Oakland: Pact (An Adoption Alliance).
- Hanish, J. B. (2013). *Guided Imagery as Treatment and Prevention for Anxiety, Chronic Stress, and Illness*. Disertasi Arts in Marriage and Family Therapy pada The Faculty of Adler Graduate School. [online] Tersedia: <http://www.alfredadler.edu/library/masters/2013/jeanne-b-hanish>. [22 Agustus 2014].
- Innes. (2012). *Survei: Rabu Dianggap Hari Ter-Bad Mood*. [Online]. Tersedia: <http://id.she.yahoo.com/survei-rabu-dianggap-hari-ter-bad-mood-133455194.html> [1 Maret 2014]
- Isaacowitz, D. M., Toner, K., Goren, D., & Wilson, H. R. (2008). "Looking While Unhappy: Mood Congruent Gaze in Young Adults, Positive Gaze in Older Adults". *Psychological Science*. Vol. 19, 848–853.
- Isen, A. M., dan Nowicki, G. P. (1987). "Positive Affect Facilitates Creative Problem Solving". *Journal of Personality & Social Psychology*. Vol. 52, 1122-1131.
- Johnson, M.H., & Magaro, P.A. (1987). "Effects of Mood and Severity of Memory Processes in Depression and Mania". *Psychological Bulletin*. Vol. 101, 28-40.
- Kalsum, U. et al. (t.t.). Pengaruh Teknik Guided Imagery terhadap Penurunan Tingkat Kecemasan pada Klien Wanita dengan Gangguan Tidur

(Insomnia) Usia 20-25 Tahun di Kelurahan Ketawanggede Kecamatan Lowokwaru Malang. *Majalah Kesehatan FKUB* [online], 1-8. Tersedia: [http://elibrary.ub.ac.id/bitstream/123456789/18032/1/Pengaruh-Teknik-GUIDED-IMAGERY-terhadap-penurunan-tingkat-kecerdasan-pada-klien-wanita-dengan-gangguan-tidur-\(INSOMNIA\)-usia-20-25-tahun-di-Kelurahan-Ketawanggede-Kecamatan-Lowokwaru-Malang.pdf](http://elibrary.ub.ac.id/bitstream/123456789/18032/1/Pengaruh-Teknik-GUIDED-IMAGERY-terhadap-penurunan-tingkat-kecerdasan-pada-klien-wanita-dengan-gangguan-tidur-(INSOMNIA)-usia-20-25-tahun-di-Kelurahan-Ketawanggede-Kecamatan-Lowokwaru-Malang.pdf) [4 Agustus 2014]

- Kassel, J. D. et al. (2000). “Generalized Expectancies for Negative Mood Regulation and Problem Drinking among College Student. *Departement of Psychology*. [online] Tersedia: <http://www.ncbi.nlm.nih.gov/pubmed/10757145>. [4 Agustus 2014]
- Kaufmann, G. (2003). “Expanding the Mood-Creativity Equation”. *Creativity Research Journal*. Vol. 15, 131-135.
- Kavanagh, D. J. dan Bower, G. H. (1985). “Mood and Self-Efficacy: Impact of Joy and Sadness on Perceived Capabilities”. *Cognitive Therapy*. Vol. 9, 508-525.
- Khoirina, I. (2013). “Regulasi *Mood* Negatif pada Mahasiswa Ditinjau dari Jenis Kelamin”. *Jurnal Online Psikologi*. Vol. 01(02), 540-553.
- Kolcaba, K. Y. & Fox, C. (1999). “The Effects of Guided Imagery on Comfort of Women with Early Stage Breast Cancer Undergoing Radiation Therapy”. *Oncology Nursing Forum*. Vol. 26(1), 67–72.
- Kosslyn, Behrmann, & Jeannerod. (1995). “The Cognitive Neuroscience of Mental Imagery”. *Neuropsychologia*. Vol. 33(11), 133-134.
- Kuiken, D. V. (2004). “A Meta-Analysis of the Effect of Guided Imagery Practice on Outcomes”. *Journal of Holistic Nursing*. 22-164.
- Lane, A. M., Whyte, G. P., Terry, P. C. and Nevill, A. M. (t.t.). “Mood, Self-Set Goals and Examination Performance: The Moderating Effect of Depressed Mood”. *Personality and Individual Differences*. Vol. 39(1), 143-153.
- Larcom, M. J., & Isaacowitz, D. M. (2009). “Rapid Emotion Regulation after Mood Induction: Age and Individual Differences”. *Journal of Gerontology: Psychological Sciences*. Vol. 64(B), 733–741.
- Larsen, R. J. (2000). “Toward a Science of Mood Regulation”. *Psychological Inquiry*. Vol. 11(3), 129–141.
- Larson, R. & Petraitis, C. L. (1999). “Daily Emotion States as Reported by Children and Adolescents”. *Journal of Child Development*. Vol. 60, 1250 – 1290.
- Lewis, P. A. and Critchley, H. D. (2003). “Mood Dependent Memory”. *Trends in Cognitive Sciences*. Vol. 7, 431-433.

- Lin. (2012). *3 Penyebab Bad Mood Pada Wanita*. [online] Tersedia: <http://www.tipswanita.net/3-penyebab-bad-mood-pada-wanita/> [14 Oktober 2013].
- Lischetzke, T., & Eid, M. (2003). "Is Attention to Feelings Beneficial or Detrimental to Affective Well-Being? Mood Regulation as a Moderator Variable". *Emotion*. Vol. 3, 361-377.
- Martin, P. F. (2002). *Guided Imagery*. [online] Tersedia: <http://www.tranquilities.biz/guidedimagery.cfm> [11 September 2014].
- Mariyam. (2011). *Pengaruh Guided Imagery terhadap Tingkat Nyeri Anak Usia 7-13 Tahun Saat Dilakukan Pemasangan Infus di RSUD Kota Semarang*. Tesis pada Fakultas Ilmu Keperawatan Universitas Indonesia. [online] Tersedia: <http://jurnal.unimus.ac.id/index.php/psn12012010/article/view/515/564> [4 Agustus 2014]
- Mayer, J. D., & Gaschke, Y. N. (1988). "The Experience and Meta-Experience of Mood". *Journal of Personality and Social Psychology*. Vol. 55, 102–111.
- Mayer, J. D., Salovey, P., Gomberg-Kaufman, S., & Blainey, K. (1991). "A Broader Conception of Mood Experience". *Journal of Personality and Social Psychology*. Vol. 60, 100–111.
- McKinley, S., Stein-Parbury, J., Chehelabi, A., & Lovas, J. (2004). "Assessment of Anxiety in Intensive Care Patients by Using the Faces Anxiety Scale". *American Journal of Critical Care*. Vol. 13 (2), 146-154.
- McKinney, C. H., Antoni, M. H., Kumar, M., Times, F. C. & McCabe, P. M. (1997). "Effects of Guided Imagery and Music (GIM) Therapy on Mood and Cortisol in Healthy Adults". *Health Psychology*. Vol. 16(4), 390–400.
- Morris, W. N. (2000). "Some Thoughts about Mood and Its Regulation". *Psychological Inquiry*. Vol. 11(3), 200-202.
- Morris, W. N., & Reilly, N. P. (1987). "Toward the Self-Regulation of Mood: Theory and Research". *Motivation and Emotion*. Vol. 11, 215–249.
- Muqodas, I. (2011). "Cognitive-Behavior Therapy: Solusi Pendekatan Praktek Konseling di Indonesia". Makalah pada Seminar *Contemporary and Creative Counseling Techniques: How to Improve Your Counseling Skills and to be More Creative in Counseling Sessions*, Bandung.
- Naparstek, B. (2000). *Staying Well with Guided Imagery*. Grand Central Publishing.
- Pariman. (t.t.). *Guided Imagery (Sebuah Pendekatan Psikosintesis) untuk Penurunan Depresi pada Penderita Kanker*. Semarang: Fakultas Psikologi Universitas Diponegoro.

- Parkinson, B. & Totterdell, P. (1999). "Classifying Affect-Regulation Strategies". *Cognition and Emotion*. Vol. 13, 277-303
- Pathak, Pandey, & Singh. (2012). "Analysis of Bad Mood Regulation Strategies to Performance Satisfaction Among Male and Female College Athletes". *International Journal Of Research Pedagogy And Technology In Education And Movement Sciences (IJEMS)*. Vol. 1(2), 18.
- Perez, A. (2007). *The Use of Progressive Relaxation and Guided Imagery Techniques with Forgiveness in Treating Trauma Related Sexual Abuse*. [online]
Tersedia: <http://www.esextherapy.com/dissertations/Alicia%20Perez%20The%20Use%20of%20Progressive%20Relaxation%20and%20Guided%20Imagery%20Techniques%20with%20Forgiveness%20in%20Treating%20Trauma%20Related%20Sexual%20Abuse.pdf> [11 September 2014].
- Pham, M. T. (1998). "Representativeness, Relevance, and the Use of Feelings in Decision Making." *Journal of Consumer Research*. Vol. 25, 144–159.
- Prayitno, D. (2012). *Cara Kilat Belajar Analisis Data dengan SPSS 20*. Yogyakarta: C.V Andi Offset.
- Robbins, S.P. dan Judge, T.A. (2011). *Organizational Behavior 14th Edition*. Prentice Hall: Pearson.
- Rossmann, M. L. (2000). *Guided Imagery for Self-Healing: an Essential Resource for Anyone Seeking Wellness. (2nd Ed.)*. California: H.J. Kramer.
- Russ, S. W. dan Kaugars, A. S. (2001). Emotion in Children's Play and Creative Problem Solving, *Creativity Research Journal*, Vol. 13, 211-219.
- Rusting, C. L. (1998). "Personality, Mood, and Cognitive Processing of Emotional Information: Three Conceptual Frameworks". *Psychological Bulletin*. Vol. 124, 165-196.
- Saarikallio, S. (2007). *Music as Mood Regulation in Adolescence*. Disertasi Jyväskylä University di Jyväskylä. [Online] Tersedia: <https://jyx.jyu.fi/dspace/bitstream/handle/123456789/13403/9789513927318.pdf> [15 November 2013]
- Saarikallio, S & Erkkilä, J. (2007). "The Role Of Music In Adolescents' Mood Regulation". *Music and Psychology Research*. Vol. 35(1), 88–109.
- Santrock, J. W. (2003). *Adolecent Perkembangan Remaja*. Alih Bahasa: Adear, S.B. dan Saragih, S. Erlangga: Jakarta.
- Schmidt, K. (2008). *The Individual Part Two*. USA: Eric V. D Luft.
- Shaughnessy, J. J. et al. (2007). *Metodologi Penelitian Psikologi*. Terjemahan Helly Prayitno dan Sri Mulyantini. Yogyakarta: Pustaka Pelajar.

- Shiv, B., & Fedorikhin, A. (1999). "Heart and Mind in Conflict: the Interplay of Affect and Cognition in Consumer Decision Making". *Journal of Consumer Research*. Vol. 26, 278–292.
- Sloman, R. (2002). "Relaxation and Imagery for Anxiety and Depression Control in Community Patients with Advanced Cancer". *Cancer Nursing*. Vol. 25(6), 432–435.
- Smith, S. M. dan Shaffer, D. R. (1991). "The Effects of Good Moods on Systematic Processing: Willing but not Able, or Able but not Willing?" *Motivation and Emotion*. Vol. 15, 243-279.
- Snyder, M., & Lindquist, R. (2010). *Complementary & Alternative Therapies in Nursing* (Sixth Edition). New York: Springer Publishing Company.
- Sperry, L. (2003). *Cognitive Behavior Therapy of DSM-IV Personality Disorders Second Edition*. USA: Routledge.
- Steinberg, L. (2002). *Adolescence*. McGraw-Hill Higher Education.
- Sugiyono. (2008). *Metode Penelitian Pendidikan (Penelitian Kuantitatif, Kualitatif dan R&D)*. Bandung: CV Alfabeta.
- Sutrimo, A. (2013). *Pengaruh Guided Imagery and Music (GIM) terhadap Kecemasan Pasien Pre Operasi Sectio Caesaria (SC) di RSUD Banyumas*. Skripsi pada Fakultas Kedokteran dan Ilmu-ilmu Keperawatan. [online] Tersedia: http://keperawatan.unsoed.ac.id/sites/default/files/Ade%20Sutrimo_p1-p15.pdf [4 Agustus 2014].
- Thayer, R. E.(2001). *Calm Energy: How People Regulate Mood With Food And Exercise*. New York: Oxford University Press.
- Thayer, R. E., Newman, J. R., & McClain, T.M. (1994). "Self-Regulation of Mood: Strategies for Changing a Bad Mood, Raising Energy, and Reducing Tension". *Journal of Personality and Social Psychology*. Vol. 67(5), 910-925.
- Watanabe, E., Fukuda, S., Hara, H., Maeda, Y., Ohira, H. & Shirakawa, T. (2006). Differences in Relaxation by Means of Guided Imagery in a Healthy Community Sample. *Alternative Therapies in Health and Medicine*. Vol. 12(2), 60–66.
- Watanabe, E., Fukuda, S., & Shirakawa, T. (2005). *Effects among Healthy Subjects of the Duration of Regularly Practicing a Guided Imagery Program*. [Online] Tersedia: <http://www.biomedcentral.com/1472-6882/5/21> [31 Januari 2015].
- Wazir, H. (2012). "Assessing Mood Regulation Strategies in Youth". *Abasyn Journal of Social Sciences*. Vol. 3(2), 165-176.

- Weiss, R. P. (2000). "Emotion and Learning-Implications of New Neurological Research for Training Techniques". *Training and Development*.
- Wilhelm, P., & Schoebi, D. (2007). "Assessing Mood in Daily Life". *European Journal of Psychological Assessment*. Vol. 23(3), 258–267.
- Yi, S., & Baumgartner, H. (2004). "Coping with Negative Emotions in Purchase-Related Situations". *Journal of Consumer Psychology*. Vol. 14, 303–317.
- Zwaag, Marjolein D. Van Der. (2012). *Music Directs Your Mood*. Thesis University of Eindhoven, Eindhoven, di Belanda. [Online] Tersedia: <http://dissertations.ub.rug.nl/faculties/gmw/2012/m.d.van.der.zwaag/> [12 November 2013]