

## DAFTAR PUSTAKA

- Abdullah, N., & Dan, S. M. (2011). Study on stress level among part-time students in a higher institution in Kuala Lumpur, Malaysia. *Journal of Global Management*, Volume 3. Number 1, hlm. 93-105.
- Abouserie. (1994). Sources and levels of stress in relation to locus of control and self esteem in university students. *Educational Psychology*, Vol. 14, No. 3. Doi: <http://dx.doi.org/10.1080/0144341940140306>.
- Agolla, J. E., & Ongori, H. (2009). An assessment of academic stress among undergraduate students: The case of University of Botswana. *Educational Research and Review*, Vol.4(2), pp. 063-070.
- Agustina, N. (2018). *Perkembangan peserta didik*. Yogyakarta: Deepublish Publisher.
- Aldwin, Carolyn. (2007). *Stress, coping, and development*. New York: The Guilford Press.
- Anda. dkk. (2002). *Stress, stressors and coping among high school students*. University of California: Los Angeles.
- Ardiansyah, dkk. (2016). *Psychological well-being ditinjau dari coping strategy*. (Skripsi), Universitas Negeri Makassar.
- Arun, P. (2009). Stress and suicidal ideas in adolescent students in Chandigarh. *Indian Journal of Medical Sciences*, Vol. 63, No. 7. Doi: 10.4103/0019-5359.55112.
- Aryani. (2016). *Stres belajar: suatu pendekatan dan intervensi konseling*. Sulawesi Tengah: Mitragrafika.
- Azmy, N. A. (2016). *Program bimbingan dan konseling untuk mengelola stres akademik peserta didik berbakat*. (Skripsi). Universitas Pendidikan Indonesia.
- Azwar, S. (2016). *Penyusunan skala psikologi*. Yogyakarta: Pustaka Pelajar.
- Beasley, M., Thompson, T., & Davidson, J. (2003). Resilience in response to life stress: The effects of coping style and cognitive hardiness. *Personality and Individual Differences*, 34(1), 77–95.
- Ben-Zur, H., & Zeidner, M. (2012). *Appraisals, coping and affective and behavioral reactions to academic stressors*. *Journal of Psychology*, Vol.3, No.9, 713-721. doi: <http://dx.doi.org/10.4236/psych.2012.39108>.

- Berkel, H. (2009). *The relationship between personality, coping styles and stress anxiety and depression*. (Thesis), University of Canterbury.
- Bernandes, S., Ray, S., & Harkins. (2009). Anexploratory studi of recilience and coping strategies among portugese-Speaking immigrant women suvirvors of domestic violence. *American Journal of Psychological Research*, Volume 5, Number 1 doi: 10.18848/2327-011X/CGP/v13i02/1-14.
- Bippus, A., & Young, S. (2012). Using appraisal theory to predict emotional and copig responses to hurtful messages. *An International Journal on Personal Relationships*, Vol. 6(2), 176–190. doi:10.5964/ijpr.v6i2.99.
- Busari, A. (2014). Academic stress among undergraduate students measuring the effects of stress inoculation techniques. *Mediterranean Journal of Social Sciences*. ISSN 2039-9340, Vol 5 No 27. doi:10.5901/mjss.2014.v5n27p599.
- Cahir, N., & Morris, R. (1991). The psychology student stress questionnaire. *Journal of Clinical Psychology*, 47, 414-417. doi: 10.1002/1097-4679(199105)47:3<414::AID-JCLP2270470314>3.0.CO;2-M.
- Carveth, J.A., Gesse, T., & Moss, N. (1996). Survival strategies for nurse-midwifery students. *Journal of Nurse-Midwifery*, 41(1), 50-54. doi: [https://doi.org/10.1016/0091-2182\(95\)00072-0](https://doi.org/10.1016/0091-2182(95)00072-0).
- Chen, J, dkk. (2013). The impact of academic stress on medical students attending college in the Inner Mongolia area of China. *Journal of Preventive Medicine*, Vol.3, No.2, 149-154. doi: <http://dx.doi.org/10.4236/ojpm.2013.32019>.
- Choerunnisa, F. (2015). *Efektifitas teknik konseling restrukturisasi kognitif untuk mereduksi stres akademik siswa SMK*. (Tesis). Universitas Pendidikan Indonesia.
- Creswell, J., W. (2012). *Educational research (fourth edition)*. United State of America: Pearson.
- D’Zurilla & Nezu, A. M. (2010). Problem solving theraphy. Dalam dobson & dozois, *handbook of cognitive-behavioral therapies*. New York: The Guilford Press.
- Damarjati, T. (2016). Konsep pembelajaran di sekolah menengah kejuruan. [Online]. Diakses dari [psmk.kemendikbud.go.id/konten/1986/konsep-pembelajaran-di-sekolah-menengah-kejuruan](http://psmk.kemendikbud.go.id/konten/1986/konsep-pembelajaran-di-sekolah-menengah-kejuruan). 7 Januari 2019.
- Darmalia, S (2016). Perbedaan penggunaan strategi coping pada siswa laki-laki dan perempuan kelas X di SMK Swadipha 2 Natar Tahun Pelajaran 2014/2018. Universitas Bandar Lampung.

- Darusman. (2010). *Faktor-faktor yang Mempengaruhi Strategi Koping*. (Skripsi). Universitas Muhammadiyah Yogyakarta
- Desmita. (2010). *Psikologi perkembangan peserta didik*. Bandung: PT Remaja Rosdakarya.
- Dusselier, L., dkk. (2005). Personal, health, academic, and environmental predictors of stress for residence hall students. *Journal of American College Health*, 54(1): 15-24. doi: <http://dx.doi.org/10.3200/JACH.54.1.15-24>.
- D'Zurilla & Goldfried. (1971). *Problem solving and behavior modification*. *Journal of Abnormal Psychology*, Vol. 78, No. 1, 107-126.
- Englbrecht, dkk. (2013). The impact of coping strategies on mental and physical well-being in patients with rheumatoid arthritis. doi:10.1016/j.semarthrit.2011.07.009.
- Fairbrother, K., & Warn, J. (2003). Workplace dimensions, stress and job satisfaction, *Journal Managerial Psychol*, 18(1): 8-21. doi: <https://doi.org/10.1108/02683940310459565>.
- Febrianti, F. (2014). *Efektifitas konseling singkat berfokus solusi untuk meningkatkan kemampuan mengelola stres akademik*. (Skripsi). Universitas Pendidikan Indonesia.
- Folkman, dkk. (1986). Dynamics of a stressful encounter: Cognitive appraisal, coping, and encounter outcome. *Journal of Personality and Social Psychology*, Vol 50, No. 5, 992-1003.
- Folkman, S., & Lazarus, R.S. (1980). An analysis of coping in a middle-aged community sample. *Journal of Health and Social Behavior*, 120, 219-239.
- Gadzella, B. M., & Masten, W. G. (2005). An analysis of the categories in the student-life stress inventory. *American Journal Psychological Research*, 1 (1), 1-10.
- Garcia, C. (2009). Conceptualization and measurement of coping during adolescence: A Review of the Literature. *Coping Measurement in Adolescent Research*. doi: 10.1111/j.1547-5069.2009.01327.x.
- Gray, J. (2003). *Men are from mars, women are from venus*. Australia: HarperCollins Publishers.
- Greenway, dkk. (2016). *Measures of coping for psychological well-being*. Australia: University of Queensland. doi: 10.1016/B978-0-12-386915-9.00012-7.
- Griffith, dkk. (2000). Developmental and cross-situational differences in adolescents' coping strategies. *Journal of Youth and Adolescence*, Vol. 29, No. 2.

- Gupta, R., Derevensky, J., & Marget, N. (2004). Coping strategies employed by adolescents. *Child and Adolescent Mental Health*, Volume 9(3), 115-120. doi: <https://doi.org/10.1111/j/1475-3588.2004.00092.x>.
- Holahan & Moos. (1987). Personal and contextual determinants of coping strategies. *Journal of Personality and Social Psychology*, 52, No. 5, 946-955.
- Hurlock. E. B. (1980). *Psikologi perkembangan: suatu pendekatan sepanjang rentang kehidupan edisi kelima*. Jakarta: Erlangga.
- Idris, I. (2016). *Efektifitas Problem focused coping dalam mengatasi stres belajar*. (Skripsi). Universitas Negeri Makasar.
- Iqbal, S., & Mehraj, N. (2017). Impact of academic stress: A study of coping strategies among adolescents. *Journal of Humanities and Social Science*, Volume 22, Issue 12, Ver. 5 PP 40-45. doi: 10.9790/0837-2212054045.
- Iqramah, N. (2017). *Strategi coping (problem focused coping dan emotion focused coping) dalam menghadapi stres pada mahasiswa penyusun skripsi*. (Skripsi). Universitas Syiah Kuala.
- Jabeen, K. (2013). Effect of perceived academic stress on students' performance. *FWU Journal of Social Sciences*, Vol. 7, No. 2, 146-151.
- Jayanthi, P., Thirunavukarasu, M., & Rajkumar, R. (2015). Academic stress and depression among adolescents: A cross-sectional study. *Indian pediatrics*, 52(3), 217-219.
- Kadapatti & Vijayalaxmi. (2012). Stressors of academic stress-a study on pre-university students. *Indian Journal of Scientific Research*, 3(1): 171-175.
- Kausal, Y., Koreti, S., & Gaur, A. (2018). Educational stress and coping strategies in school going adolescents. *International Journal of Contemporary Pediatrics*, 5(4):1452-1456. doi: <http://dx.doi.org/10.18203/2349-3291.ijcp20182545>.
- Kemendikbud. (2016). Panduan operasional penyelenggaraan bimbingan dan konseling Sekolah Menengah Kejuruan (SMK). Direktorat jenderal guru dan tenaga kependidikan.
- Kiselica, dkk. (1994). Effects of stress inculcation training on anxiety, stress, and academic performance among adolescent, *Journal of Counseling Psychology*, 3, 335-342. doi: 10.1037/0022-0167.41.3.335.
- Krohne. H. W. (2002). *Stress and Coping Theories*. Universität Mainz Germany

- Lal, K., dkk. (2014). Academic stress among adolescent in relation to intelligence and demographic factors. *American International Journal of Research in Humanities, Arts and Social Sciences*. ISSN : 2328-3734.
- Lazarus, R. S. (1990). Theory-based stress measurement. *Psychological Inquiry*, Vol 1, No. I, 3-13. doi: [http://dx.doi.org/10.1207/s15327965pli0101\\_1](http://dx.doi.org/10.1207/s15327965pli0101_1).
- Lazarus, R.S., & Folkman, S. (1984). *Stress, apparsial and coping*. New York: Springer Publishing Company, Inc.
- Lee, dkk. (2017). Profiles of coping strategies in resilient adolescents. *Department of Education, Korea University*. doi: 10.1177/0033294116677947.
- Lee, M., & Larson, R. (2000). The Korean ‘‘examination hell’’: long hours of studying, distress and depression. *Journal of Youth and Adolescence*, 29, 249–271. doi: 10.1023/A:1005160717081.
- Leonard, dkk. (2015). A multi-method exploratory study of stress, coping, and substance use among high school youth in private schools. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2015.01028.
- Lestarianita, P & Fakhrurrozi, M. 2007. Perbedaan coping stress pada perawat wanita dan pria. *Jurnal penelitian psikologi*. Fakultas Psikologi Gunadharma.
- Levy, dkk. 2012. Cognitive appraisals in sport: the direct and moderating role of mental toughness. *International Journal of Applied Psychology*, 2(4): 71-76 doi: 10.5923/j.ijap.20120204.05.
- Lumban, G. N. (2016). Teori stres: stimulus, respons, dan transaksional. *Buletin Psikologi*, ISSN: 0854-7108, Vol. 24, No. 1, 1-11. doi: 10.22146/bpsi.11224.
- MacGeorge, E. L., Samter, W., & Gillihan, S. J. (2005). Academic stress, supportive communication, and health. *Communication Education*, 54, 365-372. doi: <http://dx.doi.org/10.1080/03634520500442236>.
- Magaya, L., Kimberly, & Schreiber, J., B. (2005). Stress and coping strategies among Zimbabwean adolescents. *British Journal of Educational Psychology*, 661–671. doi:10.1348/000709905X25508.
- Maini, J., & Nasution, M. (2011). *Pengaruh Konsep Diri terhadap Coping stress Pada Mahasiswa*. (Skripsi). Universitas Muhammadiyah Sumatra Utara.
- Malawi & Sri, (2016). *Evaluasi pendidikan*. Jawa Timur: Media Grafika.
- Maryam. (2017). Strategi coping: teori dan sumberdayanya. *Jurnal Konseling*, Volume 1 Nomor 2, hal 101-107, p-ISSN: 2549-1857; eISSN: 2549-4279

- Mathew. (2017). Stress and coping strategies among college students. *Journal Of Humanities And Social Science*, Volume 22, Issue 8, Ver. IV. doi: 10.9790/0837-2208044044.
- Maydeu, A., dkk. (2005). Structural equation modeling of paired-comparison and ranking data. *Psychological Methods*, Vol. 10, No. 3, 285–304. doi: 10.1037/1082-989X.10.3.285.
- Misra, R., & McKean, M. (2000). College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *American Journal of Health Studies*, 16(1), 41-51.
- Mohamed, S. (2017). Stress and coping mechanisms: A historical overview. *Mediterranean Journal of Social Sciences*, Vol 6 No 2.
- Morento, dkk. (2014). Coping with stress and types of burnout: explanatory power of different coping strategies. *Plose One*, Volume 9, Issue 2 doi:10.1371/journal.pone.0089090.
- Nanang, S., & Fauziah, A. (2011). *Gambaran strategi coping stress siswa kelas XII SMAN 42 Jakarta dalam menghadapi ujian nasional*. Universitas Bina Nusantara.
- Nandamuri & Growhtami. (2013). *Sources of academic stress—a study on management students*. India: ITM Business School.
- Nezu, A. M., Nezu. C. M., & D’Zurilla. (2013). *Poblem-solving therapy*. New York: Springer Publishing Company.
- Nezu, A. M. (2004). Problem solving and behavior therapy revisited. *Behavior Therapy* 35, 1-33. doi: [https://doi.org/10.1016/S0005-7894\(04\)80002-9](https://doi.org/10.1016/S0005-7894(04)80002-9)
- Nur, dkk. (2016). Strategi menghadapi stres saat menyusun skripsi. *Jurnal Bimbingan dan Konseling*, Vol. 1 No. 1, ISSN. 2541-6782.
- Nurasih, W. (2013). *Strategi coping pada lansia yang ditinggal mati pasangan hidupnya*. (Skripsi). Universitas Muhammadiyah Surakarta.
- Nurfitriana, dkk. (2014). *Strategi coping stress siswa terhadap tugas sekolah di SMK Farmasi Yamasi Makassar*. (Skripsi). Universitas Hasanuddin.
- Nurmalasari, Y. (2011). *Efektifitas teknik restrukturisasi kognitif dalam menangani stres akademik peserta didik*. (Skripsi). Universitas Pendidikan Indonesia.

- O'Brien, B & DeLongis, A. 1996. The interactional context of problem, emotion-, and relationship-focused coping: The role of the big five personality factors. *Journal of Personality* 64:4. doi://doi.org/10.1111/j.1467-6494.1996.tb00.944.x.
- Pajo, L. S. (2017). Assessing sources of stress, coping strategy and its effect to the academic performance of Grade 9 students in Cagayan de Oro National High School. *International Journal of Scientific & Engineering Research*, Volume 8, Issue 3, ISSN 2229-5518.
- Papalia, D., E., Wendoks, S., & Feldman, D. W. (2008). *Psikologi perkembangan edisi kesembilan*. Jakarta: Kencana.
- Pargman, D. (2006). *Managing performance stress*. New York: Routledge.
- Parilla, E. (2012). Level of stress experienced by nwu employees: towards developing a stress management. *Asian Journal Of Management Research*, ISSN 2229 – 3795, Volume 2 Issue 2.
- Park, C.L., & Adler, N.E. (2003). Coping styles as a predictor of health and wellbeing across the first year of medical school. *Health Psychology*, 22(6), 627-631. doi: 10.1037/0278-6133.22.6.627.
- Park, S., E & Kim, Y. (2018). Ways of coping with excessive academic stress among Korean adolescents during leisure time. *International Journal of Qualitative Studies on Health and Well-being*, Vol. 13, 1505397. doi: https://doi.org/10.1080/17482631.2018.1505397.
- Paul, M. L. (2007). *Principles and practice of stress management*. New York: The Guilford Press.
- Pereira, P. (2013). *The stress of life: Understanding and managing stress*. Stress Booklet.
- Pettinger, R. (2002). *Stress management*. USA: Capston Publishing.
- Putwain, D. W. (2008). Supporting assessment stress in key stage 4 students. *Educational Studies*, 34:2, 83-95. doi: 10.1080/03055690701811081.
- Rafidah. dkk. (2009). The impact of perceived stress and stress factors on academic performance of pre-diploma science students: A Malaysian study. *International Journal of Scientific Research in Education*, Vol. 2(1), 13-26.
- Ray, A., Halder, S., & Goswami, N. (2012). Academic career development stress and mental health of higher secondary students-an Indian perspective. *International Journal of Educational Psychology Vol. 1 No. 3*, pp.257-277. doi: http://dx.doi.org/10.4471/ijep.2012.1.4.

- Risanty, R. (2016). *Profil stres akademik peserta didik dilihat dari status sosial ekonomi orangtua*. (Skripsi). Universitas Pendidikan Indonesia.
- Rosita, E. (2016). *Gambaran bentuk coping stress mahasiswa fakultas psikologi universitas padjadjaran yang mengalami stres akademik*. (Skripsi). Universitas Padjadjaran.
- Ryan, K. (2013). *How problem focused and emotion focused coping affects college students' perceived stress and life satisfaction*. Department of Psychology.
- Safaria, T., & Saputra, N. (2009). *Manajemen emosi*. Jakarta: Bumi Aksara.
- Sandler, dkk. (1994). Coping, stress, and the psychological symptoms of children of divorce: A cross-sectional and longitudinal study. *Society for Research in Child Development*, 1744-1763. doi: 10.2307/1131291.
- Santrock, J., W. (2007). *Remaja edisi kesebelas*. Jakarta: Erlangga.
- Santrock. (2003). *Remaja edisi keenam*. Jakarta: Erlangga.
- Sapranaviciute, dkk. (2013). The stress coping strategies and depressive symptoms in international students. *Procedia - Social and Behavioral Sciences* 84, 827–831. doi: 10.1016/j.sbspro.2013.06.655.
- Sarafino, E. P., & Smith, T. W. (2011). *Health psychology biopsychosocial interactions, 7<sup>th</sup> edition*. United States of America: John Wiley & Sons, Inc.
- Schraml, dkk. (2012). *Chronic stress and its consequences for low self-concept vocational high school students*. Taiwan: National Changhua University of Education.
- Secades, dkk. (2016). Relationship between resilience and coping strategies in competitive sport. doi: <http://doi.org/10.1177/0031512516631056>.
- Segoro, T. (2015). *Strategi coping santri dalam menghadapi standar kelulusan di pondok pesantren*. (Tesis). Universitas Muhammadiyah Surakarta.
- Shahmohammadia, N. (2011). Students coping with Stress at high school level particularly at 11th & 12th grade. *Procedia Social and Behavioral Sciences*, 39–401. doi:10.1016/j.sbspro.2011.10.078.
- Shields, N. (2001). Stress, active coping, and academic performance among persisting and nonpersisting college students. *Journal of Applied Biobehavioral Research*, 2, 65-81.
- Smet, B. (1994). *Psikologi kesehatan*. Jakarta: Grasindo.

- Stallman, H. M. (2010). Psychological distress in university students: A comparison with general population data. *Australian Psychologist*, 45(4), 249-257. doi: 10.1080/00050067.2010.482109.
- Sugiyono. (2013). *Metode penelitian pendidikan pendekatan kuantitatif kualitatif*. Bandung: Alfabeta.
- Sumintono & Widhiarso. (2014). *Aplikasi Model Rasch untuk Penelitian Ilmu-Ilmu Sosial*. Bandung : Tim Komunikasi Publishing House.
- Sun J, dkk. (2011). Educational stress scale for adolescents: development, validity, and reliability with Chinese students. *Journal of Psychoeducational Assessment*, 29(6) 534–546. doi: 10.1177/0734282910394976
- Suryani, Y. (2012). *Program bimbingan kelompok untuk meningkatkan kemampuan mengelola stres akademik*. (Tesis). Universitas Pendidikan Indonesia.
- Suyono, Triyono, & Handarini. D, (2016). keefektifan teknik relaksasi untuk menurunkan stres akademik siswa SMA. *Jurnal Pendidikan Humaniora*, Vol. 4 No. 2, Hal 115-120.
- Taylor, S. E. (2018). *Health psychology, tenth edition*. University of California: Los Angeles.
- Tennant, C. (2002). Life events, stress, and depression. *Australian and New Zealand Journal of Psychiatry*, 36, 173-182. doi:10.1046/j.1440-1614.2002.01007.x.
- Tri, J., W. (2012). Stres dan strategi coping pada siswa yang tidak lulus ujian nasional. *Psikopedagogia*, Vol. 1, No. 2, ISSN 2301-6167.
- Undang-Undang Republik Indonesia Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional.
- Wahyuningsih. (2010). *Perbedaan tingkat stres akademik dan strategi pengelolaannya antara siswa smp program akselerasi dengan kelas reguler*. (Skripsi). Universitas Pendidikan Indonesia.
- Wen, C. (2013). A study of stress sources among collage in taiwan. *Journal of Academic and Bussines Ethics*, pp 1-8.
- Widiani, H. (2011). *Sumber stres dan strategi coping pada pelajar atlet bulutangkis*. (Skripsi). Universitas Hidayatullah Jakarta.
- Wijayanti, N. (2013). Strategi *coping* menghadapi stres dalam penyusunan tugas akhir. (Skripsi). Universitas Negeri Yogyakarta.

- Wilks, S. E. (2008). Resilience amid academic stress: The moderating impact of social support among social work students. *Advances in Social Work*, Vol. 9 No. 2, 106-125.
- Wulandari, R.P. (2012). *Hubungan tingkat stres dengan gangguan tidur pada mahasiswa*.(Skripsi). Universitas Indonesia.
- Yusoff, M. (2010). Stress, stressor and coping strategies among secondary school student in Malaysian government secondary school: Initial Finding. *ASEAN Journal of Psychiatry*. Vol. 11 (2).
- Yusuf, S. (2011). *Mental hygiene*. Bandung: Maestro.
- Yusuf & Nurihsan (2014). *Landasan Bimbingan dan Konseling*. Bandung: Rosdakarya.
- Zhenghong, J, Jaysinha, S., & John Willems. (2013). Academic stress in accounting students: an empirical study. *Asian Journal of Accounting and Governance*, 4: 1–10, ISSN 2180-3838.
- Zyga, dkk. (2011) Assessing factors that affect coping strategies among nursing personnel.  *coping strategies among nurses*, 28(2): 146-150. doi: 10.5455/msm.2016.28.146-150.