

DAFTAR PUSTAKA

- Abraham, W. (2008). Dispositional optimism and pessimism: Stability, change, and adaptive recovery following life event experiences. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 68(11).
- Akker, J. van den, Brenda, B., Kelly, A. E., Nieveen, N., & Plomp, T. (2013). *Educational Design Research* (N. N. Plomp Tjeerd, Ed.).
- Annafi, M., & Liftiah. (2012). Optimisme untuk Sembuh Penyalahguna Napza (Studi Deskriptif di Pusat Rehabilitasi Rumah Damai Semarang). *Intuisi*, 4(1), 1–6.
- Arikunto, S. (2008). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Arikunto, S. (2012). *Prosedur Penelitian*. Jakarta: Rineka Cipta.
- Artha, D. J., & S, W. (2019). Optimism and Pessimism of Hazel Grace in John Green's Novel *The Fault in Our Stars*. *KnE Social Sciences*, 2019, 199–212. <https://doi.org/10.18502/kss.v3i19.4847>
- Bariyyah Hidayati, K., & . M. F. (2016). Konsep Diri, Adversity Quotient dan Penyesuaian Diri pada Remaja. *Persona: Jurnal Psikologi Indonesia*, 5(02), 137–144. <https://doi.org/10.30996/persona.v5i02.730>
- Bergsma, A. (2008). Do self-help books help? *J Happiness Stud*, 9(December), 341–360. <https://doi.org/10.1007/s10902-006-9041-2>
- Brandon, C. M., Cunningham, E. G., & Frydenberg, E. (1999). Bright Ideas: A School-Based Program Teaching Optimistic Thinking Skills in Pre-Adolescence. *Australian journal of Guidance & Counseling*, 9(1), 147–158. <https://doi.org/10.1017/s103729110000306x>
- Burns, T., & Shadoian-Gersing, V. (2010). Educating Teachers for Diversity: Meeting The Challenge. In *Centre for Educational Research and Innovation*. <https://doi.org/10.1787/9789264079731-en>
- Carver, C. S. (1985). *Optimism , Coping , and Health : Assessment and Implications of Generalized Outcome Expectancies*. (July 2016). <https://doi.org/10.1037//0278-6133.4.3.219>
- Carver, C. S., & Scheier, M. F. (2014). Dispositional optimism. *Trends in Cognitive Sciences*, 18(6), 293–299. <https://doi.org/10.1016/j.tics.2014.02.003>
- Carver, C. S., & Segerstrom, S. C. (2010). Optimism. *NIH Public Access*, 30(7), 879–889. <https://doi.org/10.1016/j.cpr.2010.01.006.Optimism>

- Diana Rahma, I., & Hartini, N. (2019). Hubungan Antara Optimisme dengan Daya Juang pada Remaja Yatim dan atau Piatu. *Jurnal Psikologi Klinis dan Kesehatan Mental Tahun*, Vol. 8(1), 87–98.
- Ernawati, I. (2017). Uji Kelayakan Media Pembelajaran Interaktif Pada Mata Pelajaran Administrasi Server. *Elinvo (Electronics, Informatics, and Vocational Education)*, 2(2), 204–210. <https://doi.org/10.21831/elinvo.v2i2.17315>
- Gillham, J E, Shatté, A. J., Reivich, K., & Seligman, M. E. P. (2001). Optimism, pessimism, and explanatory style. Optimism & pessimism: Implications for theory, research, and practice. *Note*, 85(2), 75–265. <https://doi.org/10.1037/10385-003>
- Gillham, Jane E, Shatte, A. J., Reivich, K. J., & Seligman, M. E. P. (1993). *Optimism, pessimism, and Explanatory Style*. 53–75.
- Heinonen, K., Rääkkönen, K., & Keltikangas-Järvinen, L. (2005). Dispositional optimism: Development over 21 years from the perspectives of perceived temperament and mothering. *Personality and Individual Differences*, 38(2), 425–435. <https://doi.org/10.1016/j.paid.2004.04.020>
- Kustandi, C., & Sutjipto, B. (2013). *Media Pembelajaran Manual dan Digital* (R. Sikumbang, Ed.). Bogor: Ghalia Indonesia.
- MacDonald, L. (2013). *You Can Be an Optimist; Change Your Thinking, Change Your Life*. London: Watkins Publishing.
- Marwati, E., Prihartanti, N., Hertinjung, W. S., Psikologi, F., & Surakarta, U. M. (2016). Pelatihan berpikir optimis untuk meningkatkan harga diri remaja di panti asuhan. *Indigenous*, 1(1), 23–31.
- McKenny, S., & Reeves, T. C. (2013). *CONDUCTING EDUCATIONAL DESIGN RESEARCH*. London and New York: Routledge.
- Mens, M. G., Scheier, M. F., & Carver, C. S. (2019). Oxford Handbooks Online. *Oxford University Press*, 50(11), 50-5912-50–5912. <https://doi.org/10.5860/choice.50-5912>
- Morton, S., Mergler, A., & Boman, P. (2014). Managing the transition: The role of optimism and self-efficacy for first-year australian university students. *Australian Journal of Guidance and Counselling*, 24(1), 90–108. <https://doi.org/10.1017/jgc.2013.29>
- Ningrum, D. W. (2011). Hubungan Antara Optimisme Dan Coping Stres Pada Mahasiswa Ueu Yang Sedang Menyusun Skripsi. *Jurnal Psikologi Esa Unggul*, 9(01).

- Nurindah, M., Afiatin, T., & Sulistyarini, I. (2012). Meningkatkan Optimisme Remaja Panti Sosial Dengan Pelatihan Berpikir Positif. *Jurnal Intervensi Psikologi (JIP)*, 4(1), 57–76. <https://doi.org/10.20885/intervensipsikologi.vol4.iss1.art4>
- Peters, M. L., Meevissen, Y. M. C., & Hanssen, M. M. (2013). Specificity of the Best Possible Self intervention for increasing optimism: Comparison with a gratitude intervention. *Terapia psicológica*, 31(1), 93–100. <https://doi.org/10.4067/s0718-48082013000100009>
- Richards, D. (2009). *Self-help : Empowering service users or aiding cash strapped mental health services ?* 8237. <https://doi.org/10.1080/09638230410001669246>
- Rini, L. (2017). Hubungan Antara Regulasi Diri Dengan Optimisme Pada Warga Binaan Yang Menjadi Pekerja Pembantu Di Lembaga Pemasarakatan Perempuan Kelas I a Semarang. *Empati: Jurnal Karya Ilmiah S1 Undip*, 6(3), 297–302.
- Scheier, M. F. and Carver, S. (2003). *On the power of Positive Thinking; The Benefit of Being Optimistic.pdf*.
- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: assessment and implications of generalized outcome expectancies. *Health psychology : official journal of the Division of Health Psychology, American Psychological Association*, 4(3), 219–247. <https://doi.org/10.1037/0278-6133.4.3.219>
- Scheier, Michael F, & Carver, C. S. (1992). *Effects of Optimism on Psychological and Physical Well-Being: Theoretical Overview and Empirical Update 1*. 16(2), 201–202.
- Scheier, Michael F, Carver, C. S., & Bridges, M. W. (1994). Distinguishing Optimism From Neuroticism (and Trait Anxiety , Self-Mastery , and Self-Esteem): A Reevaluation of the Life Orientation Test. *Journal of personality and social psychology*, 67(6), 1063–1078.
- Seligman, M. E. P. (2006). *Learned Optimisme; How to change your mind about stress*. In *Vintage Books* (2006 ed.). New York: Vintage Books.
- Seligman, M. E. P. (2018). *The Hope Circuit A Psychologist's Journey from Helplessness to Optimism*. New York: Public Affairs.
- Sergeant, S., & Mongrain, M. (2014). *An Online Optimism Intervention Reduces Depression in Pessimistic Individuals*. 82(2), 263–274. <https://doi.org/10.1037/a0035536>

- Sidabalok, R. N., Marpaung, W., & Manurung, Y. S. (2019). Optimisme dan Self Esteem pada Pelajar Sekolah Menengah Atas. *Philanthropy: Journal of Psychology*, 3(1), 48. <https://doi.org/10.26623/philanthropy.v3i1.1319>
- Siholoho, M., & Hartati, S. (2014). Hubungan antara pola asuh autoritatif dengan optimisme akademik pada siswa SMA Mardasiswa Semarang. *Empati: Jurnal Karya Ilmiah S1 Undip*, 3(1), 1–9.
- Siregar, S. (2015). *Metode Penelitian Kuantitatif Dilengkapi dengan Perbandingan Perhitungan Manual dan SPSS*. Jakarta: Kencana.
- Stine, J. M. (1997). *Writing Successful Self-Help Book & How To Book*. Hoboken: Wiley.
- Stine, J. M. (2002). How to Write a Bestselling Self-Help Book : The 69 Fatal Mistakes You Should Avoid. In *A Renaissance E Books publication*.
- Sudijono. (2011). *Pengantar Statistika Pendidikan*. Jakarta: Rajawali Press.
- Sugiyono. (2016). *Metode Penelitian Kuntitatif, kualitatif dan R&D*. Bandung: ALFABETA.
- Test, L. O. (1994). *Life Orientation Test – Revised (LOT-R)*.
- Wahyuni, E., Karsih, & Cahyawulan, W. (2020). Optimism, Coping skills, and Life Satisfaction: The Implication for Web-Based Intervention. *Atlantis Press*, 464, 579–583. <https://doi.org/10.2991/assehr.k.200824.134>
- Wahyuni, E., & Kurniasih, D. (2019). Gambaran Optimisme Siswa SMA Negeri Se-Jakarta Pusat. *Insight*, 8(2).

Mencerdaskan dan
Memartabatkan Bangsa