

DAFTAR PUSTAKA

- Amatea, E. S., Smith-Adcock, S., & Villares, E. (2006). From family deficit to family strength: Viewing families' contributions to children's learning from family resilience perspective. *Professional School Counseling*, 9(3), 177-183.
- Annafi, M., & Liftia. (2012). Optimisme untuk sembah penyalahgunaan napza (studi deskriptif di pusat rehabilitasi rumah damai semarang). *Jurnal Psikologi Ilmiah*, 4(1), 1-6.
- Arikunto, S. (2008). *Prosedur Penelitian Suatu Pendekatan Parktik*. Jakarta: Rineka Cipta.
- Arikunto, S. (2012). *Dasar-dasar Evaluasi Pendidikan*. Jakarta: Bumi Aksara.
- Batianello, M. R., Pacico, J. C., & Hutz, C. S. (2014). Optimism, self-esteem and personality: adaptation and validation of the brazilian version of the revised life orientation test (lot-r). *Journal of Psycho-USF*, 19(3), 523-531.
- Carver, C. S., & Blaney, P. H. (1987). Predicting successful completion of anaftercare program following treatment for alcoholism: the role of dispositional optimism. *Journal of Personality and Social Psychology*, 53(3), 579-580.
- Carver, C. S., & Scheier, M. F. (2001). Optimism, Pessimism, and Self-Regulation. Dalam E. C. Chang, *Optimism and Pessimism: implications for theory, research, and practice*. Washington DC: American Psychology Association.
- Carver, C. S., & Scheier, M. F. (2014). Dispositional optimism. *Journal of Trend in Cognitive Science*, 18(6), 1-7.
- Carver, C. S., Scheier, M. F., & Segerstrom, S. C. (2010). Optimism. *Journal of Clinical Psychology Review*, 30, 879-889.
- Chang, E. C. (1998). Does dispositional optimism moderate the relation between perceived stress and psychological well-being?: a preliminary investigation. *Journal of Personality and Individual Differences*, 25, 233-240.
- Chaplin, J. P. (1981). *Kamus Lengkap Psikologi (Edisi Revisi)* (Vol. 2). Jakarta: PT. Raja Grafindo Persada.
- Crites, J. O. (1981). *Career Counseling: Models, Methods, and Material* . New York: Mc-Graw-Hill Company.

- Diacou-Gherasim, L. R., & Măirean, C. (2017). Dispositional optimism, affective states and judgements of future life events. *Journal of Studia Psychologica*, 59(3), 193-205.
- Folkman, S., Lazarus, R., Gruen, R., & DeLongis, A. (1986). Appraisal, coping, health status, and psychological symptoms. *Journal of Personality and Social Psychology*, 50(3), 571-579.
- Gallagher, M. W., Lopez, S. J., & Pressman, S. D. (2013). Optimism is universal: exploring the presence and benefits of optimism in a representative sample of the world. *Journal of Personality*, 81(5), 429-440.
- Gaspar, T., Ribeiro, J. L., Matos, M. G., Leal, I., & Ferreira, A. (2009). Optimism in children and adolescents: adaptation and validation of LOT-R. *Journal of Psychology*, 22(3), 439-446.
- Gawronski, K. A., Kim, E. S., Langa, K. M., & Kubzansky, L. D. (2016). Dispositional optimism and incidence of cognitive impairment in older adults. *Journal of Psychosomatic Medicine*, 819-826.
- Gilham, J. E., Shatte, A. J., Reivich, K. J., & Seligman, M. E. (2001). Optimism, pessimism, and explanatory style. Dalam E. C. Chang, *Optimism and pessimism: Implication for theory, research, and practice* (hal. 301-320). Washington DC: American Psychological Association.
- Glaesmer, H., Rief, W., Martin, A., Mewes, R., Brahler, E., Zenger, M., & Hinz, A. (2012). Psychometric properties and population-based norms of the life orientation test revised (lot-r). *British Journal of Health Psychology*, 17(2), 432-445.
- Hurlock, E. B. (1999). *Psikologi Perkembangan: "Suatu Perkembangan Sepanjang Rentang Kehidupan"*. Jakarta: Erlangga.
- Margono. (1997). *Metode Penelitian Pendidikan*. Jakarta: Rineka Cipta.
- Myers, D. G. (2000). Funds, friend, and faith of happy people. *The American Psychologist Association*, 55(1), 56-57.
- Nasa, A. F. (2012). *Hubungan antara Resiliensi Keluarga dan Optimisme Pada Mahasiswa yang Berasal dari Keluarga Miskin*. Depok: Tidak Diterbitkan.
- Nasution. (2003). *Metode Research: Metode Penelitian*. Jakarta: Bumi Aksara.

- Ningrum, D. W. (2011). Hubungan antara optimisme dan coping stres pada mahasiswa ueu yang sedang menyusun skripsi. *Jurnal Psikologi*, 9(1), 41-47.
- Nurindah, M., Afiatin, T., & Sulistyarini, I. (2012). Meningkatkan optimisme remaja panti sosial dengan pelatihan berpikir positif. *Jurnal Intervensi Psikologi*, 4(1), 57-76.
- Papalia, D. E., Old, S. W., Feldman, & R. D. (2008). *Human Development* (terjemahan A. K. Anwar). Jakarta: Prenada Media Group
- Perez, C. L., Salamanca, M. V., Castaneda, I. A., Soto, P. B., & Vanegas, I. J. (2014). What makes us optimistic?: psychosocial factors as predictors of dispositional optimism in young people. *Journal of Terapia Psicologica*, 32(2), 153-164.
- Peterson, C. (2000). The Future of Optimism. *Journal of American Psychologist*, 55(1), 44-55.
- Peterson, C., & Bossio, L. M. (2001). Optimism and Psysical Well-Being. Dalam E. C. Chang, *Optimism and Pessimism: implications for theory, research, and practice*. Washington DC: American Psychological Association.
- Peterson, Cristopher & Boisso, Lisa M. (2001). Optimism and Psycal Well-Being. In E.C Chang (Eds.), *Optimism and Pessimism*. Washington, DC: American Psychological Association.
- Raikkonen, K., Matthews, K. A., Flory, J. D., Owens, J. F., & Gump, B. B. (1999). Effects of optimism, pesimism, and trait anxiety on ambulatory blood pressure and mood during everyday life. *Journal of Personality and Social Psychology*, 76(1), 104-113.
- Rini, L., & Siswati. (2017). Hubungan antara regulasi diri dengan optimisme pada warga binaan yang menjadi pekerja pembantu di lembaga pemasyarakatan perempuan klas ii a semarang. *Jurnal Empati*, 7(3), 297-302.
- Saksono, S. (1997). *Administrasi Kepegawaian*. Yogyakarta: Kanisius.
- Santoso, U. S. (2017). *Optimisme Masa Depan Pada Perempuan Orangtua Tunggal*. Surakarta: Tidak Diterbitkan.
- Sarwono, S. W. (2012). *Psikologi Remaja*. Jakarta: Raja Grafindo Persada.
- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: assessment and implications of generalized outcome expectancies. *Journal of Health Psychology*, 4(3), 219-247.

- Scheier, M. F., & Carver, C. S. (1993). On the power of positive thinking: the benefit of being optimistic. *Journal of Psychology Science*, 2(1), 26-30.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuriticism (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.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (2001). Optimism, Pessimism, and Psychological Well-Being. Dalam E. C. Chang, *Optimism and Pessimism* (hal. 189-216). Washington DC: American Psychological Association.
- Schou-Bredal, I., Heir, T., Skogstad, L., Bonsaksen, T., Lerdal, A., Grimholt, T., & Ekeberg, O. (2017). Population-based norms of the life orientation test-revised (lot-r). *International Journal of Clinical and Health Psychology*, 17(3), 216-224.
- Segerstrom, S. C. (2011). Dispositional Optimism, Psychophysiology, and Health. Dalam H. S. Friedman, *The Oxford Hand Book of Health Psychology* (hal. 767-778). New York: Oxford University Press.
- Seligman, M. E. (2006). *Learned Optimism: How to Change Your Mind and Your Life*. New York: Vintage Books.
- Shabrina, N. B. (2018). *Optimisme dan Adversity Quotient Pada Remaja Panti Asuhan di Yogyakarta*. Yogyakarta: Tidak Diterbitkan.
- Siregar, S. (2015). *Metode Penelitian Kuantitatif Dilengkapi dengan Perbandingan Perhitungan Manual dan SPSS*. Jakarta: Kencana.
- Smet, B. (1994). *Psikologi Kesehatan / Bart Smet*. Jakarta: Grasindo.
- Snyder, C. R., & Lopez, S. J. (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.
- Sudijono. (2011). *Pengantar Statistik Pendidikan*. Jakarta: Rajawali Press.
- Sugiyono. (2007). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Sugiyono. (2010). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Sugiyono. (2014). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta

- Wahid, A. W., Larasati, A., Ayuni, & Nashori, F. (2018). Optimisme remaja yang tinggal di panti asuhan ditinjau dari kebersyukuran dan konsep diri. *Jurna Humanitas*, 15(2), 160-168.
- Taylor, S. (2006). *Health Psychology*. New York: McGraw-Hill Companies.
- Taylor, Z. E., Widaman, K. F., Robin, R. W., R., J., Early, D. R., & Conger, R. D. (2012). Dispositional optimism: A psychological resource for Mexican-Origin mothers experiencing economic stress. *Journal of Family Psychology*, 26(1), 133-139.
- Vazquez, C., Hervas, G., Rahona, J., & Gomez, D. (2009). Psychological wellbeing and health: Contribution of positive psychology. *Journal of Clinical and Health Psychology*, 5(2), 15-27.
- Walsh, F. (2006). *Strengthening Family Resilience*. New York: The Guilford Press.
- Wrosch, C., & Scheier, M. F. (2003). Personality and quality of life: the important of optimism and goal adjustment. *Journal of Quality of Life Research*, 12(1), 59-72.