

DAFTAR PUSTAKA

- Adineh, S. H., Rafiean, S., Tavakoli, S. M., & Farisat, A. (2019). The Effectiveness of Acceptance and Commitment Therapy on Optimism about Life and Psychological Well-Being in Infertile Women. *International Journal of Bodi, Mind & Culture*, 6(4), 201–208. <https://doi.org/DOI:10.22122/ijbmc.v6i4.178>
- Amalinawidya. (2018). Cerita Gita Savitri Devi, Sosok Sederhana yang Sukses Jadi Influencer. *IDN Times*. <https://www.idntimes.com/life/women/amalinawidya/cerita-gita-savitri-devi-sosok-sederhana-yang-sukses-jadi-influencer-c1c2/7>
- Amani, A., Isanejad, O., & Alipour, E. (2018). Effectiveness of acceptance and commitment group therapy on marital distress, marital conflict and optimism in married women visited the counseling center of Imam Khomeini Relief Foundation in Kermanshah. *Shenakht Journal of Psychology and Psychiatry*, 5(1), 42–64. <https://doi.org/10.29252/shenakht.5.1.42>
- Annafi, M., & Liftiah. (2012). Optimisme untuk sembuh penyalahguna NAPZA (Studi deskriptif di Pusat Rehabilitasi Rumah Damai Semarang). *Institusi : Jurnal Psikologi Ilmiah*, 4(3), 1–5.
- Arafah, K., & Muharram. (2015). Pengukuran karakteristik akademik mahasiswa bidikmisi FMIPA UNM Makassar. *Prosiding Konferensi Ilmiah Tahunan*, 251–259.
- Arikunto. (2006). *Prosedur Penelitian Suatu Pendekatan Praktik*. Rieka Cipta.
- Arslan, G., Yildirim, M., Tanhan, A., Bulus, M., & Allen, K. (2020). Coronavirus Stress , Optimism-Pessimism, Psychological Inflexibility, and Psychological Health : Psychometric Properties of the Coronavirus Stress Measure. *International Journal of Mental Health and Addiction*, 1–17.

- <https://doi.org/https://doi.org/10.1007/s11469-020-00337-6>
- Artha, D. J., & Widya. (2019). Optimism and Pessimism of Hazel Grace in John Green's Novel *The Fault in Our Stars*. *KnE Social Sciences*, 199–212. <https://doi.org/10.18502/kss.v3i19.4847>
- Aspinwall, L. G., & Taylor, S. E. (1992). Modeling Cognitive Adaptation: A Longitudinal Investigation of the Impact of Individual Differences and Coping on College Adjustment and Performance. *Journal of Personality and Social Psychology*, 63(6), 989–1003. <https://doi.org/10.1037/0022-3514.63.6.989>
- Bailey, T. C., Eng, W., Frisch, M. B., & Snyder, C. R. (2007). Hope and optimism as related to life satisfaction. *Journal of Positive Psychology*, 2(3), 168–175. <https://doi.org/10.1080/17439760701409546>
- Barak, A. (1999). Psychological applications on the Internet: A discipline on the threshold of a new millennium. *Applied and Preventive Psychology*, 8(4), 231–245. [https://doi.org/10.1016/S0962-1849\(05\)80038-1](https://doi.org/10.1016/S0962-1849(05)80038-1)
- Barak, A., Klein, B., & Proudfoot, J. G. (2009). Defining internet-supported therapeutic interventions. *Annals of Behavioral Medicine*, 38(1), 4–17. <https://doi.org/10.1007/s12160-009-9130-7>
- Bayrami, M., Abad, T. H. N., Ghoradel, J. A., Daneshfar, S., Heshmati, R., & Moslemifar, M. (2012). The Role of Positive and Negative Affectivity, Optimism, Pessimism, and Information Processing Styles in Student Psychological Adjustment. *Procedia - Social and Behavioral Sciences*, 46, 306–310. <https://doi.org/10.1016/j.sbspro.2012.05.111>
- BPS. (2020). *Perkembangan Beberapa Indikator Utama Sosial-Ekonomi Indonesia*. <http://library1.nida.ac.th/termpaper6/sd/2554/19755.pdf>
- Brown, F. J., Gillard, D., & Hayes, S. C. (2016). Acceptance and Commitment Therapy for Dummies. In *Wiley*.
- Carver, C. S. (2014). Self-control and optimism are distinct and complementary strengths. *Personality and Individual Differences*, 66, 24–26.

<https://doi.org/10.1016/j.paid.2014.02.041>

- Carver, C. S. (2015). Optimism and Pessimism. In *International Encyclopedia of the Social & Behavioral Sciences: Second Edition* (Second Edi, Vol. 17). Elsevier. <https://doi.org/10.1016/B978-0-08-097086-8.26018-2>
- 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., Scheier, M. F., & Segerstrom, S. C. (2010). Optimism. *Clinical Psychology Review*, 30(7), 879–889. <https://doi.org/10.1016/j.cpr.2010.01.006>
- Chin, F., & Hayes, S. C. (2017). Acceptance and commitment therapy and the cognitive behavioral tradition: Assumptions, model, methods, and outcomes. In *The Science of Cognitive Behavioral Therapy* (hal. 155–173). Elsevier Inc. <https://doi.org/10.1016/B978-0-12-803457-6.00007-6>
- Eicher, V., Staerklé, C., & Clémence, A. (2014). I want to quit education: A longitudinal study of stress and optimism as predictors of school dropout intention. *Journal of Adolescence*, 37(7), 1021–1030. <https://doi.org/10.1016/j.adolescence.2014.07.007>
- Febriani, G. A. (2020). Kisah Inspiratif Jerome Polin: Jatuh Bangun Raih Beasiswa ke Jepang. *Wolipop.detik.com*. <https://wolipop.detik.com/worklife/d-5137577/kisah-inspiratif-jerome-polin-jatuh-bangun-raih-beasiswa-ke-jepang>
- Fitri, E. R., & Indriana, Y. (2018). Hubungan Antara Optimisme Dengan Regulasi Emosi Pada Siswa Kelas Xi Smk Cut Nya' Dien Semarang. *Empati*, 7(3), 47–51.
- Fledderus, M., Bohlmeijer, E. T., Pieterse, M. E., & Schreurs, K. M. G. (2012). *Acceptance and commitment therapy as guided self-help for psychological distress and positive mental health: a randomized controlled trial*. 485–495. <https://doi.org/10.1017/S0033291711001206>

- Ghazinoory, S., Abdi, M., & Azadegan-Mehr, M. (2011). Swot methodology: a state-of-the-art review for the past, a framework for the future. *Journal of Business Economics and Management*, 12(1), 24–48. <https://doi.org/10.3846/16111699.2011.555358>
- Gustafson, C. (2019). *Reclaim Your Life Acceptance and Commitment Therapy in 7 Weeks*.
- Harris, Ru. (2019). *ACT Made Simple : An Easy-to-Read Primer on acceptance and commitment therapy*. New Harbinger Publications.
- Hayes, S. C. (2016). Acceptance and Commitment Therapy, Relational Frame Theory, and the Third Wave of Behavioral and Cognitive Therapies – Republished Article. *Behavior Therapy*, 47(6), 869–885. <https://doi.org/10.1016/j.beth.2016.11.006>
- Hayes, S. C., & Strosahl, K. D. (2004). *A Practical Guide to Acceptance and Commitment Therapy*.
- Hendrayana, A. S., Thaib, D., & Rosnenty, R. (2014). Motivasi belajar, kemandirian belajar dan prestasi belajar mahasiswa beasiswa Bidikmisi di UPBJJ UT Bandung. *Jurnal Pendidikan Terbuka dan Jarak Jauh*, 15(2), 81–87.
- Hofmann, S. G. (2008). Acceptance and commitment therapy: New wave or morita therapy? *Clinical Psychology: Science and Practice*, 15(4), 280–285. <https://doi.org/10.1111/j.1468-2850.2008.00138.x>
- Hutapea, D. A. C., & Mashoedi, F. S. (2019). Hubungan antara Optimisme dan Distres Psikologis pada Emerging Adults Miskin di DKI Jakarta. *Mind Set*, 10(2), 87–103.
- Klaczynski, P. A., & Fauth, J. M. (1996). Intellectual ability, rationality, and intuitiveness as predictors of warranted and unwarranted optimism for future life events. *Journal of Youth and Adolescence*, 25(6), 755–773. <https://doi.org/10.1007/BF01537452>
- Köhle, N., Drossaert, C. H., Schreurs, K. M., Hagedoorn, M., Verdonck-De

- Leeuw, I. M., & Bohlmeijer, E. T. (2015). A web-based self-help intervention for partners of cancer patients based on Acceptance and Commitment Therapy: A protocol of a randomized controlled trial. *BMC Public Health*, 15(1), 1–13. <https://doi.org/10.1186/s12889-015-1656-y>
- Kumcagiz, H., Celik, S. B., Yilmaz, M., & Eren, Z. (2011). The effects of emotional intelligence on optimism of university students. *Procedia - Social and Behavioral Sciences*, 30, 973–977. <https://doi.org/10.1016/j.sbspro.2011.10.189>
- Kurniasih, D. (2019). *Gambaran Optimisme Siswa SMA Negeri Se-Jakarta Pusat*.
- Kustandi, C., & Sutjipto, B. (2011). *Media Pembelajaran Manual dan Digital*.
- Martha, A. D., Haryono, D., & Marlina, L. (2020). Analisis Pendapatan dan Tingkat Kesejahteraan Rumah Tangga Peternak Sapi Potong Kelompok Ternak Limousin Desa Astomulyo Kecamatan Pungur Kabupaten Lampung Tengah. *Jurnal Ilmiah Peternakan Terpadu*, 8(2), 77–82.
- Maunah, B. (2015). Stratifikasi Sosial dan Perjuangan Kelas dalam Perspektif Sosiologi Pendidikan. *Ta'allum: Jurnal Pendidikan Islam*, 3(1), 19–38. <https://doi.org/10.21274/taalum.2015.3.1.19-38>
- McKenny, S., & Thomas, R. C. (2013). Conducting educational design research. In *Educational Media International* (Vol. 50, Nomor 3). Routledge. <https://doi.org/10.1080/09523987.2013.843832>
- Meevissen, Y. M. C., Peters, M. L., & Alberts, H. J. E. M. (2011). Become more optimistic by imagining a best possible self: Effects of a two week intervention. *Journal of Behavior Therapy and Experimental Psychiatry*, 42(3), 371–378. <https://doi.org/10.1016/j.jbtep.2011.02.012>
- Monica. (2010). Pengaruh warna, tipografi, dan layout pada desain situs. *Humaniora*, 1(2), 459–468.
- Mufidah, C. A. (2017). Hubungan Antara Dukungan Sosial Terhadap Resiliensi Pada Mahasiswa Bidikmisi dengan Media Efikasi Diri. *Jurnal Sains*

- Psikologi*, 6(2), 68–74.
- Musabiq, S. A., Assyahidah, N., Sari, A., Dewi, H., & Erdiaputri, W. (2018). Stres, Motivasi Berprestasi, Bersyukur, dan Perceived Social Support: Analisis Optimisme pada Mahasiswa Penerima Beasiswa Bidikmisi. *Mediapsi*, 4(1), 22–35.
- Nedjad, F. K., & Amiri, A. (2019). The Efficacy of Acceptance and Commitment Therapy on Psychological Well-Being and Optimism of Patients with Irritable Bowel Syndrome. *Internasional Journal of Bodi, Mind & Culture*, 6(2), 97–103. <https://doi.org/10.22122/ijbmc.v6i2.162>
- Ningrum, W. D. (2011). Hubungan Antara Optimisme dan Coping Stres Pada Mahasiswa UEU Yang Sedang Menyusun Skripsi. *Jurnal Psikologi*, 9(1), 41–47.
- Nurchalimah. (2021). Kisah Inspiratif Raeni, Anak Tukang Becak yang Sukses Meraih Beasiswa LPDP. *ehf.id*. <https://ehf.id/post/kisah-inspiratif-raeni-anak-tukang-becak-yang-sukses-meraih-beasiswa-lpdp>
- Nurdin, I., & Hartati, S. (2019). *Metodologi Penelitian Sosial*. Media Sahabat Cendekia.
- Peterson, C. (2000). The future of optimism. *American Psychologist*, 55(1), 44–55. <https://doi.org/10.1037/0003-066X.55.1.44>
- Plomp, T., Nieveen, N., Akker, V. D. J., Bannan, B., & Kelly, E. A. (2007). *An Introduction to Educational Design Research*.
- Prevedini, A. B., Presti, G., Rabitti, E., Miselli, G., & Moderato, P. (2011). Acceptance and Commitment Therapy (ACT): The foundation of the therapeutic model and an overview of its contribution to the treatment of patients with chronic physical diseases. *Giornale Italiano di Medicina del Lavoro ed Ergonomia*, 33(1 SUPPL. A).
- Raden, A. Z. M. (2016). Custom Typefaces Pada Web Menggunakan Embedding Font. *Jurnal Desain*, 3(2), 97–106. http://journal.lppmunindra.ac.id/index.php/Jurnal_Desain/article/view/609/

582

- Rahmawati, S., Genjik, B., & Rustiyarso. (2013). Pengaruh penghasilan orang tua terhadap pendidikan anak. *Jurnal Untan*, 2(5), 1–11.
- Ranakusuma, O. I. (2015). Perbedaan Kualitas Hidup , Kecemasan, dan Faktor-Faktor Kepribadian Antara Kelompok Sosial Ekonomi Rendah dan Menengah-Atas di DKI Jakarta. *Jurnal Psikogenesis*, 3(2), 164–176.
- Roellyana, S., & Listiyandini, R. A. (2016). Peranan Optimisme terhadap Resiliensi pada Mahasiswa Tingkat Akhir yang Mengerjakan Skripsi. *Prosiding Konferensi Nasional Peneliti Muda Psikologi Indonesia*, 1(1), 29–37.
- Sampurno, Y. G., Siswanto, I., & Efensi, Y. (2018). Karakteristik Mahasiswa Bidik Misi Pendidikan Teknik Otomotif. *Jurnal Pendidikan Vokasi Otomotif*, 1(1), 1–11.
- Scheier, M. F. and Carver, S. (1993). On the Power of Positive Thinking; The Benefit of Being Optimistic. *Current Directions in Psychological Science*, 2(1), 26–32. [https://doi.org/https://doi.org/10.1111/1467-8721.ep10770572](https://doi.org/10.1111/1467-8721.ep10770572)
- Scheier, M. F., Charles, S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism: A reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67(6), 1063–1078. <https://doi.org/10.1037//0022-3514.67.6.1063>
- Sergeant, S., & Mongrain, M. (2014). An online optimism intervention reduces depression in pessimistic individuals. *Journal of Consulting and Clinical Psychology*, 82(2), 263–274. <https://doi.org/10.1037/a0035536>
- Strosahl, K., Robinson, P., & Gustavsson, T. (2012). *Brief Interventions for Radical Change*. New Harbinger Publications.
- Sudijono, A. (2014). *Pengantar statistik pendidikan*. Rajawali Press.
- Sugiono. (2009). *Metode penelitian kuantitatif kualitatif dan R&D* (hal. 1–326). Alfabeta Bandung.

- Sutherland, S. M., & Seligman, M. E. . (2008). Optimism and Pessimism. *Elsevier Inc.*, 171–194. <https://doi.org/10.1017/S0034412500013299>
- Tiger, L. (1981). Are humans optimistic?. Response to P. H. Rubin. *Journal of Social and Biological Systems*, 4(1), 97–98. [https://doi.org/10.1016/0140-1750\(81\)90010-5](https://doi.org/10.1016/0140-1750(81)90010-5)
- Umboh, M. P., Pali, C., & David, L. E. V. (2020). Perbedaan Tingkat Optimisme pada Mahasiswa Semester Awal dan Mahasiswa Semester Akhir Strata Satu Fakultas Kedokteran. *Medical Scope Journal*, 1(2), 44–49.
- 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>
- Wang, J., & Senecal, S. (2008). Measuring perceived website usability. *Journal of Internet Commerce*, 6(4), 97–112. <https://doi.org/10.1080/15332860802086318>
- Yalçın, I. (2011). Social Support and Optimism as Predictors of Life Satisfaction of College Students. *International Journal for the Advancement of Counselling*, 33(2), 79–87. <https://doi.org/10.1007/s10447-011-9113-9>
- Yassaroh, S. S. (2021). Gita Savitri Devi: Kerja Keras Pasti Akan Terbayar. *Radio RDK*. <http://rdk.fidkom.uinjkt.ac.id/index.php/2021/01/03/gita-savitri-devi-kerja-keras-pasti-akan-terbayar/>