

Daftar Pustaka

- Anne Grunseit, J. R. (2018). Running on a high: parkrun and personal well-being. *Grunseit et al. BMC Public Health*, 1-11.
- Azwar, S. (2012). *Relibilitas dan Validitas*. Yogyakarta: IKAPI.
- Barry M. Staw, R. I. (2015). Employee Positive Emotion and Favorable Outcomes at the Workplace. *Organization Science*, 51-71.
- Bin Feng, D. (2020). INFLUENCE OF LONG-DISTANCE RUNNING ON MENTAL HEALTH AND POSITIVE SPORTS EMOTIONS OF COLLEGE STUDENTS. *Revista Argentina de Clínica Psicológica* , 685-691.
- Crawford, R. J., & Henry, D. J. (2004). The Positive and Negative Affect Schedule (PANAS): Construct validity, measurement properties and normative data in a large non-clinical sample. *British Journal of Clinical Psychology*, 43, 245–26.
- CHRISTIE N. SCOLLON ED DIENER, S. O.-D. (2004). EMOTIONS ACROSS CULTURES AND METHODS. *JOURNAL OF CROSS-CULTURAL PSYCHOLOGY*, Vol. 35 No. , 304-326.
- Crossland, M. A. (1987). The dimensions of positive emotions. *British Journal of Social Psychology* (1987),, 127-137.
- Curran, F. S. (2014). *Positive Emotions in Recreational Sport Activities*:.
- Effendi, H. (2016). PERANAN PSIKOLOGI OLAHRAGA DALAM MENINGKATKAN PRESTASI ATLET. *Nusantara (Jurnal Ilmu Pengetahuan Sosial)*, 22-30.
- Fredrickson, B. L. (2014). Cultivated Emotions: Parental Socialization of Positive Emotions and Self Conscious Emotion . *Department of Psychology University of Michigan*, 279-281.
- Fruchart, E. (2021). Judgments of happiness during trail running: Pleasure, engagement,. *Psychology of Sport & Exercise*.
- Han, K.-T. (2020). The effect of environmental factors and physical activity on emotions and attention while walking and Jogging. *Journal of Leisure Research*.

- Hsiao-Pu Yeh, J. A. (2017). Physical and Emotional Benefits of Different Exercise Environments Designed for Treadmill Running. *International Journal of Environmental Research and Public Health*, 1-11.
- Hurlock, E. B. (1980). *Psikologi Perkembangan*. Jakarta: Erlangga.
- Harmon, M (2016). Metode Penelitian Kuantitatif. In Philosophy of Science. https://doi.org/http://dx.doi.org/10.1007/978-1-4419-8580-4_5
- iopel, L. (2021). What is the Positive and Negative Affect Schedule? (PANAS). *Positive Psychology*.
- Jeff Laurent and Salvatore J. Catanzaro, D. (1999). A Measure of Positive and Negative Affect for Children: Scale Development and Preliminary Validation. *Psychological Assessment*, 11, 326-338.
- Kuppens, J. B. (2008). Regulating Positive and Negative Emotions in Daily. *Journal of Personality* , 562-580.
- McCarthy, P. J. (2011). Positive emotion in sport performance: current status and future. *International Review of Sport and Exercise Psychology*, 50-69.
- Mirhan, J. B. (2016). HUBUNGAN ANTARA PERCAYA DIRI DAN KERJA KERAS DALAM OLAHRAGA DAN KETERAMPILAN HIDUP. *J u r n a l O l a h r a g a P r e s t a s i , V o l u m e 1 2 , N o m o r 1 ,* 86-96.
- Murray R. Spigel, L. J. (2004). *STATISTIK*. Jakarta: Erlangga.
- Mustafa, M. (2016). PERKEMBANGAN JIWA BERAGAMA PADA MASA DEWASA. *Journal Edukasi*, 2, 77-90.
- Nuryadi, T. D. (2017). *Dasar Dasar Statistik Penelitian*. Yogyakarta: SIBUKU Media.
- Peter Kuppens, E. D. (2008). The Role of Positive and Negative Emotions in Life Satisfaction Judgment Across Nations. *Journal of Personality and Social Psychology*, 95, 66-75.
- Putri, A. F. (2019). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas. *SCHOULID: Indonesian Journal of School Counseling (2019)*, 35-40.
- Romi Cendra, N. G. (2019). Intensitas Olahraga Terhadap Perilaku Sosial. *Media Ilmu Keolahragaan Indonesia*, 13-17.
- Strümpfer, D. J. (2006). Positive emotions, positive emotionality and their contribution to fortigenic living: A review. *South African Journal of Psychology*, 36(1) 2006, , 144-167.

- Sugiyono. (2017). *Metode Penelitian*. Bandung: Alfabeta.
- Tiftawirya, D. (2012). INTENSITAS DAN VOLUME DALAM LATIHAN OLAHRAGA. *JURNAL ISSA*, 91-99.
- Vedran Markotü, D. (2020). THE POSITIVE EFFECTS OF RUNNING ON MENTAL HEALTH. *Psychiatria Danubina*, 32, 233-235.
- Yeni, F. (2013). Hubungan Emosi Positif dengan Kepuasan Hidup Pada Lanjut Usia (LANSIA) di Kota Padang Provinsi Sumatera Barat. *NERS JURNAL KEPERAWATAN*, 9, 10-21.

