

DAFTAR PUSTAKA

- Adrian, K. (2021, January 27). *Memahami Sistem Muskuloskeletal dan Gangguan yang Dapat Terjadi - Alodokter*. Alodokter.Com. <https://www.alodokter.com/memahami-sistem-muskuloskeletal-dan-gangguan-yang-dapat-terjadi>
- Alwisol. (2018). *Psikologi Kepribadian*. Malang: UMM Press.
- American Psychology Association. (2022). *APA Dictionary of Psychology*. American Psychology Association. <https://dictionary.apa.org/introversion>
- Anindyajati, G., Wiguna, T., Murtani, B. J., Christian, H., Wigantara, N. A., Putra, A. A., Hanafi, E., Minayati, K., Ismail, R. I., Kaligis, F., Savitri, A. I., Uiterwaal, C. S. P. M., & Diatri, H. (2021). Anxiety and Its Associated Factors During the Initial Phase of the COVID-19 Pandemic in Indonesia. *Frontiers in Psychiatry, 12(1)*, 1–10.
- Ardan, M., Rahman, F. F., & Geroda, G. B. (2020). The influence of physical distance to student anxiety on COVID-19, Indonesia. *Journal of Critical Reviews, 7(17)*, 1126–1132.
- Ashton, M. C. (2018). *Individual Differences and Personality* (3rd ed.). London: Elsevier Inc.
- Azizah, J. N. (2021, December 16). *Pengaruh Kecemasan pada Siswa Saat Pembelajaran Daring Halaman 1 - Kompasiana.com*. Kompasiana.Com. https://www.kompasiana.com/juwitanurazizah8750/61bac00c62a7043308200cb2/pengaruh-kecemasan-pada-siswa-saat-pembelajaran-daring?page=1&page_images=1
- Badan Pengembangan dan Pembinaan Bahasa. (2016). *Hasil Pencarian - KBBI Daring*. KBBI Daring. <https://kbbi.kemdikbud.go.id/entri/mahasiswa>
- Boktor, J., Gwyn, R., Gonzi, G., Kumar, A., Roy, K., Rooney, K., & Pullen, H. (2020). Stress and Anxiety Management During the COVID-19 Pandemic (Lessons Learnt from a Cohort of Orthopaedic Registrars Redeployed to ITU).

- Ortopedia, Traumatologia, Rehabilitacja*, 22(5), 303–309.
- Bui, E., Charney, M. E., & Baker, A. W. (2020). *Clinical Handbook of Anxiety Disorders From Theory to Practice*. Boston: Human Press.
- Chapman, B. P., Weiss, A., Barrett, P., & Duberstein, P. (2012). Hierarchical structure of the Eysenck Personality Inventory in a large population sample: Goldberg's trait-tier mapping procedure. *Personality and Individual Differences*, 54(2013), 479–484.
- Chatterjee, T., & Kacker, P. (2021). Personality Style and its Relation with Level of Anxiety. *International Journal of Social Rehabilitation*, 5(2), 17–20.
- Christianto, L. P., Kristiani, R., Franztius, D. N., Santoso, S. D., Winsen, & Ardani, A. (2020). Kecemasan Mahasiswa di Masa Pandemi Covid-19. *Jurnal Selaras*, 3(1), 67–82.
- Corr, P. J., & Matthews, G. (2009). *The Cambridge Handbook of Personality Psychology*. New York: Cambridge University Press.
- Duffy, J. (2020, October 30). *Why lockdown is heaven for introverts like me - Jim Duffy* / *The Scotsman*. Scotsman.Com. <https://www.scotsman.com/news/opinion/columnists/why-lockdown-heaven-introverts-me-jim-duffy-3019045>
- Dunstan, D. A., & Scott, N. (2020). Norms for Zung's Self-rating Anxiety Scale. *BMC Psychiatry*, 20(1), 1–9.
- Ellis, L., Farrington, D. P., & Hoskin, A. W. (2019). Personality and Behavioral Factors. In *Handbook of Crime Correlates* (2nd ed., pp. 205–257). Cambridge: Academic Press.
- Ewen, R. B. (2014). *An Introduction to Theories of Personality* (7th ed.). New York: Psychology Press.
- Eysenck, H. J., & Eysenck, S. B. G. (1964). *Manual of the Eysenck Personality Inventory*. London: Hodder and Stoughton.
- Fauziyah, S. (2021). *Monograf Efektivitas E-Learning Berbantuan Edmodo*

terhadap Hasil Belajar dan Minat Belajar Siswa. Lakeisha. https://www.google.co.id/books/edition/MONOGRAF_EFEKTIVITAS_E_LEARNING_BERBANTU/s4FzEAAAQBAJ?hl=id&gbpv=1&dq=guilford+1956+reliabilitas&pg=PA57&printsec=frontcover

Fauziyyah, R., Awinda, R. C., & Besral. (2021). Dampak Pembelajaran Jarak Jauh terhadap Tingkat Stres dan Kecemasan Mahasiswa selama Pandemi COVID-19. *Jurnal Biostatistik, Kependudukan, Dan Informatika Kesehatan*, 1(2), 113–123.

Feist, J., Feist, G. J., & Tomi-Ann, R. (2018). *Theories Of Personality* (9th ed.). New York: Mc-Graw Hill Education.

Framanta, G. M. (2020). Pengaruh Lingkungan Keluarga Terhadap Kepribadian Anak. *Jurnal Pendidikan Dan Konseling (JPDK)*, 2(1), 126–129.

Friedman, M., & Westphalen, D. (2022, May 10). *Anxiety in College Students: Signs, Symptoms & Treatments*. Choosingtherapy.Com. <https://www.choosingtherapy.com/anxiety-in-college-students/>

Gregory, R. J. (2017). *Tes Psikologi: Sejarah, Prinsip, dan Aplikasinya* (6th ed.). Jakarta: Erlangga.

Gunawan, C. (2020). *Mahir Menguasai SPSS Panduan Praktis Mengolah Data Penelitian New Edition Buku Untuk Orang Yang (Merasa) Tidak Bisa Dan Tidak Suka Statistika*. Yogyakarta: Deepublish Publisher.

Halodoc. (2021, February 2). *Parestesia*. Halodoc.Com. <https://www.halodoc.com/kesehatan/parestesia>

Hassan, R., Rowa, K., McCabe, R. E., Lahat, A., & Schmidt, L. A. (2021). Shyness and anxiety: Protective role of extraversion. *Personality and Individual Differences*, 178(2021), 1–7.

Hogi, E., & Putra, A. I. D. (2019). Kepribadian ekstraversi dan kesepian pada remaja panti asuhan. *Jurnal Ilmiah Psikologi Terapan*, 7(1), 28–40.

Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal*

Psychology - Global Edition (17th ed.). Harlow: Pearson.

Hulukati, W., & Djibran, M. R. (2018). Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. *Bikotetik*, 2(1), 73–114.

Kadir. (2017). *Statistika Terapan: Konsep, Contoh dan Analisis Data dengan Program SPSS/Lisrel dalam Penelitian* (3rd ed.). Depok: Rajawali Press.

KOMINFO. (2022, February 3). *Pemerintah Setujui PTM Terbatas 50% Bagi Daerah PPKM Level 2 Mulai 3 Februari*. Kominfo.Go.Id. <https://kominfo.go.id/content/detail/39767/pemerintah-setujui-ptm-terbatas-50-bagi-daerah-ppkm-level-2-mulai-3-februari/0/berita>

Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2012). *Abnormal Psychology* (12th ed.). Hoboken: John Wiley & Sons, Inc.

Kukku, & Reddy, S. M. (2020). Social Anxiety among Introverts and Extroverts across gender among Undergraduate students during the pandemic COVID-19 in Bangalore. *Psychology and Education*, 57(8), 1184–1191.

Kusumastuti, D. (2020). Kecemasan dan Prestasi Akademik pada Mahasiswa. *Analitika*, 12(1), 22–33.

Mahmudah, F., Erawati, D., & Mz, I. (2021). Hubungan Kepribadian Introver dengan Kecemasan Sosial pada Mahasiswa IAIN Palangka Raya. *Al-Isyraq*, 4(2), 145–162.

Martin, R. A., & Ford, T. E. (2018). The Clinical Psychology of Humor: Humor and Mental Health. In *The Psychology of Humor* (2nd ed., pp. 283–318). London: Academic Press.

Masni, H., Tara, F., & Hutabarat, Z. S. (2021). Kontribusi Pola Asuh Orang tua Terhadap Perkembangan Kepribadian Introvert dan Ekstrovert. *Jurnal Jendela Pendidikan*, 1(4), 239–249.

Nareza, M. (2020, November 6). *Berbagai Penyebab Palpitasi dan Cara Mengatasinya* - *Alodokter*. Alodokter.Com.

<https://www.alodokter.com/berbagai-penyebab-palpitasi-dan-cara-mengatasinya>

Nareza, M. (2021, September 17). *Insomnia - Gejala, penyebab dan mengobati - Alodokter*. Alodokter.Com. <https://www.alodokter.com/insomnia>

Nazneen, S. S. (2019). A comparative study on the level of addiction of social networking among introvert and extrovert personality type students. *International Journal of Reflective Research in Social Sciences*, 2(1), 71–73.

Nerizka, D., Latipah, E., & Munawwir, A. (2021). Faktor Hereditas Dan Lingkungan Dalam Membentuk Karakter. *Jurnal Pendidikan Karakter*, 1(1), 55–64.

Nihayah, U., Sadnawi, A. S. A.-T., & Naillaturrafidah, N. (2021). The academic anxiety of students in pandemic era. *Journal of Advanced Guidance and Counseling*, 2(1), 39–55.

Nur Amini, & Naimah, N. (2020). Faktor Hereditas Dalam Mempengaruhi Perkembangan Intelligensi Anak Usia Dini. *Jurnal Buah Hati*, 7(2), 108–124.

NurCita, B., & Susantiningsih, T. (2020). Dampak Pembelajaran Jarak Jauh Dan Physical Distancing Pada Tingkat Kecemasan Mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta. *Journal of Borneo Holistic Health*, 3(1), 58–68.

Pamungkas, A. (2020). Tipe Kepribadian Ektrovert-Introvert dan Kecemasan Mahasiswa Pada Masa Pandemi Covid-19. *Jurnal Studi Keislaman*, 1(2), 36–42.

Pittara. (2022, April 23). *Tremor - Gejala, penyebab dan mengobati - Alodokter*. Alodokter.Com. <https://www.alodokter.com/tremor>

Pratiwi, A. R., Mufliha, D., & Adini, P. (2020). Sumber Perbedaan Individu pada Siswa Sekolah Dasar. *Pandawa*, 2(1), 134–148.

Pratiwi, I. W., & Wahyuni, S. (2019). Faktor-Faktor Yang Mempengaruhi Self Regulation Remaja Dalam Bersosialisasi. *JP3SDM*, 8(1), 1–11.

Psychology Today. (2022). *Extroversion / Psychology Today*. Sussex Publishers.
<https://www.psychologytoday.com/us/basics/extroversion>

Resti, N. W. (2020). *Memahami Istilah Endemi, Epidemi, dan Pandemi – ITJEN KEMENDIKBUD*. ITJEN KEMENDIKBUD.
<https://itjen.kemdikbud.go.id/webnew/covid19/memahami-istilah-endemi-epidemi-dan-pandemi/>

Riyanto, S., & Hatmawan, A. A. (2020). *Metode Riset Penelitian Kuantitatif Penelitian Di Bidang Manajemen, Teknik, Pendidikan dan Eksperimen*. Yogyakarta: Deepublish.

Rokom. (2021, October 7). *Kemenkes Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia*. Sehatnegeriku.Kemendes.Go.Id.
<https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20211007/1338675/kemenkes-beberkan-masalah-permasalahan-kesehatan-jiwa-di-indonesia/>

Satuan Tugas Penanganan COVID-19. (2021). *Peta Sebaran | Covid19.go.id*. Covid19.Go.Id. <https://covid19.go.id/peta-sebaran>

Satuan Tugas Penanganan COVID-19. (2021). *Tentang COVID-19 | Covid19.go.id*. Covid.Go.Id. <https://covid19.go.id/tentang-covid-19>

Savage, M. (2020, November 6). *Dampak psikologis akibat pandemi Covid-19 diduga akan bertahan lama - BBC News Indonesia*.
<https://www.bbc.com/indonesia/vert-fut-54808663>

Setyowati, A., Chung, M., & Yusuf, A. (2019). among adolescents : Indonesian version of the Zung self-rating anxiety scale. *Journal of Public Health in Africa*, 10(1), 15–18.

Shehni, M. C., & Khezrab, T. (2020). Review of literature on learners' personality in language learning: Focusing on extrovert and introvert learners. *Theory and Practice in Language Studies*, 10(11), 1478–1483.

Siregar, I. K., & Putri, S. R. (2019). Hubungan Self-Efficacy dan Stres Akademik Mahasiswa. *Consilium*, 6(2), 91–95.

- Siyoto, S., & Sodik, A. (2015). *Dasar Metodologi Penelitian*. Yogyakarta: Literasi Media Publishing.
- Soemphornwiwat, P., Chalernpornpong, V., & Asawarachan, A. (2021). A Quantitative Study on Statistical Associations between Extroversion-Introversion Personality Traits and Anxiety in Different Stages of Lockdown during the Covid-19 Pandemic. *International Journal of Multidisciplinary Research and Analysis*, 4(12), 1856–1861.
- Stillman, J. (2021, April 23). *Actually, New Science Shows the Pandemic Was Harder on Introverts* | Inc.com. Inc.Com. <https://www.inc.com/jessica-stillman/actually-new-science-shows-pandemic-was-harder-on-introverts.html>
- Strausbaugh, T. G. (2021, April 23). *Introverts Had an Advantage During COVID-19, Study Finds*. Intovortdear.Com. <https://intovortdear.com/news/introverts-had-an-advantage-during-covid-19-study-finds/>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Sunjaya, D. K., Herawati, D. M. D., & Siregar, A. Y. (2021). Depressive, Anxiety, and Burnout Symptoms on Health Care Personnel at a Month After COVID-19 Outbreak in Indonesia: A Documentary Research Using Rasch Model Analysis. *BMC Public Health*, 21(227), 1–8.
- Suryanov, I. P. D., Ganesha, I. G. H., & Purnamasidhi, C. A. W. (2022). Factors affecting anxiety levels of students of the Bachelor of Medicine Study Program and the Doctor's Profession, Faculty of Medicine, Udayana University Class of 2018-2020 in Undertaking the Online Lecture Learning System During the COVID-19 Pandemic. *Research, Society and Development*, 11(1), 1–8.
- Suryaratri, R. D., & Rangkuti, A. A. (2017). *Statistika Deskriptif untuk Psikologi dan Pendidikan*. Jakarta: Universitas Negeri Jakarta.
- Virliia, S., & Dominika. (2018). Hubungan Kepribadian Ekstrovert-Introvert dan Penerimaan Sosial terhadap Siswa Difabel pada Siswa. *Konselor*, 7(1), 31–39.

Wei, M. (2020). Social Distancing and Lockdown – An Introvert’s Paradise? An Empirical Investigation on the Association Between Introversion and the Psychological Impact of COVID19-Related Circumstantial Changes. *Frontiers in Psychology, 11*(1), 1–8.

Wong, C. (2013). Behavioral Inhibition. In *Encyclopedia of Behavioral Medicine* (pp. 191–193). New York: Springer New York.

World Health Organization. (2022). *Coronavirus disease (COVID-19)*. WHO. https://www.who.int/health-topics/coronavirus#tab=tab_1

Zung, W. W. K. (1971). A Rating Instrument For Anxiety Disorders. *Psychosomatics, 12*(6), 371–379.

