

## DAFTAR PUSTAKA

- Adawiyah, B. Al, Suryani, I., & Syarqawi, A. (2022). PENGARUH LAYANAN KONSELING INDIVIDU DENGAN TEKNIK OPERANT CONDITIONING TERHADAP PENANGGULANGAN PERILAKU AGRESIF SISWA KELAS VIII DI MTs NEGERI 1 DELI SERDAN. *Ikatan Alumni Bimbingan Dan Konseling Islam (IKABKI)*, 4(1), 42–52.
- Adriansyah, M. A. (2015). Pengaruh Terapi Berpikir Positif dan Cognitive Behavior Therapy terhadap Kecemasan Pada Mahasiswa Universitas Mulawarman. *Laporan Penelitian Hibah Bersaing*. Samarinda: Universitas Mulawarman.
- Anjar, T. (2017). Pengembangan instrumen keterampilan dasar konseling Pada mahasiswa calon konselor. *Jurnal Psikologi Pendidikan & Konseling Vol*, 3(1).
- Ansbacher, H. L., & Ansbacher, R. R. (1956). *INDIVIDUAL PSYCHOLOGY OF ALFRED ADLER: A SYSTEMATIC PRESENTATION IN SELECTIONS FROM HIS WRITINGS* Edited.
- Bartholomay, E. M., & Houlihan, D. (2018). Treating Public Speaking Anxiety: A Comparison of Exposure and Video Self-Modeling. *International Journal of Psychological Studies*, 10(4), 1. <https://doi.org/10.5539/ijps.v10n4p1>
- Bartholomay, E. M., & Houlihan, D. D. (2016). Public Speaking Anxiety Scale: Preliminary psychometric data and scale validation. *Personality and Individual Differences*, 94, 211–215. <https://doi.org/10.1016/j.paid.2016.01.026>
- Bayhaqi, A. Z., Murdiana, S., & Rifdah, A. (2017). Metode Expressive Writing untuk Menurunkan Kecemasan Berbicara di Depa Umum pada Mahasiswa. *ISSN : 2548-4044 Psikoislamedia Jurnal Psikologi ISSN : 2548-4044 Psikoislamedia Jurnal Psikologi Volume 2 Nomor 2 , 2017, 2, 146–154.*
- Beck, A. T. (1964). Thinking and depression: II. Theory and therapy. *Archives of General Psychiatry*, 10, 561–571.
- Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. International Universities Press.
- Beck, A. T. (1987). Cognitive approaches to panic disorder: Theory and therapy. In S. Rachman & J. Maser (Eds.), *Panic: Psychological perspectives* (pp. 91–109). Hillsdale, NJ: Erlbaum.
- Beck, A. T., & Weishaar, M. (1989). *Cognitive Therapy BT - Comprehensive Handbook of Cognitive Therapy* (A. Freeman, K. M. Simon, L. E. Beutler, & H. Arkowitz (eds.); pp. 21–36). Springer US. [https://doi.org/10.1007/978-1-4757-9779-4\\_2](https://doi.org/10.1007/978-1-4757-9779-4_2)
- Beck, J. S. (2011). *Cognitive Behaviour Therapy: Basics and Beyond (Second Edition)* (Issue 112). London: The Guilford Press.
- Blume, B. D., Dreher, G. F., Baldwin, T. T. (2010). Examining the effects of communication apprehension within assessment centres. *Journal of*

*Occupational and Organizational Psychology*, 83, 663–671.

- Bodie, G. D. (2010). A Racing Heart, Rattling Knees, and Ruminative Thoughts: Defining, Explaining, and Treating Public Speaking Anxiety. *Communication Education*, 59(1), 70–105. <https://doi.org/10.1080/03634520903443849>
- Bukhori, B. (2017). Kecemasan Berbicara Di Depan Umum Ditinjau Dari Kepercayaan Diri Dan Keaktifan Dalam Organisasi Kemahasiswaan. *Jurnal Komunikasi Islam*, 6(1), 158–186. <https://doi.org/10.15642/jki.2016.6.1.158-186>
- Burden, P. R., & Byrd, D. M. (1999). *Methods for Effective Teaching*. Allyn and Bacon. <https://books.google.co.id/books?id=Cxs2qAAACAAJ>
- Calhoun, J. F., & Acocella, J. R. (1990). *Psychology of Adjustment and Human Relationships*. McGraw-Hill. <https://books.google.co.id/books?id=VBNYT-qiPPAC>
- Carnegie, D. (2018). *Public Speaking and Influencing Men in Business*. Mosaic Books.
- Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy* ((10th ed.)). Boston, CA.
- Corsini, R. J., & Wedding, D. (2011). *Current psychotherapies (9th Ed.)*. Thomson Brooks/Cole.
- Curry, N., Maher, K., & Peeters, W. (2020). Identifying Emotions and Thoughts Related to Speaking Anxiety: Laying the Groundwork for Designing CBT-based Support Materials for Anxious Learners. *Journal for the Psychology of Language Learning*, 2(1), 57–89. <https://doi.org/10.52598/jpll/2/1/4>
- de Naor, Y. D., & Sitasari, N. W. (2021). Gambaran Kecemasan Berbicara Di Depan Umum Pada Santri Sma Di Pondok Pesantren. *JCA Psikologi*, 2(2), 98–106.
- Devito, A. J. (2017). *The Interpersonal Communication Book* (15th editi). New York: Harper Collins Cllege Publishers.
- Diana, E., Khaerani, F. A., Wijaya, M. Z., & Makhmudah, U. (2021). The Effectiveness of Group Counseling in Reducing Adolescent Social Anxiety Levels : A Systematic Literature Review. *Social, Humanities, and Education Studies (SHEs): Conference Series* <https://Jurnal.Uns.Ac.Id/Shes> p-ISSN 2620-9284 e-ISSN 2620-9292, 5(Snip 2021), 1–23.
- Fatchurrahman, M. (2022). Problematik Pelaksanaan Konseling Individual. *Jurnal Bimbingan Dan Konseling Ar-Rahman*, 3(2), 25–30.
- Firmansyah, M. B. (2018). Model Pembelajaran Diskusi Berbasis Perilaku Berliterasi Untuk Keterampilan Berbicara. *Jurnal Ilmiah Edukasi & Sosial*, 8(2), 119–125.
- Fitri, D. (2017). Efektivitas Cognitive Behavior Therapy Untuk Mahasiwa. *Jurnal Psikologi*, 10(1), 64–73. <https://ejournal.gunadarma.ac.id/index.php/psiko/article/view/1635>
- Fitriani, F., & Safithry, E. A. (2018). Efektivitas Layanan Konseling Individual

- Pendekatan Rebt Untuk Mengurangi Kecemasan Berbicara Di Depan Umum Pada Peserta Didik di SMA Negeri 2 Palangkaraya. *Suluh: Jurnal Bimbingan Dan Konseling*, 3(2), 22–25. <https://doi.org/10.33084/suluh.v3i2.502>
- Hamama, S. (2023). Upaya Mengurangi Kecemasan Berbicara Di Depan Publik dalam Public Speaking dari Sisi Psikologis dan Praktis. *Selasar KPI: Referensi Media Komunikasi Dan Dakwah*, 3(1), 76–83. <https://ejournal.iainu-kebumen.ac.id/index.php/selasar>
- Handika, M. (2023). *Konseling Kelompok Cognitive Behavior Therapy (CBT) Untuk Membantu Siswa Yang Mengalami Kesenangan Saat Menghadapi Situasi ...*
- Hasanah, N., & Saugi, W. (2021). Fenomena Ketidakpercayaan Diri Mahasiswa IAIN Samarinda Ketika Berbicara di Depan umum. *Borneo Journal of Islamic Education*, 1(1), 1–12.
- Hepple, J., & Sutton, L. (2004). *Cognitive Analytic Therapy and Later Life: A New Perspective on Old Age*. Brunner-Routledge. <https://books.google.co.id/books?id=OSv5EWScNjIC>
- Josefowitz, N., & Myran, D. (2017). CBT made simple: A clinician's guide to practicing cognitive behavioral therapy. In *New Harbinger Publications*.
- Khrisinta, E., Politeknik, D., & Jakarta, A. (2022). KECEMASAN MAHASISWA DALAM PRAKTIK PUBLIC SPEAKING (STUDI KASUS MAHASISWA MANAJEMEN PEMASARAN INDUSTRI ELEKTRONIKA ANGKATAN 2021) Student Anxiety in Public Speaking Practice (Case Study of Electronics Industry Marketing Management Students Class of 2021). *Nusantara Hasana Journal*, 2(4), 252–260.
- Kimani, E., Shamekhi, A., & Bickmore, T. (2021). Just breathe: Towards real-time intervention for public speaking anxiety. *Smart Health*, 19. <https://doi.org/10.1016/j.smhl.2020.100146>
- Kussainov, A., Khavaydarova, M., Beissenova, Z., & Kongyrova, Z. (2023). Assessment of anxiety markers in schoolchildren in a distance learning environment. *International Journal of Evaluation and Research in Education*, 12(2), 1041–1050. <https://doi.org/10.11591/ijere.v12i2.24324>
- Lang, P. J. (1971). *The application of psychophysiological methods to the study of psychotherapy and behavior modification*. In A. E. Bergin, & S. L. Garfield (Eds.), *Handbook of psychotherapy and behavior change* (pp. 75–125). Ny:Wiley.
- Larosa, A. S., & Iskandar, R. (2021). Analisis Keterampilan Berbicara Siswa melalui Pantun di Sekolah Dasar. *Jurnal Basicedu Volume 5 Nomor 5 Tahun 2021 Halaman 3723 - 3737 Research & Learning in Elementary Education* <https://Jbasic.Org/Index.Php/Basicedu Analisis>, 5(3), 1683–1688.
- Leary, M. R., & Kowalski, R. M. (1997). *Social Anxiety*. Guilford Publications. <https://books.google.co.id/books?id=NkIISXNuoNgC>
- Lestari, A. I., Noviekayati, I., & Saragih, S. (2017). The Effectiveness of Public Speaking Training with Cognitive Behavioral Therapy for Public Speaking

- Anxiety among both Gender. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 7(2), 211–214. <https://doi.org/10.24127/gdn.v7i2.1050>
- Lilis, L., & Herdi, H. (2023). Program layanan bimbingan dan konseling untuk mengatasi kecemasan berbicara siswa depan kelas. *Edukatif: Jurnal Ilmu Pendidikan*, 5(3), 1253--1260.
- Marshall, L. B. (2021). *Smart Talk: The Public Speaker's Guide to Success in Every Situation*. St. Martin's Essentials.
- McKenney, S., & Reeves, T. C. (2012). *Conducting Educational Design Research*. <https://api.semanticscholar.org/CorpusID:64041151>
- Mendlowicz, M. V., & Stein, M. B. (2000). Quality of life in individuals with anxiety disorders. *American Journal of Psychiatry*, 157(5), 669–682. <https://doi.org/10.1176/appi.ajp.157.5.669>
- Monarth, H., & Kase, L. (2007). *THE CONFIDENT SPEAKER Beat Your Nerves and Communicate at Your Best in Any Situation*. LISBON NEW DELHI TORONTO.
- Morreale, S. P., Spitzberg, B. H., & Barge, J. K. (2007). *Human Communication: Motivation, Knowledge, and Skills*. Wadsworth. <https://books.google.co.id/books?id=oNwtWGExpMMC>
- Naraswari, I. A. M. D., Dantes, N., & Suranata, K. (2020). Indonesian Journal of Guidance and Counseling: Theory and Application Pengembangan Buku Panduan Konseling Cognitive Behavior Untk Meningkatkan Self Esteem Siswa SMA: Studi Analisis Validitas Teoretik. *Indonesian Journal of Guidance and Counseling: Theory and Application*, 9(1), 9–17. <http://journal.unnes.ac.id/sju/index.php/jbk>
- Nevid, J. S., Rathus, S. A., & Greene, B. S. (2013). *Abnormal Psychology in a Changing World*. Pearson Education. <https://books.google.co.id/books?id=naAsAAAAQBAJ>
- Nurdestama, H. M., Flurentin, E., & Ramli, M. (2024). Pengembangan Panduan Layanan Konseling Kelompok Berbasis Petualangan Untuk Meningkatkan Resiliensi Siswa SMP. *Buletin Konseling Inovatif*, 1(2), 74–82. <https://doi.org/10.17977/um059v1i22021p74-82>
- Nurmalasari, Y., & Erdiantoro, R. (2020). Perencanaan Dan Keputusan Karier: Konsep Krusial Dalam Layanan BK Karier. *Quanta*, 4(1), 44–51. <https://doi.org/10.22460/q.v1i1p1-10.497>
- Oemarjoedi, A. K. (2003). *Pendekatan Cognitive Behavior Dalam Psikoterapi*. Kreatif media.
- Premkumar, P., Heym, N., Brown, D. J., Battersby, S., Sumich, A., Huntington, B., Daly, R., & Zysk, E. (2021). The Effectiveness of Self-Guided Virtual-Reality Exposure Therapy for Public-Speaking Anxiety. *Frontiers in Psychiatry*, 12(August), 1–12. <https://doi.org/10.3389/fpsy.2021.694610>
- Purwati, S. Tajri, S. I. (2012). Model Bimbingan Kelompok Dengan Teknik Fun Game Untuk Mengurangi Kecemasan Berbicara Didepan Kelas. *Jurnal*

- Bimbingan Konseling (Semarang)*, 1(2), 81–87.
- Puspitasari, S., & Rohmah, F. A. (2021). Cognitive Behavioral Group Counseling to Reduce Public Speaking Anxiety in College Student. *International Journal of Latest Research in Humanities and Social Science*, 04(02), 51–59.
- Putri, F. Y., Nurwahidi, M., & Sudjarwo. (2022). *the Counseling Technique To Reduce Speaking Anxiety in the perspective pragmatic theory*. 11(2).
- Rahmawati, E. M., Ramdhani, R. N., Taufiq, A., & Nurillah, S. A. L. (2023). A Systematic a Literature Review: Virtual Reality Untuk Mengatasi Public Speaking Anxiety pada Mahasiswa. *G-COUNS: Jurnal Bimbingan Dan Konseling Vol. 7 No. 3, Bulan Agustus Tahun 2023 p-ISSN : 2541-6782, e-ISSN : 2580-6467*, 7(3), 382–394.
- Raja, F. (2017). Anxiety Level in Students of Public Speaking: Causes and Remedies Journal of Education and Educational Development. *Journal of Education and Educational Development*, 4(1), 94–110.
- Rambe, A., & Syarqawi, A. (2023). Efektivitas Layanan Konseling Individu Dengan Pendekatan Cognitive Behavioral Therapy Untuk Mengurangi Kecemasan Berkomunikasi Siswa Sma Negeri 4 Tebing Tinggi. *Biblio Couns : Jurnal Kajian Konseling Dan Pendidikan*, 6(2), 90–101. <https://doi.org/10.30596/bibliocouns.v6i2.15118>
- Rathus, N., & Greene. (2005). *Psikologi Abnormal*. Jakarta: Erlangga.
- Saputri, Indrawati, V. F., & Sri, E. (2017). Hubungan Antara Konsep Diri Dan Kecemasan Berbicara Di Depan Umum Pada Siswa Kelas Xi Sma Negeri 3 Sukoharjo. *Jurnal EMPATI*, 6(1), 425–430. <https://doi.org/10.14710/empati.2017.15181>
- Sattler, J. (2002). *Assessment of children. Behavioral and clinical applications (4th ed.)*.
- Schaefer, C. E. (2011). *Foundations of Play Therapy*. Wiley. [https://books.google.co.id/books?id=\\_\\_njHM0UAJoC](https://books.google.co.id/books?id=__njHM0UAJoC)
- Seligman, L. (2011). *Diagnosis and Treatment Planning in Counseling*. Springer US. <https://books.google.co.id/books?id=VXTZBQAAQBAJ>
- Setianingrum, A. A., Yusmansyah, & Mayangsari, S. (2020). Upaya mengurangi kecemasan berbicara di depan umum menggunakan teknik relaksasi. *Jurnal Bimbingan Konseling*, 2(4), 1–12.
- Stallard, P. (2019). Think Good - Feet Good: Cognitive Behavior Therapy Workbook for Children and Young People. In *West Sussex: John Wiley and Sons*.
- Stuart, W. G. (2006). *Buku Saku Keperawatan Jiwa*. Jakarta: EGC.
- Stupar-Rutenfrans, S., Ketelaars, L. E. H., & Van Gisbergen, M. S. (2017). Beat the Fear of Public Speaking: Mobile 360° Video Virtual Reality Exposure Training in Home Environment Reduces Public Speaking Anxiety. *Cyberpsychology, Behavior, and Social Networking*, 20(10), 624–633. <https://doi.org/10.1089/cyber.2017.0174>

- Sudiyanto, A. (2007). *Cognitive Behavior Therapy*. Surakarta.
- Sunawan. (2019). *Modul Materi Bidang Layanan Bimbingan dan Konseling*. Kementerian Pendidikan dan kebudayaan.
- Takac, M., Collett, J., Blom, K. J., Conduit, R., Rehm, I., & De Foe, A. (2019). Public speaking anxiety decreases within repeated virtual reality training sessions. *PLoS ONE*, 14(5), 1–17. <https://doi.org/10.1371/journal.pone.0216288>
- Tannen, D. (2017). *You're the only one I can tell: Inside the language of women's friendships*. Ballantine Books.
- Ugrasena, I. K. A., Dharsana, I. K., & Suranata, K. (2022). Pengembangan dan Efektivitas Buku Panduan Konseling Karir Ginzberg dengan Teknik Modeling untuk Memilih Studi Lanjut Siswa. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 8(2), 206. <https://doi.org/10.29210/1202222631>
- Wahyuni, S. (2013). Hubungan Antara Kepercayaan Diri Dengan Kecemasan Berbicara di Depan Umum Pada Mahasiswa Psikologi. *Psikoborneo: Jurnal Ilmiah Psikologi*, 1(4), 220–227. <https://doi.org/10.30872/psikoborneo.v1i4.3519>
- Wardhani, N. S., Farida, E., & Yudha, E. S. (2019). Profil Kompetensi Pedagogik dan Profesional Guru Bimbingan dan Konseling SMA di Kota Bandung. *Indonesian Journal of Educational Counseling*, 3(2), 147–154. <https://doi.org/10.30653/001.201932.63>
- West, R., & Turner, L. H. (2017). *Pengantar teori komunikasi : analisis dan aplikasi*. <https://api.semanticscholar.org/CorpusID:202536961>
- Westbrook, D., Kennerly, & Kirk, J. (2007). *An Introduction to Cognitive Behaviour Therapy: Skills and Applications*. In Sage Publication.
- Widoyoko, E. P. (2011). *Teknik Penyusunan Instrumen Penelitian*. Pustaka Pelajar.
- Wild, D., Grove, A., Martin, M., Eremenco, S., McElroy, S., Verjee-Lorenz, A., & Erikson, P. (2005). Principles of Good Practice for the Translation and Cultural Adaptation Process for Patient-Reported Outcomes (PRO) Measures: Report of the ISPOR Task Force for Translation and Cultural Adaptation. *Value in Health*, 8(2), 94–104. <https://doi.org/https://doi.org/10.1111/j.1524-4733.2005.04054.x>
- Zacarin, M. R. J., Borloti, E., & Haydu, V. B. (2019). Behavioral therapy and virtual reality exposure for public speaking anxiety. *Trends in Psychology*, 27(2), 491–507. <https://doi.org/10.9788/TP2019.2-14>