

DAFTAR PUSTAKA

- Astuti, R. T., Amin, M. K., & Purborini, N. (2017). Efektifitas Metode Hipnoterapi Lima Jari (Hp Majar) Terhadap Tingkat Stres Akademik Remaja Di Smk Muhammadiyah 2 Kabupaten Magelang. *Journal of Holistic Nursing Science*, 4(1).
- Atya Rezita Putri. (2016). Hubungan Stres Akademik dengan Perilaku Agresif Remaja di SMK N 5 Padang. In *Skripsi*.
- Baer, R. A., Smith, G. T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., Walsh, E., Duggan, D., & Williams, J. M. G. (2008). Construct validity of the five facet mindfulness questionnaire in meditating and nonmeditating samples. *Assessment*, 15(3), 329–342. <https://doi.org/10.1177/1073191107313003>
- Barseli, M., Ahmad, R., & Ifdil, I. (2018). Hubungan stres akademik siswa dengan hasil belajar. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 4(1). <https://doi.org/10.29210/120182136>
- Barseli, M., Ifdil, I., & Nikmarijal, N. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3). <https://doi.org/10.29210/119800>
- Bedewy, D., & Gabriel, A. (2015). Examining perceptions of academic stress and its sources among university students: The Perception of Academic Stress Scale. In *Health Psychology Open* (Vol. 2, Issue 2). <https://doi.org/10.1177/2055102915596714>
- Bergen-Cico, D., Possemato, K., & Cheon, S. (2013). Examining the efficacy of a brief mindfulness-based stress reduction (brief MBSR) program on psychological health. *Journal of American College Health*, 61(6). <https://doi.org/10.1080/07448481.2013.813853>
- Busari, A. O. (2014). Academic stress among undergraduate students: Measuring the Effects of Stress Inoculation Techniques. *Mediterranean Journal of Social Sciences*, 5(27). <https://doi.org/10.5901/mjss.2014.v5n27p599>
- Elias, H., Ping, W. S., & Abdullah, M. C. (2011). Stress and academic achievement among undergraduate students in Universiti Putra Malaysia. *Procedia - Social and Behavioral Sciences*, 29. <https://doi.org/10.1016/j.sbspro.2011.11.288>
- Fisher, S. (1994). Stress in academic life: The mental assembly line. In *Stress in academic life: The mental assembly line*.
- Folkman, S., & Lazarus, R. S. (1985). If It Changes It Must Be a Process. Study of Emotion and Coping During Three Stages of a College Examination. *Journal of Personality and Social Psychology*, 48(1). <https://doi.org/10.1037/0022-3514.48.1.150>
- Gadzella, Bernadette, & Baloglu, M. (2001). Confirmatory factor analysis and internal consistency of the Student-life Stress Inventory. In *Journal of Instructional Psychology* (Vol. 2, Issue 28).
- Herrington, J., McKenney, S., Reeves, T., & Oliver, R. (2007). Design-based research and doctoral students: Guidelines for preparing a dissertation proposal. *World Conference on Educational Multimedia, Hypermedia and Telecommunications*.
- Kabat-Zinn. (2003). *Mindfulness-based interventions in context: past, present, and future*. (pp. 144–56). Clin Psychol Sci Pract.

- Kabat-Zinn. (2012). Mindfulness for Beginners: Reclaiming the Present Moment-- and Your Life. *Library Journal*, 137(1), 119.
- Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4(1). [https://doi.org/10.1016/0163-8343\(82\)90026-3](https://doi.org/10.1016/0163-8343(82)90026-3)
- Kadapatti, M. G., & Vijayalaxmi, A. H. M. (2012). Stresor of Academic Stress- A Study on Pre-University Students. *Indian Journal . Sci. Res*, 3(1).
- Kariv, D., Heiman, T., & Zion, R. Le. (2005). Stresors, Stress and Coping in Dual-Demand Environments: The Case of Working 'Back to Schoolers.' *Journal of Adult and Continuing Education*, 11(1). <https://doi.org/10.7227/jace.11.1.8>
- Lampe, L. C., & Müller-Hilke, B. (2021). Mindfulness-based intervention helps preclinical medical students to contain stress, maintain mindfulness and improve academic success. *BMC Medical Education*, 21(1). <https://doi.org/10.1186/s12909-021-02578-y>
- Lin, Y. M., & Chen, F. S. (2009). Academic stress inventory of students at universities and colleges of technology. *World Transactions on Engineering and Technology Education*, 7(2).
- Luong, M. T., Gouda, S., Bauer, J., & Schmidt, S. (2019). Exploring Mindfulness Benefits for Students and Teachers in Three German High Schools. *Mindfulness*, 10(12), 2682–2702. <https://doi.org/10.1007/s12671-019-01231-6>
- Maksudin. (2013). Pendidikan Karakter Nondikotomik (Upaya Membangun Bangsa Indonesia Seutuhnya). *Jurnal Pendidikan Karakter*, 3(2).
- Mawardi, K., & Sartika, E. (2023). Literacy Activities at Islamic Boarding Schools in Banyumas Regency in the Perspective of Gordon Wells. *International Journal of Social Science and Religion (IJSSR)*. <https://doi.org/10.53639/ijssr.v4i1.136>
- Messina, J. (2008). *Mindfulness Based Stress Reduction Presentation*.
- Minarsi, M., Nirwana, H., & Syukur, Y. (2017). Kontribusi Motivasi Menyelesaikan Masalah dan Komunikasi Interpersonal terhadap Strategi Pemecahan Masalah Siswa Sekolah Menengah. *JPPI (Jurnal Penelitian Pendidikan Indonesia)*, 3(2). <https://doi.org/10.29210/02017113>
- Munir, S., Anita, R., & Dwi Okmala Sefnimal, T. (2020). Academic Stress Factors Among Indonesia Students: A Case of IAIN Batu Sangkar. *Jurnal Pendidikan Progresif*, 10(3). <https://doi.org/10.23960/jpp.v10.i3.202004>
- Nurhaeda. (2019). *Pengaruh Latihan Mindfulness dengan Teknik Deep Breathing Terhadap Peningkatan Resiliensi pada Siswa SLB Negeri Ungaran*. 176.
- Oh, K., & Cheon, S. Y. (2016). Motivational Orientations and Variables of Korean Learners. *The Korean Language in America*, 20(2). <https://doi.org/10.5325/korelangamer.20.2.0131>
- Pinakesti, A. R. A. (2016). *Self-disclosure dan stres pada mahasiswa*. University of Muhammadiyah Malang.
- Prihartini, Y. (2013). Dasar-Dasar Pengembangan Guru Menurut Teori dan Praksis Pendidikan. *Al-Fikrah: Jurnal Kependidikan Islam IAIN Sultan Thaha Saifuddin*, 4.
- Querstret, D., Morison, L., Dickinson, S., Cropley, M., & John, M. (2020). Mindfulness-based stress reduction and mindfulness-based cognitive therapy for psychological health and well-being in nonclinical samples: A systematic

- review and meta-analysis. *International Journal of Stress Management*, 27(4). <https://doi.org/10.1037/str0000165>
- Renata, V., Charli, L., & Egok, A. S. (2023). Pengembangan Lembar Kerja Siswa Muatan IPA SD. *Journal of Elementary School (JOES)*, 6(2). <https://doi.org/10.31539/joes.v6i2.7098>
- Rofiah, R., & Syaifudin, A. (2014). Keperawatan di Institusi pendidikan swasta. *Jurnal Manajemen Keperawatan*, 2.
- Rosanti, F. D., Budiwibowo, S., & Astuti, E. (2018). Analisis Manajemen Risiko Dalam Pengembangan Mutu Pendidikan di MAN 4 Madiun. *Forum Ilmiah Pendidikan Akuntansi*, 6(11).
- Sagita, D. D., Daharnis, D., & Syahniar, S. (2017). HUBUNGAN SELF EFFICACY, MOTIVASI BERPRESTASI, PROKRASTINASI AKADEMIK DAN STRES AKADEMIK MAHASISWA. *Bikotetik (Bimbingan Dan Konseling Teori Dan Praktik)*, 1(2). <https://doi.org/10.26740/bikotetik.v1n2.p43-52>
- Sarafino, E. P., & Smith, T. W. (2014). Health psychology: Biopsychosocial interactions. John Wiley & Sons. In *Syria Studies* (Vol. 7, Issue 1).
- Sarwono, S. (2004). *Sosiologi kesehatan*. Rineka Cipta.
- Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*, 62 3, 373–386.
- Sugiyono. (2022). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta.
- Sulthon, M. (2006). Manajemen pondok pesantren dalam perspektif global. In *Update in Anaesthesia* (Vol. 24, Issue 2). LaksBang PRESSindo.
- Taufik, T., Ifdil, I., & Ardi, Z. (2013). Kondisi Stres Akademik Siswa SMA Negeri di Kota Padang. *Jurnal Konseling Dan Pendidikan*, 1(2). <https://doi.org/10.29210/12200>
- Widiati, I. S., Utami, E., & Henderi, H. (2015). Perencanaan Strategis Sistem Informasi Untuk Meningkatkan Keunggulan Kompetitif Sekolah Islam Terpadu. *Creative Information Technology Journal*, 2(4).
- Wijaya, D. A., Ernawati, E., Firmansyah, Y., Nathaniel, F., & Budiman, R. A. (2023). Potensi Keuntungan Mindfulness-Based Stres Reduction terhadap Kecemasan saat Pandemi Covid-19 pada Orang Dewasa. *Malahayati Nursing Journal*, 5(8), 2775–2786. <https://doi.org/10.33024/mnj.v5i8.10957>
- Wilks, S. E. (2008). Resilience amid Academic Stres: The Moderating Impact of Social Support among Social Work Students. *Advances in Social Work*, 9(2). <https://doi.org/10.18060/51>
- Würtzen, H., Dalton, S. O., Christensen, J., Andersen, K. K., Elsass, P., Flyger, H. L., Pedersen, A. E., Sumbundu, A., Steding-Jensen, M., & Johansen, C. (2015). Effect of mindfulness-based stres reduction on somatic symptoms, distres, mindfulness and spiritual wellbeing in women with breast cancer: Results of a randomized controlled trial. *Acta Oncologica*, 54(5), 712–719. <https://doi.org/10.3109/0284186X.2014.997371>
- Yusuf, N. M., & Yusuf, J. M. (2020). Faktor-Faktor yang Mempengaruhi Stres Akademik. *Psyche 165 Journal*. <https://doi.org/10.35134/jpsy165.v13i2.84>



Intelligentia - Dignitas