

## DAFTAR PUSTAKA

- Alleva, J. M., Sheeran, P., Webb, T. L., Martijn, C., & Miles, E. (2015). A Meta-Analytic Review of Stand-Alone Interventions to Improve Body Image. *PLOS ONE*, *10*(9), e0139177.  
<https://doi.org/10.1371/journal.pone.0139177>
- Amaral, A. C. S., Stice, E., & Ferreira, M. E. C. (2019). A controlled trial of a dissonance-based eating disorders prevention program with Brazilian girls. *Psicologia: Reflexão e Crítica*, *32*(1), 13.  
<https://doi.org/10.1186/s41155-019-0126-3>
- American Psychological Association (APA). (2017). *Cognitive Behavioral Therapy*.
- Amiel, T., & Reeves, T. C. (2008). Design-Based Research and Educational Technology: Rethinking Technology and the Research Agenda. Dalam *Educational Technology & Society* (Vol. 11, Nomor 4).
- Azwar, S. (2012). *Penyusunan Skala Psikologi*. Pustaka Pelajar.
- Back S, J. (2011). *Cognitive Behavior Therapy, Second Edition: Basics and Beyond*.
- Beck S, J. (2021). *COGNITIVE BEHAVIOR THERAPY BASICS AND BEYOND THIRD EDITION*.
- Butters, J. W., & Cash, T. F. (1987). Cognitive-behavioral treatment of women's body-image dissatisfaction. *Journal of Consulting and Clinical Psychology*, *55*(6), 889–897. <https://doi.org/10.1037/0022-006X.55.6.889>
- Cash, T. F. (2004). Body image: past, present, and future. *Body Image*, *1*(1), 1–5. [https://doi.org/10.1016/S1740-1445\(03\)00011-1](https://doi.org/10.1016/S1740-1445(03)00011-1)

Cash, T. F. (2008). *The Body image Workbook: An Eight-Step Program for Learning to Like Your Looks (A New Harbinger Self-Help Workbook)*. New Harbinger Publications.

Cash, Thomas. F. (2012). ENCYCLOPEDIA OF *BODY IMAGE* AND HUMAN APPEARANCE. Dalam *Encyclopedia of Body image and Human Appearance* (hlm. iii). Elsevier. <https://doi.org/10.1016/b978-0-12-384925-0.09001-5>

Cash Thomas F., & Smolak Linda. (2011). *BODY IMAGE*.

Cash Thomas F., & Thomas Pruzinsky. (2002). *BODY IMAGE A Handbook of Theory, Research, and Clinical Practice*. THE GUILFORD PRESS .New York.

Corey, G. (2008). *Theory and Practice of Group Counseling*. Brooks/Cole.

Corey, G. (2016). *Theory and Practice of Group Counseling*. Cengage Learning.

Cox, A. E., Ullrich-French, S., Howe, H. S., & Cole, A. N. (2017). A pilot yoga physical education curriculum to promote positive body image. *Body Image*, 23, 1–8. <https://doi.org/10.1016/j.bodyim.2017.07.007>

Delfabbro, P. H., Winefield, A. H., Anderson, S., Hammarström, A., Hammarström, H., & Winefield, H. (2011). *Body image and Psychological Well-Being in Adolescents: The Relationship Between Gender and School Type*. Dalam *The Journal of Genetic Psychology* (Vol. 172, Nomor 1).

Diedrichs, P. C., Atkinson, M. J., Garbett, K. M., Williamson, H., Halliwell, E., Rumsey, N., Leckie, G., Sibley, C. G., & Barlow, F. K. (2016). Randomized controlled trial of an online mother-daughter *body image* and well-being intervention. *Health Psychology*, 35(9), 996–1006. <https://doi.org/10.1037/hea0000361>

Faedda, N., Natalucci, G., Baglioni, V., Giannotti, F., Cerutti, R., & Guidetti, V. (2019). Behavioral therapies in headache: focus on mindfulness and

cognitive behavioral therapy in children and adolescents. Dalam *Expert Review of Neurotherapeutics* (Vol. 19, Nomor 12, hlm. 1219–1228). Taylor and Francis Ltd.  
<https://doi.org/10.1080/14737175.2019.1654859>

Folastri, S., & Rangka, I. B. (2016). *PROSEDUR LAYANAN BIMBINGAN DAN KONSELING KELOMPOK (Panduan Praktis Menyeluruh)*. Mujahid Press.

Freeman, A., & Ronen, T. (2006). *Cognitive Behavior Therapy in Clinical Social Work Practice* (T. Ronen & A. Freeman, Ed.). Springer Publishing Company. <https://doi.org/10.1891/9780826104786>

Gazda. (1984). *Group Counseling A Developmental Approach* (Third Edition). Allyn and Bacon.

Guest, E., Jarman, H., Sharratt, N., Williamson, H., White, P., Harcourt, D., & Slater, A. (2021). ‘Everybody’s Different: The Appearance Game’. A randomised controlled trial evaluating an appearance-related board game intervention with children aged 9–11 years. *Body Image*, 36, 34–44. <https://doi.org/10.1016/j.bodyim.2020.09.010>

Guest, E., Zucchelli, F., Costa, B., Bhatia, R., Halliwell, E., & Harcourt, D. (2021). A systematic review of interventions aiming to promote positive *body image* in children and adolescents. *Body Image*, 42, 58–74. <https://doi.org/10.1016/j.bodyim.2022.04.009>

Halliwell, E. (2015). Future directions for positive *body image* research. *Body Image*, 14, 177–189. <https://doi.org/10.1016/j.bodyim.2015.03.003>

Halliwell, E., Jarman, H., Tylka, T. L., & Slater, A. (2018). Evaluating the impact of a brief yoga intervention on preadolescents’ *body image* and mood. *Body Image*, 27, 196–201. <https://doi.org/10.1016/j.bodyim.2018.10.003>

- Hargreaves, D. A., & Tiggemann, M. (2006). 'Body image is for Girls'; A Qualitative Study of Boys' Body Image. *Journal of Health Psychology*, 11(4), 567–576. <https://doi.org/10.1177/1359105306065017>
- Jarry, J. L., & Ip, K. (2005). The effectiveness of stand-alone cognitive-behavioural therapy for body image: A meta-analysis. *Body Image*, 2(4), 317–331. <https://doi.org/10.1016/j.bodyim.2005.10.001>
- Kamaruzzaman. (2016). *Bimbingan dan Konseling*. Pustaka Rumah Aloy.
- Kemendikbud. (2022). *Implementasi Bimbingan dan Konseling*.
- Lewis-Smith, H., Diedrichs, P. C., & Halliwell, E. (2019). Cognitive-behavioral roots of *body image* therapy and prevention. *Body Image*, 31, 309–320. <https://doi.org/10.1016/j.bodyim.2019.08.009>
- LIPPI. (2019). *Pedoman Penerbitan Buku*. Lippi Press.
- Maes, C., Trekels, J., Tylka, T. L., & Vandenbosch, L. (2021). The Positive *Body image* among Adolescents Scale (PBIAS): Conceptualization, development, and psychometric evaluation among adolescents from Belgium. *Body Image*, 38, 270–288. <https://doi.org/10.1016/j.bodyim.2021.05.004>
- Mazzella, R., & Feingold, A. (1994). The Effects of Physical Attractiveness, Race, Socioeconomic Status, and Gender of Defendants and Victims on Judgments of Mock Jurors: A Meta-Analysis <sup>1</sup>. *Journal of Applied Social Psychology*, 24(15), 1315–1338. <https://doi.org/10.1111/j.1559-1816.1994.tb01552.x>
- Muwarni, E. (2010). Konstruksi “Bentuk Tubuh Perempuan” Dalam Iklan Televisi. Dalam *Jurnal Ilmu Komunikasi: II* (Nomor 1).
- O’Dea, J. A., & Abraham, S. (2000). Improving the body image, eating attitudes, and behaviors of young male and female adolescents: A new educational approach that focuses on self-esteem. *International Journal of Eating Disorders*, 28(1), 43–57. [https://doi.org/10.1002/\(SICI\)1098-108X\(200007\)28:1<43::AID-EAT6>3.0.CO;2-D](https://doi.org/10.1002/(SICI)1098-108X(200007)28:1<43::AID-EAT6>3.0.CO;2-D)

- O'donohue, W., Fisher, J. E., & Hayes, S. C. (2003). *COGNITIVE BEHAVIOR THERAPY: Applying Empirically Supported Techniques in Your Practice*.
- Plomp, T., & Nieveen, N. (2007). *An Introduction to Educational Design Research*. [www.slo.nl](http://www.slo.nl)
- Prayitno. (1995). *Layanan Bimbingan dan Konseling Kelompok (Dasar dan Profil)*. Ghalia.
- Pruzinsky, T., & Cash, T. (2002). *BODY IMAGE ; A Handbook of Theory, Research, and Clinical Practice*.
- Rasimin, & Hamdi, M. (2018). *Bimbingan dan Konseling Kelompok*. Bumi Aksara.
- Ricciardelli, L. A., & Zali Yager. (2016). *ADOLESCENCE AND BODY IMAGE*.
- Richardson, S. M., & Paxton, S. J. (2010). An evaluation of a *body image* intervention based on risk factors for body dissatisfaction: A controlled study with adolescent girls. *International Journal of Eating Disorders*, 43(2), 112–122. <https://doi.org/10.1002/eat.20682>
- Richardson, S. M., Paxton, S. J., & Thomson, J. S. (2009). Is BodyThink an efficacious *body image* and self-esteem program? A controlled evaluation with adolescents. *Body Image*, 6(2), 75–82. <https://doi.org/10.1016/j.bodyim.2008.11.001>
- Riyanto, S., & Hatmawan, A. A. (2019). *Metode Riset Penelitian Kuantitatif Penelitian Di Bidang Manajemen, Teknik, Pendidikan dan Eksperimen*.
- Satria, G. D., & Junaedi, F. (2022). *REPRESENTASI KECANTIKAN PEREMPUAN DALAM IKLAN GARNIER SAKURA WHITE DAN WARDAH WHITE SECRET*.
- Schilder, P. (2000). *THE IMAGE AND APPEARANCE OF THE HUMAN BODY*.

- Stanford, J. N., & McCabe, M. P. (2005). Sociocultural influences on adolescent boys' *body image* and body change strategies. *Body Image*, 2(2), 105–113. <https://doi.org/10.1016/j.bodyim.2005.03.002>
- Stewart, D. A., Carter, J. C., Drinkwater, J., Hainsworth, J., & Fairburn, C. G. (2001). Modification of eating attitudes and behavior in adolescent girls: A controlled study. *International Journal of Eating Disorders*, 29(2), 107–118. [https://doi.org/10.1002/1098-108X\(200103\)29:2<107::AID-EAT1000>3.0.CO;2-1](https://doi.org/10.1002/1098-108X(200103)29:2<107::AID-EAT1000>3.0.CO;2-1)
- Sugiyono. (2019). *Metode Penelitian dan Pengembangan (Research and Development)* (Cetakan ke 4). Alfabeta.
- Sugiyono. (2022). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta.
- Sukma, D. (2018). Concept and application group guidance and group counseling base on Prayitno's paradigms. *Konselor*, 7(2), 49. <https://doi.org/10.24036/02018728754-0-00>
- Thompson, J. K., Heinberg, L. J., Altabe, M., & Tantleff-Dunn, S. (1999a). *Exacting beauty: Theory, assessment, and treatment of body image disturbance*. American Psychological Association. <https://doi.org/10.1037/10312-000>
- Thompson, J. K., Heinberg, L. J., Altabe, M., & Tantleff-Dunn, S. (1999b). *Exacting beauty: Theory, assessment, and treatment of body image disturbance*. American Psychological Association. <https://doi.org/10.1037/10312-000>
- Tiggemann, M. (2015). Considerations of positive *body image* across various social identities and special populations. *Body Image*, 14, 168–176. <https://doi.org/10.1016/j.bodyim.2015.03.002>
- Tohirin. (2010). *Bimbingan dan Konseling Sekolah dan Madrasah*. Rineka Cipta.

Wade, T. D., Davidson, S., & O'Dea, J. A. (2003). A preliminary controlled evaluation of a school-based media literacy program and self-esteem program for reducing eating disorder risk factors. *International Journal of Eating Disorders*, 33(4), 371–383. <https://doi.org/10.1002/eat.10136>

Wertheim, E. H., Susan, Paxton, & Simone Blaney. (2009). *Body image in Girls*.

Wilksch, S. M., & Wade, T. D. (2009). Reduction of Shape and Weight Concern in Young Adolescents: A 30-Month Controlled Evaluation of a Media Literacy Program. *Journal of the American Academy of Child & Adolescent Psychiatry*, 48(6), 652–661. <https://doi.org/10.1097/CHI.0b013e3181a1f559>

Winkel, W. S., & Srihastuti. (2007). *Bimbingan dan Konseling di Institusi Pendidikan*. Media Abadi.

