

DAFTAR PUSTAKA

- Barseli, M., Ifdil, & Fitria, L. (2020). Stress akademik akibat Covid-19. *JPGI (Jurnal Penelitian Guru Indonesia)*, 5(2), 95. <https://doi.org/10.29210/02733jpgi0005>
- Billings, A. G., & Moos, R. H. (1984). Coping, Stress, and Social Resources Among Adults With Unipolar Depression. In *Journal of Personality and Social Psychology* (Vol. 46, Issue 4).
- Bustami, Abdullah, D., & Fadilisyah. (2014). Statistika Terapannya Pada Bidang Informatika. In *Graha Ilmu* (Vol. 1). GRAHA ILMU.
- Dylan Trotsek. (2017). BAB II Strategi Coping, Single Mother, Kenakalan Anak. *Journal of Chemical Information and Modeling*, 110(9), 1689–1699.
- E, S., Taylor, & Stanton, A. L. (2007). Coping resources, coping processes, and mental health. *Annual Review of Clinical Psychology*, 3, 377–401. <https://doi.org/10.1146/annurev.clinpsy.3.022806.091520>
- Forman, S. G., & O'Malley, P. L. (1984). School Stress and Anxiety Interventions. *School Psychology Review*, 13(2), 162–170. <https://doi.org/10.1080/02796015.1984.12085091>
- Fredrickson, B. L., & Levenson, R. W. (1998). Positive Emotions Speed Recovery from the Cardiovascular Sequelae of Negative Emotions. *Cognition and Emotion*, 12(2), 191–220. <https://doi.org/10.1080/026999398379718>
- Gulo, W. (2002). *Metodologi Penelitian: Vol. VIII* (Y. Hardiwati, Ed.). Gramedia Widiasarana Indonesia.
- Habe, H., & AHIRUDDIN, A. (2017). Sistem Pendidikan Nasional. *EKOMBIS SAINS: Jurnal Ekonomi, Keuangan Dan Bisnis*, 2(1), 39–45. <https://doi.org/10.24967/ekombis.v2i1.48>
- Hurlock, E. B. (1980). Psikologi perkembangan. In *Jakarta: erlangga* (5th ed.). Erlangga.
- Karabiyik, L., Eker, Dr. M., & Anbar, Dr. A. (2008). *Determining The Factors That Affect Burnout Among Academicians*. 92–115.
- Lazarus, R. S., & Folkman, S. (1984). *STRESS, APPRAISAL, AND COPING*. Springer Publishing Company.
- Muhid, A., Suhadiyanto, & Nurhidayat, D. (2015). *Pengembangan Alat Ukur Psikologi*. digilib.uinsby.ac.id
- Pargament, K. L. (1997). *The Psychology of Religion and Coping: Theory, Research, Practice*. The Guilford Press.

- Rohmatillah, W. (2021). Stress Akademik antara Laki-laki dan Perempuan Siswa School from Home. *Jurnal Ilmiah Fakultas Psikologi Universitas Yudharta Pasuruan*, 8(1), 38–52.
- Safaria, T., & Saputra, N. E. (2012). *Manajemen emosi: Sebuah panduan cerdas bagaimana mengelola emosi positif dalam hidup anda* (1st ed., Vol. 2). Bumi Aksara.
- Sarastika, P. (2014). Manajemen Pikiran untuk Mengatasi Stress, Depresi, Kemarahan dan Kecemasan. In *Yogyakarta: Araska* (1st ed.). Araska.
- Smet, B. (1994). *Psikologi kesehatan: Vol. XX*. Grasindo.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D* (Vol. 19). CV Alfabeta.
- Taufik, Ifdil, & Zadrian, A. (2013). Kondisi Stres Akademik Siswa SMA Negeri di Kota Padang. *Jurnal Konseling Dan Pendidikan*, 1(2), 143–150. <http://jurnal.konselingindonesia.com>

