

DAFTAR PUSTAKA

- Anderson, T., Watson, M., & Davidson, R. (2008). The use of cognitive behavioural therapy techniques for anxiety and depression in hospice patients: A feasibility study. *Palliative Medicine*, 22(7), 814–821. <https://doi.org/10.1177/0269216308095157>
- Aryana, M. (2010). Relationship Between Self Esteem and Academic Achievement Among Pre-Universuty Student. *Journal of Applied Science*, 10(20), 2474–2477.
- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does High Self-Esteem Cause Better Perfomance, Interpesonal Succes, Happines, or Healtier Lifestyles? *Psychological Science in The Public Interest*, 4(1). <https://doi.org/10.1.1.508.2792>
- Beck, A. T. (1976). *Cognitive Therapy and The Emotional Disorders*. Int.Univ.Press,New York. New York: Penguin Group US. <https://doi.org/10.1176/appi.psychotherapy.1977.31.4.633>
- Beck, J. (2011). *Cognitive Behavior Therapy : Basic and Beyond* (Second). New York: The Guilford Press.
- Booth, M. Z., & Gerard, J. M. (2011). Self-esteem and academic achievement: A comparative study of adolescent students in England and the United States. *Compare*, 41(5), 629–648. <https://doi.org/10.1080/03057925.2011.566688>
- Cast, A. D., & Burke, P. J. (2002). A Theory of Self-Esteem. *Social Forces*, 80(3), 1041–1068. <https://doi.org/10.1353/sof.2002.0003>
- Chandra, E. K., Wibowo, M. E., & Sunawan, S. (2019). Cognitive Behaviour Group Counseling with Self-Instruction and Cognitive Restructuring Techniques to Improve Students' Self-Confidence. *Islamic Guidance and Counseling Journal*, 2(1), 11. <https://doi.org/10.25217/igcj.v2i1.305>
- Corey, G. (2009). *Theory and Practice of Counseling and Psychotherapy*. United States of America: Brooks/Cole.
- Doodman, P., Amirian Zadeh, M., & Changizi, B. (2017). Study the Relationship between Self-Esteem and Academic Achievement among High School Students in Lamerd City. 221 221 *International Journal of Scientific Study*, |(3), 221–226. <https://doi.org/10.17354/ijssJuneI/2017/032>
- Fenn, K., & Byrne, M. (2013). The Key Principles of Cognitive Behavioural Therapy. *InnovAiT: Education and Inspiration for General Practice*, 6(9), 579–585. <https://doi.org/10.1177/1755738012471029>
- Griffioen, B. T., van der Vegt, A. A., de Groot, I. W., & de Jongh, A. (2017). The effect of EMDR and CBT on low self-esteem in a general psychiatric population: A randomized controlled trial. *Frontiers in Psychology*, 8(NOV), 1–12. <https://doi.org/10.3389/fpsyg.2017.01910>
- Irie, T., Yokomitsu, K., & Sakano, Y. (2019). Relationship between cognitive behavioral variables and mental health status among university students: A meta-analysis. *PLoS ONE*, 14(9), 1–30. <https://doi.org/10.1371/journal.pone.0223310>
- Joyce-Beaulieu, D., & Sulkowski, M. L. (2015). *Cognitive Behavioral Therapy in K-12 School Settings*. New York: Springer Publishing Company. <https://doi.org/10.1891/9780826196392>

- Kroese, B. S. (2005). *Cognitive-behaviour therapy for people with learning disabilities*. Canada: Taylor & Francis.
- Lawshe, C. H. (1975). a Quantitative Approach To Content Validity. *Personnel Psychology*, 28(4), 563–575. <https://doi.org/10.1111/j.1744-6570.1975.tb01393.x>
- McLeod, B. D., Islam, N. Y., Chiu, A. W., Smith, M. M., Chu, B. C., & Wood, J. J. (2014). The Relationship Between Alliance and Client Involvement in CBT for Child Anxiety Disorders. *Journal of Clinical Child and Adolescent Psychology*, 43(5), 735–741. <https://doi.org/10.1080/15374416.2013.850699>
- McManus, F., Waite, P., & Shafran, R. (2009). Cognitive-Behavior Therapy for Low Self-Esteem: A Case Example. *Cognitive and Behavioral Practice*, 16(3), 266–275. <https://doi.org/10.1016/j.cbpra.2008.12.007>
- Mohamed, S. (2017). Effect of Cognitive Behavioral Treatment Program on Anxiety and Self-Esteem among Secondary School Students. *American Journal of Nursing Science*, 6(3), 193. <https://doi.org/10.11648/j.ajns.20170603.17>
- Mruk, C. (2006). *Self-Esteem Research, Theory, and Practice* (Third Edit). New York: Springer Publishing Company. [https://doi.org/10.1016/S0022-3476\(77\)80927-X](https://doi.org/10.1016/S0022-3476(77)80927-X)
- Nathaniel, B. (1995). *The Six Pillars of Self-Esteem*. New York: Random House USA Inc. <https://doi.org/10.1097/00004669-199407000-00005>
- Permendikbud nomer 111 tahun 2014. Peraturan Menteri Pendidikan dan Kebudayaan Republik Indonesia tentang Bimbingan dan Konseling pada Pendidikan Dasar dan Pendidikan Menengah (2014). Indonesia: Kementrian Pendidikan dan Kebudayaan Republik Indonesia. Retrieved from simpuh.kemenag.co.id
- Pernama, A., & Wibowo, M. E. (2019). Jurnal Bimbingan Konseling Efficacy of Counseling Cognitive Behavior Groups to Enhance Students Self-Esteem Social Media User. *Jurnal Bimbingan Konseling Unnes*, 8(3), 37–43.
- Qamaria, R. S. (2019). Efektivitas Konseling Dengan Pendekatan Cognitive Behavior Therapy Untuk Meningkatkan Self Esteem. *Journal An-Nafs:Kajian Penelitian Psikologi*, 4(2), 148–181. <https://doi.org/10.33367/psi.v4i2.866>
- Rosenberg, M. (1965). *Society and The Adolescent Self-Image*. New Jersey: Princeton University Press.
- Shaffer, D. R., & Kipp, K. (2010). *Developmental Psychology: Childhood & Adolescence* (Eight). Canada: Cengage Learning.
- Sharf, R. S. (2012). *Theories of Psychotherapy and Counseling : Concepts and Cases* (5th ed.). United States of America: Brooks/Cole.
- Sorensen, M. J. (2006). *Breaking the Chain of Low Self Esteem* (Second). United States of America: Wolf Publishing Co.
- Suranata, K. (2017). *Keefektifan Konseling Kognitif Perilaku dan Konseling Berbasis Kekuatan untuk Meningkatkan Resiliensi Akademik Siswa SMP*. Universitas Negeri Malang.
- Suranata, K., Atmoko, A., & Hidayah, N. (2017). Enhancing Students' Resilience: Comparing The Effect of Cognitive-Behavior And Strengths-Based Counseling, 134(Icirad), 102–108. <https://doi.org/10.2991/icirad-17.2017.20>
- Taylor, R. R. (2006). *Cognitive behavioral therapy for chronic illness and*

- disability*. New York: Springer Science + Business Media.
- Thiagarajan, S., Dorothy, S. S., & Melvyn, I. S. (1974). *Instructional development for training teachers of exceptional children: A sourcebook*. Minnesota: Leadership Training Institute/Special Education, University of Minnesota. [https://doi.org/10.1016/0022-4405\(76\)90066-2](https://doi.org/10.1016/0022-4405(76)90066-2)
- Waite, P., McManus, F., & Shafran, R. (2012). Cognitive behaviour therapy for low self-esteem: A preliminary randomized controlled trial in a primary care setting. *Journal of Behavior Therapy and Experimental Psychiatry*, 43(4), 1049–1057. <https://doi.org/10.1016/j.jbtep.2012.04.006>

