

DAFTAR PUSTAKA

- Ada Anyamene, Chinyelu Nwokolo, Ifeanyi Azuji (2016) - Effects of Self-Management Technique on Test Anxiety among Secondary School Students - *The Journal of Social Sciences Research* - [https://www.arpgweb.com/pdf-files/jssr2\(9\)159-166.pdf](https://www.arpgweb.com/pdf-files/jssr2(9)159-166.pdf)
- Amos, Neolaka, M.Pd & Greace Amialia A. Neolaka, S.Pd.,M.Pd (2017) – *Landasan pendidikan dasar pengenalan diri sendiri menuju Perubahan Hidup*. Depok - Kencana
- Corey, Gerald. 2003. *Teori dan Praktek Konseling dan Psikoterapi*. Bandung: Refika
- Bie Nio Ong, Clare Jinks & Andrew Morden (2011) - The hard work of self-management: Living with chronic knee pain - *International Journal of Qualitative Studies on Health and Well being* - DOI: 10.3402/qhw.v6i3.7035
- Corey, GERALD. 2010. *Teori dan Praktek Konseling dan Psikoterapi*. Bandung: Refika Aditama
- Daniel David, Ioana Cristea and Stefan G. Hofmann (2018) - Why Cognitive Behavioral Therapy Is the Current Gold Standard of Psychotherap - Psychopathology, a section of the journal *Frontiers in Psychiatry* - <https://doi.org/10.3389/fpsy.2018.00004>
- Daniel F. K. Wong , Sylvia Y. C. L. Kwok, Yiu Tsang Low, Ka Wai Man, and Priscilla S. Y. Ip (2016) - Evaluating Effectiveness of Cognitive–Behavior Therapy for Hong Kong Adolescents With Anxiety Problems - *Sage Journals* - <https://doi.org/10.1177/1049731516658351>
- Dharsana, I. K., Suarni, N. K., Sudarsana, G. N., Paramartha, W. E., & Ahmad, M. (2020). Cognitive-Behavioral Therapy counseling in developing Cross-Gender Friendship in adolescents. <https://doi.org/10.1016/j.enfcli.2019.07.079Fd>
- Diana, Dewi Wahyu Ningsih. 2020 . *Panduan untuk konselor teknik selfmanagement dalam bingkai cognitive behavior untuk meningkatkan kemandirian belajar*. Jakarta CV. Sanuh Untung

Elsa Dewi Manda Sari - (2016) *Pengaruh Jenis Penerapan Sanksi Terhadap Tingkat Kedisiplinan Siswa Di Sma Negeri 14 Bandar Lampung Tahun Pelajaran 2010/2011.*

Farideh Ghasemi, Nahid Bolbol-Haghighi, Zahra Mottaghi, etc (2016) - The Effect of Group Counseling with Cognitive-Behavioral Approach on Self-Efficacy of Pregnant Women's Choice of Vaginal Delivery - doi: 10.5812/ijpbs.7632 - <https://sites.kowsarpub.com/ijpbs/articles/7632.html>

Kesuma D, Cepi T dan Johar P. 2012. *Pendidikan Karakter*. Bandung. Remaja Rosdakarya

Lutfifauzan. 2009. *Praktik Teknik Konseling Self Management*. On line

at <http://lutfifauzan.wordpress.com/2009/12/23/praktik-teknik-konseling-self-management/> [accessed at 21/12/2011]

Mega Aria Monica (2016) -*Efektivitas Layanan Konseling Behavioral dengan Teknik Self- Management untuk Mengembangkan Tanggung Jawab Belajar pada Peserta Didik Kelas XI SMA Al-Azhar 3 Bandar Lampung Tahun Ajaran 2015/2016*

Mike Armour, Justin Sinclair, K. Jane Chalmers & Caroline A. Smith (2019) - Self-management strategies amongst Australian women with endometriosis: a national online survey - <https://doi.org/10.1186/s12906-019-2431-x>

Muya Barida, Hardi Prasetiawan, Sutarno, Alif Muarifah (2019) - The Development of Self-Management Technique for Improving Students' Moral Intelligence - *International Journal of Educational Research Review* – <https://pdfs.semanticscholar.org/6280/4c78583bdf5c3ddfddf697bb4109e33b3967>

M. Sukayasa , K. Suranata , K. Dharsana , - Penerapan Teori Konseling Behavioral Dengan Teknik Self-Management Untuk Meningkatkan Minat Belajar Siswa Kelas Xi C Ap Smk Negeri 1 Singaraja - E-Journal Undiksha Jurusan Bimbingan Konseling Volume: 2 No 1, Tahun 2014

Ni Putu Megarini, Ni Nengah Madri Antari, Nyoman Dantes - Penerapan Konseling Bahavioral Dengan Strategi Self Management Untuk Meningkatkan Disiplin Belajar Siswa Kelas X Mia-4 Sma Negeri 3 Singaraja - E-Journal Undiksha Jurusan Bimbingan Konseling Volume: 2 No 1, Tahun 2014

- Oguzie Alphonsus Ekejiuba, Obi Joy Sylvia Chisara.Phd, Nnadi Grace Chinyere.Phd (2019) - Effect Of Self-Management Technique On Shyness Among Secondary School Students In Imo State, Nigeria - *International Journal Of Education And Research* - <https://Www.Ijern.Com/Journal/2019/May-2019/20.Pdf>
- O. Khosniyat, , B. Monfareddi Raz, E. Alizade Mousavi (2016) - The Effectiveness Of Cognitive-Behavioral Group Counseling On Stress And Self-Education – *Journal of Fundamental and Applied Sciences* - <https://www.ajol.info/index.php/jfas/article/view/142513>
- Rilana F.F. Cima, Gerhard Andersson, Caroline J. Schmidt & James A. Henry (2014) - Cognitive-Behavioral Treatments for Tinnitus: A Review of the Literature - *Journal of the American Academy of Audiology* - <https://www.ingentaconnect.com/content/aaa/jaaa/2014/00000025/00000001/art00004>
- Robert W. Lent, Glenn W. Ireland, Lee T. Penn, Taylor R. Morris, Ryan Sappington (2016) - Sources of self-efficacy and outcome expectations for career exploration and decision-making: A test of the social cognitive model of career self-management – *Journal of Vocational Behavior* - doi: 10.1016/j.jvb.2017.01.002
- Roy Jordan – Detik News (2018) <https://news.detik.com/berita/d-4174869/jokowi-anak-muda-jangan-malas-dan-senang-yang-instan>
- Septi Riyani (2011) - *Upaya Meningkatkan Motivasi Belajar Siswa Dengan Menggunakan Layanan Konseling Kelompok Pada Siswa Kelas XI Ak Smk Pgri 4 Sukarame Tahun Pelajaran 2010/2011.*
- Siti Nur (2018) *Teknik Self Management Dalam Mereduksi Body Dysmorphic Disorder* - [Http://file.upi.edu/direktori/fip/jur._psikologi_pend_dan_bimbingan/197102191998021-nandang_budiman/teknik_self_management.pdf](http://file.upi.edu/direktori/fip/jur._psikologi_pend_dan_bimbingan/197102191998021-nandang_budiman/teknik_self_management.pdf)
- Sofyan S. Willis, 2004, *Konseling Individual* (Bandung: Alfabeta.)
- Steven C. Hayes & Stefan G. Hofmann (2017) - The third wave of cognitive behavioral therapy and the rise of process-based care – *World Psychiatry Official Journal Of The World Psychiatric Association (WPA)* - doi: 10.1002/wps.20442
- Sus Kurniawan (2017) - Pengaruh Layanan Konseling Individu Dengan Teknik Self Management Untuk Meningkatkan Kontrol Diri Siswa Pengguna Sosial Media Di Smp N 2 Semarang – Universitas Negeri Semarang Sukadji, S. (1983).

Modifikasi Prilaku: penerapaaan sehari-hari dan penerapan profesional.
Yogyakarta: Liberti

Sukadji, S. (1983). *Modifikasi Prilaku: penerapaaan sehari-hari dan penerapan profesional.* Yogyakarta: Liberti

Suk-Hyang Lee, Richard L. Simpson, and Karrie A. Shogren (2007) - and Implications of Self-Management for Students With Autism:A Meta-Analysis - *SAGE JOURNALS* - <https://doi.org/10.1177/10883576070220010101>

Sri Hastuti. 2004. *Bimbingan dan Konseling di Institusi Pendidikan.* Yogyakarta: Media Abadi.

Tanja W. Effing, Jan H. Vercoulen, Jean Bourbeau , Jaap Trappenburg, dkk (2016) - Definition of a COPD self-management intervention: International Expert Group consensus - *Eurupean respiratory journal* - DOI: 10.1183/13993003.00025-2016

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)

T.M. Damush, K. Kroenke, M.J. Bair, dkk (2015) - Pain self-management training increases self-efficacy, self management behaviours and pain and depression outcomes – *European Jurnal Of Pain* - <https://doi.org/10.1002/ejp.830>

Vijay, Krina (2018) *Self Management Manifest and Materialize Your Dream* – India – Winkel, W.S. & M.

