

DAFTAR PUSTAKA

- Adawiyah, W., Ni'matuzahroh. 2016. Terapi spiritual emotional freedom technique (SEFT) untuk menurunkan tingkat stres akademik pada siswa menengah atas di pondok pesantren. *Jurnal Ilmiah Psikologi Terapan*, 4(2). Retrieved from <https://ejournal.umm.ac.id/index.php/jipt/article/view/3523>
- Aslan, H., Pekince, H. (2021). Nursing students' views on the COVID-19 pandemic and their perceived stress levels. *Perspectives in Psychiatric Care*, 57(2), 695–701. <https://doi.org/10.1111/ppc.12597>
- Azwar, S. (2010). *Metode Penelitian*. Yogyakarta : Pustaka pelajar.
- Azwar, S. (2014). *Metode Penelitian*. Yogyakarta : Pustaka pelajar.
- Barseli, M., Ifdil, I., Nikmarijal, N. (2017). Konsep stres akademik siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148. <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. *Health Psychology Open*, 2(2), 205510291559671. <https://doi.org/10.1177/2055102915596714>
- Betari, B., Righo, A., Putri, T. H. (2021). Dampak pembelajaran online pada mahasiswa dimasa pandemi COVID-19 : Literature review. *ProNers*, 6(2). Retrieved from : <https://jurnal.untan.ac.id/index.php/jmkeperawatanFK/article/view/48041>
- Busari, A. O., (2014). Academic Stress among Undergraduate Students: Measuring the Effects of Stress Inoculation Techniques. *Mediterranean Journal of Social Sciences*, 5(27), 599-609. Retrieved from : <https://www.mcser.org/journal/index.php/mjss/article/view/5120>
- Clabaugh, A., Duque, J. F., Fields, L. J. (2021). Academic stress and emotional well-being in United States college students following onset of the COVID-19 pandemic. *Frontiers in Psychology*, 12(628787). <https://doi.org/10.3389/fpsyg.2021.628787>
- Gamayanti, W., Mahardianisa., Syafei, I. (2018). Self disclosure dan tingkat stres pada mahasiswa yang sedang mengerjakan skripsi. *PSYMPATHIC : Jurnal Ilmiah Psikologi*. 5(1), 115-130. <https://doi.org/10.15575/psy.v5i1.2282>

- Guldager, J. D., Jervelund, S., Berg-Beckhoff, G. (2021). Academic stress in Danish medical and health science students during the COVID-19 lock down. *Danish medical journal*, 68(7). Retrieved from : <https://pubmed.ncbi.nlm.nih.gov/34169831/>
- Hardani., Andriani, H., Ustiawaty, J., Utami, E. F., Istiqomah, R. R., Fardani, R. A., Sukmana, D. J., Auliya, N. H. (2020). *Metode Penelitian : Kuantitatif & Kualitatif*. Yogyakarta : Pustaka Ilmu
- Hulukati, W., Djibran, M. R. (2018). Analisis tugas perkembangan mahasiswa fakultas ilmu pendidikan universitas negeri Gorontalo. *Bikotetik (Bimbingan Dan Konseling Teori Dan Praktik)*, 2(1), 73. <https://doi.org/10.26740/bikotetik.v2n1.p73-80>
- Kusnayat, A., Muiz, M. H., Sumarni, N., Mansyur, A. S., Zaqiah, Q. Y. (2020). Pengaruh teknologi pembelajaran kuliah online di era covid-19 dan dampaknya terhadap mental mahasiswa. *EduTeach : Jurnal Edukasi dan Teknologi Pembelajaran*, 1(2), 153-165. Retrieved from : <https://ejurnal.umri.ac.id/index.php/eduteach/article/view/1987>
- Lal, K. (2014). Academic Stress among adolescent in relation to intelligence and demographic factors. *American International Journal of Research in Humanities, Arts and Social Sciences*. 5(1), 23-129. Retrieved from : <http://iasir.net/AIJRHASSpapers/AIJRHASS14-150.pdf>
- Mahpur, Mohammad. *Memantapkan Analisis Data Kualitatif Melalui Tahapan Koding*. Malang : UIN Maliki Press, 2017
- Merry., Mamahit, H. C. (2020). Stres akademik mahasiswa aktif angkatan 2018 dan 2019 universitas swasta di DKI Jakarta. *JKI (Jurnal Konseling Indonesia)*, 6(1), 6–13. <https://doi.org/10.21067/jki.v6i1.4935>
- Mukhsin, R., Mappigau, P., Tenriawaru, A. N. (2017). Pengaruh orientasi kewirausahaan terhadap daya tahan hidup usaha mikro kecil dan menengah kelompok pengolahan hasil perikanan di kota Makassar. *Jurnal Analisis*, 6(2), 188-193. Retrieved from : <http://pasca.unhas.ac.id/jurnal/files/ef79bd330d16ba9fda32510e0a581953.pdf>
- Mustaqim, M. (2016). Metode penelitian gabungan kuantitatif kualitatif/mixed methods suatu pendekatan alternatif. *Intelegensia : Jurnal Pendidikan Islam*, 4(1). <https://doi.org/10.34001/intelegensia.v6i1.1351>
- Norma., Widiyanti, E., Hartiningsih, S. S. (2021). Faktor penyebab, tingkat stres dan dampak stres akademik pada mahasiswa dalam sistem pembelajaran

online di masa pandemi COVID-19. *Jurnal Ilmiah Permas : Jurnal Ilmiah STIKES Kendal*. 11(4), 625-634. Retrieved from :
<https://journal.stikeskendal.ac.id/index.php/PSKM/article/view/1656>

Notoatmodjo, S. (2015). *Metodologi Penelitian Kesehatan*. Jakarta : Rineka Cipta

O’Byrne, L., Gavin, B., Adamis, D., Lim, Y. X., McNicholas, F. (2021). Levels of stress in medical students due to COVID-19. *Journal of Medical Ethics*, 47(6), 383–388. <https://doi.org/10.1136/medethics-2020-107155>

Oktariani, I. S., Sofah, R., Putri, R. M. (2021). Tingkat stress akademik mahasiswa dalam pembelajaran daring pada periode pandemi COVID-19. *Journal of Learning and Instructional Studies*, 1(1), 17–24. <https://doi.org/10.46637/jlis.v1i1.3>

Nist-Olejniak, S., Holschuh, J. P. (2016). *College Rules!, 4th Edition: How to Study, Survive, and Succeed in College (Revised)*. Ten Speed Press.

Pratiwi, R., Sari, A, P, K. (2022). Stress, kecemasan dan depresi selama masa pembelajaran daring pandemi Covid-19 pada Mahasiswa. *Biopsikososial: Jurnal Ilmiah Psikologi Fakultas Psikologi Universitas Mercubuana Jakarta*, 5(1), 440-453. doi :
<http://dx.doi.org/10.22441/biopsikososial.v5i1.14586>

Purnama, R. (2017). Penyelesaian stress melalui Coping spritual. *Al-Adyan: Jurnal Studi Lintas Agama*, 12(1), 70–83. <https://doi.org/10.24042/ajsla.v12i1.1445>

Rahmawati, D., Fahrudin, A., Abdillah, R. (2021). Hubungan kontrol diri dengan stres akademik akibat pembelajaran hybrid dalam masa pandemi COVID-19 di SMK X kota Bekasi. *KHIDMAT SOSIAL :Journal of Social Work and Social Services*. 2(2), 135-153. Retrieved from :
<https://jurnal.umj.ac.id/index.php/khidmatsosial/article/view/14124>

Rahmawati, M. N., Rohaedi, S., Sumartini, S. (2019). Tingkat stres dan indikator stres pada remaja yang melakukan pernikahan dini. *Jurnal Pendidikan Keperawatan Indonesia*. 5(1), 25-33. <https://doi.org/10.17509/jpki.v5i1.11180>

Ramadhan, A. S. (2021). The difference between offline and online learning during the pandemic at SMP Muhammadiyah 1 Sidoarjo. *Proceedings of The ICECRS*, 10. <https://doi.org/10.21070/icecrs20211178>

Robinson, A. M. (2018). Let’s talk about stress : history of stress research. *Review of General Psychology*, 22(3), 334–342. <https://doi.org/10.1037/gpr0000137>

- Robotham, D. (2008). Stress among higher education students: towards a research agenda. *Higher Education*, 56(6), 735–746. <https://doi.org/10.1007/s10734-008-9137-1>
- Santina, R. O., Hayati, F., Oktariana, R. (2021). Analisis peran orangtua dalam mengatasi perilaku sibling rivalry anak usia dini. *Jurnal Ilmiah Mahasiswa Pendidikan*, 2(1). Retrieved from <https://jim.bbg.ac.id/pendidikan/article/view/319>
- Sudarya., I. W., Bagia., I. W., Suwendra., I. W. (2014). Analisis faktor-faktor yang mempengaruhi stres pada mahasiswa dalam penyusunan skripsi jurusan manajemen UNDIKSHA angkatan 2009. *Jurnal Manajemen Indonesia*, 2(1). Retrieved from <https://ejournal.undiksha.ac.id/index.php/JMI/article/view/4309>
- Sugiyono. (2015). *Statistika untuk Penelitian*. Bandung : Alfabeta
- Sugiyono. (2017). *Statistika untuk Penelitian*. Bandung : Alfabeta
- Sutiawan., I. Yaniawati., P. Toharudin., U. (2019). Penggunaan pembelajaran creative problem solving (CPS) dalam upaya meningkatkan kemampuan pemecahan masalah matematis dan self efficacy siswa SMP. *Jurnal Garda Guru*, 1(1), 49-61. <https://doi.org/10.23969/gardaguru.v3i1.3796>
- Talakua, Y., Anas, S., Aqil, M. (2020). Pengaruh disiplin kerja terhadap kinerja karyawan pada RSUD Bhakti Rahayu Ambon. *Jurnal Inovasi Penelitian*, 1(7), 1253–1270. <https://doi.org/10.47492/jip.v1i7.267>
- Tavolacci, M. P., Ladner, J., Déchelotte, P. (2021). Sharp Increase in Eating Disorders among University Students since the COVID-19 Pandemic. *Nutrients*, 13(10), 3415. <https://doi.org/10.3390/nu13103415>
- Tavolacci, M. P., Wouters, E., Van de Velde, S., Buffel, V., Déchelotte, P., Van Hal, G., Ladner, J. (2021). The impact of COVID-19 lockdown on health behaviors among students of a French University. *International Journal of Environmental Research and Public Health*, 18(8), 4346. <https://doi.org/10.3390/ijerph18084346>

- Wu, W., Zhang, Y., Wang, P., Zhang, L., Wang, G., Lei, G., Xiao, Q., Cao, X., Bian, Y., Xie, S., Huang, F., Luo, N., Zhang, J., Luo, M. (2020). Psychological stress of medical staffs during outbreak of COVID-19 and adjustment strategy. *Journal of Medical Virology*, 92(10), 1962–1970. <https://doi.org/10.1002/jmv.25914>
- Wulan, D. A. N., Abdullah, S. M. (2014). Prokrasinasi akademik dalam penyelesaian skripsi. *Jurnal SosioHumaniora*. 5(1), 55-74. Retrieved from : <https://ejurnal.mercubuana-yogya.ac.id/index.php/soshum/article/view/136>
- Yusuf, A, M. (2014). *Metode Penelitian Kuantitatif, Kualitatif & Penelitian Gabungan*. Jakarta : Kencana