DAFTAR PUSTAKA

Abbot, R.A., Ploubisdis, G.B., Huppert, F., Kuh, D., Wadsworth, M.EJ., Croudace,T.J. (2006) . Psychometric Evaluation and Predictive Validity of Ryff's Psychological Wellbeing Items In a UK Birth Cohort Sample of Woman. *Journal Health and Quality of Life Outcomes*. Oktober 2006.

Afandi, N.A. (2007). Pelatihan Meditasi *Mindfulness* Terhadap Penurunan Kecemasan. *Tesis (Tidak Dipublikasikan)*. Universitas Gajah Mada. Yogjakarta.

Albeniz &Holmes, J. (2000). Meditation : Concepts, Effect and Uses In Therapy. *International Journal of Psychoterapy.* Vol 5(1), Maret 2000 : 49-58.

Arif, M. Triyanti, K. Savitri, R. Wardhani,WI. Setiowulan, W. (2000) . *Kapita Selekta Kedokteran. Edisi ke-3*. FKUI. Jakarta: Medica Aesculapius.

Azwar, S. (2002). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Belajar.

Baumister, R.F.(1991). *Meaning of Life*. NewYork : The Guilford Press.

Bilous. (2009). *Seri Kesehatan Bimbingan Dokter Pada Diabetes*. Jakarta : Dian Rakyat.

Boehm, J.K., Peterson, C., Kivimaki, M.K., Kubzansky, L. (2011). A Positive Psychological Wellbeing and Coronary Heart Desease. *NIH. 30 (3) : 259267.*

Bollinger, T.E.(1969). *The Spiritual Needs of The Aging : In Need For A Specific Ministry*. New York : Knopf.

Brown, K.W., Ryan, R.M., (2003). The Benefit of Being Present Mindfulness and Its Role in Psychological Wellbeing. *Journal of Personality & Social Psychology 2003.*Vol 84:4.822-848

Bungin, B.(2005). *Metodologi Penelitian Kuantitatif*. Jakarta : Kencana.

Cahn, B.R & Polich, J.(2006). Meditation States and Traits: EEG, ERP and Neuro Imaging Studie. *Psychological Bulletin 2006, Vol.132 (2),* 180211.

Campbell, J.D.(1990). Self Esteem and The Clarity of the Self Concept. *Journal of Personality and Social Psychology*, 59 (3), 538-549.

Corwin, Elizabeth J. (2000). *Buku Saku Patofisiologi*. Jakarta : ECG

Cousineau, P.(2003). *The Way Things Are : Convercation with Huston Smith on Spiritual Life.* London : University of California Press.

Dewi, R.P.(2012). Pengaruh Pelatihan Manajemen Distress Berbasis Mindfulness Terhadap Peningkatan Kesejahteraan Psikologis Pada Orang dengan HIV/ AIDS. *Tesis (Tidak Dipublikasikan)*. Yogyakarta: Magister Psikologi Profesi Universitas Gajah Mada.

Dunning III MB. (2009). *A Manual Of Laboratory And Diagnostic Tests 8th Edition*. New York : Wolters Kluwer Health.

Echols, J.M and Hassan, S. (2000). *Kamus Inggris-Indonesia*. Jakarta : Gramedia Pustaka Utama.

Fava, G.A & Ruini, C. (2003). Development and Characteristic of a Wellbeing Enhancing Psychoterapic Strategic : Wellbeing Therapy. *Journal of Behavior Therapy and Experimental Psychiatry 34.* 45-63.

Froom, E. (2002). *Konsep Manusia Menurut Marx*. Yogjakarta : Pustaka Pelajar

Germer, C.K, Siegel, R.D.. (2005). *Chapter I : Mindfulness, What Is It ? What Does It Matter*. Guilford Publications.

Greenberg, J.S (1999). *Comprehensive Stress Management*. United States of America : Mc. Growhill.

Greenfield, E.A., Vaillant, G.E., Marks, N.F. (2009). Do Formal Religious Participation and Spiritual Perceptions Have Lingkages With Diserve Dimenssion of Psychological Wellbeing ?. *Journal of Mental Health and Social Behavior, 50.* 196-212.

Grossman, P., Niemann, L,. Schmidt, S & Walach, H (2004). Mindfulness Based Stress Reduction And Health Benefit : A Meta Analysis *Journal of Psychosomatic Research, 57,* 35-43.

Hadi, S.(2000). *Metodologi Reasearch Jilid 2*. Yogyakarta : Andi Offset

Hamilton, N.A. (2006). Enhancing Health and Emotion : Mindfulness as a Missing Link Between Cognitive Therapy and Positive Psychology. *Journal of Cognitive Psychoterapy : An International Quarterly, Vol.20 No.2* 123-134.

Hartmann, M. Kopf, S. Kircher, C. Faude-Lang V, Djuric, Z, Augstein, F. Nawrowth, P.P. (2012). Sustained Effect of A Mindfullness Based Stress Reduction Intervention In Type 2 Diabetic Patient. *Diabetes Care. 35 :* 945-947.

Herdman, T.H. (2012). NANDA *International Nursing Diagnoses : Definition & Clasification 2012-2014*. United Kingdom : Wiley-Blackwell

Holroyd, J (2003). The Science of Meditation and The State of Hypnosis. *American Journal of Clinical Hypnosis. 46:2*.109-128.

Huppert, F.A. (2009). Psychological Wellbeing : Evidence Regarding Its Cause and Consequenses. *Journal Compilation International Ascociation of Applied Psychology : Health and Well-Being, I (2),* 137-164.

Ingersoll, R.E. (1994). *Spirituality, Religion, and Counseling: Dimensions and Relationships. Volume* 38:2. 98-111. American Counselling Association Journal. Volume 38:2. 98-111.

Keyes, C.L.M., Shmotkin, D., Ryff, C.D. (200)2.Optimizing Well-Being : The Empirical Encounter of Two Traditions. *Journal of Personality and Social Psychology. Vol.82, No.6*. 1007-1022

Keyworth C, Knopp J, Roughley K, Dickens C, Bold S, Coventry P. 2014. *A* Mixed-Methods Pilot Study of the Acceptability and Effectiveness of A Brief Meditation and Mindfulness Intervention for People with Diabetes and Coronary Heart Disease. *NCBI. (2):53-64.* Doi: 10.1080/08964289.2013.834865

Mac Gregor, S. (2005). *Piece of Mind*. Jakarta : Gramedia Pustaka

Mace, C. (2008). *Mindfulness and Mental Health : Therapy, Theory and Science*. NewYork : Routledge Taylor & Francis Group.

Mc.Quaid, J.R, Carmona,P.E (2004). *Peaceful Mind : Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression*. New York : New Harbinger Publication.

Markam, S.S & Markam, S. (2003). *Pengantar Neuro Psikologi*. Jakarta : Fakultas Kedokteran Universitas Indonesia.

McCullough, M. E. (2000). Forgiveness as Human Strength: Theory, Measurement, and Links to Well-being. *Journal of Social and Clinical Psychology, 19,* 43-55.

Miquelon, P., & Vallerand, R. J. (2008). Goal Motives, Well-Being, And Physical Health: An Integrative Model. *Canadian Psychology, 49,* 241- 249.

Orland, M.J. (1995). Diabetes Mellitus. dalam : Woodley, M (Ed). *Pedoman Pengobatan (Manual of Medical Therapiutic).* Yogjakarta : Andi Offset.

Pollard, I. (2004). Meditation and Brain Activity From The Bioscience Biothical Perspective. Dept Biological Science, Macquarie University, Sydney, NSW 2109. *Journal of Asian and International Bioethic 14(1):2004;* 28-33.

Polonsky,W.H., Fisher, L., Guzman, S., Caballero, L.V., Edelman, (2005). Psychological Insulin Resistance in Diabetes with Type 2 Diabetes. *Diabetes Care, 28 (10).* 2543-2548.

Pouwer F, Geehoed-Duijvestijn, P.H, Tack,T.J.(2010). Prevalence of Comordid Deppression is High in out patient with type 1 or type 2 Diabetes mellitus Result from thress out patient clinics in Netherlands. *Diabet Med 2010; 27:* 217-224.

Prawitasari, JE (2011). *Psikologi Terapan Melintas Batas Disiplin Ilmu*. Jakarta: Erlangga.

Profil Kesehatan Kota Surakarta Tahun 2011.

Reis, H. T., Sheldon, K. M., Gable, S. L., Roscoe, J., & Ryan, R. M. (2000) Daily well-being: The role of autonomy, competence, and relatedness. *Personality and Social Psychology Bulletin, 26,* 419 – 435.

Ryff, C. D (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology, 57,* 1069–1081.

Ryff, C. D & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology, 69,* 719 –727.

Ryff, C. D & Singer, B. (1996). Psychological well-being: Meaning, measurement, and implications for psychotherapy research. *Psychotherapy and Psychosomatics, 65,* 14 –23.

Ryff, C. D & Singer, B., Love, G. D., & Essex, M. J. (1998). Resilience in adulthood and later life: Defining features and dynamic processes. dalam J. Lomranz (Ed.), *Handbook of aging and mental health: An integrative approach* (pp. 69 –96). New York: Plenum.

Ryff, C. D & Singer, B.H. (2008) . Know Thyself and Become What You Are : A Eudaimonic Approach to Psychological Well-being. *Journal of Happines Studies 9(1),* 13-39

Sarafino, EP. (1997). *Health Psychology : Biopsychosocial Interaction,* Second Edition, New York : John Wiley & Sons, Inc

Sari, S. P., & Meidiana, D. (2014). Studi Kasus : Mindfulness dengan Pendekaatan Spiritual pada Pasien Skizofrenia dengan Resiko Perilaku Kekerasan. *Proceeding Konferensi Nasional IX Keperawatan Kesehatan Jiwa*. Oktober 2014. 290-29.

Sarunggalo (2010). Hubungan Antara Dukungan Sosial Dengan Psychological Wellbeing Pada Orang Dengan HIV/AIDS *(Skripsi : Tidak Diterbitkan)*. Surabaya : UNAIR

Schwartz, G.E., & Stone, A.A. (1998). Strategies for Analyzing Ecological Momentary Assesment Data. *Journal of Health Psychology. 17*, 6-16.

Segall, S.R (2005). Mindfullness and Self Development In Psychotherapy. The *Journal of Transpersonal Psychology, 37, 2* 143-144.

Serido, J., Almeida,D.M., Wethington, E.(2004). Chronic Stressor and daily Hassles : Unique and Interactive Relationships with Psychological Distress. *Journal of Health and Social Behavior. 45*, halaman 17

Shapiro, L.S., Carlson, L.E., Astin, J.A., Freedman, B. (2006). Mechanism of Mindfullness. *Journal of Clinical Psychology.* Volume 62:3. 373-386.

Sheibani, K.A., Alipor A., Poursarifi, H., Zar, H.(2013).The Impact of Mindfulness-Based Cognitive Therapy (MBCT) on Mental and Pysical Well-Being Indicators in Patients with Type 2 Diabetes. *Zahedan Journal of Research in Medical Science.* Juli 2013 Volume 16:1. 19-23.

Speca, M., Carlson, L.E.,Goodday, E & Angen ,M. (2000). A Randomized Waitlist Control Clinical Trial : The Effect of Mindfulness Meditation Based Stress Reduction Proggrame on Mood and Symtom of Stress in Cancer Out Patient. *Psychosomatic Medicine. 62*, 613-622.

Stanley, S., Reitzel L.R., Wingate, L.R., Cukrowicz, K.C., Lima, E.N., Joner Jr, T.E.(2006). Mindfulness : A Primrose path of Therapiests Using Manualized Treatment ?. *Journal of Cognitive Psychoterpy.* Volume 20: 3.327-335.

Soegondo, S. (2009). *Penatalaksanaan Diabetes Mellitus Terapadu*. Jakarta : FK UI

Sundberg, M. L. (2007). *Verbal behavior*. New York : Merril.

Taylor, SE (1995) *Health Psychology Third Edition*. United Stated : McGraw Hill. Inc.

Vazguez, C. Hervas, G., Rahona, J.J., Gomez. (2009). Psycholohical Wellbeing and Health. Contributins of Positive Psychology. *Anuary of Clinical Health Psychology, 5 (2009)* 15-27.

Walsh, R & Vaughan, F.E. (1993). Comparative Models of the person and psychotherapy, dalam S. Booerstein (ed), *Transpersonal Psychotherapy, 2nd ed*, Albany, NY: State University of New York Press.

Watkins, P.D (2000). *ABC of Diabetes*. London : British

Whitebird, RR., Kreitzer M.J., Vazquez,B.,Gabriela, X., Enstad, C. J., Stuck L. H., and O'Connor, P. (2014) Improving Diabetes Management with Mindfulness-based Stress Reduction. *The Journal of Alternative and Complementary Medicine.* May 2014, 20(5).226-230

WHO. (2001). *Strengthening Mental Health Promotion*. Geneva : World Health Organization. Diakses tanggal 29 September 2015.

Witmer, J.M. (1989). *Reaching Toward Wholeness : An Integrated Approach to Wellbeing Over the Life Span*. In.T.J. Sweeny (Ed), Muncie, IN : Accelerated Press.

Zinn, J.K. (2012). *Mindfulness for Beginner*. Colorado: Sound True Boulder.