

DAFTAR PUSTAKA

- Abolghasemi, S. dan Mahmoudi G. (2012) The effectiveness of stress immunization teaching on reducing stressful psychological feelings and blood glucose control in patients with type 2 diabetes. *World Applied Sciences Journal* 17 (3): 284-291.
- Anastasi A. dan Urbina, S. (2003) *Tes Psikologi* (terjemahan: Robertus Hariono, S. Imam) Jakarta : Gramedia
- Asdi A. (2000) *Prinsip-Prinsip Ilmu Penyakit Dalam* Jakarta: EGC
- Atkinson, R.L., (1991) *Pengantar Psikologi* (terjemahan: Taufiq, H) Edisi Kedelapan. Jakarta : Erlangga.
- Benson, H dan Proktor, W. (2000) *Dasar-Dasar Relaksasi*. (terjemahan : Nurhasan) Bandung: Kaifa.
- Brecht, G. (2000) *Mengenal dan Menanggulangi Stres*. Jakarta : Prenhallindo.
- Carlson, N. (2004) *Discovery Psychology*. USA : Allyn and Bacon Inc.
- Chambers, A. S. (2007) *Relaxation During Pregnancy to Reduce Stress And Anxiety and Their Associated Complications*. Arizona: Department Of Psychology, The University Of Arizona.
- Chaplin, J.P. (2001) *Kamus Psikologi*. (terjemahan : Kartono) Jakarta : PT. Raja Grafindo Persada.
- Cox, D.J. & Frederick, L.G. (2002) Major development in behavioural diabetes research. *Journal of Counseling and Clinical Psychology*. 60 (4) : 628 – 638.
- Donsu JD. (2005) Pengaruh pendidikan kesehatan dengan metode ceramah dan diskusi kesadaran diri terhadap peningkatan pengetahuan, sikap dan pengelolaan stres pasien Diabetes Mellitus di RS Dr Sardjito Yogyakarta *Tesis (Tidak diterbitkan)* Yogyakarta: Program Pasca Sarjana UGM.
- Fu, C. F. (2008) *Music Therapy and Women,s Health: Effects of Music-Assisted Relaxation On Women Graduate Students' Stress and Anxiety Levels*. Michigan: Michigan State University.
- Hadi, S. (2000) *Metodologi Research*. Yogyakarta: Yayasan Penerbit Fakultas Psikologi UGM.

- Hawari, D. (1996) *Manajemen Stres Cemas dan Depresi*, Edisi ke-1, Cetakan ke-2. Jakarta : Balai Penerbit Fakultas kedokteran Universitas Indonesia.
- Hoelscher, T.J. and Lichstein, K.L., (2006) Home relaxation practice in hypertension treatment: objective assesment and complience induction. *Journal of Consulting and Clinical Psychology*, 54, 2.
- Hurai, R. (2011) Pengaruh Teknik Relaksasi Progresif Terhadap Penurunan Tingkat Stress & Kadar Gula Darah Pada Pasien Diabetes Melitus Tipe 2 di PERSADIA Unit RSUD Dr. Soetomo Surabaya. *Tesis (Tidak diterbitkan)* Surabaya : Ubaya
- Hertinjung, S.W. (2009). Efek Pelatihan Relaksasi Terhadap Gejala Gangguan Stres Pasca-Trauma Pada Korban Kekerasan Seksual. *Tesis (Tidak diterbitkan)* Yogyakarta : Program Magister Profesi Psikologi UGM.
- Karyono. (2004) Efektivitas Relaksasi dalam Menurunkan Tekanan Darah pada Penderita Hypertensi Ringan. *Tesis*. Yogyakarta: Program Pasca Sarjana UGM.
- Lascelles, MA., Cunningham, J., (1989) Teaching coping strategies to adolescents with migraine. *Challenges in Pain Management. Vol. 4 No. 3 September 1989*. The Rehabilitation Centre, Ottawa, Ontario
- Lazarus, R. S. (1995) *Stress, Appraisal and Coping*. New York : Spinger Publishing Company, Inc
- Losyk, B. (2007) *Kendalikan Stres Anda!*. Alih Bahasa Marselita Harapan. Jakarta: Gramedia Pustaka Utama.
- Lovarini, M. (2007) At least 9 h of supervised relaxation training may reduce state anxiety and improve heart rate variability, prognosis and return to work for people with ischaemic heart disease. *Journal compilation Australian Association of Occupational Therapists*, p: 315-316.
- Makheswari M. U Sudarsanam D. (2012) Diabetes Mellitus and Recent Advances. *Research Journal of Biotechnology* Vol. 7 (2) May (2012)
- Maramis, W.F. (2000) *Catatan Ilmu Kedokteran Jiwa*. Surabaya : Airlangga University Press.
- Mead, G E., Greig, C. A., Cunningham, I., Lewis, S. J., Dinan, S., Saunders, D. H., Fitzsimons, C., & Young, A. (2007) Stroke: a randomized trial of exercise or relaxation. *Journal Compilation, The American Geriatrics Society*, 55:892–899.

- Miltenberger, R. G.(2004) *Behavior Modification, Principles and Procedures, 3th edition*. Belmont, CA: Wadsworth/Thompson Learning.
- Moekijat. (2007) *Perencanaan Sumber Daya Manusia*. Bandung : CV. Mandar Maju.
- Nathan, D. dan Delahanty L. (2011) *Menaklukan Diabetes*. (terjemahan: Meitasari Tjandrasa) Jakarta : BIP.
- Ningrum, Y. W. (2009) Pelatihan Relaksasi Easybirthing untuk Menurunkan Kecemasan Persalinan pada Ibu Hamil Pertama Trimester III. *Tesis* (tidak diterbitkan) Yogyakarta: Fakultas Psikologi Universitas Gadjah Mada.
- Palmer, B.W. (2011) Anchoring biases and the preserverance of self-efficacy beliefs. *Journal Cognitive Therapy and Research*. 14, 4, 406 – 416.
- Penzien, D. B., Rains, J. C., & Andrasik, F. (2002) Behavioral Management of Recurrent Headache: Three Decades of Experience and Empiricism. *Applied Psychophysiology and Biofeedback*, 27(2): 163-18.
- Prawitasari. J.E. (2002) Pengaruh Relaksasi terhadap Keluhan Fisik. *Laporan Penelitian (tidak diterbitkan)* Yogyakarta: Fakultas Psikologi UGM.
- Prawitasari. J.E. (2011) Psikologi Klinis Pengantar Terapan Mikro&Makro. Jakarta: Penerbit Erlangga.
- Prawitasari. J.E. (2012) Psikologi Terapan Melintas Batas Disiplin Ilmu. Jakarta: Penerbit Erlangga.
- Procelli, D. E. (2005) *The Effects Of Music Therapy And Relaxation Prior To Breastfeeding On The Anxiety Of New Mothers And The Behavior State Of Their Infants During Feeding*. Florida: College Of Music, The Florida State University.
- Prokop, C.K., Bradley, L.A., Burish, T.G., Anderson, K.O., & Fox, J.E. (2001) *Health Psychology: Clinical Methods & Research*. New York: Macmillan Publishing Company.
- Posthuma, B.W. 200+6. *Small Groups In Counseling and Therapy*. London : Allyn & Bacon.
- Rathus, S.A. Nevid, J. S., & Greene, B. 2005. *Psikologi Abnormal Edisi Ke 5 Jilid. 1*. (Terjemahan Tim Fakultas Psikologi Universitas Indonesia) Jakarta: Erlangga

- Riset Kesehatan Dasar (Riskesdas) 2010. *RI Urutan Empat Terbesar*. (online),([http://www.jurnas.com /halaman /9 /2011 -11-14/188943](http://www.jurnas.com/halaman/9/2011-11-14/188943) diakses: 1 Maret 2012)
- Robbins, S. P. (1998) *Perilaku Organisasi*: Edisi 12. (Terjemahan Diana Engelica) Jakarta: PT. Prenhallindo.
- Rout, U. R., & Rout, J. K. (2002) *Stress Management For Primary Health Care Professionals*. New York: Kluwer Academic Publishers.
- Safaria, T. dan Saputra, N.E. (2009) *Manajemen Emosi*. Jakarta : Bumi Aksara.
- Saisto, T., Toivanen, R., Aro, K. S., & Halmesmaki, E. (2006) Therapeutic Group Psychoeducation And Relaxation In Treating Fear Of Childbirth. *Acta Obstetricia et Gynecologica*, 85: 1315-1319.
- Sarafino, E.P. (1997) *Health Psychology: Biopsychosocial Interaction*, Second Edition. New York: John Wiley & Sons, Inc.
- Sari, W. S. (2010) Purelax (Pregnancy Auto-Induced Relaxation) untuk Menurunkan Tingkat Stres Kehamilan Pada Ibu Hamil Primipara Trimester III. *Tesis*. Yogyakarta: Fakultas Psikologi Universitas Gadjah Mada.
- Simamora, H. (1995) *Manajemen Sumber Daya Manusia*. Yogyakarta : STIE YKPN.
- Siousioura D, (2012) Review of therapeutic groups for type 1 diabetes mellitus patients. *Journal of Diabetes and Endocrinology* Vol. 3(2), pp. 11-21,
- Sriati, A. 2008. *Tinjauan tentang Stres*. Jatinangor: Universitas Padjadjaran Fakultas Ilmu Keperawatan Jatinagor .
- Subandi, M.A. (2002) *Psikoterapi: Pendekatan konvensional dan Kontemporer*. Yogyakarta: Pustaka Pelajar.
- Suliswati, Payapo, T.A., Maruhawa, J., Sianturi, Y., Sumijatun (2004) *Konsep Dasar Keperawatan Kesehatan Jiwa* . Jakarta : Penerbit Buku Kedokteran EGC.
- Suyono, S. (2009) *Patofisiologi diabetes mellitus. Penatalaksanaan diabetes mellitus terpadu*. Jakarta: Balai Penerbit FKUI.
- Taylor, SE. (1995) *Health Psychology. Third Edition*. United States: MC. Graw-Hill. Inc.

- Teixeira, J., Martin, D., Prendiville, O., & Glover, V. (2005) The Effects Of Acute Relaxation On Indices Of Anxiety During Pregnancy. *Journal of Psychosomatic Obstetrics & Gynecology*, 26(4): 271–276.
- Tepper, L., Rogers, S. A., Coleman, E. M., & Malony, H. N. (2001) The Prevalence of Religious Coping Among Persons With Persistent Mental Illness. *Journal of Psychiatric Service*, 52(5): 660-665.
- Tjokroprawiro, A., Sutjahjo, A., Murtiwi, S., Soeharjono, L.B., Tandra, H., & Hendromartono. (2001) Program Penyuluhan Diabetes di Pusat Diabetes dan Nutrisi RSUD Dr. Sutomo. *Majalah Diabetes Surabaya, Vol.2, No. 2, Hal 27- 30.*
- Utami, M.S., (2006) *Prosedur-prosedur Relaksasi*. Yogyakarta Unit Publikasi Fakultas Psikologi UGM.
- Varvogli L, Darviri C. Stress Management Techniques: evidence- based procedures that reduce stress and promote health. *Health Science Journal*. 2011;5 (2): 74-89.
- Vocks, S., Ockenfels, M., Jurgensen, R., Mussgay, L., & Ruddel, H. (2004) Blood Pressure Reactivity Can Be Reduced by a Cognitive Behavioral Stress Management Program. *International Journal of Behavioral Medicine*. 11(2): 63–70.
- Watkins, P.D. (2000). *ABC of Diabetes*. London : British.
- Wetherill, D. & Kereiakes, D.J., (2008) *Yang Perlu Anda Ketahui Diabetes* (Alih Bahasa Susi Sensusi), PT. Elex Media Komputindo, Jakarta.
- WHO. (2011) dalam <http://www.antaraneews.com/berita/320447/indonesia-peringkat-ke-5-penderita-diabetes-terbanyak>
- Wulandari, P. Y. (2006) Efektivitas Senam Hamil sebagai Pelayanan Prenatal dalam Menurunkan Kecemasan Menghadapi Persalinan Pertama. *INSAN* 8(2):136-145.
- Yu, D. S. F., Lee, D. T. F., Woo, J., & Hui, E. (2007) Non-Pharmacological Interventions in Older People with Heart Failure: Effects of Exercise Training and Relaxation Therapy. *Journal of Gerontology*; 53: 74–81.