

DAFTAR PUSTAKA

- Alvin, O. (2007). *Handling study stress: Panduan agar anda bisa belajar bersama anak-anak anda*. Jakarta: Elex Media Komputindo, pp 65-70.
- Angola, J. E., Ongori, H. (2009). *An assessment of academic stress among undergraduate students: The case of University of Botswana. Educational Research and Review.*, 4 (2) : 063-070.
- Arifuddin.(2009). Hubungan motivasi dengan prestasi belajar siswa. <http://lambittu.wordpress.com/2009/10/28>. Diakses tanggal 8 November 2016.
- Carolin.(2010). Gambaran tingkat stres pada mahasiswa kedokteran Universitas Sumatera Utara. Medan: Fakultas Kedokteran Universitas Sumatera Utara. Skripsi.
- Dena. (2015). Pengaruh konseling kelompok terhadap pengurangan stres akademik siswa kelas X SMAN 2 Siakhulu T.P 2014/2015. Riau: Fakultas Keguruan dan Ilmu Pendidikan Universitas Riau. Skripsi.
- Desmita.(2010). Psikologi perkembangan. Bandung: PT. Remaja Rosdakarya. p 10.
- Evanjeli, A. L. (2012). Hubungan antara stres, somatisasi dan kebahagiaan.laporan penelitian. Yogyakarta: Fakultas Psikologi Universitas Gajah Mada. pp 1-26.
- Govarnest,S. Gregoire, J. (2004). *Stressfull academic situation: study on appraisal variable in aldoscent. British journal of clinic psychology.*54: 261-271.
- Gunawan. (2007). Hubungan tingkat pengetahuan tentang Informed Consent dengan tingkat kecemasan pasien pre operasi di instalasi rawat inap BP RSUD Kraton Pekalongn, p : 46.
- Gusniarti, U. (2002). Hubungan antara persepsi siswa terhadap tuntutan dan harapan sekolah dengan derajat stres siswa sekolah plus, 13 : 46.
- Jasalindo, (2014).Hubungan tingkat stres dengan prestasi akademik siswa SMA 10 Padang. Padang. Unand. Skripsi
- Khan, K.U.D. (2013).*Annual factors affecting stres : a study among undergraduates in Pakistan. International Journal of Asian Social Science*,3(2) : 428-442.
- Kouzma, N. M., Kennedy, G. A. (2004).*Self-reported sources of stress in senior high school students. Psychological Reports*, 1: 314-316.

- Lal, K. (2014). *Academic stress among adolscent in relation to intelligence and demographic factors.America international journal of research in humanities, arts and social science.* 14:123-129.
- Lazarus. Folkman. (2012). *Stres and conitive aprasial. theory of cognitive aprasial.*
- Li J-h, Feng X-l, Mei S-l, Yao D-l.(2007).*Investigation of Study Pressure Effects on mental health of junior high school students in Changchun. Medicine and Society.,*20: 56-57.
- Looker,T Olga, U. (2005). *managing stressmengatasi stres secara mandiri.* Yogyakarta: Yogyakarta BACA.
- Mayo Clinic.(2009). *Stress symptoms: Effect on your body, feelings and behaviour. USA: Mayo foundation for medical education and research.*<http://www.nlm.nih.gov/medlineplus/stress.html>. Diakses tanggal 31 Maret 2016.
- Manktelow J. (2007) *Mengendalikan sttes.* Erlangga: Indonesia.
- Misra, R. S, dkk.*Academic stress of collage student: comparison of student and faculty preception. collage student journal.* 34: 71-78.
- Nikhita, S. (2014).*A correlation study on academic stress and self-esteem among higher secondary students in selected school of udupi district.Nitte journal of healt science.*4(1):106-108.
- Nurdini, Khamisah. (2009). *Efektivitas konseling kognitif perilaku dalam mereduksi stress akademik siswa SMK. Proposal penelitian skripsi PPB UPI Bandung.*Tidak diterbitkan.
- Nursuprianah, Indah. (2011). *Hubungan pola berpikir logis dengan hasil belajar matematika siswa. Jawa Barat. Jawa Barat: IAIN syeikh nurjati Cirebon.* Skripsi.
- Olejniak, S. N. Holschuh, J. P. (2007).*College rules! 2nd edition how to study, survive, and succeed.* New tork: Ten speed press. [On-line]. Diakses dari:
http://books.google.co.id/books?id=h_cfDji4V6YC&pg=PA101&dq=stress+academic&hl=id&ei=5oezTK2CJse3cOiYtKwI&sa=X&oi=book_result&ct=result&resnum=6&ved=0CD0Q6AEwBQ#v=onepage&q&f=false.Diakses tanggal 31 Maret 2016.
- Potter, P.A., dan Perry, A.G. (2005). *Buku ajar fundamental keperawatan : konsep, proses, dan praktik.*Edisi 4.Volume 2.Alih bahasa : Renata komalasari,dkk.Jakarta:EGC.
- Preece, K. K. (2011). *Relations among classroom support, academic self-efficacy, and perceived stress during early adolescence. department*

of psychological and social foundation. Florida: University of South Florida. 64(2) : 295-299.

- Rahmawati. (2012). Pengaruh *self efficacy* terhadap stres akademik pada siswa kelas 1 Rintisan Sekolah Bertaraf Internasional (RSBI) di SMP 1 Medan. Medan: Universitas Sumatera Utara. Skripsi.
- Rajasekar.(2013). *Impact of academic stress among the management students of amet University – an analysis*. *AMET International Journal of Management* , pp 32-40.
- Rasmun.(2004). Pengertian stres, sumber stres, dan sifat stresor.Dalam: Stres, koping, dan adaptasi edisi ke-1. Jakarta: Sagung Seto
- Rasmun.(2004). Stress, koping dan adaptasi teori dan pohon masalah keperawatan.Jakarta: CV Sagung Seto.
- Richard L. (2010). Era baru manajemen, Edisi 9, Buku 2, Salemba Empat, Jakarta.
- Rose, Colin dan Malcolm J. Nicholl.(2002). *Accelerated learning*.Bandung : Nuansa.
- Sadock, B. J., Sadock, V.A. (2012).*Kaplan & sadock buku ajar psikiatri klinis*. Jakarta: Penerbit buku kedokteran EGC.p 21.
- Santrock, J.W. (2003).*Adolescence* perkembangan remaja.Edisi keenam.Alih bahasa, Shinto BA; Sherly Saragih.Editor, dkk. Jakarta: Erlangga.
- Sherwood, L. (2001). Fisiologi manusia;dari sel ke sistem, Edisi 2. Jakarta;EGC pp 136-137.
- Thu, D. (2012). *Academic stress and its association to some factors among secondary school student in the central of Vietnam*.*Journal of medicine and pharmacy* 2:2.
- Xie L-n.(2007).*Study on learning stress, social support and their relationship among Senior High School Students: An investigation of two senior High Schools in Hennan Province*.2: 56-57.
- Yusuf, S. (2000).Psikologi perkembangan anak dan remaja.Bandung : PT Remaja Rosdakarya.
- Zhao L-x, Yuan L. (2006).*Investigation on the current status of acadmic pressure among secondary school students*.*Journal of Tianjin Academy of Educational Science*. pp 6: 1-7.

