

## DAFTAR PUSTAKA

- Adawiyah, W 2016, 'Terapi Spiritual Emotional Freedom Technique (Seft) Untuk Menurunkan Tingkat Stres Akademik Pada Siswa Menengah Atas Di Pondok Pesantren', diakses 28 Agustus 2018. <http://ejournal.umm.ac.id/index.php/jipt/article/view/3523/4058>
- Agarwal, A 2011, 'Impact of Academic Stress upon Academic Achievement and Mental Health of the Adolescents'. *International Journal of Management and Social Sciences*, 1(1). <http://journals-foundationspeak.com/index.php/ijmss/article/view/6>
- American Psychological Association. '*Developing Adolescents A Reference for Professionals*', diakses 21 September 2018. <https://www.apa.org/pi/families/resources/develop.pdf>
- American Psychiatric Association 2013, *Diagnostic and Statistical Manual of Mental Disorder Edition "DSM-5"*. Washington DC: American Psychiatric Publishing. Washington DC.
- Andriani, N 2011, 'Hubungan Bentuk Perilaku Bullying Dengan Tingkat Stres Pada Remaja Korban Bullying'. Program Studi Ilmu Keperawatan Universitas Riau, Riau, diakses 12 September 2018. <https://jom.unri.ac.id/index.php/JOMPSIK/article/view/19189>
- Assana, S, Laohasiriwong, W, Rangseekajee, P 2017, 'Quality of life, mental health and educational stress of high school students in the northeast of Thailand', *Journal of Clinical and Diagnostic Research*, 11(8), diakses 17 Agustus 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5620889/>
- Astuti, AD 2017, 'Stres akademik siswa yang akan menghadapi ujian nasional berdasarkan jenis kelamin', Universitas Negeri Padang, Padang, diakses 12 September 2018. <https://www.gci.or.id/assets/papers/jambore-konseling-3-2017-208.pdf>
- Badriyah, L 2013, 'Pengaruh Empati dan Self-Control Terhadap Agresivitas Remaja SMA Negeri 3 Kota Tangerang Selatan'. Fakultas Psikologi, UIN Syarif Hidayatullah, Jakarta, diakses 29 September 2018. <https://psikoche2009.files.wordpress.com/2014/06/lailatul-badriah-109070000137.pdf>

- Balitbang Kemenkes RI 2013, Riset Kesehatan Dasar; RISKESDAS. Jakarta: Balitbang Kemenkes RI.
- Barrows, J, Dunn, S, Lloyd, CA 2012, 'Anxiety, Self-Efficacy, and College Exam Grades', *Universal Journal of Educational Research*, 1(3), pp. 204–208, diakses 13 Februari 2019.  
<https://files.eric.ed.gov/fulltext/EJ1053811.pdf>
- Barseli, M, & Ifdil, I 2017, 'Konsep Stres Akademik Siswa', *Jurnal Konseling dan Pendidikan*, 5(3), hlm. 143–148, diakses 9 September 2018.  
<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), diakses 11 September 2019.  
<https://www.ncbi.nlm.nih.gov/pubmed/28070363>
- Bhatia, SK, & Bhatia, SC 2007, 'Childhood and adolescent depression', *American Family Physician*, 75(9), pp. 1679–1683, diakses 10 Agustus 2018.  
<https://www.ncbi.nlm.nih.gov/pubmed/17225707>
- Bouchard, LC, & Shih, JH 2013, 'Gender Differences in Stress Generation: Examination of Interpersonal Predictors', *Journal of Social and Clinical Psychology*, 32(4), pp. 424–445, diakses 12 Februari 2019.  
<https://guilfordjournals.com/doi/10.1521/jscp.2013.32.4.424>
- Bradbury, NA 2016, 'Attention span during lectures: 8 seconds, 10 minutes, or more?', *Advances in Physiology Education*, 40(4), hlm. 509–513, diakses 15 Agustus 2018.  
<https://www.ncbi.nlm.nih.gov/pubmed/28145268>
- Chen, W 2018, 'Academic stress, depression, and social support: A comparison of Chinese students in international baccalaureate programs and key schools.', *Dissertation Abstracts International Section A: Humanities and Social Sciences*, 79(12–A(E)), diakses 12 Februari 2019.  
<https://scholarcommons.usf.edu/cgi/viewcontent.cgi?article=8471&context=etd>
- Chu, C, Wang, J, Tsai, Wang, JH 2015, 'A Study of Learning Pressure , Learning Attitudes , and Achievement among Macau Undergraduates', diakses 13 Februari 2019.  
[https://www.researchgate.net/publication/283083383\\_A\\_Study\\_of\\_Learning\\_Pressure\\_Learning\\_Attitudes\\_and\\_Achievement\\_among\\_Macau\\_Undergraduates](https://www.researchgate.net/publication/283083383_A_Study_of_Learning_Pressure_Learning_Attitudes_and_Achievement_among_Macau_Undergraduates)

Colgan, NK 2016, 'Effect of Perceived Academic Pressure on Depression, Anxiety, Stress and Self-Efficacy in Leaving Certificate Students', diakses 28 Agustus 2018.

[https://esource.dbs.ie/bitstream/handle/10788/3173/ba\\_colgan\\_n\\_2016.pdf?sequence=1&isAllowed=y](https://esource.dbs.ie/bitstream/handle/10788/3173/ba_colgan_n_2016.pdf?sequence=1&isAllowed=y)

Deb, S, Strodl, E & Sun, J 2015, 'Academic Stress, Parental Pressure, Anxiety and Mental Health among Indian High School Students', *International Journal of Psychology and Behavioral Sciences*, 5(1), pp. 26–34, diakses 1 Agustus 2018.

<https://eprints.qut.edu.au/86092/1/Academic%20stress%20of%20school%20students%202015.pdf>

Departemen Kesehatan RI, 1998, Pedoman Penggolongan dan Diagnosis Gangguan Jiwa di Indonesia (PPDGJ). Edisi III. Dirjen Pelayanan Medis RI. Jakarta.

Essel, G, & Owusu, P 2017, 'Causes of students' stress , its effects on their academic success , and stress management by students', *Full Thesis*, p. 82, diakses 5 Agustus 2018.

<https://www.theseus.fi/bitstream/handle/10024/124792/Thesis%20Document.pdf?sequence=1>

Everly, GS, & Lating, JM 2013, 'A Clinical Guide to the Treatment of the Human Stress Response', diakses 3 September 2018.

[https://www.researchgate.net/publication/316823508\\_A\\_Clinical\\_Guide\\_to\\_the\\_Treatment\\_of\\_the\\_Human\\_Stress\\_Response](https://www.researchgate.net/publication/316823508_A_Clinical_Guide_to_the_Treatment_of_the_Human_Stress_Response)

Fatimah, N 2014, 'Perbedaan Antara Obesitas Dan Non Obesitas Terhadap Kejadian Depresi Pada Ibu Rumah Tangga Di Daerah Kelurahan Cililitan, Jakarta Timur', Fakultas Kedokteran dan Ilmu Kesehatan, UIN Syarif Hidayatullah, Jakarta, diakses 31 Juli 2018.

[repository.uinjkt.ac.id/dspace/bitstream/123456789/26119/1/Nurul%20Fatimah-fkik.pdf](https://repository.uinjkt.ac.id/dspace/bitstream/123456789/26119/1/Nurul%20Fatimah-fkik.pdf)

Fitiani, MA 2011, 'Perbedaan Tingkat Stres Pada Siswa Kelas XI Jurusan IPA Dengan Jurusan IPS di SMAN 2 Sukoharjo', Fakultas Kedokteran, Universitas Muhammadiyah Surakarta, diakses 11 Agustus 2018.

<http://eprints.ums.ac.id/16169/>

Frost, A, Hoyt, LT, Chung, AL, Adam, EK 2015, 'Daily life with depressive symptoms: Gender differences in adolescents' everyday emotional experiences', *Journal of Adolescence*. Elsevier Ltd, 43, hlm. 132–141,

diakses 10 Agustus 2018.

<https://www.ncbi.nlm.nih.gov/pubmed/26107805>

Herlina 2013, 'Bibliotherapy: Mengatasi Masalah Anak dan Remaja Melalui Buku'. Bandung: Pustaka Cendekia Utama.

[http://file.upi.edu/direktori/fip/jur.\\_psikologi/196605162000122-herlina/bibliotherapy-metode%20treatment.pdf](http://file.upi.edu/direktori/fip/jur._psikologi/196605162000122-herlina/bibliotherapy-metode%20treatment.pdf)

Ibrahim, AK, Kelly, SJ & Glazebrook, C 2013, 'Socioeconomic status and the risk of depression among UK higher education students', *Social Psychiatry and Psychiatric Epidemiology*, 48(9), pp. 1491–1501, diakses 1 September 2018.

<https://www.ncbi.nlm.nih.gov/pubmed/23412652>

Ifdil, Denich, AU, & Ilyas, A 2017, 'Hubungan Body Image dengan Kepercayaan Diri Remaja Putri', *Jurnal Kajian Bimbingan dan Konseling*, 2(3), hlm. 107–113, diakses 10 Agustus 2018.

[https://www.researchgate.net/publication/320762320\\_Hubungan\\_Body\\_Image\\_dengan\\_Kepercayaan\\_Diri\\_Remaja\\_Putri](https://www.researchgate.net/publication/320762320_Hubungan_Body_Image_dengan_Kepercayaan_Diri_Remaja_Putri)

Ikatan Dokter Anak Indonesia, 2013, 'Overview adolescent health problems and services', diakses 20 September 2018.

<http://www.idai.or.id/artikel/seputar-kesehatan-anak/overview-adolescent-health-problems-and-services>.

Jayanthi, P, Thirunavukarasu, M, Rajkumar, R 2015, 'Academic Stress and Depression among Adolescents: A Cross-sectional Study', hlm. 7–9, diakses 15 September 2018.

<https://www.ncbi.nlm.nih.gov/pubmed/25848997>

Jha, K, Singh, SK, Nirala, SK, Kumar, C, Kumar, P & Aggrawal, N 2017, 'Prevalence of depression among school-going adolescents in an Urban Area of Bihar, India', *Indian Journal of Psychological Medicine*. Wolters Kluwer Medknow Publications, 39(3), p. 287, diakses 12 Februari 2019.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5461838/>

Kang, J, Ko, YK, Lee, HK, Kang, KH, Hur, Y, Lee, KH 2013, 'Effects of Self-esteem and Academic Stress on Depression in Korean Students in Health Care Professions', 22(1), pp. 56–64, diakses 13 Februari 2019.

[https://synapse.koreamed.org/Synapse/Data/PDFData/0199JKAPMHN/jkap\\_mhn-22-56.pdf](https://synapse.koreamed.org/Synapse/Data/PDFData/0199JKAPMHN/jkap_mhn-22-56.pdf)

Kausar, R 2010, '10: Perceived stress, academic workloads and use of coping strategies by university students', *Journal of Behavioural Sciences*, 20, pp.

31–45, diakses 11 Februari 2019.

<http://pu.edu.pk/images/journal/doap/PDF-FILES/3rd-article-Vol-20-No-1-2010.pdf>.

Khurshid, S, Parvin, Q, Yousuf, MI, Chaudhry 2015, 'Effects of Depression on Students' Academic Performance', *Sci.int.(Lahore)*, 27(2), hlm. 1619–1624, diakses 10 September 2018.

[https://www.researchgate.net/publication/278191116\\_effects\\_of\\_depression\\_on\\_students'\\_academic\\_performance](https://www.researchgate.net/publication/278191116_effects_of_depression_on_students'_academic_performance)

Kroenke, K, Spitzer, RL, Williams, JBW 2001, 'The PHQ-9', *Journal of General Internal Medicine*, 16(9), hlm. 606–613, diakses 31 Agustus 2018.

<https://www.ncbi.nlm.nih.gov/pubmed/11556941>

Leach, LS 2009, 'Gender Differences in Depression and Anxiety Across the Adult Lifespan', diakses 4 September 2018.

<https://www.ncbi.nlm.nih.gov/pubmed/18575787>

Liu, F 2017, 'Academic Stress and Mental Health Among Adolescents in Shenzhen, China', diakses 3 September 2018.

<https://eprints.qut.edu.au/107980/>

Mackenzie, S, Wiegel, JR, Mundt, M, Brown, D, Saewyc, E, Heiligenstein, E, Harahan, B, Fleming, B 2011, 'Depression and suicide ideation among students', *Amer J Orthopsychiatry*, 81(1), hlm. 101–107, diakses 16 September 2018.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3057910/>

Maramis, WF, & Maramis, AA 2012, 'Catatan Ilmu Kedokteran Jiwa Edisi 2'. Surabaya: Airlangga University Press.

McManus, S, Bebbington, P, Jenkins, R, Brugha, T 2016, 'Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014'. Leeds: NHS Digital.

Mojtabai, R, Olfson, M & Han, B 2016, 'National Trends in the Prevalence and Treatment of Depression in Adolescents and Young Adults', *Pediatrics*, 138(6), pp. e20161878–e20161878, diakses 3 Agustus 2018.

<https://www.ncbi.nlm.nih.gov/pubmed/27940701>

Muhajirin 2016, 'Perbedaan Tingkat Stres Pada Remaja Siswa Kelas XI Jurusan Ilmu Pengetahuan Alam (IPA) Dengan Remaja Siswa Jurusan Ilmu Pengetahuan Sosial (IPS) Di SMA 3 Islam Sultan Agung Semarang', Fakultas Ilmu Keperawatan, UNISSULA., diakses 20 September 2018.

<http://repository.unissula.ac.id/4538/>

Myers, GM, & Dewall, CN 2015, 'Psychology'.

Nurislami, NR, & Hargono, R 2014 'Kekerasan dalam pacaran dan gejala depresi pada remaja', *Jurnal Promkes*, 2(2), hlm. 173–185, diakses 1 Oktober 2018. <http://journal.unair.ac.id>.

Nurlaila, S 2011, 'Pelatihan Efikasi Diri Untuk Menurunkan Kecemasan Pada Siswa-Siswi Yang Akan Menghadapi Ujian Akhir Nasional', *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan dan Konseling*, diakses 30 Agustus 2018. [https://www.researchgate.net/publication/313865331\\_pelatihan\\_efikasi\\_diri\\_untuk\\_menurunkan\\_kecemasan\\_pada\\_siswa-siswi\\_yang\\_akan\\_menghadapi\\_ujian\\_akhir\\_nasional](https://www.researchgate.net/publication/313865331_pelatihan_efikasi_diri_untuk_menurunkan_kecemasan_pada_siswa-siswi_yang_akan_menghadapi_ujian_akhir_nasional)

Nurmaliyah, F 2014, 'Menurunkan Stres Akademik Siswa dengan Menggunakan Teknik Self-Instruction', *Jurnal Pendidikan Humaniora*, 2(3), diakses 1 September 2018. <http://journal.um.ac.id/index.php/jph/article/viewFile/4469/951>

Orth, U, Robins, RW, & Roberts, BW 2008, 'Low Self-Esteem Prospectively Predicts Depression in Adolescence and Young Adulthood', *Journal of Personality and Social Psychology*, 95(3), pp. 695–708, diakses 15 Februari 2019. <https://www.ncbi.nlm.nih.gov/pubmed/18729703>

Picco, L, Subramaniam, M, Abdin, E, Vaingankar, JA, Chong, SA 2017, 'Gender differences in major depressive disorder: Findings from the Singapore mental health study', *Singapore Medical Journal*, 58(11), hlm. 649–655, diakses 13 Agustus 2018. <https://www.ncbi.nlm.nih.gov/pubmed/27526704>

Rahmawati, DD 2012, 'Pengaruh Self-Efficacy terhadap Stres Akademik pada Siswa Kelas 1 Rintisan Sekolah Bertaraf Internasional (RSBI) di SMP Negeri 1 Medan', Universitas Sumatera Utara, diakses 20 September 2018. <http://repository.usu.ac.id/handle/123456789/34182>

Randler, C, Ackermann, PW, Vollmer, C, Hummel, E 2012, 'The relationship between disgust, state-anxiety and motivation during a dissection task', *Learning and Individual Differences*. Elsevier Inc., 22(3), pp. 419–424., diakses 13 Februari 2019. <https://www.sciencedirect.com/science/article/pii/S1041608012000143>.

Reddy, JK, Menon, K, & Thattil, A 2017, 'Understanding Academic Stress among Adolescents', *Artha - Journal of Social Sciences*, 16(1), hlm. 39–52, diakses 20 Agustus 2018.  
<http://journals.christuniversity.in/index.php/artha/article/view/1560>

Reena, M 2015, 'Psychological Changes During Puberty -Adolescent School Girls', *Universal Journal of Psychology*, 3(3), hlm. 65–68, diakses 31 Agustus 2018.  
[http://www.hrpub.org/journals/article\\_info.php?aid=2510](http://www.hrpub.org/journals/article_info.php?aid=2510)

Republik Indonesia, 2013, 'Peraturan Menteri Pendidikan dan Kebudayaan Nomor 69 Tahun 2013 tentang Kerangka Dasar dan Struktur Kurikulum Sekolah Menengah Atas atau Madrasah Aliyah'.

Rey, JM, Bella-awusah, TT & Liu, J 2015, 'Depression in Children and Adolescents', *IACAPAP Textbook of Child and Adolescent Mental Health*, hlm. 1–36, diakses 28 Agustus 2018.  
<https://iacapap.org/wp-content/uploads/E.1-Depression-2015-update.pdf>

Romeo, RD 2010, 'Pubertal maturation and programming of hypothalamic-pituitary-adrenal reactivity', *Frontiers in Neuroendocrinology*. Elsevier Inc., 31(2), hlm. 232–240, diakses 30 September 2018.  
<https://www.ncbi.nlm.nih.gov/pubmed/20193707>

Sadock, BJ, Sadock, VA, & Ruiz, P 2015, '*Synopsis of Psychiatry: Behavioral Science/ Clinical Psychiatry 11Th Edition*'.

Sadock, BJ, Sadock, VA, & Ruiz, P 2017, '*Comprehensive Textbook of Psychiatry*'.

Sharma, G & Pandey, D 2017, 'Anxiety , Depression , and Stress in Relation to Academic Achievement among Higher Secondary School Students', 4(2), hlm. 0–7, diakses 20 September 2018.  
[https://www.researchgate.net/publication/313240574\\_Anxiety\\_Depression\\_and\\_Stress\\_in\\_Relation\\_to\\_Academic\\_Achievement\\_among\\_Higher\\_Secondary\\_School\\_Students](https://www.researchgate.net/publication/313240574_Anxiety_Depression_and_Stress_in_Relation_to_Academic_Achievement_among_Higher_Secondary_School_Students)

Silbernagl, S, Lang, F 2000, 'Color Atlas of Pathophysiology', Thieme Flexibook, New York.

Simuforosa, M 2013, 'Stress and adolescent development', *Greener Journal of Educational Research*, 3(8), hlm. 2276–7789, diakses 29 September 2018.  
[https://www.researchgate.net/publication/313319299\\_Stress\\_and\\_Adolescent\\_Development](https://www.researchgate.net/publication/313319299_Stress_and_Adolescent_Development)

Siu, AL 2016, 'Screening for Depression in Children and Adolescents: US Preventive Services Task Force Recommendation Statement', *Pediatrics*, 137(3), pp. e20154467–e20154467, diakses 20 September 2018. <https://www.ncbi.nlm.nih.gov/pubmed/26908686>

Smith, RP 2008, 'Netter's Obstetrics and Gynecology 2<sup>nd</sup> Edition'.

Sowislo, JF & Orth, U 2013, 'Does low self-esteem predict depression and anxiety? A meta-analysis of longitudinal studies', *Psychological Bulletin*, 139(1), pp. 213–240 diakses 12 Februari 2019. <https://www.ncbi.nlm.nih.gov/pubmed/22730921>

Suldo, SM, Shaunessy, E & Hardesty, R 2008, 'Relationships Among Stress, Coping, and Mental Health in High-Achieving High School Students', *Psychology in the Schools*, 45(4)(4), pp. 273–290. diakses 13 Februari 2019. <https://pdfs.semanticscholar.org/55b1/944d19277318a14a6679f84c1b082ae81d28.pdf>

Sun, J, Dunne, MP, Hou, XY & Xu, A 2011, 'Educational stress scale for adolescents: development, validity, and reliability with Chinese students'. *Journal of Psychoeducational Assessment*, 29(6), hlm. 534-546, diakses 1 Agustus 2018. <https://journals.sagepub.com/doi/abs/10.1177/0734282910394976?journalCode=jpaa>

Sun, J 2012, 'Educational Stress among Chinese Adolescents : Measurement , Risk Factors and Associations with Mental Health', hlm. 1–247, diakses 1 Agustus 2018. <https://core.ac.uk/download/pdf/10913069.pdf>

Sonali, S 2016, 'Impact of Academic Stress among Adolescents in Relation to Gender, Class and Type of School Organization', 2(8), hlm. 317–322, diakses 1 Oktober 2018. <http://www.allresearchjournal.com/archives/2016/vol2issue8/PartE/2-8-36-545.pdf>

Thapar, A, Collishaw, S, Pine, DS, Thapar, AK 2012, 'Depression in adolescence', *The Lancet*. Elsevier Ltd, 379(9820), hlm. 1056–1067, diakses 15 Agustus 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3488279/>

Thuraiselvam, S & Thang, RB 2015, 'Factors That Affect Students' Mental Health: A Study at Taylor's University School of Hospitality, Tourism and

Culinary Arts Final Year Students', *Taylor's 7th Teaching and Learning Conference 2014 Proceedings*, diakses 14 Februari 2019. [https://www.researchgate.net/publication/299850049\\_Factors\\_That\\_Affect\\_Students'\\_Mental\\_Health\\_A\\_Study\\_at\\_Taylor's\\_University\\_School\\_of\\_Hospitality\\_Tourism\\_and\\_Culinary\\_Arts\\_Final\\_Year\\_Students](https://www.researchgate.net/publication/299850049_Factors_That_Affect_Students'_Mental_Health_A_Study_at_Taylor's_University_School_of_Hospitality_Tourism_and_Culinary_Arts_Final_Year_Students)

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health. (2015). *Depression* (NIH Publication No. 15-3561). Bethesda, MD: U.S. Government Printing Office.

Uttra, M, Uttra, MGM, Rauf, A, Uttra, MM, Hasan, UH, Batool, A 2017, 'Prevalence of Depression; a Cross-Sectional Study Among Mbbs Students of Sargodha Medical College, Sargodha Pakistan', *the Professional Medical Journal*, 24(03), hlm. 482-489, diakses 20 Agustus 2018. [https://www.researchgate.net/publication/315341901\\_prevalence\\_of\\_depression\\_a\\_cross-sectional\\_study\\_among\\_mbbs\\_students\\_of\\_sargodha\\_medical\\_college\\_sargodha\\_pakistan](https://www.researchgate.net/publication/315341901_prevalence_of_depression_a_cross-sectional_study_among_mbbs_students_of_sargodha_medical_college_sargodha_pakistan)

Vardanyan, A 2013, 'Risk factors and prevalence of adolescent depression in Yerevan , Armenia (A Cross-Sectional Study)', diakses 15 Agustus 2018. [https://aua.am/chsr/UserFiles/File/new/Thesis%202013/Armine%20Vardanyan\\_2013.pdf](https://aua.am/chsr/UserFiles/File/new/Thesis%202013/Armine%20Vardanyan_2013.pdf)

Watode, BK, Kishore, J & Kohli, C 2015, 'Prevalence of Stress among School Adolescents in Delhi', 2(4), hlm. 4-9, diakses, 21 Agustus 2018. [https://www.researchgate.net/profile/Jugal\\_Kishore/publication/296846088\\_Prevalence\\_of\\_Stress\\_among\\_School\\_Adolescents\\_in\\_Delhi/links/56db1d1708aebabdb412e0f8/Prevalence-of-Stress-among-School-Adolescents-in-Delhi.pdf](https://www.researchgate.net/profile/Jugal_Kishore/publication/296846088_Prevalence_of_Stress_among_School_Adolescents_in_Delhi/links/56db1d1708aebabdb412e0f8/Prevalence-of-Stress-among-School-Adolescents-in-Delhi.pdf)

World Health Organization, 2017, 'Depression and Other Common Mental Disorders: Global Health Estimates'. Geneva: License: CC BY-NC-SA 3.0 IGO.

World Health Organization. 'Adolescent Health', diakses 21 September 2018. [http://www.who.int/topics/adolescent\\_health/en/](http://www.who.int/topics/adolescent_health/en/)

Wulandari, VD 2009, 'Tingkat Stres Siswa SMA Kelas XII di Yogyakarta Dalam Menghadapi Ujian Nasional', Fakultas Psikologi, Universitas Sanata Dharma, diakses 18 Oktober 2018. [https://repository.usd.ac.id/28508/2/049114006\\_Full%5B1%5D.pdf](https://repository.usd.ac.id/28508/2/049114006_Full%5B1%5D.pdf)

Zaralidis, V 2015, 'Stress and Burnout in Senior High School Students in a Greek

High School', hlm. 0–55, diakses 2 Oktober 2018.  
<https://www.researchgate.net/publication/281632676> Stress and Burnout in Senior High School Students in a Greek High School

