

DAFTAR PUSTAKA

- 06 *Thought Stopping*. (2018). Institute for Cognitive Behavior Management.
<https://cognitivebehaviormanagement.com/practice-tools-techniques/technique-06-thought-stopping/> diakses/unduh, 12 april 2022 pukul 13.40
- Abdullah, M. (2015). Metode Penelitian Kuantitatif (1st ed.). Aswaja Pressindo.
- Ahyar, H., Maret, U. S., Andriani, H., Sukmana, D. J., & Mada, U. G. (2020). Buku Metode Penelitian Kualitatif & Kuantitatif (Issue March).
- Ajmal, M., & Ahmad, S. (2019). Exploration of Anxiety Factors among Students of Distance Learning : A Case Study of Allama Iqbal Open University. *Bulletin of Education and Research*, 41(2), 67–78
- Al-arimi, A. M. A. (2014). Distance Learning. *Procedia - Social and Behavioral Sciences*, 152, 82–88.
<https://doi.org/10.1016/j.sbspro.2014.09.159>
- Argaheni, N. B. (2020). Sistematik Review: Dampak Perkuliahan Daring Saat Pandemi COVID-19 Terhadap Mahasiswa Indonesia.

PLACENTUM: Jurnal Ilmiah Kesehatan Dan Aplikasinya, 8(2), 99.
<https://doi.org/10.20961/placentum.v8i2.430081>

Arifyanto, A. T. (2020). Layanan Bimbingan Kelompok untuk Menurunkan Stres Akademik Mahasiswa FKIP Universitas Halu Oleo. *Gema Pendidikan*, 27(1), 10–17.

Bieling, P. J., McCabe, R. E., & Antony, M. M. (2006). Cognitive-behavioral therapy in groups. New York: Guilford Press.

Clark, D. A., & Beck, A. T. (2010). *Cognitive therapy of anxiety Disorders* (I). The Guilford Press.

Corey, G. (2013). Theory and Practice of Counseling and Psychotherapy (F. Marquita (ed.); Eight). Thomson Higher Educational.

Crowe, K., & McKay, D. (2017). Efficacy of cognitive-behavioral therapy for childhood anxiety and depression. In *Journal of Anxiety Disorders* (Vol. 49, pp. 76–87). Elsevier Ltd.
<https://doi.org/10.1016/j.janxdis.2017.04.001>

Cully, J. A., Ph, D., Dawson, D. B., Ph, D., Hamer, J., Ph, D., Tharp, A. T., & Ph, D. (2020). A Provider's Guide to Brief Cognitive behavior therapy. Department of Veterans Affairs South Central MIRECC.

https://www.mirecc.va.gov/visn16/docs/%0Ath_erautomists_guide_to_brief_cbtmanual.pdf

David, D., Cristea, I., & Hofmann, S. G. (2018). Why Cognitive behavior therapy Is the Current Gold Standard of Psychotherapy. *Frontiers in Psychology*, 9(Januari), 6–8. <https://doi.org/10.3389/fpsyg.2018.00004>

Eagleson, C., Hayes, S., Mathews, A., Perman, G., & Hirsch, C. R. (2016). The power of positive thinking: Pathological worry is reduced by thought replacement in Generalized Anxiety Disorder. *Behaviour research and therapy*, 78, 13–18. <https://doi.org/10.1016/j.brat.2015.12.017>

Fauziyyah, R., & Awinda, R. C. (2021). Dampak Pembelajaran Jarak Jauh terhadap Tingkat Stres dan Kecemasan Mahasiswa selama Pandemi COVID-19 Impact of Distance Learning on Student Stress and Anxiety Levels during The COVID-19 Pandemic mengeluarkan Surat Edaran Mendikbud. *Bikfokes*, 1(2), 113–123.

Fenn, K., & Byrne, M. (2013). The key principles of cognitive behavioural therapy. *InnovAiT*, 6(9), 579–585. <https://doi.org/10.1177/1755738012471029>

- Fitria, L., Neviyarni, Netrawati, & Karneli, Y. (2020). Cognitive Behavior Therapy Counseling Untuk Mengatasi Anxiety Dalam Masa Pandemi Covid-19. Al-Irsyad Jurnal Pendidikan Dan Konseling, 2859(1–6), 23–29.
- Fojtik, R. (2018). Roblems of Distance Education. ICTE Journal, 7(1), 14–23. <https://doi.org/10.2478/ijicte-2018-0002>
- Folastri, Sisca & Rangka, Itsar. (2016). Prosedur Layanan Bimbingan dan Konseling Kelompok. 1. Mujahid Press Bandung
- George Saadé, R., Kira, D., Mak, T., & Nebebe, F. (n.d.). *Anxiety and Performance in Online Learning*. <http://www.informingscience.org/Publications/3736>
- Gusti, Y. A., Hardani, W., & Rusmalia, D. (2018). Stres Kerja (I). Semarang University Press.
- Hapsari, C. T. (2021). Distance learning in the time of Covid-19: Exploring students' anxiety. Journal of English Language Teaching, 6(1), 40–49.
- Harahap, A. (2020). Aaanalisis Tingkat Stres Akademik Pada Mahasiswa Selama Pembelajaran Jarak Jauh Dimasa Covid-19. Biblio Couns : Jurnal Kajian Konseling Dan

- Pendidikan, 3(1), 10–14.
<https://doi.org/https://doi.org/10.30596/bibliocuns.v3i1.4804>
- Hashempour, S., & Mehrad, A. (2014). The Effect of Anxiety and Emotional Intelligence on Students' Learning Process. In *Journal of Education & Social Policy* (Vol. 1, Issue 2). www.jespnet.com
- Hikmawati, F. (2016). Bimbingan Dan Konseling (5th ed.). PT RAJAGRAFINDO PERSADA.
- Irman. (2015). Pengelolaan kecemasan akademik siswa melalui pelatihan regulasi emosi. *Jurnal Psikologi Islam Al-Qalb*, 7(Juni), 62–71.
- Joseph K, C., Powers, M. B., Leigh A, A., Smits, J. A. J., Sara M, W., & Hofmann, S. G. (2018). Cognitive behavior therapy for anxiety and related disorders: A meta-analysis of randomized placebo-controlled trials. Willey Periodicals, Inc., 1–13.
<https://doi.org/10.1002/da.22728>
- Judith, S. B. (2011). Cognitive Behavior therapy Basics and Beyond. The Guilford Press.
- Kaczkurkin, A. N., & Foa, E. B. (2015). Cognitive-behavioral therapy for anxiety disorders: an update on the empirical evidence. *Dialogues in clinical neuroscience*, 17(3), 337–346.

<https://doi.org/10.31887/DCNS.2015.17.3/akaczkurkin>

- Kartika, D. (2020). Faktor – Faktor Kecemasan Akademik Selama Pembelajaran Daring Pada Siswa SMA di Kabupaten Sarolangun. *Jurnal Pendidikan Tambusai*, 4(3), 3544–3549.
- Lindasari, S. W., Nuryani, R., & Sukaesih, N. S. (2021). Dampak Pembelajaran Jarak Jauh Terhadap Psikologis Siswa Pada Masa Pandemik Covid 19. *Jnc*, 4(2), 130–137.
- Marjan, F., Sano, A., & Ifdil. (2018). Tingkat kecemasan mahasiswa Bimbingan dan Konseling dalam menyusun skripsi. *Jurnal Penelitian Guru Indonesia*, 3, 84–89.
- Masdudi. (2015). *Bimbingan dan Konseling Perspektif Sekolah* (1st ed.). Nurjati Press.
- Mohamad Yusop, Y., A. Rahman, N., Nor Zainudin, Z., Ismail, A., Wan Othman, W. N., & Sumari, M. (2020). The Effectiveness of Cognitive Behavioral Therapy in Group Counselling. *International Journal of Academic Research in Business and Social Sciences*, 10(9). <https://doi.org/10.6007/ijarbss/v10-i9/7648>
- Nasution, H. S., & Abdillah. (2019). *Bimbingan Konseling “Konsep, Teori dan Aplikasinya”* (R. Hidayat (ed.); 1st ed.). Penerbit LPPPI.

- Nurcita, B., & Susantiningsih, T. (2020). Dampak Pembelajaran Jarak Jauh dan Physical Distancing pada Tingkat Kecemasan Mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional “ Veteran ” Jakarta. *Journal of Borneo Holistic Health*, 3(1), 58–68.
- Oktawirawan, D. H. (2020). Faktor Pemicu Kecemasan Siswa dalam Melakukan Pembelajaran Daring di Masa Pandemi Covid-19. *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(2), 541–544. <https://doi.org/10.33087/jiubj.v20i2.932>
- Peter J., B., Randi E., M., & Martin M., A. (2006). *Cognitive-Behavioral Therapy Groups POSSIBILITIES AND CHALLENGES* (I). Guilford Publications.
- Prawiyogi, A. G., Purwanugraha, A., Fakhry, G., & Firmansyah, M. (2020). Efektifitas Pembelajaran Jarak Jauh Terhadap Pembelajaran Siswa di SDIT Cendekia Purwakarta. *Jurnal Pendidikan Dasar*, 11(01), 94–101.
- Sadeghi, M. 2019. A Shift of Classroom to Distance Learning: Advantages and Limitation. *International Journal of Research in English Education*, 4(1), 80–88.

- Setyowati, A., Rayaginansih, S. F., Fahriza, I., & Fauziah, M. (2019). Behavioral Cognitive Counseling for Reducing Test Anxiety Among University Students. 3rd International Conference on Education Innovation (ICEI 2019), January, 73–77. <https://doi.org/10.2991/icei-19.2019.17>
- Shobabiya, M., & Prasetyaningrum, J. (2011). Konseling Kognitif untuk Mengurangi Kecemasan Akademik pada Siswa SMP Kelas 7. SEMNAS Penguatan Individu Di Era Revolusi Informasi, 223–230.
- Situmorang, D. D. B., Mulawarman, M., & Wibowo, M. E. (2018). Integrasi Konseling Kelompok Cognitive Behavior Therapy dengan Passive Music Therapy untuk Mereduksi Academic Anxiety, Efektifkah? Jurnal Kajian Bimbingan Dan Konseling, 3(2), 49–58. <https://doi.org/10.17977/um001v3i22018p049>
- Siyoto, S., & Sodik, A. 2015. *Dasar Metodologi Penelitian* (1st ed.). Literasi Media Publishing.
- Tyler, M., John, O. P., Goldin, P. R., Werner, K., Heimberg, R. G., & Gross, J. J. (2012). Behaviour Research and Therapy The role of maladaptive beliefs in cognitive-behavioral therapy: Evidence from social anxiety disorder. Behaviour Research and Therapy,

50(5), 287–291.
<https://doi.org/10.1016/j.brat.2012.02.007>

Vernon, A., Doyle, K. A., Driver, N., & Thompson, K. (2018). Cognitive Behavior Therapies A Guidebook For Practitioners.