

DAFTAR PUSTAKA

- Aihie, Osenweugwor & Ohanaka, B. (2019). *Perceived Academic Stress among Undergraduate Students in a Nigerian University Osenweugwor Ngozi Aihie Blessing Ijeoma Ohanaka*. 56–66. <https://doi.org/10.2478/jesr-2019-0013>
- AlAteeq, D. A., Aljhani, S., & AlEesa, D. (2020). Perceived stress among students in virtual classrooms during the COVID-19 outbreak in KSA. *Journal of Taibah University Medical Sciences*, 15(5), 398–403. <https://doi.org/10.1016/j.jtumed.2020.07.004>
- Alda, R. R., Utomo, B., & Hasan, H. (2020). *Correlation Between Stress Level and Learning Motivation of Pre-Clinical Medical Student in Faculty of Medicine Universitas Airlangga*. 01, 18–22. <https://doi.org/10.20473/juxta.V11I12020.18-22>
- Alsulami, S., Al Omar, Z., Binnwejim, M. S., Alhamdan, F., Aldrees, A., Al-Bawardi, A., Alsohim, M., & Alhabeeb, M. (2018). Perception of academic stress among health science preparatory program students in two saudi universities. *Advances in Medical Education and Practice*, 9, 159–164. <https://doi.org/10.2147/AMEP.S143151>
- Amalia, A. (2019). *Hubungan Antara Emotional Well Being dengan Stres Akademik Pada Mahasiswa Kebidanan*. Universitas Islam Negeri Sunan Ampel Surabaya.
- Andiarna, F. (2020). Effects of Online Learning on Student Academic Stress During the Covid-19 Pandemic. *Jurnal Psikologi*, 16(2), 139–150.
- Arabia, S. (2020). *Online Learning during the COVID- 19 Pandemic and Academic Stress in University Students*. 12, 100–107.
- 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.v8i2.43008>

Atziza, R. (2015). Faktor-Faktor yang Mempengaruhi Kejadian Stres dalam Pendidikan Kedokteran. *J Agromed Unila*, 2(3), 317–320.
<https://juke.kedokteran.unila.ac.id/index.php/agro/article/view/1367>

Bala, P. (2021). *Academic Stress among Students Amid COVID-19*. 13(4), 3725–3731.

Barseli, M., & Ifdil, I. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143.
<https://doi.org/10.29210/119800>

Chandra, Y. (2021). Online education during COVID-19: perception of academic stress and emotional intelligence coping strategies among college students. *Asian Education and Development Studies*, 10(2), 229–238. <https://doi.org/10.1108/AEDS-05-2020-0097>

Clabaugh, Alison, Duque Juan, and F. L. (2021). *Academic Stress and Emotional Well-Being in United States College Students Following Onset of the COVID-19 Pandemic*. <https://www.frontiersin.org/articles/10.3389/fpsyg.2021.628787/full>

Creswell, J.W. & Creswell, J. . (2018). Research Design, Qualitative, Quantitative and Mixed Method Approaches. In *United States of America: SAGE Publication*. (Vol. 5).

Definisi stres. (n.d.).

https://www.oxfordlearnersdictionaries.com/definition/english/stress_1?q=stress

Definition of stress. (n.d).
https://www.oxfordlearnersdictionaries.com/definition/english/stress_1?q=stress

Dwi, I., Izzati, C., Tentama, F., & Suyono, H. (2020). *European Journal of Education Studies ACADEMIC STRESS SCALE : A PSYCHOMETRIC STUDY.* 153–168.
<https://doi.org/10.46827/ejes.v7i7.3161>

Elias, H., Ping, W. S., & Abdullah, M. C. (2011). *Social and Stress and Academic Achievement among Undergraduate Students in Universiti Putra Malaysia.* 29.
<https://doi.org/10.1016/j.sbspro.2011.11.288>

Fink, G. (2016). Outlined : Lessons from Anxiety. *Stress Concepts and Cognition, Emotion, and Behavior*, 1(April), 3–11.
<http://dx.doi.org/10.1016/B978-0-12-800951-2.00001-7>

Fontana, D., & Abouserie, R. (1993). Stress levels, gender and personality factors in teachers. *British Journal of Educational Psychology*, 63(2), 261–270. <https://doi.org/10.1111/j.2044-8279.1993.tb01056.x>

Friskawati, G. (2021). *Student's Academic Level Stress During Online in Physical Education.*

Govaerts, S., & Grégoire, J. (2004). *Stressful academic situations : study on appraisal variables in adolescence.* 54, 261–271.
<https://doi.org/10.1016/j.erap.2004.05.001>

Handarini, O. I., & Wulandari, S. S. (2020). *Pembelajaran Daring Sebagai Upaya Study From Home (SFH) Selama Pandemi Covid 19 Pembelajaran Daring Sebagai Upaya Study From Home (SFH)* 8(1), 496–503.

- Harahap, A. C. P., Harahap, D. P., & Harahap, S. R. (2020). Analisis 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/10.30596/bibliocouns.v3i1.4804>
- Hendri, J. (2009). Merancang Kuesioner. *Universitas Gunadarma*, 1–5.
- Indriyani, S., & Handayani, N. S. (2018). Stres Akademik Dan Motivasi Berprestasi Pada Mahasiswa Yang Bekerja Sambil Kuliah. *Jurnal Psikologi*, 11(2), 153–160. <https://doi.org/10.35760/psi.2018.v11i2.2260>
- Jamilah, U. (2019). *Stres Akademik pada Mahasiswa di Fakultas Keperawatan USU*. <https://library.usu.ac.id>
- Jung, I., Kim, J., Ma, Y., & Seo, C. (2015). *Mediating Effect of Academic Self-Efficacy on the Relationship between Academic Stress and Academic Burnout in Chinese Adolescents of Human Ecology*. 16(2), 63–77.
- Komariah, K., Hamidah, S., & Sugiyono, S. (2021). Hambatan Pembelajaran Daring Dalam Perkuliahan Pada Masa Pandemi Covid-19. ... *Pendidikan Teknik Boga* <https://journal.uny.ac.id/index.php/ptbb/article/view/44687>
- Kristina, M., Sari, R. N., & Nagara, E. S. (2020). Model Pelaksanaan Pembelajaran Daring Pada Masa Pandemi Covid 19 Di Provinsi Lampung. *Idaarah: Jurnal Manajemen Pendidikan*, 4(2), 200. <https://doi.org/10.24252/idaarah.v4i2.16945>
- Kusnayat, A., Sumarni, N., Mansyur, A. S., Zaqiah, Q. Y., & Bandung, U. T. (2020). Pengaruh Teknologi Pembelajaran Kuliah Online Di Era Covid-19 Dan Dampaknya Terhadap Mental Mahasiswa. *EduTeach : Jurnal Edukasi Dan Teknologi*

- Pembelajaran*, 1(2), 153–165.
- Leavy, P. (2017). *Research Design Quantitative, Qualitative, Mixed Methods, Arts-Based, and Community-Based Participatory Research Approaches*. The Guildford Press.
- Levani, Prastya, & Mawaddatunnadila. (2021). Coronavirus Disease 2019 (COVID-19): Patogenesis, Manifestasi Klinis dan Pilihan Terapi. *Jurnal Kedokteran Dan Kesehatan*, 17(1), 44–57. <https://jurnal.umj.ac.id/index.php/JKK/article/view/6340>
- Lubis, H., Ramadhani, A., & Rasyid, M. (2021). Stres Akademik Mahasiswa dalam Melaksanakan Kuliah Daring Selama Masa Pandemi Covid 19. *Psikostudia : Jurnal Psikologi*, 10(1), 31. <https://doi.org/10.30872/psikostudia.v10i1.5454>
- Moore, J. L., Dickson-deane, C., & Galyen, K. (2011). Internet and Higher Education e-Learning , online learning , and distance learning environments : Are they the same? *The Internet and Higher Education*, 14(2), 129–135. <https://doi.org/10.1016/j.iheduc.2010.10.001>
- Oducado, R. M. F., & Estoque, H. V. (2021). *Online Learning in Nursing Education during the COVID-19 Pandemic : Stress , Satisfaction , and Academic Performance*. 4(2), 143–153.
- Pendidikan, B. P., Rayna, M., Winata, K., Studi, P., Psikologi, M., Ditinjau, R. D., & Jenis, D. (2017). *PENURUNAN STRES AKADEMIK MENGGUNAKAN TEKNIK RELAKSASI-AFIRMASI DIRI DITINJAU DARI FAKULTAS PSIKOLOGI*. 1–11.
- Prabu, P. S. (2015). *A Study on Academic Stress among Higher Secondary Students*. 4(10), 63–68.
- Putri, G., & Ariana, A. D. (2021). Pengaruh Self-Efficacy terhadap Stres Akademik Mahasiswa dalam Pembelajaran Jarak Jauh

- Selama Pandemi Covid-19. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 1(1), 104.
<https://doi.org/10.20473/brpkm.v1i1.24573>
- Rachmawati, I. N. (2007). Pengumpulan Data Dalam Penelitian Kualitatif: WaRachmawati, I. N. (2007). Pengumpulan Data Dalam Penelitian Kualitatif: Wawancara. *Jurnal Keperawatan Indonesia*, 11(1), 35–40.
<https://doi.org/10.7454/jki.v11i1.184wawancara>. *Jurnal Keperawatan Indonesia*, 11(1), 35–40.
- Rina, A. (2021). *Persepsi Mahasiswa Terhadap Pembelajaran Daring Pada Mata Kuliah Perkembangan Hewan Dimasa Pandemi Covid-19*. Universitas Islam Negeri Ar-Raniry Darussalam, Banda Aceh.
- Sa'diyah, N. P., & Rosy, B. (2021). Pengaruh Pembelajaran Daring Terhadap Hasil Belajar Pada Masa Pandemi Covid-19. *Jurnal Ilmiah MEA (Manajemen, Ekonomi, & Akuntansi)*, 5(2), 552–563.
<https://journal.stiemb.ac.id/index.php/mea/article/view/1236>
- Sadikin, A., Hamidah, A., Pinang, K., Jl, M., Ma, J., Km, B., Indah, M., Jaluko, K., Kode, K. M., & Indonesia, P. (2020). *Pembelajaran Daring di Tengah Wabah Covid-19 (Online Learning in the Middle of the Covid-19 Pandemic)*. 6(1), 214–224.
- Safira, L., & Hartati, M. T. S. (2021). Gambaran Stres Akademik Siswa SMA Negeri Selama Pembelajaran Jarak Jauh (PJJ). *Empati-Jurnal Bimbingan Dan Konseling*, 8(1), 125–136.
<https://doi.org/10.26877/empati.v8i1.7909>
- Sarafino, E.P.,& Smith, T. W. (2014). *Health psychology: Biopsychosocial interaction 8th edition*.
<https://books.google.co.id/books?hl=id&lr=&id=yPODBgAAQ>

BAJ&oi=fnd&pg=PR6&dq=Sarafino,+E.+P.,+%26+Smith,+T.+W.+(2012).+Health+psychology:+Biopsychosocial+interaction+8th+edition.+Asia:+John+Wiley+%26+Sons.&ots=18lOjGXHg_&sig=NfBFfysrwICh-W6GKkg70COh6V8&red

Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. ALFABETA.

Susilo, A., Rumende, C. M., Pitoyo, C. W., Santoso, W. D., Yulianti, M., Herikurniawan, H., Sinto, R., Singh, G., Nainggolan, L., Nelwan, E. J., Chen, L. K., Widhani, A., Wijaya, E., Wicaksana, B., Maksum, M., Annisa, F., Jasirwan, C. O. M., & Yuniastuti, E. (2020). Coronavirus Disease 2019: Tinjauan Literatur Terkini. *Jurnal Penyakit Dalam Indonesia*, 7(1), 45. <https://doi.org/10.7454/jpdi.v7i1.415>

Syafnidawaty. (2020). *Perbedaan Data Primer dan Data Sekunder*. <https://raharja.ac.id/2020/11/09/perbedaan-data-primer-dan-data-sekunder/>

Yasufi, R. (2018). *Hubungan Antara Dukungan Sosial Dengan Stres Akademik Pada Remaja*.

Yumba, W. (2008). *Academic Stress : A Case of the Undergraduate students*.