

DAFTAR PUSTAKA

1. Christyanti D, Mustami'ah D, Sulistiani W. Hubungan antara Penyesuaian Diri terhadap Tuntutan Akademik dengan Kecenderungan Stres pada Mahasiswa Fakultas Kedokteran Universitas Hang Tuah Surabaya. 2010;12:153–9.
2. Nandamuri, Purna; Gowthami C. Sources of Academic Stress-A Study on Managements Students. *Journal of Management and Science*. 2011;1:31–42.
3. Augesti G, Lisiswanti R, Saputra O, Nisa K. Differences in Stress Level Between First Year and Last Year Medical Students in Medical Faculty of Lampung. *Jurnal Kedokteran Unila*. 2015;4:50–6.
4. Sutjiato M, Kandou GD, Tucunan AAT. Hubungan Faktor Internal dan Eksternal dengan Tingkat Stress pada Mahasiswa Fakultas Kedokteran Universitas Sam Ratulangi Manado. *Jikmu*. 2015;5:30–42.
5. Khan S, Khan RA. Chronic Stress Leads to Anxiety and Depression. *SciMedCentral*. 2017;5:1–4.
6. Kementrian Kesehatan RI. Hasil Utama Laporan Riskesdas 2018. 2018.
7. American Psychological Association. Stress in America: Generation Z. 2018. [Cited 2019 July 31], Available from <https://www.apa.org/news/press/releases/stress/2018/stress-gen-z.pdf>
8. Navas SP. Stress among Medical Students. *Kerala Med J*. 2012;5:34–7.
9. Jafri SAM, Zaidi E, Aamir IS, Aziz HW, Din I, Shah MAH. Stress Level Comparison of Medical and Non-medical Students: A Cross Sectional Study done at Various Professional Colleges in Karachi, Pakistan. *iMedPub J*. 2017;3:1–6.
10. Abdulghani HM. Stress and Depression Among Medical Students: A Cross Sectional Study at A Medical College in Saudi Arabia. *Pak J Med Sci*. 2008;24:12–7.
11. Abdulghani HM, Alkanhal AA, Mahmoud ES, Ponnampereuma GG, Alfaris EA. Stress and Its Effects on Medical Students : A Cross-sectional Study at a College of Medicine in Saudi Arabia. *Journal of Health Population and Nutrition*. 2011;29:516–22.

12. Liew YY, Yusoff MSB. Prevalence and Sources of stress Among Medical Students in Universiti Sains Malaysia and Universiteit Maastricht. *Educ Med J*. 2013;5:30–7.
13. Legiran, Azis MZ, Bellinawati N. Faktor Risiko Stres dan Perbedaannya pada Mahasiswa Berbagai Angkatan di Fakultas Kedokteran Universitas Muhammadiyah Palembang. *Jurnal Kedokteran dan Kesehatan*. 2015;2:197–202.
14. Gunawati R, Hartati S, Listiara A. Hubungan Antara Efektivitas Komunikasi Mahasiswa-Dosen Pembimbing Utama Skripsi Dengan Stres Dalam Menyusun Skripsi Pada Mahasiswa Program Studi Psikologi Fakultas Kedokteran Universitas Diponegoro. *Jurnal Psikologi Universitas Diponegoro*. 2006;3:93–115.
15. Maulana Z, Soleha T, Saftarina F, Siagian J. Perbedaan Tingkat Stres antara Mahasiswa Tahun Pertama dan Tahun Kedua di Fakultas Kedokteran Universitas Lampung. *Jurnal Kedokteran Unila*. 2014;154–62.
16. Patil SK, Patkar US, Patkar KU. Comparison of Levels of Stress in Different Years of M.B.B.S. Students in A Medical College - An Observational Study. *Int J Contemp Med Res*. 2016;3:1655–7.
17. Bintang.com. Nilai Kuliah Jeblok, Mahasiswa UI Nekat Bunuh Diri. 2016. [Cited 2019 September 11], Available from <https://www.fimela.com/lifestyle-relationship/read/2527768/nilai-kuliah-jeblok-mahasiswa-ui-nekat-bunuh-diri>.
18. Demolingo DPA, Kalalo F, Katuuk M. Hubungan Stres dengan Motivasi Belajar pada Mahasiswa Semester V Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Sam Ratulangi Manado. *e-journal Keperawatan*. 2018;6:1–6.
19. Kawanua. Mahasiswi Cantik Akhiri Hidup dengan Gantung Diri. 2017. [Cited 2019 September 11], Available from <http://beritakawanua.com/berita/hukum/mahasiswi-cantik-akhiri-hidup-dengan-gantung-diri#sthash.b4gOUcEe.dpbs>.
20. American College Health Association-National College Health Assessment II:

- Reference Group Executive Summary Fall 2017. 2018. [Cited 2019 July 31], Available from www.acha-ncha.org.
21. Barikani A. Stress in Medical Students. *J Med Educ*. 2008;11:41–4.
 22. Lindawati RD. Work Stress (Stres Kerja). Widyaaiswara Pusdiklat Bea dan Cukai. 1–8.
 23. Lazarus RS, Folkman S. Stress, Appraisal, and Coping. Springer Publishing Company, Inc., 1984.
 24. Li C. Eustress or Distress: An Empirical Study of Perceived Stress in Everyday College Life. 2016;1–9.
 25. Dorland WAN. Kamus Saku Kedokteran Dorland Edisi 29. 29th ed. Elsevier, Inc. Singapura, 2015.
 26. Gaol NTL. Teori Stres: Stimulus, Respons, dan Transaksional. *Buletin Psikologi*. 2016;24:1–11.
 27. Lyon BL. Stress, Coping, and Health: A Conceptual Review. In: *Handbook of Stress, Coping, and Health: Implications for Nursing Research, Theory, and Practice*. Sage Publications, Inc., 2011.
 28. Rice VH. *Handbook of Stress, Coping, and Health: Implications for Nursing Research, Theory, and Practice*. 2nd ed. Sage Publications, Inc., 2011.
 29. Guyton AC, Hall JE. *Guyton dan Hall Buku Ajar Fisiologi Kedokteran: Edisi Revisi Berwarna ke-12*. Elsevier Singapore, 2016.
 30. Mazo GN. Causes, Effects of Stress, and the Coping Mechanism of the Bachelor of Science in Information Technology Students in A Philippine University. *J Educ Learn*. 2015;9:71–8.
 29. Queen's University. Understanding Stress: Signs, Symptoms, Causes, and Effects.[Cited 2019 July 31], Available from [http://www.queensu.ca/humanresources/sites/webpublish.queensu.ca/hrdwww/files/files/wellness/mentalhealth/HH_Understanding Stress_article.pdf](http://www.queensu.ca/humanresources/sites/webpublish.queensu.ca/hrdwww/files/files/wellness/mentalhealth/HH_Understanding%20Stress_article.pdf)
 32. Revenson T, Hoyt MA. Chronic Illness and Mental Health. *Encyclopedia of Mental Health*. 2016;1:284–92.
 33. National Center for Chronic Disease Prevention and Health Promotion. Mental Health and Chronic Disease. 2012. [Cited 2019 September 11], Available from

- <https://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/issue-brief-no-2-mental-health-and-chronic-disease.pdf>
34. Harvard Health Publishing. Best Ways to Manage Stress. 2015. [Cited 2019 July 31], Available from <https://www.health.harvard.edu/mind-and-mood/best-ways-to-manage-stress>.
 35. Kupriyanov R, Zhdanov R. The Eustress Concept: Problems and Outlooks. *World J Med Sci*. 2014;11:179–185.
 36. Maryam S. Strategi Coping: Teori Dan Sumberdayanya. *Jurnal Konseling Andi Matappa*. 2017;1:101–7.
 37. Gunawan J. Summary of Lazarus and Folkman's Theory of Stress, Appraisal, and Coping. [Cited 2019 July 31], Available from https://www.academia.edu/10130778/Summary_of_Lazarus_and_Folkman_Theory.
 38. Rustiana ER, Cahyati WH. Stress Kerja dengan Pemilihan Strategi Coping. *Jurnal Kesehatan Masyarakat*. 2012;7:149–55.
 39. Shankar P, Balasubramaniam R, Ramireddy R, Diamante P, Barton B, Dwivedi N. Stress and Coping Strategies among Premedical and Undergraduate Basic Science Medical Students in a Caribbean Medical. *Educ Med J*. 2014;6:48–56.
 40. Al-Dubai SAR, Al-Naggar RA, Alshagga MA, Rampai KG. Stress and Coping Strategies of Students in a Medical Faculty in Malaysia. *Malaysian J Med Sci*. 2011;18:57–64.
 41. Fares J, Al Tabosh H, Saadeddin Z, El Mouhayyar C, Aridi H. Stress, Burnout, and Coping Strategies in Preclinical Medical Students. *North American Journal of Medical Sciences*. 2016;8:75–81.
 42. Youngmans J. College Stress. 2018. [Cited 2019 July 25], Available from <https://hms.harvard.edu/news/college-stress>.
 43. Ross SE, Niebling BC, Heckert TM. Sources of Stress Among College Students. 2008;33:1–6.
 44. Hill MR, Goicochea S, Merlo LJ. In their own words: stressors facing medical students in the millennial generation. *Med Educ Online*. 2018;23:1–0.
 45. Shim E, Jeon HJ, Kim H, Lee K, Jung D, Noh H et al. Measuring Stress in

- Medical Education: Validation of The Korean Version of The Higher Education Stress Inventory with Medical Students. *BMC Med Educ.* 2016;16:1–8.
46. Maulina B, Sari DR. Derajat Stres Mahasiswa Baru Fakultas Kedokteran Ditinjau Dari Tingkat Penyesuaian Diri Terhadap Tuntutan Akademik. *Jurnal Psikologi Pendidikan dan Konseling.* 2018;4:1–5.
 47. Abdullah SA, Sarirah T, Lestari S. Perfeksionisme dan Strategi Coping: Studi pada Mahasiswa Tingkat Akhir. 2017;3:9–16.
 48. Schwabe L, Wolf OT. Stress Modulates the Engagement of Multiple Memory Systems in Classification Learning. *Journal of Neuroscience.* 2012;32:11042–9.
 49. Nechita F, Nechita D, Pirlog M-C, Rogoveanu I. Stress in Medical Students. *Rom J Morphol Embriol.* 2014;55:1263–6.
 50. Stallman HM. Psychological Distress in University Students: A Comparison with General Population Data. 2010;45:249–57.
 51. Lovibond S, Lovibond P. DASS 42 validity. 1995. [Cited 2019 July 26], Available from <http://www2.psy.unsw.edu.au/dass/Indonesian/Damanik.htm>.
 52. Kessler Psychological Distress Scale (K10). Agency for Clinical Innovation. 2015;1–3.
 53. Dewi AGP, Herawati E, Wahyuni IS. Penilaian Faktor Predisposisi Recurrent Aphthous Stomatitis dengan Menggunakan Kessler Psychological Distress Scale, Food recall, dan Food Frequency Questionnaire. *Jurnal Kedokteran Gigi Unpad.* 2017;29:168–72.
 54. The Kessler 10-Information for Health Professionals. *Drug Alcohol Clin. Advis. Serv.* 2007;1–4.
 55. Perceived Stress Scale. New Hampshire Department of Administrative Services. 2014;1–2.
 56. Cohen S, Kamarck T, Mermelstein R. A Global Measure of Perceived Stress. *Journal of Health and Social Behaviour.* 1983;24:385–96.
 57. Marjani A, Gharavi A, Jahanshahi M, Vahidirad A, Alizadeh F. Stress among

- Medical Students of Gorgan (South East of Caspian Sea), Iran. Kathmandu Univ Med J. 2008;6:421–5.
58. Anuradha R, Dutta R, Raja JD, Sivaprakasam P, Patil AB. Stress and Stressors among Medical Undergraduate Students: A Cross-sectional Study in a Private Medical College in Tamil Nadu. Indian J Community Med. 2017;42:222–5.

