

REFERENCES

- Abdallah, A.R., Gabr, H.M., 2014. Depression, anxiety and stress among first year medical students in an Egyptian public university. *International Research Journal of Medicine and Medical Science* 2(1), pp.11–19.
- Abdulghani, H., AlKanhal, A., Mahmoud, E., Ponnampereuma, G. and Alfaris, E., 2011. 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*, 29(5).
- Afsar, N. and Kulsoom, B., 2015. Stress, anxiety, and depression among medical students in a multiethnic setting. *Neuropsychiatric Disease and Treatment*, p.1713.
- Afzal, H., Afzal, S., Siddique, SA., Naqvi, SAA., 2012. Measured used by medical students to reduce test anxiety. *Journal of the Pakistan Medical Association*, 62(9), pp.982-986.
- Ahdiat, A., 2017. Prevalensi gangguan Kecemasan Pada Mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Hasanuddin Angkatan 2016 yang Terancam Drop Out (DO).
- Al Shawwa, L., Abulaban, A. A., Abulaban, A. A., Merdad, A., Baghlaf, S., Abushanab, J., Algethami, A. and Balkhoyor, A., 2015. Factors potentially influencing academic performance among medical students. *Advances in Medical Education and Practice*, 6, pp.65-75.
- Al-Khani, A., Sarhandi, M., Zaghoul, M., Ewid, M. and Saquib, N., 2019. A cross-sectional survey on sleep quality, mental health, and academic performance among medical students in Saudi Arabia. *BMC Research Notes*, 12(1), p.665.
- Al-Qaisy, L., 2011. The relation of depression and anxiety in academic achievement among group of university students. *International Journal of Psychology and Counselling*, 3(5), pp.96-100.
- Alfarisi, R., 2014. Pengaruh kebugaran jasmani, Aktifitas Fisik, dan Indeks Massa Tubuh terhadap Indeks Prestasi Kumulatif (IPK) Mahasiswa kedokteran

- Universitas Malahayati Bandar Lampung. *Jurnal Kedokteran Dan Kesehatan*, 1(1), pp.54-62.
- Alkautsar, M. and Azhar, M., 2018. Hubungan Akreditasi Sekolah, Asal Sekolah, Jalur Penerimaan Mahasiswa dan Tempat Tinggal dengan Indeks Prestasi Kumulatif Mahasiswa. *Biomedical Journal of Indonesia*, 4(3), pp.140-147.
- Altemus, M., Sarvaiya, N. and Neill Epperson, C., 2014. Sex differences in anxiety and depression clinical perspectives. *Frontiers in Neuroendocrinology*, 35(3), pp.320-330.
- American Psychiatric Association, 2013. *Diagnostic and statistical manual of mental disorders*. 5th ed. <https://doi.org/10.1176/appi.books.9780890425596>
- Andrews, B. and Wilding, J., 2004. The relation of depression and anxiety to life-stress and achievement in students. *British Journal of Psychology*, 95(4), pp.509-521.
- Apriliana A. S., 2014. Hubungan Kecemasan Sebelum Ujian Akhir Blok Enam Terhadap Nilai Ujian Akhir Blok Enam Fakultas Kedokteran Universitas Negeri Jember Angkatan 2007. *Digital Repository Universitas Jember*.
- Armyanti, I., Tejoyuwono, A. and Fitrianingrum, I., 2013. Gambaran Tingkat Kecemasan dengan Indeks Prestasi Kumulatif Rendah pada Mahasiswa Kedokteran Program Studi Pendidikan Dokter Universitas Tanjungpura Angkatan 2007 Sampai Dengan 2010. *Jurnal Pendidikan Sosiologi dan Humaniora*, 4(1).
- Aronen, E., Vuontela, V., Steenari, M., Salmi, J. and Carlson, S., 2005. Working memory, psychiatric symptoms, and academic performance at school. *Neurobiology of Learning and Memory*, 83(1), pp.33-42.
- Arya, A. and Soodan, S., 2015. Understanding the Pathophysiology and Management of the Anxiety Disorders. *International Journal of Pharmacy and Pharmaceutical Research*, 4(3), pp.251-278.
- Awadalla, S., Davies, E. and Glazebrook, C., 2020. A longitudinal cohort study to explore the relationship between depression, anxiety and academic performance among Emirati university students. *BMC Psychiatry*, 20(1).

- Badjrai, R., 2017. Correlation Between Anxiety and Emotional Intelligence among Undergraduate Medical Students in Gadjah Mada University. *Universitas Gadjah Mada*, pp.24-26.
- BaHammam, A., Alaseem, A., Alzakri, A., Almeneessier, A. and Sharif, M., 2012. The relationship between sleep and wake habits and academic performance in medical students: a cross-sectional study. *BMC Medical Education*, 12(61).
- Baldassin, S., Silva, N., de Toledo Ferraz Alves, T., Castaldelli-Maia, J., Bhugra, D., Nogueira-Martins, M., de Andrade, A. and Nogueira-Martins, L., 2013. Depression in medical students: Cluster symptoms and management. *Journal of Affective Disorders*, 150(1), pp.110-114.
- Baloğlu, M., Özteke Kozan, H. and Kesici, Ş., 2018. Gender Differences in and the Relationships Between Social Anxiety and Problematic Internet Use: Canonical Analysis. *Journal of Medical Internet Research*, 20(1), p.e33.
- Balogun, A., Balogun, S. and Onyecho, C., 2017. Test Anxiety and Academic Performance among Undergraduates: The Moderating Role of Achievement Motivation. *The Spanish Journal of Psychology*, 20.
- Bandelow, B., 2017. Comparison of the DSM–5 and ICD–10: panic and other anxiety disorders. *CNS Spectrums*, 22(5), pp.404-406.
- Bassols, A., Okabayashi, L., Silva, A., Carneiro, B., Feijó, F., Guimarães, G., Cortes, G., Rohde, L. and Eizirik, C., 2014. First- and last-year medical students: Is there a difference in the prevalence and intensity of anxiety and depressive symptoms? *Revista Brasileira de Psiquiatria*, 36(3), pp.233-240.
- Baxter, A., Scott, K., Vos, T. and Whiteford, H., 2012. Global prevalence of anxiety disorders: a systematic review and meta-regression. *Psychological Medicine*, 43(5), pp.897-910.
- Beiter, R., Nash, R., McCrady, M., Rhoades, D., Linscomb, M., Clarahan, M. and Sammut, S., 2015. The prevalence and correlates of depression, anxiety, and stress in a sample of college students. *Journal of Affective Disorders*, 173, pp.90-96.

- Bergmann, C., Muth, T. and Loerbroks, A., 2019. Medical students' perceptions of stress due to academic studies and its interrelationships with other domains of life: a qualitative study. *Medical Education Online*, 24(1), p.1603526.
- Birditt, K., Cichy, K. and Almeida, D., 2011. Age Differences in Exposure and Reactivity to Interpersonal Tensions among Black and White Individuals across Adulthood. *Race and Social Problems*, 3(3), pp.225-239.
- Bleakley, A., 2012. Gender matters in medical education. *Medical Education*, 47(1), pp.59-70.
- Bolatov, A., Seisembekov, T., Askarova, A., Baikanova, R., Smailova, D. and Fabbro, E., 2020. Online-Learning due to COVID-19 Improved Mental Health Among Medical Students. *Medical Science Educator*, 31(1), pp.183-192.
- Bore, M., Kelly, B. and Nair, B., 2016. Potential predictors of psychological distress and well-being in medical students: a cross-sectional pilot study. *Advances in Medical Education and Practice*, 7, pp.125-135.
- Brenneisen Mayer, F., Souza Santos, I., Silveira, P., Itaqi Lopes, M., de Souza, A., Campos, E., de Abreu, B., Hoffman II, I., Magalhães, C., Lima, M., Almeida, R., Spinardi, M. and Tempiski, P., 2016. Factors associated to depression and anxiety in medical students: a multicenter study. *BMC Medical Education*, 16(1), p.282.
- Budikayanti, A., Larasari, A., Malik, K., Syeban, Z., Indrawati, L. and Octaviana, F., 2019. Screening of Generalized Anxiety Disorder in Patients with Epilepsy: Using a Valid and Reliable Indonesian Version of Generalized Anxiety Disorder-7 (GAD-7). *Neurology Research International*, pp.1-10.
- Cao, W., Fang, Z., Hou, G., Han, M., Xu, X., Dong, J. and Zheng, J., 2020. The psychological impact of the COVID-19 epidemic on college students in China. *Psychiatry Research*, 287, p.112934.
- Carroll, D., and Birch, D., 2009. Retention and progression of postgraduate business students: An Australian perspective. *Open Learning: The Journal of Open and Distance Learning*, 24, 197– 209.
- Chandratika, D. and Purnawati, S., 2013. Gangguan Cemas pada Mahasiswa Semester I dan VII Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas

Udayana. *E-Jurnal Medika Udayana*, Retrieved
from <https://ojs.unud.ac.id/index.php/eum/article/view/13290>

- Chang, J., Yuan, Y., & Wang, D., 2020. Analysis of Mental Health Status and Influencing Factors of College Students under the Epidemic of Novel Coronavirus Pneumonia. *Chansky, N., 1964. A Note On the Grade Point Average in Research. Educational and Psychological Measurement, 24(1), pp.95-99.*
- Charney, D., Palacios-Boix, J., Negrete, J., Dobkin, P. and Gill, K., 2005. Association Between Concurrent Depression and Anxiety and Six-Month Outcome of Addiction Treatment. *Psychiatric Services, 56(8), pp.927-933.*
- Cheng, W., Ickes, W. and Verhofstadt, L., 2011. How is family support related to students' GPA scores? A longitudinal study. *Higher Education, 64(3), pp.399-420.*
- Cheraghian, B., Fereidooni Moghadam, M., Baraz-Pardjani, SH., Bavarsad, N., 2008. Test Anxiety and its Relationship with Academic Performance among Nursing Students. *Journal of Knowledge, and Health, 3 (3-4), 25-29.*
- Chew, B., Zain, A. and Hassan, F., 2013. Emotional intelligence and academic performance in first and final year medical students: a cross-sectional study. *BMC Medical Education, 13(1).*
- Choo, C., Harris, K. and Ho, R., 2017. Prediction of Lethality in Suicide Attempts: Gender Matters. *OMEGA - Journal of Death and Dying, 80(1), pp.87-103.*
- Curran, K. and Chalasani, S., 2012. Serotonin circuits and anxiety: what can invertebrates teach us?. *Invertebrate Neuroscience, 12(2), pp.81-92.*
- Dali, S., 2020. Hubungan antara Tingkat Kecemasan dengan Prestasi Akademik Mahasiswa Fakultas Kedokteran Program Studi Pendidikan Dokter Umum Universitas Hasanuddin Angkatan 2017.
- Das, S. and Biswas, C., 2018. Anxiety and Academic Performance among Private Medical College Students. *Journal of Current and Advance Medical Research, 5(2), pp.68-72.*

- Davis, M., 2006. Neural systems involved in fear and anxiety measured with fear-potentiated startle. *American Psychologist*, 61(8), pp.741-756.
- Diferiansyah, O., 2015. Perbedaan Tingkat Gelisah antara Mahasiswa Kedokteran Tingkat Pertama yang Tinggal Kost dan Bersama Orang Tua. *J Majority*, 4(6), pp.16-19.
- DordiNejad, F., Hakimi, H., Ashouri, M., Dehghani, M., Zeinali, Z., Daghighi, M. and Bahrami, N., 2011. On the relationship between test anxiety and academic performance. *Procedia - Social and Behavioral Sciences*, 15, pp.3774-3778.
- Dyrbye, L. & Shanafelt, T., 2016. A Narrative Review on Burnout Experienced by Students and Residents. *Medical Education*, 50(1), pp. 132- 149.
- Dyrbye, L. N., Thomas, M. R., & Shanafelt, T. D., 2005. Medical Student Distress: Causes, Consequences, and Proposed Solutions. *Mayo Clinic Proceedings*, 80, pp.1613–1622.
- Dyrbye, L., Thomas, M. & Shanafelt, T., 2006. Dyrbye LN, Systematic Review of Depression, Anxiety, and Other Indicators of Psychological Distress Among U.S. and Canadian Medical Students. *Academic Medicine*, 81(4), pp. 354-373.
- Ebenuwa-Okoh, E., 2010. Influence of Age, Financial Status, and Gender on Academic Performance among Undergraduates. *Journal of Psychology*, 1(2), pp.99-103.
- Elkins, C., Plante, K. P., Germain, L. J., & Morley, C. P., 2017. Burnout and Depression in MS1 and MS3 Years: A Comparison of Cohorts at One Medical School. *Family medicine*, 49(6), pp.456–459.
- Enns, S., Perotta, B., Paro, H., Gannam, S., Peleias, M., Mayer, F., Santos, I., Menezes, M., Senger, M., Barelli, C., Silveira, P., Martins, M. and Zen Tempski, P., 2016. Medical Students' Perception of Their Educational Environment and Quality of Life. *Academic Medicine*, 91(3), pp.409-417.
- Faculty of Medicine Universitas Gadjah Mada, 2016. *Regulation on Assessment for Undergraduate Program in Medicine Academic Year 2016*, Faculty of Medicine Universitas Gadjah Mada.

- Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada, 2019. *School of Medicine, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada*, viewed 2 February 2021, <https://fk.ugm.ac.id/en/school-of-medicine/>
- Fajriati, L., Yaunin, Y. and Isona, L., 2018. Perbedaan Derajat Kecemasan pada Mahasiswa Baru Preklinik dan Klinik Fakultas Kedokteran Universitas Andalas. *Jurnal Kesehatan Andalas*, 6(3), p.546.
- Farach, F., Pruitt, L., Jun, J., Jerud, A., Zoellner, L. and Roy-Byrne, P., 2012. Pharmacological treatment of anxiety disorders: Current treatments and future directions. *Journal of Anxiety Disorders*, 26(8), pp.833-843.
- Fawzy, M. and Hamed, S., 2017. Prevalence of psychological stress, depression and anxiety among medical students in Egypt. *Psychiatry Research*, 255, pp.186-194.
- Feng, Y., Ma, Y. and Zhong, Q., 2019. The Relationship Between Adolescents' Stress and Internet Addiction: A Mediated-Moderation Model. *Frontiers in Psychology*, 10(2248).
- Forster, G., Novick, A., Scholl, J. and Watt, M., 2012. The Role of the Amygdala in Anxiety Disorders. *The Amygdala - A Discrete Multitasking Manager*, doi:10.5772/50323.
- Fox, S., Gotter, A., Tye, S., Garson, S., Savitz, A., Uslaner, J., Brunner, J., Tannenbaum, P., McDonald, T., Hodgson, R., Yao, L., Bowlby, M., Kuduk, S., Coleman, P., Hargreaves, R., Winrow, C. and Renger, J., 2013. Quantitative Electroencephalography Within Sleep/Wake States Differentiates GABAA Modulators Eszopiclone and Zolpidem From Dual Orexin Receptor Antagonists in Rats. *Neuropsychopharmacology*, 38(12), pp.2401-2408.
- Gao, W., Ping, S. and Liu, X., 2020. Gender differences in depression, anxiety, and stress among college students: A longitudinal study from China. *Journal of Affective Disorders*, 263, pp.292-300.
- Genzel, L., Ahrberg, K., Roselli, C., Niedermaier, S., Steiger, A., Dresler, M. and Roenneberg, T., 2013. Sleep timing is more important than sleep length or quality for medical school performance. *Chronobiology International*, 30(6), pp.766-771.

- Gibson, P., Baker, E. and Milner, A., 2016. The role of sex, gender, and education on depressive symptoms among young adults in the United States. *Journal of Affective Disorders*, 189, pp.306-313.
- Gonzalez, T., de la Rubia, M., Hincz, K., Comas-Lopez, M., Subirats, L., Fort, S. and Sacha, G., 2020. Influence of COVID-19 confinement on students' performance in higher education. *PLOS ONE*, 15(10), p.e0239490.
- Hardeman, R., Przedworski, J., Burke, S., Burgess, D., Phelan, S., Dovidio, J., Nelson, D., Rockwood, T. and van Ryn, M., 2015. Mental Well-Being in First Year Medical Students: A Comparison by Race and Gender. *Journal of Racial and Ethnic Health Disparities*, 2(3), pp.403-413.
- Haryono, A., 2011. Hubungan Karakteristik Mahasiswa dengan Tingkat Gejala Anxietas pada Mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Tanjungpura Angkatan 2006, 2007, 2008, dan 2009. *Jurnal Mahasiswa Kedokteran Untan*, 1(1).
- Hasibuan, S. and Riyandi, R., 2019. Pengaruh Tingkat Gejala Kecemasan terhadap Indeks Prestasi Akademik pada Mahasiswa Angkatan 2016 Fakultas Kedokteran Universitas Muhammadiyah Sumatera Utara. *Jurnal Biomedik (JBM)*, 11(3), pp.137-143.
- Hazrati-Viari, A., Rad, A. and Torabi, S., 2012. The effect of personality traits on academic performance: The mediating role of academic motivation. *Procedia - Social and Behavioral Sciences*, 32, pp.367-371.
- Hofmann, S., Wu, J. and Boettcher, H., 2014. Effect of cognitive-behavioral therapy for anxiety disorders on quality of life: A meta-analysis. *Journal of Consulting and Clinical Psychology*, 82(3), pp.375-391.
- Horesh, D., Kapel Lev-Ari, R., Hasson-Ohayon, I., 2020. Risk factors for psychological distress during the COVID-19 pandemic in Israel: loneliness, age, gender, and health status play an important role. *British Journal of Health Psychology*. pp.1–9. <https://doi.org/10.1111/bjhp.12455>.
- Hu, K., Chibnall, J. and Slavin, S., 2019. Maladaptive Perfectionism, Impostorism, and Cognitive Distortions: Threats to the Mental Health of Pre-clinical Medical Students. *Academic Psychiatry*, 43(4), pp.381-385.

- Hu, Y., Gao, H., Wofford, M. and Violato, C., 2017. A longitudinal study in learning preferences and academic performance in first year medical school. *Anatomical Sciences Education*, 11(5), pp.488-495.
- Joy, M., Mathew, A., 2018. Emotional Maturity and General Well-Being of Adolescent. *Journal of Pharmacy*, 8(5), pp.1-6.
- Kaczurkin, A. and Foa, E., 2015. Cognitive-behavioral therapy for anxiety disorders: an update on the empirical evidence. *Anxiety*, 17(3), pp.337-346.
- Kahan, L. M., 2008. The Correlation of Test Anxiety and Academic Performance of Community College Students. *Pro Quest LLC jurnal*. Capella University. United State.
- Kaplan, H. & Saddock, B., 2010. Sinopsis Psikiatri. 2nd ed. Jakarta: Bina Rupa Aksara.
- Kouijzer, M., Schie, H., Gerrits, B. & Moor, J., 2011. Neurofeedback Treatment for Autism Spectrum Disorders – Scientific Foundations and Clinical Practice. In: *Autism Spectrum Disorders - From Genes to Environment*. s.l.:s.n., pp. 101-122.
- Kebede, M., Anbessie, B. and Ayano, G., 2019. Prevalence and predictors of depression and anxiety among medical students in Addis Ababa, Ethiopia. *International Journal of Mental Health Systems*, 13(1).
- Khan, K., Ramzan, M., Zia, Y., Zafar, Y., Khan, M. and Saeed, H., 2020. Factors Affecting Academic Performance of Medical Students. *Life and Science*, 1(1), p.4.
- Knouse, L. E., Feldman, G. & Blevins, E. J., 2014. Executive functioning difficulties as predictors of academic performance: Examining the role of grade goals. *Learning and Individual Differences*, 36, 19-26. doi:10.1016/j.lindif.2014.07.001
- Kroenke, K., Spitzer, R., Williams, J., Monahan, P. and Löwe, B., 2007. Anxiety Disorders in Primary Care: Prevalence, Impairment, Comorbidity, and Detection. *Annals of Internal Medicine*, 146(5), p.317.
- Kumar, M., Sharma, S., Gupta, S., Vaish, S. and Mirsa, R., 2014. Effect of stress on academic performance in medical students--a cross sectional study. *Indian journal of physiology and pharmacology*, 58(1), pp.81-86.

- Kuntadi, V., 2020. Perbedaan Tingkat Stres dan Kecemasan Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan Tahun 2019 yang Tinggal dengan Orang tua dan yang Tinggal Sendiri.
- Kusurkar, R., Ten Cate, T., Vos, C., Westers, P. and Croiset, G., 2012. How motivation affects academic performance: a structural equation modelling analysis. *Advances in Health Sciences Education*, 18(1), pp.57-69.
- Lasheras, I., Gracia-García, P., Lipnicki, D., Bueno-Notivol, J., López-Antón, R., de la Cámara, C., Lobo, A. and Santabárbara, J., 2020. Prevalence of Anxiety in Medical Students during the COVID-19 Pandemic: A Rapid Systematic Review with Meta-Analysis. *International Journal of Environmental Research and Public Health*, 17(18), p.6603.
- Lechien, J., Kempnaers, C., Dramaix, M. and Likowski, P., 2016. Influence of gender and selection procedures on academic performance of undergraduate medical students. *Acta Medica Academica*, 45(2), pp.137-143.
- Lin, T.L., Liu, H.Y., Huang, C.J. and Chen, Y.C., 2018. Ownership structure, board gender diversity and charitable donation. *Corporate Governance: The International Journal of Business in Society*, 18(4).
- Mao, Y., Zhang, N., Liu, J., Zhu, B., He, R. and Wang, X., 2019. A systematic review of depression and anxiety in medical students in China. *BMC Medical Education*, 19(1).
- Marbun, S., Hadiati, T. and Sarjana, W., 2016. Perbedaan Tingkat Kecemasan dan Depresi pada Mahasiswa Sistem Perkuliahan Tradisional dengan Sistem Perkuliahan Terintegrasi. *Jurnal Kedokteran Diponegoro*, 5(4), pp.1715-1723.
- Markota, M. and Morgan, R., 2017. Treatment of Generalized Anxiety Disorder with Gabapentin. *Case Reports in Psychiatry*, 2017, pp.1-4.
- Maroto, M., Snelling, A. and Linck, H., 2014. Food Insecurity Among Community College Students: Prevalence and Association With Grade Point Average. *Community College Journal of Research and Practice*, 39(6), pp.515-526.

- Maser, B., Danilewitz, M., Guérin, E., Findlay, L. and Frank, E., 2019. Medical Student Psychological Distress and Mental Illness Relative to the General Population. *Academic Medicine*, 94(11), pp.1781-1791.
- Mayer, F., Santos, I., Silveira, P., Lopes, M., de Souza, A., Campos, E., de Abreu, B., Hoffman II, I., Magalhães, C., Lima, M., Almeida, R., Spinardi, M. and Tempiski, P., 2016. Factors associated to depression and anxiety in medical students: a multicenter study. *BMC Medical Education*, 16(1).
- McKerrow, I., Carney, P., Caretta-Weyer, H., Furnari, M. and Miller Juve, A., 2020. Trends in medical students' stress, physical, and emotional health throughout training. *Medical Education Online*, 25(1), p.1709278.
- Mihailescu, A., Diaconescu, L., Donisan, T. and Ciobanu, A., 2016. The Influence of Emotional Distress on The Academic Performance in Undergraduate Medical Students. *Romanian Journal of Child and Adolescent Psychiatry*, 4(1-2).
- Moraczewski, J. and Aedma, K., 2020. *Tricyclic Antidepressants*. [online] PubMed. Available at: <https://pubmed.ncbi.nlm.nih.gov/32491723/> [Accessed 8 December 2021].
- Mudjaddid, E. 2006. Pemahaman dan Penanganan Psikosomatik Gangguan Ansietas dan Depresi di Bidang Ilmu Penyakit Dalam. Ed 2. Jakarta: Pusat Penerbitan Departemen Ilmu Penyakit Dalam Fakultas Kedokteran Universitas Indonesia, p:913.
- Nakhostin-Ansari, A., Sherafati, A., Aghajani, F., Khonji, M., Aghajani, R. and Shahmansouri, N., 2020. Depression and Anxiety among Iranian Medical Students during COVID-19 Pandemic. *Iranian Journal of Psychiatry*, 15(3), pp.228-235.
- Naz, S., Shah, S. and Qayum, A., 2020. Gender Differences in Motivation And Academic Achievement: A Study Of the University Students of KP, Pakistan. *Global Regional Review*, V(I), pp.67-75.
- Novaldy, R., 2017. Hubungan Antara Learning Approach dengan Indeks Prestasi Kumulatif (IPK) Mahasiswa Fakultas Kedokteran Universitas Lampung Angkatan 2013. *Digital Repository Unila*.

- Özdin, S. and Özdin, Ş., 2020. Levels and predictors of anxiety, depression and health anxiety during COVID-19 pandemic in Turkish society: The importance of gender. *International Journal of Social Psychiatry*, 66(5), pp.504-511.
- Perhimpunan Dokter Spesialis Kedokteran Jiwa Indonesia (*Indonesian Psychiatric Association*). 2021. *PDSKJI*. [online] Available at: <http://pdskji.org/home>
- Pokhrel, N., Khadayat, R. and Tulachan, P., 2020. Depression, anxiety, and burnout among medical students and residents of a medical school in Nepal: a cross-sectional study. *BMC Psychiatry*, 20(1).
- Quek, T. T., Tam, W. W., Tran, B. X., Zhang, M., Zhang, Z., Ho, C. S., & Ho, R. C. (2019). The Global Prevalence of Anxiety Among Medical Students : A MetaAnalysis. *International Journal of Environmental Research and Public Health*, 16.
- Ramadhan, A., Sukohar, A. and Saftarina, F., 2019. Perbedaan Derajat Kecemasan Antara Mahasiswa Tahap Akademik Tingkat Awal dengan Tingkat Akhir di Fakultas Kedokteran Universitas Lampung. *Medula*, 9(1), pp.78-82.
- Ramdass, D., and Zimmerman, B. J., 2011. Developing self-regulation skills: The important role of homework. *Journal of Advanced Academics*, 22(2), 194-218.
- Ressler, K., Mercer, K., Bradley, B., Jovanovic, T., Mahan, A., Kerley, K., Norrholm, S., Kilaru, V., Smith, A., Myers, A., Ramirez, M., Engel, A., Hammack, S., Toufexis, D., Braas, K., Binder, E. and May, V., 2011. Post-traumatic stress disorder is associated with PACAP and the PAC1 receptor. *Nature*, 470(7335), pp.492-497.
- Riskesdas, 2018, *Laporan Nasional 2018*, Badan Penelitian dan Pengembangan Kesehatan Departemen Kesehatan.
- Roberts, T., 1991. Gender and the influence of evaluations on self-assessments in achievement settings. *Psychological Bulletin*, 109(2), pp.297-308.
- Rosniza, A. 2013. Longitudinal Study of Relationships between Previous Academic Achievement, Emotional Intelligence and Personality Traits with Psychological Health of Medical Students during Stressful Periods : Education for Health Journal. 2013. 26(4):39-47.

- Sadock BJ, Sadock VA.. Kaplan & Sadock's Comprehensive Textbook of Psychiatry. 9ed Lippincott Williams & Wilkins, 2007, p.527-30.
- Saipanish, R., 2003. Stress among medical students in a Thai medical school. *Medical Teacher*, 25(5), pp.502-506.
- Salari, N., Hosseinian-Far, A., Jalali, R., Vaisi-Raygani, A., Rasoulpoor, S., Mohammadi, M., Rasoulpoor, S. and Khaledi-Paveh, B., 2020. Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: a systematic review and meta-analysis. *Globalization and Health*, 16(1).
- Santabárbara, J., Lasheras, I., Lipnicki, D., Bueno-Notivol, J., Pérez-Moreno, M., López-Antón, R., De la Cámara, C., Lobo, A. and Gracia-García, P., 2021. Prevalence of anxiety in the COVID-19 pandemic: An updated meta-analysis of community-based studies. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 109, p.110207.
- Saputera, J., Saputera, M. and Chris, A., 2018. Perbedaan Prestasi Akademik Berdasarkan Tingkat Kecemasan Pada Mahasiswa Fakultas Kedokteran Universitas Tarumanagara. *Jurnal Muara Sains, Teknologi, Kedokteran, dan Ilmu Kesehatan*, 2(1), pp.11-17.
- Saravanan, C. and Wilks, R., 2014. Medical Students' Experience of and Reaction to Stress: The Role of Depression and Anxiety. *The Scientific World Journal*, 2014, pp.1-8.
- Schaal, K., Tafflet, M., Nassif, H., Thibault, V., Pichard, C., Alcotte, M., Guillet, T., El Helou, N., Berthelot, G., Simon, S. and Toussaint, J., 2011. Psychological Balance in High Level Athletes: Gender-Based Differences and Sport-Specific Patterns. *PLoS ONE*, 6(5), p.e19007.
- Sena, J., Lowe, P. and Lee, S., 2007. Significant Predictors of Test Anxiety Among Students With and Without Learning Disabilities. *Journal of Learning Disabilities*, 40(4), pp.360-376.
- Shah, S., Mohammad, D., Qureshi, M., Abbas, M. and Aleem, S., 2020. Prevalence, Psychological Responses and Associated Correlates of Depression, Anxiety and Stress in a Global Population, During the Coronavirus Disease (COVID-19) Pandemic. *Community Mental Health Journal*, 57(1), pp.101-110.

- Shamsuddin, K., Fadzil, F., Ismail, W., Shah, S., Omar, K., Muhammad, N., Jaffar, A., Ismail, A. and Mahadevan, R., 2013. Correlates of depression, anxiety and stress among Malaysian university students. *Asian Journal of Psychiatry*, 6, pp.318-323.
- Shao, R., He, P., Ling, B., Tan, L., Xu, L., Hou, Y., Kong, L. and Yang, Y., 2020. Prevalence of depression and anxiety and correlations between depression, anxiety, family functioning, social support and coping styles among Chinese medical students. *BMC Psychology*, 8(1), p.38.
- Shi, L., Lu, Z., Que, J., Huang, X., Liu, L., Ran, M., Gong, Y., Yuan, K., Yan, W., Sun, Y., Shi, J., Bao, Y. and Lu, L., 2020. Prevalence of and Risk Factors Associated With Mental Health Symptoms Among the General Population in China During the Coronavirus Disease 2019 Pandemic. *JAMA Network Open*, 3(7), p.e2014053.
- Simpson, H. B. , Neria Y., Lewis-Fernandez R., and Schneier F.. 2010. *Anxiety disorders – theory, research and clinical perspectives*. 1st ed Cambridge University Press, Cambridge.
- Singh, S., Jha, S., Punia, A. and Babita, B., 2019. The Relationship between Test Anxiety and Academic Performance among Undergraduate Medical Students: A Cross-sectional Study. *SSRN Electronic Journal*, pp.1988-1990.
- Sirin, S., 2005. Socioeconomic Status and Academic Achievement: A Meta-Analytic Review of Research. *Review of Educational Research*, 75(3), pp.417-453.
- Smith, A., Nelson, E., Kircanski, K., Rappaport, B., Do, Q., Leibenluft, E., Pine, D. and Jarcho, J., 2020. Social anxiety and age are associated with neural response to social evaluation during adolescence. *Developmental Cognitive Neuroscience*, 42, p.100768.
- Soh, K., 2011. Grade point average: what's wrong and what's the alternative?. *Journal of Higher Education Policy and Management*, 3(1), pp.27-36.
- Son, C., Hegde, S., Smith, A., Wang, X. and Sasangohar, F., 2020. Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. *Journal of Medical Internet Research*, 22(9), p.e21279.

- Sothan, S., 2018. The determinants of academic performance: evidence from a Cambodian University. *Studies in Higher Education*, 44(11), pp.2096-2111.
- Sousa, J., Moreira, C. and Telles-Correia, D., 2018. Anxiety, Depression and Academic Performance: A Study Amongst Portuguese Medical Students Versus Non-Medical Students. *Acta Médica Portuguesa*, 31(9), p.454.
- Spitzer, R., Kroenke, K., Williams, J. and Löwe, B., 2006. A Brief Measure for Assessing Generalized Anxiety Disorder. *Archives of Internal Medicine*, 166(10), p.1092.
- Stahl, Stephen M. 2008. Stahl's essential psychopharmacology: neuroscientific basis and practical applications. Cambridge: Cambridge University Press.
- Steinmayr, R., Weidinger, A., Schwinger, M. and Spinath, B., 2019. The Importance of Students' Motivation for Their Academic Achievement – Replicating and Extending Previous Findings. *Frontiers in Psychology*, 10(1730).
- Tangade, P. S., Mathur, A., Gupta, R., & Chaudhary, S. (2011). Assessment of Stress Level among Dental School Students: An Indian Outlook. *Dental research journal*, 8(2), 95–101.
- Tempiski, P., Santos, I., Mayer, F., Enns, S., Perotta, B., Paro, H., Gannam, S., Peleias, M., Garcia, V., Baldassin, S., Guimaraes, K., Silva, N., da Cruz, E., Tofoli, L., Silveira, P. and Martins, M., 2015. Relationship among Medical Student Resilience, Educational Environment and Quality of Life. *PLOS ONE*, 10(6).
- The Higher Education Academy, 2015. Grade Point Average : Report of the GPA pilot project 2013-14. The Higher Education Academy.
- Thibodeaux, J., Deutsch, A., Kitsantas, A. and Winsler, A., 2016. First-Year College Students' Time Use. *Journal of Advanced Academics*, 28(1), pp.5-27.
- Thinagar, M. and Westa, W., 2017. Tingkat Kecemasan Mahasiswa Kedokteran Universitas Udayana dan Implikasinya pada Hasil Ujian. *Intisari Sains Medis*, 8(3), pp.181-183.

- Trull, T. and Widiger, T., 2013. Dimensional models of personality: the five-factor model and the DSM-5. *Personality Disorders*, 15(2), pp.135-146.
- Tsegay, L., Shumet, S., Damene, W., Gebreegziabhier, G. and Ayano, G., 2019. Prevalence and determinants of test anxiety among medical students in Addis Ababa Ethiopia. *BMC Medical Education*, 19(1).
- Utami, Y., 2017. Relationship Between Anxiety and Social Support among Undergraduate Medical Students in UGM : A Cross-Sectional Study. *Repository UGM*.
- Venkatarao, E., Iqbal, S. and Gupta, S., 2015. Stress, anxiety & depression among medical undergraduate students & their socio-demographic correlates. *Indian Journal of Medical Research*, 141(3), pp.354-357.
- Videbeck, S., 2011. Psychiatric-mental health nursing. 5th ed. Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins, pp.227-235.
- Vitasari, P., Wahab, M., Othman, A., Herawan, T. and Sinnadurai, S., 2010. The Relationship between Study Anxiety and Academic Performance among Engineering Students. *Procedia - Social and Behavioral Sciences*, 8, pp.490-497.
- Volwerk, J. and Tindal, G., 2012. Documenting Student Performance: An Alternative to the Traditional Calculation of grade Point Averages. *Journal of College Admission*.
- Wang, C. and Zhao, H., 2020. The Impact of COVID-19 on Anxiety in Chinese University Students. *Frontiers in Psychology*, 11.
- Wang, Z., Yang, H., Yang, Y., Liu, D., Li, Z., Zhang, X., Zhang, Y., Shen, D., Chen, P., Song, W., Wang, X., Wu, X., Yang, X. and Mao, C., 2020. Prevalence of anxiety and depression symptom, and the demands for psychological knowledge and interventions in college students during COVID-19 epidemic: A large cross-sectional study. *Journal of Affective Disorders*, 275, pp.188-193.
- Wege, N., Muth, T., Li, J. and Angerer, P., 2016. Mental health among currently enrolled medical students in Germany. *Public Health*, 132, pp.92-100.

- Wolf, T.M., Faucett, J.M., Randall, H.M., Balson, P.M., 1988. Graduating medical students' ratings of stresses, pleasures, and coping strategies. *Journal Medical Education*, 63 (8), 636–642.
- Wu, H., Li, S., Zheng, J. and Guo, J., 2020. Medical students' motivation and academic performance: the mediating roles of self-efficacy and learning engagement. *Medical Education Online*, 25(1), p.1742964.
- Yudhianti, A., 2014. *The Correlation between Anxiety Status and Music Practice in Undergraduate Medical Students of the Faculty of Medicine Universitas Gadjah Mada, Yogyakarta*. Undergraduate. Faculty of Medicine Gadjah Mada University, Yogyakarta.
- Yusoff, M. S. B., 2014. Interventions on medical students' psychological health: A meta-analysis, *Journal of Taibah University Medical Sciences:Taibah University*, 9(1), pp. 1–13. doi: 10.1016/j.jtumed.2013.09.010.
- Yusoff, M., Rahim, A., Baba, A., Ismail, S., Pa, M. and Esa, A., 2013. Prevalence and associated factors of stress, anxiety and depression among prospective medical students. *Asian Journal of Psychiatry*, 6, pp.128-133.
- Zahrakar, K., 2008. *Stress Consultant*. Tehran: Bal University Publication, 1sted. (chapter1)
- Zhang, Y., Qu, B., Lun, S., Wang, D., Guo, Y. and Liu, J., 2012. Quality of Life of Medical Students in China: A Study Using the WHOQOL-BREF. *PLoS ONE*, 7(11), p.e49714.
- Zhong, B., Luo, W., Li, H., Zhang, Q., Liu, X., Li, W. and Li, Y., 2020. Knowledge, attitudes, and practices towards COVID-19 among Chinese residents during the rapid rise period of the COVID-19 outbreak: a quick online cross-sectional survey. *International Journal of Biological Sciences*, 16(10), pp.1745-1752.