



DAFTAR PUSTAKA

- Agus M. Hardjana, Komunikasi Intrapersonal dan Interpersonal, (Yogyakarta: Kanisius, 2007)
- Anand Krishna, "Meditasi untuk Manajemen Stres & Neo Zen Reiki untuk Kesehatan Jasmani dan Rohani", Gramedia Pustaka Utama, 2001, ISBN 979-605-912-6, ISBN 978-979-605-912-6.
- Anoraga, Pandji. 2009. Psikologi Kerja. Yogyakarta: Rineka Cipta.
- Brun, C.E., Rudnicki, M.A., 2015. GDF11 and the Mythical Fountain of Youth. Cell Metabolism. Cavanaugh, M. A. "An Empirical Examination of Self-Reported Work Stres Among U.S. Managers", Journal of Applied Psychology.
- Choi, Y.Y., 2021. A process of biophilic color palette development for healing environment design-focused on use of color picker based on color area ratio and mosaic method of landscape image. Journal of the Architectural Institute of Korea 37.
- Diener, E. & Suh, E.M. 2000. Culture and Subjective Well Being. MIT Press.
- Diener, Ed. (2009). Subjective WellBeing(The science of well-Being). New York: Springer
- Gifford, R.; McGunn, L.J. 2012. Appraisals of built environments and approaches to building design that promote well-being and healthy behavior. In Environmental Psychology: An Introduction; Steg, L., van den Berg, A.E., de Groot, J.I.M., Eds., Wiley: Hoboken, NJ, USA, 2012.
- Handayani, R.T. dkk. 2020. Faktor Penyebab Stres Pada Tenaga Kesehatan Dan Masyarakat Saat Pandemi Covid-19. Jurnal Keperawatan Jiwa.
- Heerwagen, J., Kellert, S. and Mador, M., 2013. Biophilic design. Hoboken, N.J.: Wiley.
- Kellert, S.R. 2008 Dimensions, Elements, and Attributes of Biophilic Design. In Biophilic Design: The Theory, Science, and Practice of Bringing Buildings to Life; Heerwagen, J., Mador, M., Eds.; Wiley: Hoboken, NJ, USA,
- L. Beggs, J. 2015, Healing through Architecture. Tesis untuk gelar M.Arch, University of Waterloo. Available from: Springer.
- Lumban Gaol, N.T., 2016. Teori Stres: Stimulus, Respons, dan Transaksional. Buletin Psikologi 24, 1.
- MP, Janicki , 2002 May. Health characteristics and health services utilization in older adults with intellectual disability living in community residences. J Intellect Disabil Res.
- Neufert, E., Neufert, P., Kasiske, M., Bauermeister, M., Piene, O., Kister, J. and Pfaff, L., n.d. Ernst Neufert, Peter Neufert.Oschman, J. L. (2016). Energy Medicine in Daily Life. In Energy Medicine (pp. 297–330). Elsevier.
- Robbins, Stephen P. 2001. Organizational Behavior. New York: Prentice Hall.



Seligman, M. E. P. (2019, May 7). Positive Psychology: A Personal History. Annual Review of Clinical Psychology. Annual Reviews Inc. <https://doi.org/10.1146/annurev-clinpsy-050718-095653> diakses 23 Oktober 2021

Selye, Hans. 1982. Stres in Health and Disease. Boston: Butterworths

Soekresno. Management Food and Beverage, service hotel. Jakarta: PT Gramedia Pustaka
Staal, M.A. (2004) Stress, Cognition, and Human Performance: A Literature Review and Conceptual Framework.

Sulung, N., & Hervina, R. (2015). Pengaruh Terapi Akupuntur terhadap Tingkat Kesembuhan Pasien Post Stroke di Pusat Rehabilitasi Stroke Singkarak. Jurnal Ipteks Terapan.

Van den Berg, A.E.; Heijne, M. 2005. Fear versus fascination: An exploration of emotional responses to natural threats. J. Environ. Psychol.

Vincent, Julian F. V.; et al. 2006. "Biomimetics: its practice and theory". Journal of the Royal Society Interface.

Weinberg, Robert S & Daniel Gould. 2003. Foundations of Sport and Exercise Psychology. Wiley: Hoboken, NJ, USA, 2008.

Peraturan Daerah Kota Yogyakarta Nomor 1 Tahun 2015 Tentang Rencana Detail Tata Ruang Dan Peraturan Zonasi Kota Yogyakarta Tahun 2015 – 2035. [online] <https://tataruang.jogjakota.go.id/assets/instansi/tataruang/files/peraturan-daerah-kota-yogyakarta> [diakses 3 November 2021].

Peraturan Menteri Pariwisata Dan Ekonomi Kreatif Republik Indonesia Nomor 11 Tahun 2014. [online] <<http://www.intimultimasertifikasi.com/wp-content/uploads/2018/09/Peraturan-tentang-Standar-Usaha-Restoran-dan-Rumah-Makan.pdf>> [diakses 15 September 2021].

Peraturan.bpk.go.id. 2021. PERDA No. 5 Tahun 2019 tentang Rencana Tata Ruang Wilayah Daerah Istimewa Yogyakarta Tahun 2019 – 2039 [JDIH BPK RI]. [online] <<https://peraturan.bpk.go.id/Home/Details/121543/perda-no-5-tahun-2019>> [diakses 8 September 2021].

Peraturan.bpk.go.id. 2021. Permenkes No. 8 Tahun 2014 tentang Pelayanan Kesehatan SPA [JDIH BPK RI]. [online] <<https://peraturan.bpk.go.id/Home/Details/117302/permenkes-no-8-tahun-2014>> [diakses 20 Oktober 2021].

Peraturan.bpk.go.id. 2021. UU No. 23 Tahun 1992 tentang Kesehatan [JDIH BPK RI]. [online]: <<https://peraturan.bpk.go.id/Home/Details/46620/uu-no-23-tahun-1992>> [diakses 16 Oktober 2021]

Peraturan Daerah DIY Nomor 1 Tahun 2017 tentang Arsitektur Bangunan Berciri Khas DIY. [online] <<https://pariwisata.slemankab.go.id/2020/07/06/perda-diy-nomor-1-tahun-2017-tentang-arsitektur-bangunan-berciri-khas-diy/>> [Diakses 4 September 2021].

ArchDaily. 2021. Mashouf Wellness Center / WRNS Studio. [online] <<https://www.archdaily.com/907734/mashouf-wellness-center>> [diakses 26 Oktober 2021].



- ArchDaily. 2021. MIBI Yoga Centre / Elisabetta Carnevale Arquitectura De Terra. [online] <https://www.archdaily.com/960845/mibi-yoga-centre-elisabetta-carnevale-arquitectura-de-terra?ad_source=search&ad_medium=search_result_all> [Diakses 26 Oktober 2021].
- ArchDaily. 2021. P.W.C.C. Spa & Fitness Center / PLAN Arquitectos + Loroworks Architects. [online] <<https://www.archdaily.com/68134/pwcc-plan-arquitectos-loroworks>> [diakses 26 Oktober 2021].
- ArchDaily. 2021. Santani Wellness Resort and Spa / Thisara Thanapathy Associates. [online] <<https://www.archdaily.com/906417/santani-wellness-resort-and-spa-thisara-thanapathy-associates>> [diakses 16 Desember 2021].
- ArchDaily. 2021. The Key Architectural Elements Required to Design Yoga and Meditation Spaces. [online] <<https://www.archdaily.com/797259/the-key-architectural-elements-required>> [Diakses 25 September 2021].
- ArchDaily. 2021. Viveda Wellness Retreat / a for architecture. [online] <<https://www.archdaily.com/958179/viveda-wellness-retreat-a-for-architecture>> [diakses 24 Oktober 2021].
- bappeda.slemankab.go.id. 2021. Peta Curah Hujan Kabupaten Sleman. [online] <<https://bappeda.slemankab.go.id/peta-tata-guna-lahan>> [diakses 12 September 2021].
- bappeda.slemankab.go.id. 2021. Peta Curah Hujan Kabupaten Sleman. [online] <<https://bappeda.slemankab.go.id/peta-tata-guna-lahan>> [diakses 12 September 2021].
- bappeda.slemankab.go.id. 2021. Peta Ketinggian. [online] <<https://bappeda.slemankab.go.id/peta-tata-guna-lahan>> [diakses 12 September 2021].
- Dinkes.jogjaprov.go.id. 2021. Sekilas Progres PIS-PK, Sehatkah Masyarakat Jogja?. [online]: <<https://www.dinkes.jogjaprov.go.id/berita/detail/pispk-jogja-diy-sekilas-progres-pispk-sehatkah-masyarakat-jogja>> [Diakses 13 November 2021].
- Djpb.kemenkeu.go.id. 2021. Sejarah dan Letak Geografis. [online]: <<https://djpb.kemenkeu.go.id/kanwil/diy/id/profil/sejarah.html>> [diakses 10 September 2021].
- Drajmarsh.bitbucket.io. 2021. PD: Sun-Path Map. [online] <<https://drajmarsh.bitbucket.io/sunpath-on-map.html>> [Diakses 14 November 2021].
- Gunawan, W., 2021. Arti kata penginapan - Kamus Besar Bahasa Indonesia (KBBI) Online. [online] Typoonline.com. <<https://typoonline.com/kbbi/penginapan>> [diakses 16 Desember 2021].
- IBUKU. 2021. Ananda House at Green Village - IBUKU. [online]: <<https://ibuku.com/ananda-house/>> [diakses 9 November 2021].
- Intimultimasertifikasi.com. 2021. Peraturan Menteri Pariwisata Dan Ekonomi Kreatif Republik Indonesia Nomor 11 Tahun 2014. [online] <<http://www.intimultimasertifikasi.com/wp->



content/uploads/2018/09/Peraturan-tentang-Standar-Usaha-Restoran-dan-Rumah-Makan.pdf> [diakses 15 September 2021].

Kanal Wisata Indonesia. 2021. Jenis-jenis Penginapan (Akomodasi) - Kanal Wisata Indonesia. [online] <<https://kanalwisata.com/jenis-jenis-penginapan-akomodasi>> [diakses 16 November 2021].

Litbang Kemenkes. 2021. Daerah Istimewa Yogyakarta (DIY) dalam Laporan Provinsi DIT Riskesdas 2018. [online] <<https://www.litbang.kemkes.go.id/laporan-ri-set-kesehatan-dasar-riskesdas/>> [diakses 8 Desember 2021].

Litbang Kemenkes.go.id. 2021. Daerah Istimewa Yogyakarta (DIY) dalam Laporan Provinsi DIT Riskesdas 2018. [online] <<https://www.litbang.kemkes.go.id/laporan-ri-set-kesehatan-dasar-riskesdas/>> [diakses 13 Desember 2021].

Merdeka.com. 2021. 4 Posisi Meditasi yang Mudah Dipraktikkan, Sederhana namun Tetap Menyehatkan Semua Halaman | merdeka.com. [online] <<https://www.merdeka.com/jabar/4-posisi-meditasi-yang-mudah-dipraktikkan-sederhana-namun-tetap-menyehatkan-kl.html?page=all>>. diakses 28/09/2021 14:52

Naman Retreat/VTN Architects <https://www.archdaily.com/778812/naman-retreat-vo-trong-nghia-architects> diakses 22 September 2021

Product Development. <http://www.terrapinbrightgreen.com/> diakses 10 September 2021).
Restaurant Vækst. <https://www.archdaily.com/790108/restaurant-vakst-genbyg#> diakses 22 September 2021

Savage, M., 2021. Dampak psikologis akibat pandemi Covid-19 diduga akan bertahan lama - BBC News Indonesia. [online] BBC News Indonesia.: <<https://www.bbc.com/indonesia/vert-fut-54808663>> [diakses 16 October 2021].

Setiawan, E., 2021. Arti kata gimnasium - Kamus Besar Bahasa Indonesia (KBBI) Online. [online] Kbbi.web.id. <<https://kbbi.web.id/gimnasium>> diakses 23 Oktober 2021

Setiawan, E., 2021. Arti kata stres - Kamus Besar Bahasa Indonesia (KBBI) Online. [online] Kbbi.web.id. <<https://kbbi.web.id/stres>> [Accessed 9 August 2021].

Slemankab.bps.go.id. 2021. Pakem Subdistrict in Figure 2020. [online] <<https://slemankab.bps.go.id/publication/>> [diakses 9 September 2021].

Terrapin Collaborates with Organizations to Challenge Assumptions and Develop Solutions that Lead to Improved Environmental and Financial Performance through Research, Planning, Guidelines, and Product Development. <http://www.terrapinbrightgreen.com/> diakses 10 September 2021.

Warta.jogjakota.go.id. 2021. Portal Berita Pemerintah Kota Yogyakarta - Kota Yogyakarta Deklarasikan Germas. [online] <<https://warta.jogjakota.go.id/detail/index/5806>> [Accessed 16 Desember 2021].diakses 13 November 2021

Windfinder.com. 2021. Windfinder - wind, wave & weather reports, forecasts & statistics worldwide. [online]: <<https://www.windfinder.com/#16/-7.5920/110.4252/2021-025T00:00Z>> [diakses 2 October 2021].

WWF UK Living Planet Centers and Headquarters <https://archello.com/project/wwf-uk-living-planet-centre-and-headquarters> diakses 20 September 2021