

Daftar Pustaka

- Adeyemo, D. (2007). Moderating Influence of Emotional Intelligence on the Link Between Academic Self-efficacy and Achievement of University Students. *Psychology and Developing Societies*, 19(2), 199–213. <https://doi.org/10.1177/097133360701900204>
- Adnan, M. & Anwar, K. (2020) Online Learning amid the COVID-19 Pandemic: Student's perspective. *Online Submission*, 2 (1), 45-51
- Aeni, N. (2011). Perbedaan kecerdasan emosi dan perilaku agresi pada anak yang ditinggalkan ibu sebagai TKW dengan anak yang tinggal bersama ibunya (Studi Pada Sekolah Dasar Di Kecamatan Gabus Kabupaten Pati Jawa Tengah). *Widyariset*
- Asmuni, A. (2020). Problematika Pembelajaran Daring di Masa Pandemi Covid-19 dan Solusi Pemecahannya. *Jurnal Paedagogy*, 7(4), 281. <https://doi.org/10.33394/jp.v7i4.2941>
- Bandura, A. (1997). *Self-Efficacy: The Exercise of Control*. Worth Publishers.
- Budi, K. (2020, April 20). Pandemi Covid-19, Telkom Dukung Masyarakat Belajar dari Rumah Lewat Cara Ini. *Kompas.com*. <https://www.kompas.com/edu/read/2020/04/20/063000771/pandemi-covid-19-telkom-dukung-masyarakat-belajar-dari-rumah-lewat-cara-ini?page=all>.
- Chandrikinnanti, S (2021) *Peran efikasi diri akademik dan dukungan orang tua terhadap stres akademik mahasiswa baru di masa pandemi COVID-19* [Tesis tidak diterbitkan] Universitas Gadjah Mada.
- Chemers, M. M., Hu, L. T., & Garcia, B. F. (2001). Academic self-efficacy and first year college student performance and adjustment. *Journal of Educational Psychology*, 93(1), 55–64. <https://doi.org/10.1037/0022-0663.93.1.55>
- Chang, Y. C., & Tsai, Y. T. (2022). The Effect of University Students' Emotional Intelligence, Learning Motivation and Self-Efficacy on Their Academic

- Achievement—Online English Courses. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.818929>
- Erindana, F. U. N., Nashoei, H. N. & Tasufi, M. N. F(2021) Penyesuaian diri dan stres akademik mahasiswa tahun pertama. *Motiva Jurnal Psikologi*. <https://doi.org/10.31293/mv.v4i1.5303>
- Fiorilli, C., Farina, E., Buonomo, I., Costa, S., Romano, L., Larcan, R., & Petrides, K. V. (2020). Trait Emotional Intelligence and School Burnout: The Mediating Role of Resilience and Academic Anxiety in High School. *International Journal of Environmental Research and Public Health*, 17(9), 3058. <https://doi.org/10.3390/ijerph17093058>
- Graves, B. S., Hall, M. E., Dias-Karch, C., Haischer, M. H., & Apter, C. (2021). Gender differences in perceived stress and coping among college students. *PLOS ONE*, 16(8), e0255634. <https://doi.org/10.1371/journal.pone.0255634>
- Gharetepeh, A., Safari, Y., Pashaei, T., Razaeei, M., & Bagher Kajbaf, M. (2015). Emotional intelligence as a predictor of self-efficacy among students with different levels of academic achievement at Kermanshah University of Medical Sciences. *Journal of advances in medical education & professionalism*, 3(2), 50–55. <https://pubmed.ncbi.nlm.nih.gov/25927067/>
- Harahap, A. C. P., Harahap, D. P., & Harahap, S. M. (2020). Analisis Tingkat Stres Akademik Pada Mahasiswa Selama Pembelajaran Jarak Jauh Dimasa Covid-19. *Biblio Couns : Jurnal Kajian Konseling dan Pendidikan*. <http://dx.doi.org/10.30596%2Fbibliocouns.v3i1.4804>
- Hernández, A. L. (2019) Stress, Self-Efficacy, Academic Achievement and Resilience in Emerging Adults, *Electronic Journal of Research in Educational Psychology*. *Electronic Journal of Research in Educational Psychology*, v17 n47 p129-148. <https://eric.ed.gov/?id=EJ1211860>
- Hitches, E., Woodcock, S., & Ehrich, J. (2022). Building self-efficacy without letting stress knock it down: Stress and academic self-efficacy of university

students. *International Journal of Educational Research Open*, 3, 100124.
<https://doi.org/10.1016/j.ijedro.2022.100124>

Jatira, Y., & S, N. (2021). Fenomena Stress dan Pembiasaan Belajar Daring dimasa Pandemi Covid-19. *EDUKATIF : JURNAL ILMU PENDIDIKAN*, 3(1), 35–43. <https://doi.org/10.31004/edukatif.v3i1.187>

Lazarus, R. S. & Folkman, S. (1984) *Stress, Apparaisal and Coping*. New York: McGraw-Hill, Inc

Maddux, J. E. (1995) *Self – efficacy theory: An introduction and adaptation, and adjustment theory. Research and application*. New York: Plenum

Marganingrum, K, W. (2022). *Regulasi emosi sebagai moderator hubungan antara stres pernikahan dan komitmen pernikahan pada istri* [Tesis tidak diterbitkan]. Universitas Gadjah Mada.

Mikolajczak, M., & Luminet, O. (2008). Trait emotional intelligence and the cognitive appraisal of stressful events: An exploratory study. *Personality and Individual Differences*, 44(7), 1445–1453. <https://doi.org/10.1016/j.paid.2007.12.012>

Nugraheni, A.I (2012). *Stres Akademik Dan Kesejahteraan Subjektif pada Mahasiswa pertama dan Mahasiswa Tingkat Akhir* [Skripsi Tidak Diterbitkan] Universitas Gadjah Mada.

Pangastutiningtyas, R. C., Djamhoer, T. D (2021) Pengaruh Academic Self-Efficacy terhadap Stres Akademik Mahasiswa selama Pembelajaran Daring. *Prosiding Psikologi*. 7 (2). <https://karyailmiah.unisba.ac.id/index.php/psikologi/article/view/28455>

Pajares, F. (1996). Self-Efficacy Beliefs in Academic Settings. *Review of Educational Research*, 66(4), 543–578. <https://doi.org/10.3102/00346543066004543>

Petrides, K. V. (2009). *Psychometric Properties of the Trait Emotional Intelligence Questionnaire (TEIQue)*. Assessing Emotional Intelligence.

<https://www.psychometriclab.com/adminsdata/files/The%20TEIQue-SF%20v.%201.50.pdf>

- Ramos-Sánchez, L., & Nichols, L. (2007). Self-Efficacy of First-Generation and Non-First-Generation College Students: The Relationship With Academic Performance and College Adjustment. *Journal of College Counseling*, 10(1), 6–18. <https://doi.org/10.1002/j.2161-1882.2007.tb00002.x>
- Reddy K. J, Menon K. R, Thattil A. (2018) Academic Stress and its Sources Among University Students. *Biomed Pharmacol J*, 11, 1. <https://dx.doi.org/10.13005/bpj/1404>
- Rufaida, A.A. (2021) *Dukungan Sosial Keluarga sebagai Moderator Peran Efikasi diri Akademik terhadap Student Engagement pada Siswa SMA/Sederajat Selama Pembelajaran Jarak Jauh*. Tesis: Tidak Diterbitkan. Universitas Gadjah Mada
- Rowniyar (2016) Emotional Intelligence as A Key to Reduce Academic Stress among Adolescence Student. *Educational Quest- An International Journal of Education and Applied Social Sciences*. 4, 1. [10.5958/2230-7311.2016.00036.2](https://doi.org/10.5958/2230-7311.2016.00036.2)
- Safaria, T., Ahmad, A. (2012). Effects of Self Efficacy on Students Academic Perfomance. *Journal of Educational, Health and Community Psychology*. 2,1. <https://media.neliti.com/media/publications/24809-EN-effects-of-self-efficacy-on-students-academic-performance.pdf>
- Salovey, P., Mayer, J. D., & Caruso, D. (2002). The positive psychology of emotional intelligence. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 159–171). Oxford University Press.
- Salovey, P., Stroud, L. R., Woolery, A., & Epel, E. S. (2002). Perceived Emotional Intelligence, Stress Reactivity, and Symptom Reports: Further Explorations Using the Trait Meta-Mood Scale. *Psychology & Health*, 17(5), 611–627. <https://doi.org/10.1080/08870440290025812>

- Shahzad, S., & Bagum, N. (2012). Gender differences in trait emotional intelligence: A comparative study. *Business Review*, 7(2), 106–112. <https://doi.org/10.54784/1990-6587.1207>
- Shingley, N. L., Jackson, M. J., Segrest, S., (2010) The effects of emotional intelligence, age, work experience, and academic performance. *Research in Higher Education Journal*, 9, 1–18. https://digitalcommons.usf.edu/fac_publications/335/
- Siddiqui, A. F. (2018). Self-Efficacy as a Predictor of Stress in Medical Students of King Khalid University. *Saudi Arabia. Makara Journal of Health Research*, 22, 1. doi:10.7454/msk.v22i1.7742
- Sofyanti, R., & Prihastuti. (2017) Pengaruh kecerdasan emosi dan efikasi diri terhadap stres akademik siswa di Madrasah Aliyah Nurul Islam Desa Bades kecamatan Pasirian Kabupaten Lumajang. *Jurnal Psikologi Pendidikan dan Perkembangan UNAIR*. <http://journal.unair.ac.id/download-fullpapers-jppp232f80dfa9full.pdf>
- Taylor, S., & Stanton, A. L. (2018). *Health Psychology* (11th ed.). McGraw-Hill Education.
- Tamba, S., & Santi, D. (2021) Efikasi diri dengan stres akademik siswa SMA selama pembelajaran Daring Masa Pandemi COVID-19. *Seminar Nasional Fakultas Pendidikan Psikologi Universitas Negeri Malang*. <http://conference.um.ac.id/index.php/psi/article/view/1135/575#>
- Utami, S., Rufaidah, A., Nisa, A., (2020). Kontribusi self efficacy terhadap stres akademik pada siswa kelas XI di MAN 3 Yogyakarta. *Jurnal riset mahasiswa bimbingan konseling*. <https://doi.org/10.26539/terapeutik.41294>
- Watson, J. C., & Watson, A. A. (2016). Coping Self-Efficacy and Academic Stress Among Hispanic First-Year College Students: The Moderating Role of Emotional Intelligence. *Journal of College Counseling*, 19, 3. <https://doi.org/10.1002/jocc.12045>

Wilks, S. E. (2008). Resilience amid Academic Stress: The Moderating Impact of Social Support among Social Work Students. *Advances in Social Work*, 9, 2. <https://doi.org/10.18060/51>