

DAFTAR PUSTAKA

- Adeodu, OO; Olorunmoteni, OE; Oseni, SBA 2018, Tingkat Obuotor, Plasma EM dan Cairan Serebrospinal Beta-Endorfin Menunjukkan a Asosiasi yang Kuat pada Anak dengan Cerebral Malaria. *J. Neurosci Anak*, 13, 416–422.
- Alligood, M. R 2014, ‘Nursing Theorist and Their Work’, 8th edn. St. Louis, Missouri: Elsevier.
- American Psychiatric Association 2022, *Disgnostic and statistical manual of mental disorder* (DSM V-TR), Washington DC, APA.
- Anissa, Mutiara; Akbar, Resti Rahmadika 2022, *Gambaran Tingkat Depresi Mahasiswa Fakultas Kedokteran Universitas Baiturrahmah Angkatan 2017*, **E-Jurnal Medika Udayana**, [S.l.], v. 10, n. 10, p. 28-31, oct. 2021. ISSN 2303-1395, dilihat 4 Agustus 2022, <<https://ojs.unud.ac.id/index.php/eum/article/view/72223>>.
- Applyard SM, et al 2003, A role for the endogenous opioid beta-endorphin in energy homeostasis. DOI: (<https://doi.org/10.1210/en.2002-221096>)
- Araújo WS, Romero WG, Zandonade E, Amorim MH 2016, ‘Effects of relaxation on depression levels in women with high-risk pregnancies: a randomised clinical trial’, *Rev Lat Am Enfermagem*.
- Aryana, K.O., & Novitasari, D 2013, ‘Pengaruh tehnik Relaksasi Benson terhadap penurunan tingkat stres lansia di unit rehabilitas sosial wening wardoyo ungaran’, *Jurnal Keperawatan Jiwa*.
- Aufar, A.F., & Raharjo, S.T 2020, ‘Kegiatan relaksasi sebagai coping stress di masa pandemi covid-19’, *Jurnal Kolaborasi Resolusi Konflik* 2: 157–163.
- Barabady, A., Baghdassarians, A., Memary, E., & Sayadi, S 2020, ‘Effect of Benson’s Relaxation Technique on Propofol Consumption and Preoperative Anxiety of Patients Undergoing Cataract Surgery’, *Anesth Pain Med* 10. Doi:10.5812/aapm.100703.
- Berkel HV 2009, ‘The relationship between personality, coping styles and stress, anxiety and depression, (disertasi). New zealand: University of Canterbury; 2009. p. 3-10.
- Borzoe, F 2020, ‘The Effect of Benson’s Relaxation Technique on Occupational Stress Among Nurses Caring for Covid-19 Patients in Sabzevar’, *Iran. Res. Sq.* 1–15.
- Brown, K 1997, ‘Replenishing the Spirit by Meditative Prayer and Guided Imagery’, *Seminars in Oncology Nursing*, 4(4), pp. 255–259.
- Cemil, A., Nazmi, S., & Betul, C 2016, ‘The Comparison Of Anxiety Level Between Male And Female Athletes In Amateur Teams’. *Original Article Science, Movement and Health*, Vol. XVI, Issue 2 Supplement.

- Darko, DF; Irwin, MR; Risch, SC; Gillin, JC 1992, Plasma beta-endorphin dan aktivitas sel pembunuh alami pada depresi berat: A. studi pendahuluan. *Psikiatri Res.*
- Datak, G 2012, 'Efektifitas Relaksasi Benson Terhadap Nyeri Pasca Bedah pada Pasien Transurethral Resection of The Prostate di Rumah Sakit Umum Pusat Fatmawati', Jakarta: Universitas Indonesia.
- Departemen Kesehatan RI, 2009, *Situasi Kesehatan Remaja*, Pusdatin, Jakarta: Depkes RI.
- Dian, C. N 2020, *Validitas dan Reliabilitas The Patient Health Questionnaire (PHQ-9) Versi Bahasa Indonesia*, Fakultas Kedokteran Universitas Sumatera Utara. dilihat 5 Agustus 2022 http://repositori.usu.ac.id/bitstream/handle/123456789/29791/1_8_7_0_4_1_0_1_7.pdf?sequence=1&isAllowed=y.
- Dianovinina, K 2018, 'Depresi pada Remaja: Gejala dan Permasalahannya', *Journal Psikogenesis*, 6(1), pp. 69–78. Available at: <https://doi.org/10.24854/jps.v6i1.634>.
- Do, Q, D 2007, 'Depression and stress among the firstyear medical students in university of medicine and pharmacy Hochiminh City, Vietnam' (thesis). Hochiminh: Chulalongkorn University; 2007. p. 42-8.
- El-Fati, S 2014, *Lengkap & Praktis Doa Dzikir Harian Khusus Ibu Hamil*. Jakarta: Wahyu Qolbu.
- Ernst, E 2000, 'The role of complementary and alternative medicine in cancer', *Lancet Oncology*, 1(3), pp. 176–180. doi: 10.1016/S1470-2045(00)00031-0.
- Friese, M. and Michaela, W 2013, 'Personal Prayer Buffers Self-Control Depletion', *Journal of Experimental Social Psychology*. doi: 10.1016/j.jesp.2013.11.006.
- Gorji, M.A.H., Davanloo, A.A., & Heidarigorji, A.M 2014, *The efficacy of relaxation training on stress, anxiety, and pain perception in hemodialysis patients*, doi:10.4103/0971-4065.132998.
- Gramstad, T. O., Gjestad, R., & Haver, B 2013, *Personality traits predict job stress, depression and anxiety among junior physicians*. *BMC Medical Education*, 13(1). <https://doi.org/10.1186/1472-6920-13-150>.
- Gunarsa, Singgih D 1996, *Psikologi Olahraga: Teori Dan Praktik*. Jakarta: Gunung Mulia.
- Guyton, A. C 2007, *Buku Ajar Fisiologi Kedokteran*. 11th edn. Jakarta: EGC.
- Hadianto, H 2014, *Prevalensi dan Faktor-Faktor Risiko yang Berhubungan dengan Tingkat Gejala Depresi pada Mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Tanjungpura*, Naskah Publikasi Prgram Studi Pendidikan Dokter Fakultas Kedokteran Universitas Tanjungpura.
- Hall, B. J., Patel, A., Lao, L., Liem, A., Mayawati, E. H., & Tjipto, S 2021, 'Structural validation of The Patient Health Questionnaire-9 (PHQ-9) among Filipina and Indonesian female migrant domestic workers in Macao: Struktural Validation of PHQ-9', *Psychiatry Research*, dilihat pada 2 Agustus 2022, 113575, <https://doi.org/10.1016/j.psychres.2020.113575>.
- Halperin, S. J., Henderson, M. N., Prenner, S., & Grauer, J. N, 2021, 'Prevalence of Anxiety and Depression Among Medical Students During the Covid-19 Pandemic: A CrossSectional Study', *Journal of Medical Education and Curricular Development*, dilihat pada 17 Juli 2022, 238212052199115. <https://doi.org/10.1177/2382120521991150>.
- Hastjarjo, T. D 2019', 'Rancangan Eksperimen-Kuasi', *Buletin Psikologi*, 27(2), 187. <https://doi.org/10.22146/buletinpsikologi.38619>.

- Kang, S. K., & Kaplan, S 2019, Working toward gender diversity and inclusion in medicine: myths and solutions. *The Lancet*, 393(10171), 579–586. [https://doi.org/10.1016/S0140-6736\(18\)33138-6](https://doi.org/10.1016/S0140-6736(18)33138-6)
- Kim, DJ; Mekar, SJ; Delgado, PL; Carbajal, JM; Caceda, R 2019, Pemeriksaan ambang nyeri dan neuropeptida pada pasien dengan risiko bunuh diri akut. *Prog. Neuropsikofarmakol. Biol. Psikiatri*, 95, 109705
- Klein, D. G. et al 2010, ‘Pain assessment in the intensive care unit: Development and psychometric testing of the nonverbal pain assessment tool’, *Heart and Lung The Journal of Acute and Critical Care*, 39(6), pp. 521–528. doi: 10.1016/j.hrtlng.2010.05.053.
- Kurniasari, A. N., & Kustanti, A 2016, ‘The Effect Benson Relaxation Technique with Anxiety In Hemodialysis Patients In Yogyakarta’, Yogyakarta.
- Li M, Wang L, Jiang M, Wu D, Tian T, Huang W 2020, *Relaxation techniques for depressive disorders in adults: a systematic review and meta-analysis of randomised controlled trials*. *Int J Psychiatry Clin Pract*. Sep;24(3):219-226. doi: 10.1080/13651501.2020.1764587.
- Liu, Yu, Jiang, T., Shi, T., Liu, Yong-ning, & Liu, X 2021, *The effectiveness of diaphragmatic breathing relaxation training for improving sleep quality among nursing staff during the COVID-19 outbreak: a before and after study*. *Sleep Med*. 78: 8–14. doi:10.1016/j.sleep.2020.12.003
- Lubis 2009, *Depresi: Tinjauan Psikologis*. Jakarta: Kencana.
- Malhi, GS; Mann, JJ 2018, *Depresi*. *Lancet*, 392, 2299–2312
- Manfaat, B 2018, *Analisis data kuantitatif. Pengkajian Dalam Pendidikan*, Desember, 462. <https://doi.org/10.13140/RG.2.2.31212.82566>.
- Maslim R 2013, *Buku saku diagnosis gangguan Jiwa*, rujukan ringkas dari PPDGJ-III dan DSM-5.
- Measures, O., Issues, O., & References, S 2011, *Instructions for PHQ, PHQ-9 and GAD-7 Measures*. Health (San Francisco), 1–9.
- Miltenberger 2012, *Behavior modification: principles and procedures*, 5th ed. ed. Print book: English.
- Moir, F., Yilder, J., Sanson, J., & Chen, Y 2018, Depression in medical students: Current insights. *Advances in Medical Education and Practice*, 9, 323–333. <https://doi.org/10.2147/AMEP.S137384>
- Moreira de Sousa, J., Moreira, C. A., & Telles-Correia, D 2018, *Anxiety, depression and academic performance: A study amongst Portuguese medical students versus non-medical students*. *Acta Medica Portuguesa*, 31(9), 454–462. <https://doi.org/10.20344/amp.9996>.
- Mustafa, M. B., Nasir, R., & Yusoooff, F 2010, *Parental support, personality, self-efficacy and depression among medical students*. *Procedia - Social and Behavioral Sciences*, 7(2), 419–424. <https://doi.org/10.1016/j.sbspro.10.057>.
- Nearly, M., & Score, T 2001, *Patient Health Questionnaire (PHQ-9) How to Score the PHQ9*.
- Ngasa, S. N., Sama, C. B., Dzekem, B. S., Nforchu, K. N., Tindong, M., Aroke, D., & Dimala, C. A 2017, Prevalence and factors associated with depression among medical students in 50 Cameroon: A cross-sectional study. *BMC Psychiatry*, 17(1), 1–7. <https://doi.org/10.1186/s12888-017-1382-3>
- Paramban, S., Bala, S., J, K.S., Rao, M.V.R., & Veetil, P.K 2021, *Effectiveness of Benson’s Relaxation Therapy on Reduction of Stress among Primigravid Mothers*, *Acta Medica Int*. 3: 133–140. doi:10.5530/ami.2016.2.27.

- Pendidikan, K., & Kebudayaan, D. A. N 2014, S tandar satuan biaya operasional perguruan tinggi negeri.
- Pilozzi *et al* 2021, Roles of β -Endorphin in Stress, Behavior, Neuroinflammation, and Brain Energy Metabolism. *Int. J. Mol. Sci.*, 22, 338. <https://doi.org/10.3390/ijms22010338>
- Poorolajal, J., Ashtarani, F., & Alimohammadi, N 2017, *ScienceDirect Effect of Benson relaxation technique on the preoperative anxiety and hemodynamic status: A single blind randomized clinical trial*, *Artery Res.* 17: 33–38. doi:10.1016/j.artres.2017.01.002.
- Prasastawati I 2021, ‘Efektifitas Intervensi Relaksasi Benson Terhadap Distres Psikologis Pada Sukarelawan Covis-19 PMI Kabupaten Temanggung’, Tesis Magister Ilmu Kedokteran Jiwa FKMK UGM.
- Purnamasari, M. W. M., Sukawana, N. M., & Suarnatha, I. W. K 2011, ‘Pengaruh senam aerobik low impact terhadap penurunan tingkat depresi pada narapidana wanita di Lembaga Pemasyarakatan Denpasar’.
- Purwanto, S 2006, ‘Relaksasi dzikir’, *Jurnal psikologi universitas Muhammadiyah semarang.* 18(1).6-48.
- Puthran R, Zhang MW, Tam WW, Ho RC 2016, *Prevalence of depression amongst medical students: a meta-analysis.* *Med Educ.* Apr;50(4):456-68. doi: 10.1111/medu.12962. PMID: 26995484.
- Rhadiana, B. R 2020, ‘Hubungan Kecenderungan Depresi dengan Subjective Well-Being pada Mahasiswa Fakultas Kedokteran UII Saat Pandemi COVID 19’, Tesis PPDS 1 Ilmu Kedokteran Jiwa FKMK UGM. https://online210.psych.wisc.edu/wpcontent/uploads/PSY-210_Unit_Materials/PSY210_Unit01_Materials/Frost_Blog_2020.pdf%0Ahttps://www.economist.com/specialreport/2020/02/06/china-is-making-substantial-investment-in-ports-and-pipelinesworldwide%0Ahttp://
- Riset Kesehatan Dasar (Riskesdas), 2018, Badan Penelitian dan Pengembangan Kesehatan Kementerian Republik Indonesia.
- Roh MS, Jeon HJ, Kim H, Han SK, Hahm BJ 2010, ‘The prevalence and impact of depression among medical students: a nationwide crosssectional’ , *Korea Selatan, Acad med;* 85(8);1384-90.
- Rotenstein, L. S., Ramos, M. A., Torre, M., Bradley Segal, J., Peluso, M. J., Guille, C., Sen, S., & Mata, D. A 2016, *Prevalence of depression, depressive symptoms, and suicidal ideation among medical students a systematic review and meta-analysis.* *JAMA - Journal of the American Medical Association,* 316(21), 2214–2236. 51 <https://doi.org/10.1001/jama.2016.17324>.
- Sadock, Benjamin J. & Sadock, Virginia A 2014, *Kaplan & Sadock’s Concise Textbook of Clinical Psychiatry (2nd Ed.).* USA: Lippincott Williams & Wilkins Inc.
- Sari, D.P., Nugroho, H. and Iskandar, A 2021, ‘Gambaran Tingkat Kecemasan Mahasiswa Fakultas Kedokteran Universitas Mulawarman Sebelum Menghadapi OSCE’, *Jurnal Sains dan Kesehatan,* 3(4), pp. 482–488.
- Sari, P.P 2019, ‘Pengaruh teknik Relaksasi Benson terhadap tingkat kecemasan pada pasien pre operasi katarak’.
- Scarone, S.; Gambini, O.; Calabrese, G.; Sacerdot, P.; Bruni, M.; Carucci, M 1990, Panerai, AE Distribusi asimetris beta-endorphin di belahan otak bunuh diri: Data awal. *Psikiatri Res.,* 32, 159–166)

- Scarone, S.; Gambini, O.; Calabrese, G.; Sacerdot, P.; Bruni, M.; Carucci, M.; Panerai, AE 1990, Distribusi asimetris beta-endorphin di belahan otak bunuh diri: Data awal. *Psikiatri Res.*, 32, 159–166).
- Sharma, HS; Cervos-Navarro, J.; Dey, PK 1991, Peningkatan permeabilitas sawar darah-otak setelah berenang jangka pendek akut berolahraga pada tikus muda normotensif yang sadar. *Ilmu saraf. Res.*
- Sprouse-Blum, AS; Smith, G.; Sugai, D.; Parsa, FD 2010, Memahami endorfin dan pentingnya mereka dalam manajemen nyeri. *Hawaii Med. J.*, 69, 70–71.
- Stahl, S. M 2013, *Stahl's Essential Psychopharmacology: Neuroscientific Basis And Practical Applications* (4th Ed.). Cambridge University Press.
- Steiner-Hofbauer, V., Melser, M. C., & Holzinger, A 2020, Focus on gender – medical students' gender-specific perception and attitudes towards the burdens of everyday student life. *GMS Journal for Medical Education*, 37(2), 1–13. <https://doi.org/10.3205/zma001308>
- Syarif, M 2012, 'Peranan do'a dan zikir dalam menghadapi trauma yang dialami pasien di rumah sakit 1', in *Seminar & Workshop Post Traumatic Counseling*. Padang, pp. 147–155.
- Tasci G, Baykara S, Gurok GM, Atmaca M 2019, 'Effect of exercise on therapeutic response in depression treatment', *Psychiatry and Clinical Psychopharmacology*; 29(2):137-143.
- Tjahyanto, T., Kanaya, N., Keren, G., Mulyadi, E. A., & Sanjaya, K 2021, Hubungan Kecerdasan Emosional Terhadap tingkat Depresi Mahasiswa Fakultas Kedokteran Universitas Tarumanegara. *Jurnal Health Sains*, 2(8). <https://jurnal.healthsains.co.id/index.php/jhs/article/view/259/347>
- Toker S, Shirom A, Melamed S 2008, *Depression and the metabolic syndrome: gender-dependent associations*. *Depress Anxiety*;25(8):661-9. doi: 10.1002/da.20379. PMID: 17941099.
- Urden, L. D., Stacy, K. M. and Lough, M. E 2014, *Critical Care Nursing: Diagnosis and Management*. 7th edn. Canada: Mosby.
- UU Republik Indonesia 2013, Undang-Undang Republik Indonesia No 20 Tahun 2013, UU Republik Indonesia, 66(1997), 37–39.
- Vasegh, S., & Mohammadi, M. R, 2007, 'Religiosity, anxiety, and depression among a sample of Iranian medical students', *International Journal of Psychiatry in Medicine*, 37(2), 213–227.
- Wahdini, I, A 2022, 'Peran Senam Aerobik *Low Impact* Terhadap Penurunan Skor Depresi Pada Mahasiswa Kedokteran Universitas Islam Indonesia, Tesis PPDS Ilmu Kedokteran Jiwa FKMK UGM.
- Wahida, S., Nooryanto, M. and Andarini, S 2015, 'Al Qur'an Surah Arrahman Recital.
- Williams JMG, et al 2014, Mindfulness-based cognitive therapy for preventing relapse in recurrent depression: A randomized dismantling trial. *J Consult Clin Psychol* ;82(2)
- Young, S.N., 2011. Biologic effects of mindfulness meditation: Growing insights into neurobiologic aspects of the prevention of depression. *J. Psychiatry Neurosci.* 36: 75–77. doi:10.1503/jpn.110010
- Zegeye, A., Mossie, A., Gebrie, A., & Markos, Y 2018, 'Stress among Postgraduate Students 52 and Its Association with Substance Use', *Journal of Psychiatry*, 21(3). <https://doi.org/10.4172/2378-5756.1000448>.