



## DAFTAR PUSTAKA

- Benezeth, Y., Li, P., Macwan, R., Nakamura, K., Gomez, R., & Yang, F. (2018). Remote heart rate variability for emotional state monitoring. *2018 IEEE EMBS International Conference on Biomedical and Health Informatics, BHI 2018, 2018-January*, 153–156.
- Berntson, G. G., Bigger, J. T., Eckberg, D. L., Grossman, P., Kaufmann, P. G., Malik, M. & van der Molen, M. W. (1997). HRV Origins, methods, and interpretive caveats. *Psychophysiology*, 34(6), 623-648. doi:10.1111/j.1469-8986.1997.tb02140.x
- Bhattacharyya, M. R., Whitehead, D. L., Rakhit, R., & Steptoe, A. (2008). Depressed mood, positive affect, and heart rate variability in patients with suspected coronary artery disease. *Psychosomatic Medicine*, 70, 1020-1027.
- Biswas-Diener, R., Diener, E., & Tamir, M. (2004). The psychology of subjective well-being. *Daedalus*, 133(2), 18–25.
- Caicedo, D. G., & Van Beuzekom, M. (2006). How do you feel?. *An assessment of existing tools for the measurement of emotions and their application in consumer products research*. Delft University of Technology Department of Industrial Design.
- Center for Public Mental Health. (2012). *Program kampus Indonesia sejahtera, Dasar pemikiran*. Diunduh dari <http://cpmh.psikologi.ugm.ac.id/kesihatan-mental-sekolah/program-kampus-indonesia-sejahtera/dasar-pemikiran/>



- Chida, Y., & Steptoe, A. (2008). Positive psychological well-being and mortality: A quantitative review of prospective observational studies. *Psychosomatic Medicine, 70*, 741-756.
- Choi, K. H., Kim, J., Kwon, O. S., Kim, M. J., Ryu, Y. H., & Park, J. E. (2017). Is heart rate variability (HRV) an adequate tool for evaluating human emotions?—A focus on the use of the International Affective Picture System (IAPS). *Psychiatry research, 251*, 192-196.
- Christanto, S. A., Brenda, D., Assisiansi, C., Pangestu, M. J., Sarita, I., & Sulistiani, V. (2017). Gratitude letter: an effort to increase subjective well-Being in college. *ANIMA Indonesian Psychological Journal, 32*(3), 158-168.  
<https://doi.org/10.24123/aipj.v32i3.630>
- Christopoulos, G. I., Uy, M. A., & Yap, W. J. (2019). The body and the brain: Measuring skin conductance responses to understand the emotional experience. *Organizational Research Methods, 22*(1), 394-420.
- De Neve, J. E., Diener, E., Tay, L., & Xuereb, C. (2013). The objective benefits of subjective well-being. *World happiness report*.
- Diener, E., Lucas, R. E., & Oishi, S. (2018). Advances and open questions in the science of subjective well-being. *Collabra: Psychology, 4*(1).
- Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour, 2*(4), 253-260.
- Diener, E., Pressman, S. D., Hunter, J., & Delgado-Chase, D. (2017). If, why, and when subjective well-being influences health, and future needed research. *Applied Psychology: Health and Well-Being, 9*(2), 133-167.



- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social indicators research*, 97, 143-156.
- Dörner, D., & Güss, C. D. (2013). PSI: A computational architecture of cognition, motivation, and emotion. *Review of General Psychology*, 17(3), 297-317.
- Feldman, P. J., Cohen, S., Lepore, S. J., Matthews, K. A., Kamarck, T. W., & Marsland, A. L. (1999). Negative emotions and acute physiological responses to stress. *Annals of Behavioral Medicine*, 21(3), 216-222.
- Forgas, J. P. (2007). When sad is better than happy: negative affect can improve the quality and effectiveness of persuasive messages and social influence. *Journal of Experimental Social Psychology*, 43, 513-528.
- Fredrickson, B.L., & Branigan, C. (2005) Positive emotions broaden the scope of attention and thought-action repertoires. *Cognition and Emotion*, 19, 313-332.
- Fredrickson, B. L., Mancuso, R. A., Branigan, C., & Tugade, M. M. (2000). The undoing effect of positive emotions. *Motivation and Emotion*, 24, 237-258.
- Geisler, F. C., Vennewald, N., Kubiak, T., & Weber, H. (2010). The impact of heart rate variability on subjective well-being is mediated by emotion regulation. *Personality and individual differences*, 49(7), 723-728.
- Gruber, J., Mauss, I. B., & Tamir, M. (2011) A dark side of happiness: how, when, and why happiness is not always good. *Perspectives on Psychological Science*, 6, 222-233.



- Guo, H. W., Huang, Y. S., Lin, C. H., Chien, J. C., Haraikawa, K., & Shieh, J. S. (2016). Heart rate variability signal features for emotion recognition by using principal component analysis and support vectors machine. In *2016 IEEE 16th international conference on bioinformatics and bioengineering (BIBE)* (pp. 274-277). IEEE.
- Herlena, B., & Seftiani, N. A. (2018). Kecerdasan spiritual sebagai prediktor kesejahteraan subjektif pada mahasiswa. *Jurnal Psikologi Integratif*, *6*(1), 101-115.
- Hölzela, B.K., Carmodyc, J., Vangela M., Congletona, C., Yerramsettia, S.M., Garda, T., & Lazara, S.W. (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Research*, *191*(1), 36-43.
- Ifcher, J., & Zarghamee, H. (2011). Happiness and time preference: the effect of positive affect in a random assignment experiment. *American Economic Review*, *101*(7), 3109-3129.
- Julika, S., & Setiyawati, D. (2019). Kecerdasan emosional, stres akademik, dan kesejahteraan subjektif pada mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, *5*(1), 50-59.
- Julika, S. (2017). Hubungan antara kecerdasan emosi, stress akademik dan kecerdasan spiritual pada mahasiswa (Tesis tidak dipublikasikan). Fakultas Psikologi Universitas Gadjah Mada, Yogyakarta.
- Kiecolt-Glaser, J. K., McGuire, L., Robles, T. F., & Glaser, R. (2002). Emotions, morbidity, and mortality: New perspectives from psychoneuroimmunology. *Annual Review of Psychology*, *53*, 83-107.



- Levenson, R. W. (2014). The autonomic nervous system and emotion. *Emotion review*, 6(2), 100-112.
- Luhmann, M., Hofmann, W., Eid, M., & Lucas, R. E. (2012). Subjective well-being and adaptation to life events: a meta-analysis. *Journal of personality and social psychology*, 102(3), 592.
- Nagai, Y., Jones, C. I., & Sen, A. (2019). Galvanic skin response (GSR)/electrodermal/skin conductance biofeedback on epilepsy: A systematic review and meta-analysis. *Frontiers in Neurology*, 10, 377. <https://doi.org/10.3389/fneur.2019.00377>
- Nayana, F. N. (2013). Kefungsian keluarga dan subjective well-being pada remaja. *Jurnal Ilmiah Psikologi Terapan*, 1(2), 230-244.
- Nugraheni, A. K. (2012). Stres akademik dan kesejahteraan subjektif pada mahasiswa tingkat pertama dan tingkat akhir. Skripsi tidak diterbitkan. Yogyakarta: Fakultas Psikologi UGM
- O'Connor, E. (2005). Student well-being: A dimension of subjective well-being. *Deakin University, Australia. School of Psychology*.
- Ready, R. E., Vaidya, J. G., Watson, D., Latzman, R. D., Koffel, E. A., & Clark, L. A. (2011). Age-group differences in facets of positive and negative affect. *Aging & mental health*, 15(6), 784-795.
- Rodrigues, R. N. G., Tucci, A. M., & de Barros Viana, M. (2022). The Use of Biofeedback on Students: a Systematic Review. *Trends in Psychology*, 30(2), 345-366.



- Russell, J. A. (1980). A circumplex model of affect. *Journal of personality and social psychology*, 39(6), 1161.
- Schmitz, T.W., De Rosa, E., & Anderson, A.K. (2009). Opposing influences of affective state valence on visual cortical encoding. *Journal of Neuroscience*, 29, 7199-7207.
- Setyohadi, D. B., Kusrohmaniah, S., Gunawan, S. B., & Pranowo, P. (2018). Galvanic skin response data classification for emotion detection. *International Journal of Electrical and Computer Engineering (IJECE)*, 8(5), 31-41.
- Shaffer, F., & Ginsberg, J. P. (2017). An overview of heart rate variability metrics and norms. *Frontiers in Public Health*, 5, 258.
- Sugiyono. (2017). *Metode Penelitian Kebijakan*. Bandung: Alfabeta.
- Sumargo, B. (2020). *Teknik sampling*. Unj press.
- Tay, L., & Diener, E. (2011). Needs and subjective well-being around the world. *Journal of personality and social psychology*, 101(2), 354.
- Tay, L., Zyphur, M., & Batz, C. L. (2018). Income and subjective well-being: Review, synthesis, and future research. *Handbook of well-being*. Salt Lake City, UT: DEF Publishers.
- Tinello, D., Kliegel, M., & Zuber, S. (2021). Does heart rate variability biofeedback enhance executive functions across the lifespan? A systematic review. *Journal of Cognitive Enhancement*, 1-17.
- Utami, M. S. (2009). Keterlibatan dalam kegiatan dan kesejahteraan subjektif mahasiswa. *Jurnal Psikologi*, 36(2), 144-163.



Vos, P., De Cock, P., Petry, K., Van Den Noortgate, W., & Maes, B. (2010). Do you know what I feel? A first step towards a physiological measure of the subjective well-being of persons with profound intellectual and multiple disabilities. *Journal of Applied Research in Intellectual Disabilities*, 23(4), 366-378.

Wijasena, H. Z. (2021). *Analisis Pengaruh Aktivitas Fisik Pada Respon Fisiologis Menggunakan Biosignal Sensor Untuk Pengenalan Emosi* (Doctoral dissertation, Universitas Gadjah Mada).