

## DAFTAR PUSTAKA

- Asif, A., Majid, M., and Anwar, S. M., 2019, Human stress classification using EEG signals in response to music tracks. *Computers in Biology and Medicine*, Vol.107, pp.182–196.
- Bettles, C., 2012, *EEG Analysis: The Effects of Music on Relaxation* (Vol. 20).
- Chlan, L., 1998, *Effectiveness of a music therapy intervention on relaxation and anxiety for patients receiving ventilatory assistance*.
- Farnsworth, B., 2019, *iMotions-Unpack Human Behavior Electroencephalography The Complete Pocket Guide*.
- Field, A. P., 2009, *Discovering statistics using SPSS*. SAGE Publications.
- Goss-Sampson, M. A., 2020, *Statistical Analysis in JASP : A Students Guide*.
- Huang, S., Good M, and Albert J, 2007, *Music reduced cancer pain via relaxation and distraction*.
- Jacobs, G. D., and Friedman, R., 2004, EEG spectral analysis of relaxation techniques. *Applied Psychophysiology Biofeedback*, Vol.29, No.4, pp.245–254.
- Jiang, J., Rickson, D., and Jiang, C., 2016, The mechanism of music for reducing psychological stress: Music preference as a mediator. *Arts in Psychotherapy*, Vol.48, pp.62–68.
- Kamal, M., 2019, *Electroencephalography (EEG) analysis on human reflection towards relaxation of mind*. Retrieved from <https://www.researchgate.net/publication/342144205>
- Khakim, Z., and Kusrohmaniah, S., 2021, Dasar - Dasar Electroencephalography (EEG) bagi Riset Psikologi. *Buletin Psikologi*, Vol.29, No.1, pp.92.
- Kroemer, K. H. E., and Grandjean, E., 1997, *Fitting the Task to the Human*.
- Kumar, J. S., and Bhuvaneswari, P., 2012, Analysis of electroencephalography (EEG) signals and its categorization - A study. *Procedia Engineering* (Vol. 38, pp. 2525–2536). Elsevier Ltd.
- Kurnia Afandi, I., Ferdiana, R., and Nugroho, H. A., 2014, *Stimulasi Denyut Jantung dengan Pemutar Musik pada Android*. *Jurnal Sistem Informasi Bisnis*.

- Lai, H.-L., 2004, *Music Preference and Relaxation in Taiwanese Elderly People. Geriatric Nursing* (Vol. 25).
- Limyati, Y., Erman, A. R., Sari, W. P., Lucianus, J., and Lana, B. W., 2018, PENGARUH MUSIK KARYA BACH TERHADAP FUNGSI KOGNISI: ATENSI DAN MEMORI JANGKA PENDEK. *Neurona*, Vol.36, .
- Lindner, J., 2024, December 22, Stress In College Students Statistics [Fresh Research]. Retrieved July 5, 2024, from <https://gitnux.org/stress-in-college-students-statistics/>
- Mahmood, D., Nisar, H., Yap, V. V., and Tsai, C. Y., 2022, The Effect of Music Listening on EEG Functional Connectivity of Brain: A Short-Duration and Long-Duration Study. *Mathematics*, Vol.10, No.3,.
- Malakoutikhah, A., Dehghan, M., Ghonchehpoor, A., Parandeh Afshar, P., and Honarmand, A., 2020, The effect of different genres of music and silence on relaxation and anxiety: A randomized controlled trial. *Explore*, Vol.16, No.6, pp.376–381.
- Montagu, J., 2017, How Music and Instruments Began: A Brief Overview of the Origin and Entire Development of Music, from Its Earliest Stages. *Frontiers in Sociology*, Vol.2, .
- Nawaz, R., Nisar, H., and Yap, V. V., 2018, Recognition of Useful Music for Emotion Enhancement Based on Dimensional Model.
- Raglio, A., Grossi, E., and Manzoni, L., 2023, Artificial Neural Networks for a Semantic Map of Variables in a Music Listening-Based Study. *Applied Sciences (Switzerland)*, Vol.13, No.21,.
- Rajendran, V. G., Jayalalitha, S., and Adalarasu, K., 2022, EEG Based Evaluation of Examination Stress and Test Anxiety Among College Students. *IRBM*, Vol.43, No.5, pp.349–361.
- Shuker, R., 2005, *Popular Music: The Key Concepts: Second Edition*.
- Smith, J. C., Amutio, A., Anderson, J. P., and Aria, L. A., 1996, *Relaxation: Mapping an Uncharted World 1. Biofeedback and Self-Regulation*.
- Steen, A., 2024, Most Popular Music Genres: A Comprehensive Guide to the Sounds We Love. Retrieved July 5, 2024, from <https://primesound.org/popular-music-genres/>
- Sugiono, Putro, W. W., and Sari, S. I. K., 2018, *ERGONOMI UNTUK PEMULA (Prinsip Dasar & Aplikasinya)*. UB Press.

- Tan, X., Yowler, C. J., Super, D. M., and Fratianne, R. B., 2012, *The Interplay of Preference, Familiarity and Psychophysical Properties in Defining Relaxation Music The Music Settlement*. Retrieved from <http://jmt.oxfordjournals.org/>
- Thoma, M. V., La Marca, R., Brönnimann, R., Finkel, L., Ehlert, U., and Nater, U. M., 2013, The Effect of Music on the Human Stress Response. *PLoS ONE*, Vol.8, No.8,.
- Weaver, C. E., Dwiggins, A., McCormick, K., Fesler, M., and Goyal, S. D., in press. *Rhythmic Entrainment: A Music Therapy Intervention to Elicit Relaxation and Decrease Anxiety for the Bone Marrow Transplant Recipient*.