



## DAFTAR PUSTAKA

- Alvina, M., & Kusumaningrum, W. (2018). Penerapan Art therapy untuk Meningkatkan Self Esteem anak Usia Middle Childhood. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 198-204.
- Anshar, M. (2017). Pelatihan Keberyukuran Untuk Meningkatkan Harga diri pada penyadang disabilitas fisik di BBRSB Prof Dr. Soeharso Surakarta. Master thesis. Universitas Muhammadiyah Surakarta
- Azizah, N. Zahara. (2018). 2018. Gratitude Cognitive Behavior Therapy untuk meningkatkan subyektif well being remaja dari orang tua yang bercerai. Master thesis. Universitas Gadjah Mada.
- Barlett, M.,Y & Destino.D.(2006). Gratitude and prosocial behavior: helping when it costs you. *Journal of Psychological Science*. 17(4). 319-325. http; DOI:10.1111/j.1467-9280.2006.01705.x
- Bethari, L.,. (2018). Harga Diri dan Kesepian dalam memprediksi kecenderungan Menjadi Pelaku Perundungan-Siber pada Remaja. Master thesis. Universitas Gadjah Mada.
- Bhar, S., Brown, G., & Beck, A. (2008). Self Esteem and Suicide Ideation in psychiatric Outpatient. *Journal The American Association of Suicidology*, 511-516. doi: 10.1521/suli.2008.38.5.511.
- Bono, G., & McCullough,M.E (2006). Positive responses to benefit and harm; bringing forgiveness and gratitude into cognitive psychotherapy. *Journal of cognitive Psychotherapy an international querterly*, 20 (2), 1-10. Retrieved from <http://www.Psy.miami.edu/faculty/mmccullough/pappers/Positive responses to benefit and harm.pdf>
- BPS. (2017) *Angka Perceraian Di Indonesia*. (diakses pada tanggal 3 desember 2018 dari <https://bps.go.id/>)
- Cobb, N. (2007). *Adolescence Continuity, Change and Diversity*. Newyork: McGraww-Hill International Edition.
- Cole, K 2004. *Mendampingi anak menghadapi perceraian orang tua*. Jakarta: PT Prestasi Pustakarya
- Coopersmith, S. (1967). *The Antecedents of Self esteem*. San Fransisco: Freeman and Company.
- Corey, G. (2012). *Theory and Practice of Group Counseling*. Eighth Edition. Belmont : Cengage Learning.
- Curwen, B., Stephen, P., & Rudder, P. (2008). *Brief Cognition Behavior Therapy*. California : SAGE publication Inc.



Dagun, M. (2002). *Psikologi Keluarga*. Jakarta: Rineka Cipta.

Darney, C., Howcroft, G., & Stroud, L. (2013). The Impact that bullying at school has on individuals self esteem during young adulthood. *International Journal of Educational and Research*, 1(8), 1-16.

Dasugiharti, R. (2017). Peningkatan Self Esteem Dalam Interaksi Sosial Dengan Menggunakan Konseling client centred. Master thesis. Universitas Lampung,.

Davis , D.E., Choe, E., Myers, J. Wade, N., Varjas, K., Gifford, A., Worhington Jr, E. L. (2016). Thankful for the little things : A meta analysis of gratitude interventions. *Journal of Counseling Psychology*, 63 (1), 20 – 31. DOI: 10.1037/cou0000107

Elbert, C. (2018). Self-esteem consistency predicts the course of therapy deppressed patients. *Plos One. Inc*, 1-19.

Emmons, R.A and Shelton,C.M (2002). *Grattitude and the science of positive psychology*. *Handbook of Positive* (C.R Snyder & S.J Lopez Eds.). Newyork. Oxford University

Emmons, R.A , McCullough, M. E.,& Tsang, J. (2007). *Thanks! How the new science of grattitude can make you happier*. Boston: Houghton-Mifftlin.

Emmons R. (2009). Gratitude.Lopez,S.J. *The encyclopedia of positive psychology*. Vol 1, A-K. Oxford : Wiley.

Emmons ,R.A & Stern, R. (2013). Gratitude as Psychotherapeutic intervention. *Journal of Clinical Psychology*, 69 (8), 846 – 855. DOI :10.1002/jclp.22020

Ernaningsih, Wahyu. 2018. Pengaruh budaya jawa terhadap pandangan keluarga dan perceraian. Erlangga. Yogyakarta

Fredrickson, B. L., M. M. Tugade, C. E. Waugh and G. Larkin.(2003). What good are positive emotions in crises?: A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology* 84:365–376.

Frey & Carlock (1989). *Enhancing Self Esteem*. Second Edition. France : Accelerated Development Inc

Froh, J.J. Kashdan, T.B., OZimkowski, K.M., Miller, N. (2009). Who Benefits The Most from A Gratitude Intervention In Children and Adolescents? Examining Positive Affect as A Moderator. *The Journal of Positive Psychology*, 4, 408–422

Goleman. (2002). *Emotional Intellegence. mengapa kecerdasan emosi lebih penting dari pada IQ*. Jakarta: Gramedia Pustaka Utama

Guindon, M. (2010). *Self Esteem Across the Lifespan*. Newyork: Routledge Taylor and Francis Group.



Geraghty, A. W. A. Wood, A.M., & Hyland ,M, E. (2010). Attrition from self directed interventions : Investigating the relationship between psychological predictors, intervention content and dropout. *Journal of Social Science and Medicine*, 71, 30-37. DOI :10.1016/j.socscimed.2010.03.007

Hadi, S. 2016. *Metodelogi Riset*. Yogyakarta; Pustaka Pelajar.

Humaira, R. (2016). Dampak Perceraian Terhadap Hubungan lawan Jenis Remaja dari Keluarga Bercerai. Master thesis. Universitas Sunan Kalijaga.

Ihromi, T. (1999). *Bunga Rampai Sosiologi Keluarga*. Jakarta: Yayasan Obor Indonesia.

Islamiah, N., Daengsari, D., & Hartiani, F. (2015). Cognitive Behavior Therapy untuk Meningkatkan Self Esteem pada Anak Usia Sekolah. *Jurnal Ilmu Keluarga dan Konsumen*, 6(3), 142-152.

J, V., Luyckx, K., Scholte, R., Engles, & Glossens, L. (2013). Low self Esteem as a risk factor for loneliness in adolescence: Perceived –But not actual – Social Acceptance as an Underlying Mechanism. 3(2). *Journal of Abnormal Child Psychology*.

Kazdin, A. E. (2011). *Single-Case Research Designs*, Second Edition. New York, NY: Oxford University Press

Kemala, N. (2015). Terapi Menulis untuk Meningkatkan Harga Diri Remaja Panti Asuhan. *Jurnal Intervensi Psikologi*, 1(2), 30-40.

Kokenes, B. (1978). *A Factor analytic study of the coopersmith self esteem inventory for Adolescence*. Newyork : Graw –Hill International Edition

Kurniatun, R. (2011). Pengaruh Terapi Bermain Peran Terhadap Peningkatan Harga Diri SMA 1 Bantul. *Sekolah Tinggi Ilmu Kesehatan Al Aisyah Yogyakarta*, 1-7.

Larasari, Wikan. 2012. Meningkatkan Self Esteem Melalui Metode Self Instruction. Uniiversitas Indonesia.

Listiyandani, R.A. , Nathania, A., Syahniar, D., Sonia,L. & Nadya, R. , (2015). Mengukur Rasa Syukur : Pengembangan Model. Psikologi Ulayat. 2(2),473 -496.

Luh Surini Yulia Savitri, M. (2011). *Dampak Perceraian Pada Anak*. Jakarta: Direktorat Pembinaan Anak Usia Dini.

Lyubomirsky,S.(2007). *The how of Happiness*. London: Sphere.

Marwati, E., Prihantanti, N., & Hertinjung, W. S. (2018). Pelatihan Berpikir Positif untuk Meningkatkan Harga Diri Remaja Panti Asuhan. Master thesis. Universitas Muhammadiyah Surakarta

Martin , G.& Pear , J. (2003). *Behavior Modification. What it is and How to do it*. New jersey : Prentice-Hall.



McCullough, M. E., Kimeldorf, M. B., & Cohen, A. D. (2008). An adaptation for altruism? The social causes, social effects, and social evolution of gratitude. *Current Directions in Psychological Science*, 17, 281-284.

McCullough, M.E & Larson, D. B. (1999). *Intergrating Spirituality into Treatment; Resourcesfor Practitioners*. Washington, D. C: American Psychological Association

Mubina, N. (2010). Penyesuaian Diri Remaja Dalam Menghadapai Perceraian Orang Tua (Studi Kualitatif fenomenologis Terhadap Remaja di Jepara Jawa Tengah. Master skripsi. Universitas Udayana.

Murk, C. (2006). *Self Esteem Research , Theory and Practice toward a Positive Psychology of Self Esteem*. Newyork: Springer Publishing Company.

Mutia, E. (2010). Terapi kognitif Perilaku Bersyukur untuk Menurunkan Depresi pada Remaja. *Jurnal Intervensi Psikologi*, 1(5), 10-15.

Myers ,J.,E., Wilse,J.,T., & Vilalba ,J.A. (2011). Promoting Self-Esteem in Adolescents: The Influence of Wellness Factors. *Journal of Counseling and Development*. 89 (1). 28-36

Nenny, M. (2013). Perilaku Delinquency Pada Remaja yang Mengalami Perceraian Orang Tua. . Master thesis. Universitas Muhammadiyah surakarta.

Ningrum, K.,Winda.2017. Gratitude Cognitive Behavior Therapy untuk Meningkatkan Penyandang Diabetes Militus tingkat 2. Master thesis. Universitas Gadjah Mada.

Oemarjoedi,A.K.(2003). *Pendekatan Cognitive Behavior dalam Psikoterapi*. Jakarta : Penerbit kreatif Medis

Park, J. Y. (2014). Assessment of implicit self-esteem in bipolar manic and euthymic patients using the implicit association test. *Elsevier*, 1(5), 557 - 564.

Park, J. Y., & Ryu, V. (2014). Assesment of Implicit of self esteem in bipolar manic. *Elsevier*, 1(5) 557-563.

Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, 60(5), 410-421.  
<http://dx.doi.org/10.1037/0003-066X.60.5.410>

Polak, E.L & McCullough, M.E. (2006). Is Gratitude An Alternative To Materialism?. *Journal of Happiness*, 1(7), 343-360

Prawitasari,J.E. (2011). *Psikologi Klinis : Pengantar terapan mikro dan makro*. Jakarta : Penerbit Erlangga.

Priyana, D. (2018). Permasalahan Psikologis Remaja dengan Orang Tua Bercerai. Master thesis. Universitas Brawijaya.

Putri, P. 2010. Pengaruh Pelatihan Ketrampilan Berpikir Positif pada harga Diri Remaja. Master thesis. Universitas Indonesia.



Ragasukma, L. B. (2018). Harga Diri dan Kesepian dalam Memprediksi Kecenderungan menjadi pelaku cyber pada remaja. Master thesis. Universitas Gadjah Mada.

Rinawati, H. (2018). Terapi Kelompok untuk Meningkatkan Harga Diri Remaja Panti Asuhan. Master thesis. Universitas Muhammadiyah Surakarta

Rosenberg, M. (1965). *Society and The Adolescent Self-Image*. Princeton: Princeton University Press.

Sarbini, W. (2016). Dampak Psikologis bagi Anak Korban Perceraian di Kota Jember. Master thesis. Universitas Jember

Santrock, J. (2012). *Life Span Development* (14th Edition ed.). Newyork: Mc Graw Hill International.

Sciangula, A. ,& Morry, M. 2009. Self-Esteem and Perceived Regard: How I See Myself Affects My Relationship Satisfaction. *Journal of Social Psychology*. 149(2), 143–158

Seligman,M. (2008). *Menginstal Optimisme. Bagaimana cara mengubah pikiran dan kehidupan anda*. Alih Bahasa oleh Budhy Yogapranata. Bandung: Momentum.

Shaffer, & Kipp. (2014). *Developmental Psychology Childhood and Adolescence*. Belmont: Wadsworth Cengage Learning.

Shaughnessy, J.J , Zechmeister, E.B., Zechmeister, J.S. (2007). *Research Method in Psychology*. Terjemahan Soetjipto, H.P 7 Soetjipto, S.M. Yogyakarta : Pustaka Pelajar.

Strelan, P. (2007). The prosocial, adaptive qualities of just world beliefs: Implications for the relationship between justice and forgiveness. *Journal of Personality and Individual Differences*, 43, 881-890. DOI:10.1016/j.paid.2007.02.015

Sukumaran, S., Vickers, B., Yates, P. et al. (2003). Self-esteem in child and adolescent psychiatric patients. *European Child & Adolescent Psychiatry*, 12, 190-197. DOI : 10.1007/s00787-003-0312-8

Sunanto,J., Takeuchi, K. & Nakata, H. (2005). *Pengantar Penelitian Dengan Subjek Tunggal*. Jepang :Universitas Tsukuba

Susan, H. (1993). *Causes and Consequence of Low Self-Esteem in Children and Adolescence. In S. Harter, Low Self-Esteem in Children and Adolescence*. Newyork: Plenum Pers.

S.N, Y., Juhari, R., & Talib, M. (2010). Effect of Self Esteem on the Relationship Between Depresion and Bullying among Teenager in Malaysia. *Asian Socil Science*, 1(3), 77-85.

Snyder,C.R., dan Lopez., S.J (2002). *Handbook of Positive psychology*. Newyork : Oxford University Press.



Tisnaini, S. (2018). Harga diri pada Remaja Korban Perceraian. Master thesis. Universitas Muhammadiyah Surakarta

Trezniewski, K. H. (2006). Low Self-Esteem During Adolescence Predicts Poor Health, Criminal Behavior and limited economic process during adulthood. *Developmental Psychology journal*, 1(4), 381-390.

Utami, M. , Shalihah, M., Adiningtyas, N.P., Rahmah,S. ,& Ningrum, W. K. (2018). 2018. Gratitude Cognitive Behavior Therapy untuk meningkatkan kualitas hidup penyandang diabetes militus tipe 2. Master thesis. Universitas Gadjah Mada.

Vanhalst, J.,Luyckx, K.Scholte, R.H.J., Engels, R.C.M.E & Goossens,L. (2013). Low self Esteem as a risk factor for loliness in adolesence: Perceived –But not actual – Social Acceptence as an Underlying Mechanism. *Journal of Abnormal Child Psychology* , 41, 1067-1081.

Wangge, B. D. (2013). Hubungan antara Penerimaan Diri dengan Harga Diri. *Jurnal Psikologi Kepribadian dan Sosial* 1, 1-10.

Warsini, D. (2014). Studi Perbandingan Harga Diri Remaja dari Keluarga yang Bercerai dan tidak Bercerai. Master thesis. Universitas Airlangga

Wasil, S. (2010). Dampak Psikologis Remaja Korban Perceraian. Master skripsi. Universitas Airlangga

Watson, P.C, Woodwar, K.,Stone T.,Kolts, R.,L. (2013). Gratitude and Happiness : Development and Measure of relationship with subjective well being. *Social Behavior and Personality*, 31(5). 431-452. <http://doi.org/10.2224/sbp.2003.31.5.431>

Widharti, S. (2016). Penyesuaian Diri Pada Anak Perempuan Pasca Perceraian. Master skripsi. Universitas Indonesia

Wilding, C. & Milne, A. (2008). *Cognitive Behavior Therapy*. Ohio : McGraw-hill Companies, Inc.

Yusuf, M. (2014). Dampak Perceraian Orang Tua Terhadap Anak. *Jurnal Al Bayan*, 1(3), 20-29.

Zei-Wei Ma.,Liang, J.Zeng.W.,Jiang.S., Liu, T.(2014). The Relationships between self esteem and loliness; Does Social anxiety Matter ?. *International Journal of Psychological Studies*, 6. 151-165.

Zhang, B., Gao, Q., Fokkema, M., Alterman, V., & Liu, Q. (2015). Adolescent Interpersonal Relationship , Social Support and Loliness in High School. *Mediation Effect and Gender Differences*, 4(5), 104-117.

Zimmerman, M. (1997). A Longitudinal Study of Self Esteem: Implication for Adolescent Development. *Journal of Youth Adolescence*, 2(3),117-141.



**Gratitude Cognivite Behavior Therapy untuk Meningkatkan Harga Diri Remaja dari Orang tua yang Bercerai**

DIAN SARTIKA SARI, Dr. Muhan Sofiati Utami, MS.

Universitas Gadjah Mada, 2019 | Diunduh dari <http://etd.repository.ugm.ac.id/>

UNIVERSITAS  
GADJAH MADA