

DAFTAR PUSTAKA

- Altmaier, E., & Maloney, R. (2007). An initial evaluation of a mindful parenting program. *Journal of Clinical Psychology, 63*(12), 1231–1238. doi: 10.1002/jclp
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders*. London: American Psychiatric Publishing. doi: 10.1176/appi.books.9780890425596.744053
- Anderson, D., Dumont, S., Jacobs, P., & Azzaria, L. (2007). The personal costs of caring for a child with a disability: A review of the literature. *Public Health Reports, 122*(1), 3–16. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1802121/>
- Arch, J. J., & Craske, M. G. (2006). Mechanisms of mindfulness : Emotion regulation following a focused breathing induction, *Behaviour Research and Therapy 44*, 1849–1858. doi: 10.1016/j.brat.2005.12.007
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice, 10*, 125–143. doi: 10.1093/clipsy.bpg015
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*(1), 27–45. doi: 10.1177/1073191105283504
- Baker, B. L., Blacher, J., & Olsson, M. B. (2005). Preschool children with and without developmental delay: Behaviour problems, parents' optimism and well-being. *Journal of Intellectual Disability Research, 49*(8), 575–590. doi:10.1111/j.1365-2788.2005.00691.x
- Baker, B. L., McIntyre, L. L., Blacher, J., Crnic, K., Edelbrock, C., & Low, C. (2003). Pre-school children with and without developmental delay: Behavior problems and parenting stress over time. *Journal of Intellectual Disability Research, 47*(4), 217–230. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/12787154>
- Barog, Z. S., Younesi, S. J., Sedaghati, A. H., & Sedaghati, Z. (2015). Efficacy of mindfulness-based cognitive therapy on quality of life of mothers of children with cerebral palsy. *Iranian Journal of Psychiatry, 10*(2), 86–92. Retrieved from <http://www.embase.com/search/results?subaction=viewrecord&from=export&id=L605214005\nhttp://bb2sz3ek3z.search.serialssolutions.com?sid=EMBASE&issn=20082215&id=doi:&atitle=Efficacy+of+mindfulness-based+cognitive+therapy+on+quality+of+life+of+mothers+of+chi>

- Bazzano, A., Wolfe, C., Zylowska, L., Wang, S., Schuster, E., Barrett, C., & Lehrer, D. (2013). Mindfulness based stress reduction (MBSR) for parents and caregivers of individuals with developmental disabilities : A community-based approach. *Journal of Child and Family Studies*. 24: 298-308. doi:10.1007/s10826-013-9836-9
- Berg, R.C., Landreth, G.L., & Fall, K.A (2006). *Group counseling: concepts and procedures, Fourth edition*. London: Routledge.
- Bernstein, N. (1990). Mothers of the retarded. Dalam Spurlock, J. & Robinowitz. *Women's Progress: Promises and Problems*. Washington DC: Springer
- Bishop, S.R. (2002). What do we really know about mindfulness-based stress reduction. *Psychosom Med*, 64(1): 71-83. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/11818588>
- BKKBN. 2013. Anak berkebutuhan khusus jadi perhatian BKKBN. Diakses dari http://www.bkkbn.go.id/_layouts/mobile/disppform.aspx?List=9c6767ad-abfe-48e3-9120-af89b76d56f4&View=174a5cf7-357b-4b83-a7ac-be983c5ddb0e&ID=844
- Boehm , J. K., Lyubomirsky, S., & Sheldon, K.M. (2011) A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition & Emotion*, 25(7): 1263–1272. doi: 10.1080/02699931.2010.541227
- Bögels, S. M., Helleman, J., van Deursen, S., Römer, M., & van der Meulen, R. (2014). Mindful parenting in mental health care: Effects on parental and child psychopathology, parental stress, parenting, coparenting, and marital functioning. *Mindfulness*, 5(5), 536–551. doi: 10.1007/s12671-013-0209-7
- Bögels, S. M., Lehtonen, A., & Restifo, K. (2010). Mindful Parenting in Mental Health Care. *Mindfulness*, 1(2), 107–120. doi: 10.1007/s12671-010-0014-5
- Bögels, S., & Restifo, K. (2014). *Mindful parenting: A guide for mental health practitioners*. London: Springer. doi: 10.1007/978-1-4614-7406-7.
- Breslin, J. H., Edgin, J. O., Bootzin, R. R., Goodwin, J. L., & Nadel, L. (2011). Parental report of sleep problems in Down syndrome. *Journal of Intellectual Disability Research*, 55(11), 1086–1091. doi: 10.1111/j.1365-2788.2011.01435.x
- Brown, K. W. (2015). Mindfulness training to enhance positive functioning. Dalam Brown, K. W., Creswell, J. D., & Ryan, R. M. *Handbook of Mindfulness: Theory, Research, and Practice*. New York: The Guilford Press.

- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848. doi: 10.1037/0022-3514.84.4.822
- Brown, K. W., Kasser, T., Ryan, R. M., Linley, A., & Orzech, K. (2009). When what one has is enough: Mindfulness, financial desire discrepancy, and subjective wellbeing. *Journal of Research in Personality*, 43, 727–736. doi: 10.1016/j.jrp.2009.07.002
- Brown, K. W., Ryan, R. M., & Creswell, J. D. (2007). Mindfulness: Theoretical foundations and evidence for its salutary effects. *Psychological Inquiry*, 18(4), 211–237. doi:10.1080/10478400701598298
- Brownstein, A. (2005) *Extraordinary healing: The amazing power of your body's secret healing system*. New York: Harbor Press, Inc.
- Burack, J.A., Hodapp, R.M., Iarocci, G., & Zigler, E. (2012). *The Oxford handbook of intellectual disability and development*. New York: Oxford University Press, Inc. doi: 10.1093/oxfordhb/9780195305012.001.0001
- Burke, M. M., & Hodapp, R. M. (2014). Relating stress of mothers of children with developmental disabilities to family-school partnerships. *Intellectual and Developmental Disabilities*, 52(1), 13–23. <http://doi.org/10.1352/1934-9556-52.1.13>
- Cantwell, J., Muldoon, O. T., & Gallagher, S. (2014). Social support and mastery influence the association between stress and poor physical health in parents caring for children with developmental disabilities. *Research in Developmental Disabilities*, 35(9), 2215–2223. doi:10.1016/j.ridd.2014.05.012
- Chan, D. W. (2010). Gratitude intervention and subjective well-being among Chinese school teachers in Hong Kong, *Educational Psychology*, 30(2), 139–153. doi:10.1080/01443410903493934
- Coatsworth, J. D., Duncan, L. G., Greenberg, M. T., & Nix, R. L. (2010). Changing parent's mindfulness, child management skills and relationship quality with their youth: Results from a randomized pilot intervention trial. *Journal of Child and Family Studies*, 19(2), 203–217. <http://doi.org/10.1007/s10826-009-9304-8>
- Coffey, K. A., & Hartman, M. (2008). Mechanisms of action in the inverse relationship between mindfulness and psychological distress. *Complementary Health Practice Review*, 13(2), 79–91. doi: 10.1007/s12671-010-0033-2

- Coffey, K., Hartman, M., & Fredrickson, B. (2010). Deconstructing mindfulness and constructing mental health: Understanding mindfulness and its mechanisms of action. *Mindfulness*, 1(4), 235–253. doi: 10.1177/1533210108316307
- Compton, W. C., & Hoffman, E. (2013). *Positive psychology: The science of happiness and flourishing, International edition*. Wadsworth: Cengage Learning.
- Costanza, R., Fisher, B., Ali, S., Beer, C., Bond, L., Boumans, R., ... Snapp, R. (2008). An integrative approach to quality of life: Measurement, research, and policy. *Surveys and Perspectives Integrating Environment and Society*, 1(1), 17-21. Retrieved from <https://sapiens.revues.org/169#article-169>.
- Coon, D., & Mitterer, J. (2013). *Introduction to psychology: Gateways to mind and behavior, Thirteenth edition*. Wadsworth: Cengage Learning.
- Corey, M. & Corey, G. (2014). *Process and practice groups (9th ed)*. Belmont: Thomson Brooks/Cole.:
- Corey, M.S, Corey, G., & Corey, C. (2013). *Groups: Process and practice*. Wadsworth: Cengage Learning.
- Corder, G. W., & Foreman, D. L. (2009). *Nonparametric statistics for non-statisticians: A step by step approach*. Canada: John Wiley & Sons, Inc.
- Cotton S. & Richdale A. (2006). Brief report: parental descriptions of sleep problems in children with autism, Down syndrome, and Prader–Willi syndrome. *Research in Developmental Disabilities* 27, 151-161. doi: 10.1016/j.ridd.2004.12.003
- Craig, F., Felicia, F., Giacomo, A. D., Margari, L., Frolli, A., Conson, M., ... Margari, F. (2016). Parenting stress among parents of children with neurodevelopmental disorders. *Psychiatry Research*, 242, 121–129. doi: 10.1016/j.psychres.2016.05.016
- Cresswell, J. D., Way, B. M., Eisenberger, N. I., & Lieberman, M. D. (2007). Neural Correlates of Dispositional Mindfulness During Affect Labeling. *Psychosomatic Medicine*, 69(6), 560-565. doi:10.1097/psy.0b013e3180f6171f
- Davidson, R. J., Kabat-zinn, J., Schumacher, J., Rosenkranz, M., Muller D, Santorelli SF, ... Sheridan J. F. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564-570. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/12883106>

- Deater-Deckard, K. (2004). *Parenting stress*. London: Yale University Press.
- Dewanto, A. C. (2015). *Pelatihan "SENANG" untuk meningkatkan kesejahteraan subjektif siswa remaja* (Tesis tidak dipublikasi). Universitas Gadjah Mada, Yogyakarta.
- Diener, E. (2000). Subjective well-being: the science of happiness and a proposal for a national index. *American Psychologist*, *55*, 34–43. doi: 10.1037/0003-066x.55.1.34
- Diener, E. (2009). *The science of well-being: The collected works of Ed Diener*. London: Springer.
- Diwan, S., Chovatiya, H., & Diwan, J. (2011). Depression and quality of life in mothers of children with cerebral palsy. *NJIRM 2011*; *2*, 11-13. doi: 10.1155/2013/914738
- Duncan, L. G., Coatsworth, J. D., & Greenberg, M. T. (2009). A Model of Mindful Parenting: Implications for Parent-Child Relationships and Prevention Research. *Clinical Child and Family Psychology Review*, *12*(3), 255–270. doi: 10.1007/s10567-009-0046-3
- Duran, S., & Barlas, G. Ü. (2016). Effectiveness of psychoeducation intervention on subjective well being and self compassion of individuals with mental disabilities, *International Journal of Research in Medical Sciences*, *4*(1), 181–188. doi: 10.18203/2320-6012.ijrms20160028
- Efklides, A., & Moraitou, D. (2013). *A positive psychology perspective on quality of life*, *Social indicator research series 51*. London: Springer. doi: 10.1007/978-94-007-4963-4
- Emmons, R.A., & McCullough, M.E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*. *84*(2): 377–389. doi: 10.1037/0022-3514.84.2.377
- Ergün, S., & Ertem, G. (2012). Difficulties of mothers living with mentally disabled children. *Journal of the Pakistan Medical Association* *62*: 776–780. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/23862248>
- Falkenstrom, F. (2010). Studying mindfulness in experienced mediators: A quasi experimental approach. *Personality and Individual Differences*, *48*, 305–310. doi: 10.1016/j.paid.2009.10.022
- Findler, L., Jacoby, A. K., & Gabis, L. (2016). Subjective happiness among mothers of children with disabilities: The role of stress, attachment, guilt and social support. *Research in Developmental Disabilities*, *55*, 44–54. doi: 10.1016/j.ridd.2016.03.006

- Gallagher, S., & Hannigan, A. (2014). Depression and chronic health conditions in parents of children with and without developmental disabilities: The growing up in Ireland cohort study. *Research in Developmental Disabilities, 35*(2), 448–454. doi:10.1016/j.ridd.2013.11.029
- Gardiner, E., & Iarocci, G. (2012). Unhappy (and happy) in their own way: A developmental psychopathology perspective on quality of life for families living with developmental disability with and without autism. *Research in Developmental Disabilities, 33*(6), 2177–2192. doi:10.1016/j.ridd.2012.06.014
- Germer, C. K., Siegel, R. D., & Fulton, P. R. (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.
- Glenn, S., Cunningham, C., Poole, H., Reeves, D., & Weindling, M. (2009). Maternal parenting stress and its correlates in families with a young child with cerebral palsy. *Child: Care, Health and Development, 35*(1), 71–78. doi:10.1111/j.1365-2214.2008.00891.x
- Hallahan, D.P., Kauffman, J.M. and Pullen, P.C. (2012). *Exceptional learners. An introduction to special education*. New Jersey: Pearson.
- Hanley, A., Warner, A., & Garland, E. L. (2015). Associations Between Mindfulness, Psychological Well-Being, and Subjective Well-Being with Respect to Contemplative Practice. *Journal of Happiness Studies, 16*(6), 1423–1436. doi: 10.1007/s10902-014-9569-5
- Hastings R, & Beck A (2004). Practitioner review: Stress intervention for parents of children with intellectual disabilities. *Journal Child Psychology Psychiatry, 45*: 1338–49. doi: 10.1111/j.1469-7610.2004.00357.x
- Hill, C., & Rose, J. (2009). Parenting stress in mothers of adults with an intellectual disability: Parental cognitions in relation to child characteristics and family support. *Journal of Intellectual Disability Research, 53*(12), 969–980. doi: 10.1111/j.1365-2788.2009.01207.x
- Isa, S. N., Aziz, A. A., Rahman, A. A., Ibrahim, M. I., Ibrabim, W. P., Mohamad, N., et al. (2013). The impact of disabled children on parent health-related quality of life and family functioning in Kelantan and its associated factors. *Journal of Developmental and Behavioral Pediatrics, 34*, 262–268. doi: 10.1097/dbp.0b013e318287cdfc
- Jackowska, M., Brown, J., Ronaldson, A., & Steptoe, A. (2015). The impact of a brief gratitude intervention on subjective well-being, biology and sleep. *Journal of Health Psychology*. doi:10.1177/1359105315572455

- Johnson, L.A., & Caldwell, B.E. (2010). Race, gender, and therapist confidence: effects on satisfaction with therapeutic relationship in MFT. *American Journal of Family Therapy*, 39, 307-324. doi: 10.1080/01926187.2010.532012
- Kabat-Zinn, J. (1990). *Full catastrophe living (first edition): Using the wisdom of your body and mind to face stress, pain, and illness*. Bantam: Delta.
- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York: Hyperion. doi: 10.1016/0005-7967(95)90133-7
- Kabat-Zinn, J. (2013). *Full catastrophe living (revised edition): Using the wisdom of your body and mind to face stress, pain, and illness*. Bantam: Delta. doi: 10.1037/032287
- Kaviani H. J. F., & Hatami N. Mindfulness-Based Cognitive Therapy (MBCT) reduces depression and anxiety induced by real stressful setting in non-clinical population. *International Journal of Psychology and Psychological Therapy*. 2011; 11: 285–296. Retrieved from <http://www.ijpsy.com/volumen11/num2/298.html>
- Keen, D., Couzens, D., Muspratt, S., & Rodger, S. (2010). The effects of a parent-focused intervention for children with a recent diagnosis of autism spectrum disorder on parenting stress and competence, *Research in Autism Spectrum Disorders*. 4, 229–241. doi:10.1016/j.rasd.2009.09.009
- Kemkes RI. (2014). Penyandang Disabilitas Anak. *Infodatin : Pusat Informasi Kementerian Kesehatan RI*. Retrieved from http://www.kemkes.go.id/resources/download/pusdatin/infodatin/infodatin_disabilitas.pdf
- Kogan, M. D., Strickland, B. B., Blumberg, S. J., Singh, G. K., Perrin, J. M., & van Dyck, P. C. (2008). A national profile of the health care experiences and family impact of autism spectrum disorder among children in the United States, 2005–2006. *Pediatrics*, 122, e1149–e1158. doi: 10.1542/peds.2008-1057
- Lam P., Hiscock H. & Wake M. (2003) Outcomes of infant sleep problems: a longitudinal study of sleep, behavior, and maternal well-being. *Pediatrics*, 111, e203-207. doi: 10.1542/peds.111.3.e203
- Lane, J. B., Goodrich, E., & Miller, M. (2015). One-on-one Mindfulness Meditation Trainings in a Research Setting. *Mindfulness*, 5(1), 88–99. doi:10.1007/s12671-012-0155-9.
- Lee, J. (2013). Maternal stress, well-being, and impaired sleep in mothers of children with developmental disabilities: A literature review. *Research in Developmental Disabilities*, 34(11), 4255–4273. doi:10.1016/j.ridd.2013.09.008

- Lin, J. D., Hu, J., Yen, C. F., Hsu, S. W., Lin, L. P., Loh, C. H., ... Wu, J. L. (2009). Quality of life in caregivers of children and adolescents with intellectual disabilities: Use of WHOQOL-BREF survey. *Research in Developmental Disabilities, 30*(6), 1448–1458. doi:10.1016/j.ridd.2009.07.005
- MacDonald, E. E., & Hastings, R. P. (2010). Mindful parenting and care involvement of fathers of children with intellectual disabilities. *Journal of Child and Family Studies, 19*(2), 236–240. <http://doi.org/10.1007/s10826-008-9243-9>
- Malaktaris, A., Lemons, P., Lynn, S. J., Condon, L. (2015). Chilling Out: Meditation, Relaxation, and Yoga. Dalam Lynn, S. J., O'Donohue, W. T., & Lilienfeld, S. O (Eds). *Health, happiness, and well-being: Better living through psychological science*. London:Sage Publications, Inc. doi: 10.4135/9781483385822.
- Mehranfar, M., Younesi, J., & Banihashem A. (2012). Effectiveness of Mindfulness-Based Cognitive Therapy on Reduction of Depression and Anxiety Symptoms in Mothers of Children With Cancer. *Iranian Journal of Cancer Prevention, 5*: 1-10. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4352519/>
- Michelsen, S.I., Flachs, E.M., Madsen, M., & Uldall, P. (2015). Parental social consequences of having a child with cerebral palsy in Denmark. *Developmental Medicine and Child Neurology, Aug;57*(8):768-75. doi: 10.1111/dmcn.1271
- National Fragile X Foundation. (2012). *Prevalence*. Retrieved from <https://fragilex.org/fragile-x/prevalence/print/>
- Norlin, D., & Broberg, M. (2013). Parents of children with and without intellectual disability: Couple relationship and individual well-being. *Journal of Intellectual Disability Research, 57*(6), 552–566. doi:10.1111/j.1365-2788.2012.01564.x
- Olsson M. B., & Hwang. C. P. (2001). Depression in mothers and fathers of children with intellectual disability. *Journal of Intellectual Disability Research 45*, 535-43. doi: 10.1046/j.1365-2788.2001.00372.x
- Olsson, M. B., & Hwang, C. P. (2006). Well-being, involvement in paid work and division of child-care in parents of children with intellectual disabilities in Sweden. *Journal of Intellectual Disability Research, 50*(12), 963–969. doi: 10.1111/j.1365-2788.2006.00930.x

- Ouyang, L., Grosse, S. D., Riley, C., Bolen, J., Bishop, E., Raspa, M., & Bailey, D. B. (2014). A comparison of family financial and employment impacts of fragile X syndrome, autism spectrum disorders, and intellectual disability. *Research in Developmental Disabilities, 35*(7), 1518–1527. doi:10.1016/j.ridd.2014.04.009
- Padeliadu, S. (1998). Time demands and experienced stress in Greek mothers of children with Down's syndrome. *Journal of Intellectual Disability Research, 42*, 144-153. doi: 10.1046/j.1365-2788.1998.00113.x
- Pavot, W., & Diener, E. (1993). Review of the satisfaction with life scale. *Psychological Assessment, 5*, 164-172. doi: 10.1037//1040-3590.5.2.164
- Perkins, E. A., & Hewitt, A. (2016). Coping with caregiver stress. In Rubin, I. L., Merrick, J., Greydanus, D. E., & Pattel, D.R. (Eds.). *Health Care for People with Intellectual and Developmental Disabilities across the Lifespan*, doi: 10.1007/978-3-319-18096-0_164
- Prawitasari, J.E. (2011). *Psikologi klinis: Pengantar terapan mikro & makro*. Jakarta: Erlangga
- Raina, P., O'Donnell, M., Rosenbaum, P., Brehaut, J., Walter, S.D., Russell, D, ... Wood, E. (2005). The Health and Well-Being of Caregivers of Children With Cerebral Palsy. *Pediatrics, 115*(6), e626–e636. doi:10.1542/peds.2004-1689
- Reichman, N. E., Corman, H., & Noonan, K. (2008). Impact of Child Disability on the Family. *Maternal Child Health Journal, 12*: 679–683. doi: 10.1007/s10995-007-0307-z
- Reiss, A. L., & Dant, C. C. (2003). *The behavioral neurogenetics of fragile X syndrome: analyzing gene-brain-behavior relationships in child developmental psychopathologies. Development and psychopathology* (Vol. 15). doi: 10.1017/S0954579403000464
- Rosada. A. (2015). *Emphatic love therapy untuk meningkatkan kesejahteraan subjektif dan kesiapan guru di sekolah inklusi*. (Tesis tidak dipublikasi). Universitas Gadjah Mada, Yogyakarta.
- Samuel, P. S., Rillotta, F., & Brown, I. (2012). Review: The development of family quality of life concepts and measures. *Journal of Intellectual Disability Research, 56*(1), 1–16. doi: 10.1111/j.1365-2788.2011.01486.x
- Sansone, C., Morf, C. C., & Panter, A. T. (2008). *The Sage handbook of methods in social psychology*. Thousand Oaks CA: Sage Publication. doi: 10.4135/9781412976190

- Schertz, Karni-Visel, Tamir, Genizi, & Roth. (2016). Family quality of life among families with a child who has a severe neurodevelopmental disability: Impact of family and child socio-demographic factors. *Research in Developmental Disabilities, 53-54*, 95–106. doi:10.1016/j.ridd.2015.11.028
- Schieve, L. A., Boulet, S. L., Kogan, M. D., Van Naarden-Braun, K., & Boyle, C. A. (2011). A population-based assessment of the health, functional status, and consequent family impact among children with Down syndrome. *Disability and Health Journal, 4*, 68–77. doi: 10.1016/j.dhjo.2010.06.001
- Schroevers, M. J., Tovote, K. A., Snippe, E., & Flier, J. (2016). Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective : a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease. *Mindfulness, 1339–1346*. doi: 10.1007/s12671-016-0575-z
- Schutte, N. S., & Malouff, J. M. (2011). Emotional intelligence mediates the relationship between mindfulness and subjective well-being. *Personality and Individual Differences, 50(7)*, 1116–1119. doi: 10.1016/j.paid.2011.01.037
- Seymour, M., Wood, C., Giallo, R., & Jellett, R. (2013). Fatigue , Stress and Coping in Mothers of Children with an Autism Spectrum Disorder, 1547–1554. doi: 10.1007/s10803-012-1701-y
- Shapiro, S.L., Carlson, L.E., Austin, J.A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology, 62*, 373–386. doi: 10.1002/jclp.20237
- Shapiro, S. L., & Carlson, L. E. (2009). *The art and science of mindfulness: Integrating mindfulness into psychology and helping professions*. Washington DC: American Psychological Association. doi: 10.1037/11885-000
- Singer, G. H. S. (2006). Meta-Analysis of comparative studies of depression in mothers of children with and without developmental disabilities. *American Association Mental Retardation American Journal On Mental Retardation, 155(3)*, 155–169. doi: 10.1352/0895-8017(2006)111[155:MOCSOD]2.0.CO;2
- Singh, N. N., Lancioni, G. E., Winton, a. S. W., Fisher, B. C., Wahler, R. G., Mcleavey, K., ... Sabaawi, M. (2006). Mindful parenting decreases aggression, noncompliance, and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders, 14(3)*, 169–177. doi: 10.1177/10634266060140030401

- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Singh, J., Singh, A. N., Adkins, A. D., & Wahler, R. G. (2010). Training in mindful caregiving transfers to parent-child interactions. *Journal of Child and Family Studies*, *19*(2), 167–174. doi: 10.1007/s10826-009-9267-9
- Singh, N. N., Singh, A. N., Lancioni, G. E., Winton, A. S. W., & Adkins, A. D. (2009). Mindfulness Training for Parents and Their Children With ADHD Increases the Children's Compliance, *Journal of Child and Family Studies*, *19*:157–166. doi: 10.1007/s10826-009-9272-z
- Smith, L. E., Greenberg, J. S., & Seltzer, M. M. (2012). Social support and well-being at mid-life among mothers of adolescents and adults with autism spectrum disorders. *Journal of Autism and Developmental Disorders*, *42*(9), 1818–1826. doi: 10.1007/s10803-011-1420-9
- Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland: New Harbinger Publications, Inc.
- Sturmey, P., & Didden, R. (2014). *Evidence-based practice and intellectual disabilities*. West Sussex: John Wiley & Sons, Ltd. doi: 10.1002/9781118326077
- Totsika, V., Hastings, R. P., Emerson, E., Berridge, D. M., & Lancaster, G. A. (2011). Behavior problems at 5 years of age and maternal mental health in autism and intellectual disability. *Journal of Abnormal Child Psychology*, *39*(8), 1137–1147. doi: 10.1007/s10802-011-9534-2
- Tyas, M.P. (2015). *Terapi pemaafan untuk meningkatkan kesejahteraan subjektif istri yang berkonflik dengan suami*. (Tesis tidak dipublikasi). Universitas Gadjah Mada, Yogyakarta.
- van der Oord, S., Bögels, S. M., & Peijnenburg, D. (2012). The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents. *Journal of Child and Family Studies*, *21*(1), 139–147. doi: 10.1007/s10826-011-9457-0
- Wan, F., Wong, P. W., Fai, K., & Yin, K. (2016). The effect of telephone-based cognitive-behavioural therapy on parenting stress : A randomised controlled trial. *Journal of Psychosomatic Research*, *86*, 34–38. doi: 10.1016/j.jpsychores.2016.03.016
- Wang, Y., & Kong, F. (2013) The role of emotional intelligence in the impact of mindfulness on life satisfaction and mental distress. *Social Indicators Research*. doi:10.1007/s11205-013-0327-6.
- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, *54*, 1063–1070. doi: 10.1037/0022-3514.54.6.1063

- Weinstein, N., Brown, K. W., & Ryan, R. M. (2009). A multi-method examination of the effects of mindfulness on stress attribution , coping , and emotional well-being. *Journal of Research in Personality*, 43(3), 374–385. doi: 10.1016/j.jrp.2008.12.008
- Werner, S., & Shulman, C. (2013). Subjective well-being among family caregivers of individuals with developmental disabilities: The role of affiliate stigma and psychosocial moderating variables. *Research in Developmental Disabilities*, 34(11), 4103–4114. doi: 10.1016/j.ridd.2013.08.029
- WHO. (2011). World report on disability 2011. *American Journal of Physical Medicine Rehabilitation Association of Academic Psychiatric*, 91, 549. doi: 10.1136/ip.2007.018143
- Willingham-Storr, G. L. (2014). Parental experiences of caring for a child with intellectual disabilities: A UK perspective. *Journal of Intellectual Disabilities : JOID*, 18(2), 146–158. doi:10.1177/1744629514525132
- Woodman, A. C., Mawdsley, H. P., & Hauser-Cram, P. (2015). Parenting stress and child behavior problems within families of children with developmental disabilities: Transactional relations across 15 years. *Research in Developmental Disabilities*, 36, 246–276. doi:10.1016/j.ridd.2014.10.011
- Yalom, I. D., & Leszcz, M. (2005). *The theory and practice of group psychotherapy*. New York: Basic Books, Inc Publisher.