

DAFTAR PUSTAKA

- Al- Tikriti, M. S.; Khamas, W.; Chebolu, S., Darmani, N. A. 2012. Distribution of serotonin-immunoreactiveenterochromaffin cells in the gastrointestinal tract of the Least shrew (*Cryptotisparva*). *Int J Morphol*, 30(3):916-923.
- Amarullah, S. 2007. Good Mood Food, edisi 1, Jakarta: Gramedia
- Arjadi, F, Soejono SK, Pangestu M. 2012.Pengaruh berbagai model stress terhadap reproduksi tikus putih jantan (*Rattus norvegicus*) (Kajian hormonal, densitas ekspresi reseptorCYP19 dan glukokortikoid serta fungsi testis) [Laporan penelitian]. Purwokerto: Universitas Jenderal Soedirman.
- Atkinson, R.L., Atkinson, R.C., Hilgard, E.R. 1999. PengantarPsikologiJilid II. Jakarta: Erlangga.
- Babyminakshi, L.P., Mangala K., Afroz S., et al. 2006. Effect of premenstrual stress on cardiovascular system and central nervous system. *J ObstetGynecol*, 56:156-158
- Banerjee, R., Hazra, S., Kumar, S., et al. 2013.Behavioral consequences of chronic stress and effects of antidepressant treatment on animal models of depression.*Am J Psych Neurosci*, 1(1):5-13.
- Bhatia, B.D. 2011. Mental hygiene in education. In B. Kuppuswami (Ed.) Advanced Educational Psychology, Sterling Publishers Pvt. Ltd.
- Blokland, A. 2002.Pharmacokinetics of acute tryptophan depletion using a gelatin-based protein in male and female Wistar rats.*Amino acid*,37(2): 349–357
- Branchek, T. A., Gershon, M. D. 1987.Development of neuralreceptors for serotonin in murine bowel.*J Comp Neurol*, 258:597-610.
- Brunner, A, Suddarth, A.H.M. 2001.Stressors of academic stress-a study on pre-university students.*Ind J Sci Res*. 3(1): 171-175.
- Camilleri, Michael. 2010. Serotonin in the Gastrointestinal Tract. HHS Author Manuscripts.PMC2694720.

- Coskun, S., Ozer, C., Gonul, B., Take, G., Erdogan, D. 2005. Effect of repeated tryptophan administration on body weight, food intake, brain lipid peroxidation and serotonin immunoreactivity in mice. *Mol Cell Bio.* 286:133-138.
- Costedio MM, Hyman N, Mawe GM. 2007. Serotonin and its role in colonic function and in gastrointestinal disorders. *Dis Colon Rectum.* 50(3):376-88.
- Crowell, M. 2004. Role of serotonin in the pathophysiology of the irritable bowel syndrome. *Br J Pharm.* 141(8): 1285–1293.
- Dawn, B. 2000. Biokimia Kedokteran Dasar. Jakarta : EGC
- Dantzer, R., Bartolomucci, A., Palanza, P., et al. 2008. Chronic psychosocial stress down-regulates central cytokines mRNA. *Brain Res Bull*, 62:173–178.
- Direktorat Gizi Depkes RI. 1981. Daftar Komposisi Bahan Makanan. Bharata. Jakarta.
- Edwards, R.A., Buckle, K.A., Fleet, G.H. 1999. Ilmu Pangan, Terjemahan Cetakan Ke-2. Universitas Indonesia, Jakarta.
- Fatchurohmah, W. 2016. Pengaruh pemberian ekstrak kulit pisang kepok (*Musa Balbisiana*) terstandar 5-HTP terhadap imunoreaktivitas serotonin di epitel mukosa kolon dan konsistensi feses pada tikus wistar (*Rattus norvegicus*) jantan. Fakultas Kedokteran. Universitas Gadjah Mada. Yogyakarta.
- Flinn, M.V. 2006. Evolution and ontogeny of stress response to social challenge in the human child. *Devel Rev.* 26:138–174.
- Galuh, K.A. 2011. Pengolahan Kulit Buah Pisang Sebagai Bahan Dasar Kerupuk. *Makalah Ilmiah*. Fakultas Sains dan Teknologi Biologi. UIN Maulana Malik Ibrahim Malang. Malang.
- Girdano, D. A. 2005. Controlling stress and tension (7th ed.). San Fransisco: Pearson.
- Grober, F.G. 2012. Role of 5HT in stress, anxiety and depression. *Pharm Biochem Behav.* 54: 129–141
- Grahn, R.E., Will, M.J., Hammack, S.E. 1999. Activation of serotonin-immunoreactive cells in the dorsal raphe nucleus in rats exposed to an uncontrollable stressor. *Br Res.* 826:35–43

- Guyton, A.C. 2006. Organizational Stres And Preventive Management. USA: McGraw-Hill, Inc.
- Hardiono. 2007. Peran serotonin pada anak dengan gangguan autistik. *Sari Pediatri*, 8(4):115 – 119.
- Halpert, R.D. 2006. Gastrointestinal Imaging 3rd ed: Chapter 7 Colon and Rectum. Philadelphia: Mosby Elsevier. 261-300.
- Hawari, D. 2001. Manajemen Stres, Cemas, dan Depresi. Jakarta: Fakultas Kedokteran Universitas Indonesia.
- Huolin, S., Balto, K., Kawashima, N., et al. 2005. Gamma interferon (IFN- γ) and IFN- γ -inducing cytokines interleukin-12 (IL-12) and IL-18 do not augment infection stimulated bone resorption in vivo. *Clin Diag Lab Immuno*, 11:106–110.
- Jans, A.M. 2007. The Depression Anxiety Stress Scale (DASS): Normative data and latent structure in a large non clinical sample. *Bri J Clin Psy*, 42:111-131.
- Kaplan, B.J., Saddock, V. 2010. ‘Kaplan & Saddock Synopsis of Psychiatry : Behavioral Sciences/Clinical Psychiatry’, eds. Grebb J.A., Patlak C.S., Sussman N., Mitchell C.W., Millet K., Murphy J.A., et al, USA. Lippincott William & Wilkins.
- Kandel, J.D. 2000. Effects of the diet on brain neurotransmitters. *Metabolism* 26:207–223.
- Kema IP, de Vries EG, Musket FA. 1992. Clinical chemistry of serotonin and metabolites. *J Chromatogr B Biomed* 747: 33–48
- Krishnan N, 2006. Compartmentalization of oxidative stress and antioxidant defense in the larval gut of *Spodoptera littoralis*. *Arch Insect Biochem Phy*. 63:1-10
- Lee, H., Ohno, M., Ohta, S. 2013. Regular moderate or intense exercise prevents depression-like behavior without change of hippocampal tryptophan content in chronically Tryptophan-deficient and stressed mice.
- Lehninger, A.L. 1997. Dasar-Dasar Biokimia. Jilid I. Jakarta: Erlangga.

- Lestari, A. 2012. Pengaruh ekstrak kulit pisang kepok (*Musa acuminata*) terhadap hepatikus (*Rattus norvegicus*) yang diinduksi aspirin. *Skripsi*. Semarang: Universitas Diponegoro.
- Lie, P.C., Fanshame, J.P. 2007. Measuring School-related Stressors in Adolescents. *J Youth Adolesc*, 26(4): 415-429.
- Louie, A.K, Meltzer HY. 1984. Lithium potentiation of antidepressant treatment. *J Clinical Psychopharmacology*. 4(6):316-322
- Luine, V.N., Bowman, R.E., Beck, K.D. 2007. Chronic stress and neural function: accounting for sex and age. *J Neuroendocrinol*. 19(10):743-751
- Lynn-Bullock, C.P., Welshhans, K., Pallas, S.L., et al. 2004. The effect of oral 5-HTP administration on 5-HTP and 5-HT immunoreactivity in monoaminergic brain regions of rats. *J Chem Neuroanat*. 27: 129-138.
- Lyons DM, Parker KJ. 2007. Stress inoculation-induced indications of resilience in monkeys. *J Traumatic Stress*. 20(4):423-433.
- Mary, A.C. 2012. Stress and the HPA axis. *Alcohol Res*. 34(4): 468-483.
- McCarty, K.S., Szabo, E., Flowers, J.L. 1986. The use of a monoclonal anti-estrogen receptor antibody in the immunohistochemical evaluation of human tumors. *Cancer Res*. 46:4244-4248.
- McEwen, C.G., Huebner, E.S., Suldo, S. 1999. Relationships among stressful life events, temperament, problem behavior, and global life satisfaction in adolescents. *Arch Intern Med* 159(6):677-687.
- Medasani, M. 2013. Natural extract from whole banana fruit (*Musa Spp*). US 08496977 B2 Patent Summary.
- Morikawa, T.C. 1998. Serotonergic mechanisms involved in the suppression of feeding by 5-HTP in rats. *Chin J Physiol* 31: 235-240
- Mustofa, A. 2012. Solusi ampuh menghadapi obesitas, Cetakan 1, Yogyakarta: hangar kreator.
- Prabawati, S., Suyanti, Setyabudi, D.A. 2008. Teknologi Pascapanenan dan Teknik Pengolahan Buah Pisang. Penyunting: Wisnu Broto. Balai Besar Penerbitan dan Pengembangan Pertanian.

- Prince, K., Wilson, P. 1995, Fisiologi Proses-proses Penyakit, Edisi 4, Alih Bahasa Peter Anugrah, EGC, Jakarta.
- Rayne, S. 2010. Concentrations and profiles of melatonin and serotonin in fruits and vegetables during ripening: A mini-review 2010, *Nature Preced*; DOI:10.1038/npre.2010.4722.1.
- Rismunandar. 1989. Bertanam Pisang. CV. Sinar Baru, Bandung
- Robbins, S.L., Kumar, V. 1995. Traktus Gastrointestinal dalam *Buku Ajar Patologi II*, ed. 4. EGC: Jakarta
- Satuhu, S., Supriyadi, A. 2008. Pisang: Budidaya, Pengolahan dan Prospek Pasar. Edisi Revisi. Penebar Swadaya, Jakarta.
- Sean, M.S. 2006. The role of the hypothalamic-pituitary-adrenal axis in neuroendocrine responses to stress. *Dialogues Clin Neurosci*. 8(4): 383–395.
- Smith, J.L., & Druse, M.J. 2002. Astrocyte-mediated trophic support of developing serotonin neurons: Effects of ethanol, buspirone, and S100B. *Brain Res. Dev*. 131:9–15
- Stillman, M., Westenbroek C., Bakker F., Leimer J., Liu A., Li X. and Ter Horst GJ. 1998. Effects of long-term stress and recovery on the prefrontal cortex and dentate gyrus in male and female rats. *Cereb cortex*. 18: 2762-2774.
- Sunaryo. 2004. Stres, Adaptasi, dan Mekanisme Pertahanan Ego. Dalam: Psikologi Untuk Keperawatan. Jakarta: EGC, 212-221.
- Suparno. 2008. Pengaruh stresor fisik terhadap distribusi sert dan indeks apoptosis neuron hipokampus, SERT distribusi TNF- α gaster tikus, dengan mediasi kortisol dan IL-6. *Berk Penel Hayati*. 14:79–90.
- Suyatna, F.D. 1995. Farmakologi Dan Terapi. Editor. Sulistia G., Rianto S., Frans D. dan Purwastyastuti. Edisi ke-4. Jakarta: Farmakologi Fakultas Kedokteran Universitas Indonesia. 374-375.
- Sulistyawati. 2005. Konsep Dasar Keperawatan Kesehatan Jiwa. Jakarta: EGC.
- Taylor, H.M. 2009. Management of depression with serotonin precursors. *Biol Psychiatry*. 16:291–310.

- Tee, T.P., Hassan, H. 2011. Antidepressant-Like Activity of Banana Peel Extract in Mice. *Am Med J* 2 (2): 59-64
- Torres S, Nowson C. 2007. Relationship between stress, eating behaviour and obesity. *Nut.* 23(11-12):887-94.
- Tsatsoulis.F., Nixon, R., Sams, D. 2006. The effect of law enforcement stress on organisational commitment, Policing: *Int. J. Police Strateg. Manage.* 28 (2): 321-336
- Turner, J.C., Blackwell, K.J. 2003. The social identity perspective in intergroup relations : theories, themes, and controversies. In Brown, R. & Gaertner, S. (eds.). *Blackwell handbook of social psychology: Intergroup processes*. Oxford: Blackwell Publishing
- Wheeler, E.E., Challacombe, D.N. 1984. Quantification of enterochromaffin cells with serotonin immunoreactivity in the duodenal mucosa in coeliac disease. *Arch. Dis. Child.* 59:523-527.
- Whitney, E., & Rolfes, S.H. 2005 *Understanding Nutrition 10th*. United States of America; Thomson Learning.