

## DAFTAR PUSTAKA

- Abramson, P. D. (2007). *Body Intelligence: Lose weight, keep it off, and feel great about your body without dieting!* Jakarta: ANDI.
- Anderson, S. E., Cohen, P., Naumova, E. N., Jaques, P. F., & Must, A. (2007). Adolescent Obesity and Risk for subsequent major depressive disorder: Prospective Evidence. *Psychosomatic Medicine*, 69, 740-747.
- Bener, A., Kamal, A., Tewvik, I., & Sabuncuoglu, O. (2006). Prevalence of Dieting, Overweight, Body Image Satisfaction, and Associated Psychological Problems in Adolescent Boys. *Emerald, Nutrition and Food Science*, 295-304.
- Brannon, L., Feist, J., & Updegraff, J. A. (2014). *Health Psychology: An Introduction to Behavior and Health Eight edition*. United States: Wadsworth Cengage Learning.
- Carr, D., & Friedman, M. (2005). Is Obesity Stigmatizing? Body Weight, Perceived Discrimination, and Psychological Well-Being in the United States. *Journal of Health and Social Behaviour*, Vol 46, 244-259.
- Chen, E. Y., and Molly Brown. (2005). "Obesity Stigma in Sexual Relationships". *Obesity Research* 13(8), 97-393.
- Corbin, A. S. (2003). *Dasar-dasar Penelitian Kualitatif*. Yogyakarta: Pustaka Pelajar.
- Creswell, J. W. (2007). *Qualitative Inquiry & Research Design: Choosing Among Five Approach*. United States of America: Sage.
- Dong C, S. L. E., and Price, R. A (2004). Relationship of Obesity to Depression: a factors and personality traits. *Journal of Psychosomatic Research*, 25 (2), 75-82.
- Fee, H. R., and Michael R. Nusbaumer. 2012. "Social Distance and the Formerly Obese: Does the Stigma of Obesity Linger?" *Sociological Inquiry* 82(3), 356-77.
- Feist, J., & Feist, G. J. (2009). *Theories of Personality*. New York: McGraw-Hill.
- Gurung, R. A. (2014). *Health Psychology : A Cultural Approach*. United States: Wadsworth, Cengage Learning.
- Hjelle, L. A., & Ziegler, D. J. (1976). *Personality: Theories Basic Assumptions Research & Application*. USA: Mc Graw-Hill International Book Company.
- <http://health.detik.com/>. (2014, Agustus 18). Dipetik Maret 15, 2016, dari <http://health.detik.com/>: <http://health.detik.com/read/2014/08/18/163546/2665491/1419/dibilang-seperti-ibu-hamil-suci-terapkan-food-combining-dan-turun-bobot-14-kg>
- Hurlock, E. B. (1992). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan (Alih Bahasa: Isti Widayanti Soedjarwo)*. Jakarta: Erlangga



UNIVERSITAS  
GADJAH MADA

**DINAMIKA KEPERIBADIAN TANGGUH PADA MAHASISWA OBESITAS YANG BERHASIL  
MENURUNKAN BERAT BADAN: KOMITMEN,  
KONTROL, DAN TANTANGAN SEBAGAI KUNCI KEBERHASILAN**

NADIA SHOFANISA MUNADA, Dr. Ira Paramastri, M.Si

Universitas Gadjah Mada, 2017 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Karl, R. V., & Cavanaugh, J. C. (2013). *Human Development A life-Span View: sixth edition*.  
Canada: Wadsworth Cengage learning.

Kinasih, A. S. (2006). Kepribadian Hardiness pada mahasiswa dalam menghadapi kegagalan tes UMPTN-SPMB dan Kehidupan Sehari-hari. *Thesis*. Yogyakarta : Fakultas Psikologi UGM

Kobasa, S. C. (1979). Stressfull Life Events, Personality, and Health: an Inquiry into Hardiness. *Journal of Personality and Social Psychology*, 1-11.

Kobasa, S. C., & Maddi, S. &. (1982). Hardiness & Health: A Prospective Study. *Journal of Personality & Social Psychology*, 42 (1), 168-177

Lambert, V. A. Lambert, C. E., & Yamase H. (2003). Psychological Hardiness, workplace stress and related stress Reduction Strategies. *Nursing & Health Sciences*, 5, 181-184

Luppino, F. S. (2010). Overweight, Obesity, and Depression: Asystematic Review and meta-analysis of longitudinal studies. *Archives of general Psychiatry*, 220-229.

Maddi, S. R. (2002). The Personality Construct of Hardiness: I. effect on Experiencing, Coping, and Strain. *Consulting Psychology Journal Practice and Resarch*. Vol. 54, No. 3, 175-178.

Maddi, S. R., & Kobasa, S. C. (1984). *The Hardy Executive: Health Under Stress*. Illionis: Dow Jones-Irwin.

Maddi, S. R. (2006). Hardiness : The Courage to Grow from Stresses. *Journal of Positive Psychology* (1), 160-168.

Marie, T. F, Margaret Robbinson, dkk. (2014). Global, Regional, and National Prevalence of Overweight and Obesity in Children and Adults during 1980-2013: a Systematic Analysis for The Global Burden of Disease Study 2013. *The Lancet Journal* (384), 766-781.

Miller, J. B. (1999). The Lived Experience of Body Weight for College Women. *Thesis*. Medical College of Ohio.

Mirshekarlou, E. N., Rashidkhani, B., Rezaian, F., Vahid, F., & Najavi, R. (2015). Relationship Between Hardiness and Achieving Desired Body Mass Index . *Pakistan Journal of Nutrition* 14 (1), 50-55.

Moleong, L. J. (2012). *Metodologi Penelitian Kualitatif*. Bandung: Rosda.

Munafa, I. P. (2008). *Key Concepts in Health Psychology*. London: Sage Publications.

Nestor, P. G., & Schutt, R. K. (2012). *Research Methods in Psychology: Investigating Human Behaviour*. Los Agles: Sage Publication



Ogden, C. L., Carroll, M. D., Curtin, L. R., McDowell, M. A., Tabak, C. J., Flegal, K. M. (2006). Prevalence of overweight and obesity in the united states, 1999-2004. *JAMA: Journal of the American Medical Association*, 295(13), 1549-1555.

Odgen, J. (2000). *Health Psychology a Textbook Second Edition*. Buckingham, Philadelphia: Open University Press.

*omahsehatcatering.com*. (2014). Dipetik Maret 15, 2016, dari *omahsehatcatering.com*: <http://omahsehatcatering.com/diet/food-combining/>

Onyike, C. U., Crum, R.M., Lee, H.B., Lyketsos, C.G., Eaton, W.W. (2003). Is obesity associated with major depression? Results from the Third National Health and Nutrition Examination Survey. *Am. J. Epidemiol.* 158(12), 1139-47.

Petry, N. M., Barry, D., Pietrzak, R. H., & Wagner, J. A (2008). Overweight and Obesity are Associated with Psychiatric Disorder: Result from The National Epidemiologic Survey on Alcohol and Related Conditions. *Psychosomatic Medicine*, 70, 288-297.

Poerwandari, E. K. (2007). *Pendekatan Kualitatif untuk Penelitian Perilaku Manusia*. Jakarta: Lembaga Pengembangan Sarana Pengukuran dan Pendidikan Psikologi (LPSP3); Fakultas Psikologi Universitas Indonesia.

Prawira, A. E. (2013, September 30). *health.liputan6.com*. Dipetik Oktober 13, 2015, dari *health.liputan6.com*: <http://health.liputan6.com/read/706524/cerita-sukses-pelaku-diet-ocd-ada-yang-turun-12-kg-dalam-sebulan>

Prawitasari, J. E. (1989). *Aspek Psikologis Obesitas*. Yogyakarta: Fakultas Psikologi Universitas Gadjah Mada

Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self change in smoking: Towards an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51, 390-395

Puhl, R. M. (2009). The stigma of obesity: A review and update. *Obesity*, 941-964.

Puhl, R & Bbrownell D, K. (2006). Conforting & Coping with Weight Stigma: An Investigation of Overweight & Obese Adult. *Obesity Vol.14*, 1802-1815

Rice, P. L. (1999). *Stress and Health third Editon*. USA Pacific Grove, Forest Lodge R oad: Cole Publishing.

RISKESDAS (Riset Kesehatan Dasar). (2007). Jakarta: Kementrian Kesehatan RI

Rogerson, D., Soltani, H., & Copeland, R. (2016). The weight-loss experience: a qualitative. *BMC Public Health*.

Santrock, J. W. (2012). *Life-Span Development*. New York : Mc Graw Hill.

Sarafino, E. P. (1998). *Health Psychology: Biopsychosocial Interactions, Third Edition*. USA: John Willey & Sons, Inc.

- Sarafino, E. P., & Smith, T. W. (2014). *Health Psychology Eight Edition*. USA: John Wiley & Sons, Inc.
- Satia, J. A., Kristal, A. R., Curry, S., & Trudeau, E. (2001). Motivations for healthful dietary change. *Public Health Nutrition*, 953-959.
- Schafer, W. (2000). *Stress Management for Wellness, Fourth Edition*. Wadsworth, California: Thomson Learning.
- Slavin, R. E. (2009). *Educational Psychology: Theory and Practice, 9th edition*. New Jersey: Pearson Education, Inc.
- Smith, J. A. (2003). *Qualitative Psychoogy: A Practical Guide to Research Methods*. London: Sage publication.
- Smith, J. F. P., Larkin, M. (2009). *Interpretative Phenomenological Analysis*. Los Angeles: Sage Publications
- Sugiyono, P. D. (2012). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Taylor, S. E. (2009). *Psikologi Sosial Edisi Kedua Belas*. Jakarta: Kencana.
- Taylor, S. E. (2012). *Health Psychology*. New York: McGraw-Hill.
- Tomiyama, A. J. (2009). *DiETING As A Stressor. Dissertation*. United States: UMI Dissertation Publishing
- Wirakusumah, E. S. (2001). *Cara Aman dan Efektif Menurunkan Berat Badan*. Jakarta: Gramedia Pustaka
- WHO. (2015). Dipetik Oktober 30, 2015, dari [www.who.int/mediacentre/factsheets/fs311/en/](http://www.who.int/mediacentre/factsheets/fs311/en/)
- [www.bbc.com](http://www.bbc.com). (2014, Mei 29). Dipetik Oktober 11, 2015, dari [www.bbc.com](http://www.bbc.com): [http://www.bbc.com/indonesia/majalah/2014/05/140529\\_ipitek\\_indonesia\\_obesitas](http://www.bbc.com/indonesia/majalah/2014/05/140529_ipitek_indonesia_obesitas)