

DAFTAR PUSTAKA

- Alberto, P. A. & Troutman, A. C. (2009). *Applied behavior analysis for teachers* (8th ed.). New Jersey: Pearson Education Inc.
- Barker, J., McCarthy, P., Jones, M., & Moran, A. (2011). *Single-case research methods in sport and exercise psychology*. New York: Routledge.
- Barret, P., Hale, B., & Butler, M. (2013). *Family care and social capital: Transitions in informal care*. New York: Springer Science and Business.
- Bigham, E., McDannel, L., Luciano, I., & Salgado-Lopez, G. (2014). Effect of a brief guided imagery on stress. *Biofeedback*, 42(1), 28-35
- Bono, G., McCullough, M. E., & Root, L. M. (2008). Forgiveness, feeling connected to others, and well-being: Two longitudinal studies. *Personality and Social Psychology Bulletin*, 34(2), 182-195
- Cheavens, J. S. & Dreer, L. E. (2009). Coping. Dalam S. J. Lopez. *The encyclopedia of positive psychology* (hal. 232–239, vol. 1). West Sussex: Wiley-Blackwell.
- Cheng, S. T., Ip, I. N., & Kwok, T. (2014). Caregiver forgiveness is associated with less burden and potentially harmful behaviors. *Aging and Mental Health*, 17(8), 930-934
- Dhyani, D., Sen, S., Raghumahanti, R. (2015). Effect of progressive muscular relaxation on stress and disability in subjects with chronic low back pain. *Journal of Nursing and Health Sciences*, 4(1), 40-45
- Elmahdi, M., Kamel, F., Esmael, A., Lotfi, M., Kamel, A., & Elhosini, A. (2011). Burden of care on female caregivers and its relation to psychiatric morbidity. *Middle East Current Psychiatry*, 18(2), 65-71
- Enright, R. D. (2001). *Forgiveness is a choice: A step-by-step process for resolving anger and restoring hope*. Washington: American Psychological Association.
- Fenech, M. & Scerri, J. (2014). The impact of providing care to relatives with a severe mental illness: the caregivers' experience. *Malta Journal of Health Sciences*, 19-23
- Fleischhacker, W. W. & Stolerman, I. P. (2014). *Encyclopedia of schizophrenia: Focus on management options*. New York: Springer
- Gupta, A. & Sharma, R. (2013). Burden and coping of caregivers of physical and mental illness. *Delhi Psychiatry Journal*, 16(2), 367-374
- Gupta, A., Solanki, R. K., Koolwal, G. D., & Gehlot, S. (2015). Psychological well-being and burden in caregivers of patients with schizophrenia. *International Journal of Medical Science and Public Health*, 4(1), 70-76

- Gull, M. & Rana, S. S. (2013). Manifestation of forgiveness, subjective well-being, and quality of life. *Journal of Behavioural Sciences*, 23(2)
- Halgin, R. P. & Whitbourne, S. K. (2005). *Abnormal psychology: Clinical perspectives on psychological disorders* (4th ed.). New York: McGraw-Hill.
- Kapoor, G. & Kumar, R. (2014). The study of general well-being of caregivers of schizophrenic patients. *International Journal of Education and Science Research Review*, 1(6), 50-55
- Kashdan, T. B. & Ciarrochi, J. (2013). *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being*. Oakland: Context Press.
- Kaushik, P. & Bhatia, M. S. (2013). Burden and quality of life in spouses of patients with schizophrenia and bipolar disorder. *Delhi Psychiatry Journal*, 16(1), 83-89
- Kazdin, A. E. (2011). *Single-case research designs: Methods for clinical and applied settings* (2nd ed.). New York: Oxford University Press.
- Kementerian Kesehatan Republik Indonesia. (2013). *Riset kesehatan dasar*. Dipetik dari <http://www.depkes.go.id/article/view/201410270010/lighting-the-hope-for-schizophrenia-warnai-peringatan-hari-kesehatan-jiwa-tahun-2014.html>
- Koeswardhani, T. E. (2011). Terapi pemaafan untuk menurunkan beban subjektif pendamping pasien skizofrenia. *Tesis*. Universitas Gadjah Mada.
- Kuipers, E., Onwumere, J., & Bebbington, P. (2010). Cognitive model of caregiving in psychosis. *The British Journal of Psychiatry*, 196, 259-265
- Lawler, K. A., Younger, J. W., Piferi, R. L., Jobe, R. L., Edmondson, K. A., & Jones, W. H. (2005). The unique effects of forgiveness on health: An exploration of pathways. *Journal of Behavioral Medicine*, 28(2), 157-167
- Loukzadeh, Z. & Bafrooi, N. M. (2013). Association of coping style and psychological well-being in hospital nurses. *Journal of Caring Sciences*, 2(4), 313-319
- Lynch, A. B., Saunders, J., Seager, P., & Coyle, K. L. (2008). *Talking about talking therapies: Psychotherapy & psychosis*. Dublin: Schizophrenia Ireland.
- Malone, A., Meyer, D. D., Tarlton, T., Wasielewski, L., Reuben, P., West, C., & Mitchell, V. (2011). *The relationship between forgiveness and emotional well-being*. Diakses dari http://counselingoutfitters.com/vistas/vistas11/Article_23.pdf
- Mohamad, M. S., Chong, S. T., Sarnon, N., Ibrahim, F., Alavi, K., & Akil, N. M. (2012). Manifestasi penjaagaan keluarga: Tekanan psikologikal dalam menjaga pesakit mental. *Journal of Social Sciences and Humanities*, 7(1), 59-75

- Nainggolan, N. J., & Hidajat, L. L. (2013). Profil kepribadian dan psychological well-being caregiver skizofrenia. *Jurnal Soul*, 6(1), 21-42
- Nancy, M. N. (2013). Hubungan nilai dalam perkawinan dan pemaafan dengan keharmonisan keluarga. *Proceeding PESAT (Psikologi, Ekonomi, Sastra, Arsitektur, dan Teknik Sipil)*, 5, 32-39
- National Alliance for Caregiving. (2010). *Care for the family caregiver: A place to start*. Diakses dari [www.caregiving.org/data/Emblem CfC10 Final2.pdf](http://www.caregiving.org/data/Emblem_CfC10_Final2.pdf), 2 September 2015
- Nehra, R., Chakrabarti, S., Kulhara, P., & Sharma, R. (2005). Caregiver coping in bipolar disorder and schizophrenia: A re-examination. *Social Psychiatry and Psychiatric Epidemiology*, 40(4), 329-336
- Prasetyo, N. H. (2014). Program intervensi narima ing pandum: Upaya peningkatan kesejahteraan psikologis family caregiver orang dengan skizofrenia. *Tesis*. Universitas Gadjah Mada.
- Qiao, G., Li, S. & Hu, J. (2011). Stress, coping and psychological well-being among new graduate nurses in China. *Home Health Care Management and Practice*, 23(6), 398-403
- Recine, A. C., Werner, J. S., & Recine, L. (2009). Health promotion through forgiveness intervention. *Journal of Holistic Nursing*, 20(10), 1-9
- Reed, G. L. & Enright, R. D. (2006). The effects of forgiveness therapy on depression, anxiety, and posttraumatic stress for women after spousal emotional abuse. *Journal of Counselling and Clinical Psychology*, 74(5), 920-929
- Rojviroj, W., Punyahotra, V., Sittiprapaporn, W., & Sarikaphuti, A. (2014). *Study of brain activity analysis of deep breathing*. Dipetik dari [http://www.mfu.ac.th/school/anti-aging/File PDF/research inter/P2557 21.pdf](http://www.mfu.ac.th/school/anti-aging/File PDF/research_inter/P2557_21.pdf)
- Ryff, C. D. (2014). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and Psychosomatics*, 83, 10-28
- Shah, A. J., Wadoo, O., Latoo, J. (2010). Psychological distress in carers of people with mental disorders. *British Journal of Medical Practitioners*, 3(3), 1-8
- Sutton, P. M. (2013). *The Enright process model of psychological forgiveness*. Dipetik dari [https://couragerc.org/wp-content/uploads/ Enright Process Forgiveness 1.pdf](https://couragerc.org/wp-content/uploads/Enright_Process_Forgiveness_1.pdf)
- Tavousi, M. N. (2015). The effectiveness of progressive relaxation training on daily hassels: Moderatong role of hardiness and self-esteem. *Procedia-Social and Behavioral Sciences*, 190, 54-60

- Thompson, L. Y., Snyder, C. R., Hoffman, L., Michael, S. T., Rasmussen, H. N., Billings, L. S.,.....Roberts, D. E. (2005). Dispositional forgiveness of self, others, and situations. *Journal of Personality*, 73(2), 313-360
- Toussaint, L., Barry, M., Bornfriend, L., & Markman, M. (2014). Restore: The journey toward self-forgiveness: A randomized trial of patient education on self-forgiveness in cancer patients and caregivers. *Journal of Health Care Chaplaincy*, 20, 54-74
- Vázquez, C., Herváz, G., Rahona, J. J., & Gómez, D. (2009). Psychological well-being and health: Contributions of positive psychology. *Anuario de Psicología Clínica y de la Salud*, 5, 15-27
- Wade, N. G., Bailey, D. C., & Shaffer, P. (2005). Helping clients heal: Does forgiveness make a difference. *Professional Psychology: Research and Practice*, 36(6), 634-641
- Wade, N. G. & Worthington, E. L. (2005). In search of common core: A content analysis of interventions to promote forgiveness. *Psychotherapy: Theory, Research, Practice, and Training*, 42(2), 160-177
- Wiens, S. E. & Daniluk, J. C. (2009). Love, loss, and learning: The experiences of fathers who have children diagnosed with schizophrenia. *Journal of Counseling and Development*, 87, 339-348
- Witvliet, C. V. (2009). Forgiveness. Dalam S. J. Lopez. *The encyclopedia of positive psychology* (hal. 232–239, vol. 1). West Sussex: Wiley-Blackwell.
- Worthington, E. L., Scherer, M. (2004). Forgiveness is an emotion-focused coping strategy that can reduce health risk and promote health resilience: Theory, review, and hypotheses. *Psychology and Health*, 19(3), 385-405
- Worthington, E. L., Witvliet, C. V. O., Pietrini, P., & Miller, A. J. (2007). Forgiveness, health, and well-being: A review of evidence for emotional versus decisional forgiveness, dispositional forgivingness, and reduced unforgiveness. *Journal of Behavioral Medicine*, 30, 291-302