



DAFTAR PUSTAKA

- Apoian, A. (1996). Food & Mood. *Joe Weider's Muscle & Fitness*, 57 (8), 105.
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2013). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2014). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Babicz-Zielinska, E. 2006. Role of Psychological Factors in Food Choice: A Review. *Polish Journal of Food and Nutrition Sciences*, 15(4), 379-384.
- Barasi, M. E. (2007). *Nutrition at a Glance*. United Kingdom: Blackwell Publishing.
- Baumeister, R. F. & Bushman, B. J. (2011). *Social Psychology and Human Nature*. Belmont: Cengage Learning
- Brand, S. (2012). Mood. Dalam N. M. Seel, *Encyclopedia of the Science of Learning* (hal. 2328). Springer.
- Christensen, L. (1997). The effect of carbohydrates on affect. *Nutrition*, 13, 503-514.
- Christensen, L. & Brooks, A. (2006). Changing Food Preferences as a Function of Mood. *The Journal of Psychology*, 140(4), 293-306.
- Colibazzi, T., Posner, J., Wang, Z., Gorman, D., Gerber, A., Yu, S., Zhu, H., Kangarlu, A., Duan, Y., & Russell, J. A. (2010). Neural Systems Subservicing Valence and Arousal During the Experience of Induced Emotions. *Emotion*, 10(3), 377-389.
- Davis, R., Freeman, R., & Solyom, L. (1985). Mood and Food: An Analysis of Bulimic Episodes. *Journal of Psychiatric Research*, 19(2/3), 331-335.
- Feist, J. & Feist, G. J. (2008). *Theories of Personality*. USA: McGraw-Hill.
- Furst, T., Connors, M., Bisogni, C. A., Sobal, J., & Falk, L. W. (1996). Food choice: A Conceptual Model of the Process. *Appetite*, 26, 247-266
- Gardner, M. P., Wansink, B., Junyong, K., & Park, S. (2014). Better moods for better eating?: How mood influences food choice. *Journal of Consumer Psychology*, 24(3), 320-335.
- Gibson, E. L. (2006). Mood, Emotions, and Food Choice. Dalam R. Shepherd, & M. Raats, *The Psychology of Food Choice* (hal. 113-140). London: CABI.
- Guilford, J. P. (1954). *Psychometric Methods*. New York: McGraw-Hill.
- Habhab, S., Sheldon, J. P., Loeb, R. C. (2009). The relationship between stress, dietary restraint, and food preferences in women. *Appetite*, 52, 437-444.
- Hadi, S. (2015). *Statistik*. Yogyakarta: Pustaka Pelajar.
- Hendy, H. M. (2012). Which comes first in food-mood relationships, foods or moods?. *Appetite*, 58, 771-775.
- Jallais, C. & Gillet, A. (2010). Inducing changes in arousal and valence: comparison of two mood induction procedures. *Behavior Research Methods*, 42 (1), 318-325.
- Jerusik, C. M. (2013). Food and Mood: Modifications of Diet based on States of Mood. *Proquest LLC*.



- Kai-Wen, Cheng. (2009). A study of stress source among college students in Taiwan. *Journal of Academic and Business Ethics*.
- Krebs-Smith, S. M. & Kantor, L. S. (2001). Choose a Variety of Fruits and Vegetables Daily: Understanding the Complexities. *The Journal of Nutrition*, 487-501.
- Levitan, R. D. & Davis, C. (2010). Emotions and eating behaviour: Implications for the current obesity epidemic. *University of Toronto Quarterly*, 79(2), 783-799.
- Life Science Research Office. (1989). *Nutrition Monitoring in the United States: An Update Report on Nutrition Monitoring*. Washington: U.S. Government Printing Office.
- Locher, J. L. (2002). Comfort Food. Dalam S. Katz, *Encyclopedia of Food and Culture*. New York: Charles Scribner's Sons.
- Locher, J. L., Yoels, W. C., Maurer, D., & Ells, J. V. (2013). Comfort Foods: An Exploratory Journey Into The Social and Emotional Significance of Food. *Food & Foodways*, 13, 273-297.
- Logue, A. W. (2004). *The Psychology of Eating and Drinking*. New York: Brunner-Routledge.
- Loxton, N. J., Dawe, S., & Cahill, A. (2011). Does negative mood drive the urge to eat? The contribution of negative mood, exposure to food cues and eating style. *Appetite*, (56), 368-374
- Macht, M., Roth, S., & Ellgring, H. (2002). Chocolate eating in healthy men during experimentally induced sadness and joy. *Appetite*, (39), 147-158.
- Mayer, J. D., Allen, J. P., & Beauregard, K. (1995). Mood Inductions for Four Specific Moods: A Procedure Employing Guided Imagery Vignettes With Music. *Journal of Mental Imagery*, 19(1&2), 133-150.
- McCrae, R. R., Kurtz, J. E., Yamagata, S., & Terracciano, A. (2011). Internal Consistency, Retest Reliability, and their Implications For Personality Scale Validity. *Pers Schol Psychol Rev*, 15(1), 28-50.
- Mercer, M. E. & Holder, M. D. (1997). Food Cravings, Endogenous Opioid Peptides and Food Intake: A Review. *Appetite*, 29, 325-352.
- Morris, W. N. (1989). *Mood: The Frame of Mind*. New York: Springer.
- Moss, S. (2008). Inducing moods or emotions. *Psychlopedia*. (<http://www.psych-it.com.au/Psychlopedia/article.asp?id=108>)
- Ogden, J. (2007). *Health Psychology*. Berkshire: McGraw-Hill.
- Ogden, J. (2010). *The Psychology of Eating*. West Sussex: Blackwell Publishing.
- Pula, K, Parks, C. D., & Ross, C. F. (2014). Regulatory focus and food choice motives: Prevention orientation associated with mood, convenience, and familiarity. *Appetite*, 78, 15-22.
- Robbins, S. P. & Judge, T. A. (2013). *Organizational Behavior*. New Jersey: Pearson Education.
- Seniati, L., Yulianto, A., Setiadi, B. N. (2014). *Psikologi Eksperimen*. Jakarta: PT. Indeks.
- Shadis, W. R., Cook, T. D., & Campbell, D. T. (2002). *Experimental and Quasi-Experimental Designs for Generalized Causal Inference*. Boston: Houghton Mifflin Company.



- Shepherd, D. (1985). Dietary Salt Intake. *Nutrition and Food Science*, 85(5), 10-11.
- Sjoberg, L. & Biel, A. (1983). Mood and Belief-Value Correlation. *Acta Psychologica*, 53, 253-270.
- Sobal, J., Bisogni, C. A., Devine, C. M., & Jastran, M. (2006). A Conceptual Model of The Food Choice Process over the Life Course. Dalam R. Shepherd, & M. Raats, *The Psychology of Food Choice* (hal. 1-18). London: CABI.
- Stephoe, A., Pollard, T. M., & Wardle, J. (1995). Development of a Measure of the Motives Underlying the Selection of Food: The Food Choice Questionnaire. *Appetite*, 25, 267-284.
- Thayer, R.E., Newman, J. R., McClain, T. M. (1994). Self-Regulation of Mood: Strategies for Changing a Bad Mood, Raising Energy, and Reducing Tension. *Journal of Personality and Social Psychology*, 67(5), 910-925.
- Thayer, R. E. (2001). *Calm Energy: How People Regulate Mood with Food and Exercise*. New York: Oxford University Press.
- Wansink, B. & Sangerman, C. (2000). The Taste of Comfort: Food for Thought on How Americans Eat to Feel Better. *American Demographics*, 22(7), 66-67.
- Wansink, B., Cheney, M. M., Chan, N. (2003). Exploring comfort food preferences across age and gender. *Physiology & Behavior*, 79, 739-747.
- Zhang, X., Yu, H. W., & Barrett, L. F. (2014). How does this make you feel? A comparison of four affect induction procedures. *Frontiers in Psychology*, 5(689), 1-10.

Daftar Laman

<http://www.caramakan.com/2014/08/Fungsi-Makanan-Bagi-Tubuh.html>

<http://forum.detik.com/7-penyakit-akibat-makan-gula-berlebihan-t391145.html>

<http://forum.kompas.com/keluarga/265778-manfaat-makan-untuk-meningkatkan-metabolisme.html>

<http://gaya.tempo.co/read/news/2015/05/18/060666962/Waspada-Inilah-Penyakit-Paling-Mematikan-di-Indonesia>

<http://health.detik.com/read/2013/12/24/100106/2450279/763/10-penyebab-utama-tekanan-darah-tinggi>

<http://health.kompas.com/read/2014/02/24/0910440/.Bad.Mood.Bikin.Anda.Pilih.Junk.Food.#>

<http://www.merdeka.com/sehat/ini-5-penyebab-utama-penyakit-jantung.html>

<http://www.prevention.com/health/diabetes/diabetes-prevention-healthy-diabetes-diet-foods>

<https://www.psychologytoday.com/blog/inside-out/201309/emotional-eating-5-reasons-you-can-t-stop>

<http://www.webmd.com/heart-disease/features/5-heart-healthy-foods?page=2>

<http://www.who.int/mediacentre/factsheets/fs310/en/>