

Daftar Pustaka

- Anstiss, B., Polaschek, D., & Wilson, M. (2011). A brief motivational interviewing intervention with prisoners: When you lead a horse to water, can it drink for itself? *Psychology, Crime, & Law*, 1-22
- Azwar, S. 2005. Signifikan atau sangat signifikan?. *Buletin Psikologi*, 13 (1)
- Azwar, S. (2010). *Reliabilitas dan validitas*. Yogyakarta: Pustaka Pelajar.
- Boehm, K., Cramer, H., Staroszyński, T., & Ostermann, T. (2014). Arts therapies for anxiety, depression, and quality of life in breast cancer patients: A systematic review and meta-analysis. *Evidence-Based Complementary and Alternative Medicine, Vol 2014*
- Buchalter, S. (2009). *Art therapy techniques and applications*. London: Jessica Kingsley Publications
- Chairani, Z. (2013). Efektivitas terapi menggambar untuk meningkatkan kebermaknaan hidup warga binaan di lembaga permasyarakatan narkotika kelas IIA Yogyakarta. Diakses dari <http://download.portalgaruda.org/article.php?article=122900&val=5556> pada 21 Februari 2015
- Corey, M. S., Corey, G & Corey, C. (2010). *Groups process and practice ninth edition*. Canada: Brook/ Cole
- Craske, M. G., Rauch, S. L., Ursano, R., Prenoveau, J., Pine, D. S., & Zinbarg, R. F. (2009). Review: What is an anxiety disorder? *Depression and Anxiety*, 26, 1066-1085
- Curry, N. A., & Kasser, T. (2005). Can coloring mandalas reduce anxiety? *Art Therapy: Journal of the American Art Therapy Association*, 22 (2), 81-85
- Direktorat Jenderal Pemasyarakatan Kementerian Hukum & HAM. (2015). *Status pelaporan jumlah penghuni per UPT pada Kanwil*. Diakses dari <http://smslap.ditjenpas.go.id> pada 22 Februari 2015
- Elliott, R. (2013). Person-centered-experiential psychotherapy for anxiety difficulties: Theory, research and practice. *Person-Centered and Experiential Psychotherapies*, 12, 14-30.
- Fahrudin, P. (2008). Hubungan antara konsep diri dengan kecemasan menghadapi masa depan pada narapidana di lembaga pemasyarakatan IIB Klaten. Skripsi thesis, Universitas Muhammadiyah Surakarta

- Gant, L. M., & Anderson, F. (2015). The formal elements art therapy scale: A measurement system for global variables in art. *Art Therapy: Journal of the American Art Therapy Association*, 26 (3), 124-129
- Gillon, E.(2007). *Person centered counselling psychology: An introduction* (Chapter 3). New York: SAGE Publications Ltd.
- Ginting, H., Naring, G., Veld, W. M., Srisayekti, W., & Becker, E. S. (2013). Validating the Beck Depression Inventory-II in Indonesia's general population and coronary heart disease patients. *International Journal of Clinical and Health Psychology*, 13 (3)
- Grossman, F. G. (1981). Creativity as a means of coping with anxiety. *Arts in Psychotherapy*, 8 (3), 185-192
- Gussak, D. (1997). Breaking through barriers: advantages of art therapy in prison. In D. Gussak and E. Virshup (Eds). *Drawing time: Art therapy in prisons and other correctional settings* (pp. 1-11). Chicago: Magnolia Street Publishers
- Gussak, D. (2007). The effectiveness of art therapy in reducing depression in prison populations. *International Journal of Offender Therapy and Comparative Criminology*, 51 (4).
- Hadjam, M. N. R. (2014). *Studi eksplorasi lapas Daerah Istimewa Yogyakarta*. Yogyakarta: Fakultas Psikologi UGM
- Haghighat, M., Tabatabaee, S. M., & Boogar, I. R. (2014). Relation of anxiety, sleep disorders, and drug abuse with patient's tendency toward sedative drugs in semnan prison. *Asian Journal of Medical and Pharmaceutical Researches*, 4 (1), 41-45
- Hanson, A. (2013). *Art therapy, trauma, & cognitive behavioral therapy*. The Faculty of the Adler Graduate School
- Karp, D. R.(2010). Unlocking men, unmasking masculinities; Doing men's work in prison. *The Journal of Men's Studies*, 18 (1), 63-83
- Khodayarifard, M., Yekta, M. S., & Hamot, G. E.(2010). Effects of individual and group cognitive-behavioral therapy for male prisoners in Iran. *International Journal of Offender Therapy and Comparative Criminology*, 54 (5), 743-755
- Koiv, K., & Kaudne, L. (2015). Impact of integrated arts therapy: An intervention program for young female offenders in correctional institution. *Psychology*, 6, 1-9

International Centre for Prison Studies. (2015). *Highest to Lowest – Prison Population Total*. Diakses dari <http://www.prisonstudies.org/highest-to-lowest/prison-population-total> pada 5 Maret 2015

Ladd, C. T. (2004). *Psychological Self Help*. Diakses dari <http://www.psychologicalselfhelp.org/>

Lambert, E. G., Hogan, N. L., Barton, S., & Stevenson, M. T. (2007). An evaluation of CHANGE, a pilot prison cognitive treatment program. *Journal of Articles in Support of the Null Hypothesis*, 5 (1)

Llyold, M., Tysoe, E., Falshaw, L., & Booth, S. (2007). *The mental health of prisoners*. London: HM Inspectorate of Prisons

Maher, B. (2013). The effectiveness of art therapy on social anxiety disorder. *Mount Saint Marry College Journal of Psychology Research Proposals*, 2, 22-27

Maunder, L., Cameron, L., Moss, M., Muir, D., Evans, N., Paxton, R., & Jones, H. (2009). Effectiveness of self-help materials for anxiety adapted for use in prison – a pilot study. *Journal of Mental Health*, 18 (3), 262-271

Malchiodi, C. A. (2003). *Handbook of art therapy*. New York: The Guilford Press

Meekums, B., & Daniel, J. (2012). Arts with offenders: A literature synthesis. *The Arts in Psychotherapy*, 38: 229-238. DOI:10.1016/j.aip.2011.06.003

Mirzael, R., Moosavi, E., & Khammar, A. (2015). The effectiveness of Michael Frey's cognitive group therapy method on improvement of depression and anxiety among prisoners. *Sadra Medical Sciences Journal*, 3 (3)

Mohamad, M. A. A. S., Mohamad, Z., Ismail, B., Adawiah, R., & Yusof, R. M. (2013). Therapeutic experience of drug rehabilitation clients through expressive arts therapy. *International Journal of Humanities and Social Science*, 13 (17)

Myers, A., & Hansen, C. (2002). *Experimental psychology*. California: Wadsworth Thomson Learning

Nur, A. L. & Shanti, L. P. (2011). Kesepian pada narapidana di lembaga pemasyarakatan Kedungpane Semarang ditinjau dari dukungan sosial keluarga dan status perkawinan. *Jurnal Psikologi*, IV (2)

On, K., & So, O. (2014). Linking personality dimensions, imprisonment status, and type of crime to anxiety, and depression among prison inmates. *Malaysian Journal of Psychiatry Ejournal*, 23 (2)

- Poerwandari, E. K. (2007). *Pendekatan kualitatif untuk Penelitian Perilaku Manusia*. Jakarta: Lembaga Pengembangan Sarana Pengukuran dan Pendidikan Psikologi Universitas Indonesia
- Pretorius, G., & Pfeifer, N. (2010). Group art therapy with sexually abused girls. *South African Journal of Psychology*, 40 (1), 63-73
- Pujileksono, S. (2009). Masalah-masalah di penjara dalam studi sosial. *Jurnal Salam*, 12 (2)
- Republik Indonesia. (1995). *Undang-Undang Nomor 12 Tahun 1995 tentang Pemasyarakatan*. Diakses dari http://hukum.unsrat.ac.id/uu/uu_12_95.htm
- Rubin, J. A. (2010). *Introduction to art therapy*. New York: Taylor & Francis Group
- Samuelson, M., Carmody, J., Zinn, J. K., & Bratt, M. A. (2007). Mindfulness-based stress reduction in Massachusetts correctional facilities. *The Prison Journal*, 87 (2), 254-268
- Sandmire, D. A., Gorham, S. R., Rankin, N. E., & Grimm, D. R. (2012). The influence of art making on anxiety: A pilot study. *Art Therapy: Journal of the American Art Therapy Association*, 29 (2), 68-73
- Shadish, W.R., Cook, T.D., & Campbell, D. T. (2002). *Experimental and quasi-experimental designs for generalized causal inference*. USA: Houghton Mifflin Company
- Stanley, M.A., Diefenbach, G. J., & Hopko, D.R. (2004). Cognitive behavioral treatment for older adults with generalized anxiety disorder: A therapy manual for primary care settings. *Behavior Modification*, 28 (73)
- Stuart, G. W. (2006). *Buku Saku Keperawatan Jiwa*. Edisi ke-5. Jakarta: EGC
- Supratiknya, A. (2011). *Merancang program dan modul psikoedukasi*. Yogyakarta: Universitas Sanata Dharma
- Thomar, S. (2013). The psychological effects of incarceration on inmates: can we promote positive emotion in inmates. *Delhi Psychiatry Journal*, 16 (1), 66-72
- Thorne, B. (2007). Person centred therapy. *Dryden's Handbook of Individual Therapy*, 144-172.
- Triantoro, S., & Astrid, Y. (2014). The efficacy of art therapy to reduce anxiety among bullying victims. *International Journal of Research Studies in Psychology*, 3 (4)

- Utari, D. I., Fitria, N., & Rafiyah, I. (2012). Gambaran tingkat kecemasan pada warga binaan wanita menjelang bebas di Lembaga Pemasyarakatan wanita kelas II A Bandung. *Student e-journals*, 1, 1, 1-15, Diunduh di <http://jurnal.unpad.ac.id/ejournal/article/view/777> pada 20 Februari 2015
- Van Lith, T., Fenner, P., & Schofield, M. (2010). Art therapy in rehabilitation. In: JH Stone, M Blouin (Eds). *International Encyclopedia of Rehabilitation*. Diakses dari <http://cirrie.buffalo.edu/encyclopedia/en/article/131/>
- Warbis, R. C. (2004). *Building a prison arts program through the eyes of the facilitator*. Unpublished Master's thesis. University of Oregon
- Weston, T. (2011). *The clinical effectiveness of the person-centered psychotherapies: The impact of the therapeutic relationship*. Unpublished PhD thesis, University of East Anglia
- Widiyastuti, N., & Pohan, V. M. (2004). Hubungan antara komitmen beragama dengan kecemasan pada narapidana perempuan menjelang masa bebas. *Jurnal Psikologi*, 2 (2)
- Wolff, N., Frueh, B. C., Shi, J., & Schumann, B. E. (2012). Effectiveness of cognitive-behavioral trauma treatment for incarcerated women with mental illnesses and substance abuse disorders. *Journal of Anxiety Disorders*, 26, 703-710