

DAFTAR PUSTAKA

- Abdullah, M.Q. (2018). Optimism or Pessimism and Its Relationship With Locus of Control Among Children and Adolescents. *Journal of Psychiatry & Mental Health*: 3(1): 017.
- Adelina, F., Rahayu, P., Kamal, S., Nurramadan, W., & Hadi, C. (2017). Belas Kasih Diri (Self-Compassion) dan Pengorbanan (Altruism) Pada Suku Tengger. *Jurnal Empati*: Vol. 2.
- Adityawarman, D. (2019). Optimisme dan Dukungan Sosial Terhadap Self-Efficacy Anak Jalanan. *Tazkiya Journal of Psychology*: Vol. 7, No. 2.
- Adliyani, Z.O.N. (2015). Pengaruh Perilaku Individu Terhadap Hidup Sehat. *Journal Majority*: Vol. 4, No. 7.
- Agustika, I.W.P., & Hary A, T.A.P. (2012). Pengaruh Optimisme dan Empati Terhadap Efikasi Diri Siswa Sekolah Sepak Bola (SSB) Baturetno Banguntapan Yogyakarta. *Jurnal SPIRITS*: Vol. 3, No. 1.
- Alizadeh, S., Khanahmadi, S., Vedadhir, A., & Samira., B. (2018). The Relationship Between Resilience with Self-Compassion, Social Support and Sense of Belonging in Women with Breast Cancer. *Asian Pasific Journal of Cancer Prevention*: Vol. 19.
- Amanda, H. & Siswati. (2020). Hubungan Antara Self Compassion Dengan Resiliensi Pada Penderita Systemic Lupus Erythematosus (SLE) di Komunitas Lupus Panggon Kupu Semarang. *Jurnal Empati*: Vol. 8, No. 4.
- American Diabetes Association. (2007). Diagnosis and Classification of Diabetes. *Journal Diabetes Care*: Vol.30.
- Anderson, K.M. (2010). *Enhancing Resilience In Survivors of Family Violence*. New York: Springer Publishing Company.
- Angelika, S., Setiadarma, M.P., & Koesma, R.E. (2019). Penerapan Art Therapy Untuk Meningkatkan Self-Compassion Pada Orang Dengan HIV/AIDS (ODHA). *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*: Vol. 3, No. 1.
- Anggraheni, R.D, & Rahmandani, A. (2019). Hubungan Antara Self-Compassion dan Citra Tubuh Pada Mahasiswa Program S-1 Manajemen Universitas Katolik Soegijapranata Semarang. *Jurnal Empati*: Vol. 8, No. 1.
- Annafi, M., & Liftiah. (2012). Optimisme Untuk Sembuh Penyalahgunaan NAPZA (Studi Deskriptif di Pusat Rehabilitasi Rumah Damai Semarang). *INTUISI Jurnal Psikologi Ilmiah*: Vol. 4, No. 1.

- Arora, A.K. (2017). A Study of Optimism and Resilience Among Chronically Ill Female Patients. *International Journal of Advanced Educational Research: Vol. 2.*
- Azis, W.A., Muriman, L.Y., & Burhan, S.R. (2020). Hubungan Antara Tingkat Pengetahuan Dengan Gaya Hidup Pada Penderita Diabetes Melitus. *Jurnal Penelitian Perawat Profesional: Vol. 2, No. 1.*
- Azwar, S. (2006). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar.
- _____. (2007). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- _____. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Palajar.
- _____. (2013). *Sikap Manusia: Teori dan Pengukurannya*. Yogyakarta: Pustaka Pelajar.
- Bailis, D.S., & Chipperfield, J.G. (2012). Hope and Optimism. *Journal Elsevier: 10.1016.*
- Baker, D.A., Caswell, H.L., & Eccles, F.J.R. (2018). Self-Compassion and Depression, Anxiety, and Resilience In Adult With Epilepsy. *Epilepsy & Behavior: 154-161.*
- Barankin, T., & Khanlou, N. (2007). *Growing Up Resilient: Ways to Build Resilience in Children and Youth*. Canada: Center for Addiction and Mental Health.
- Bennett, O. (2015). *Cultures of Optimism: The Institutional Promotion of Hope*. New York: Palgrave Macmillan.
- Braehler, C., & Neff, K. (2020). *Emotion in Posttraumatic Stress Disorder*. Elsevier Inc.
- Brandt, P.R. (2011). *Psychology of Optimism: Psychology of Emotions, Motivation, and Action*. New York: Nova Science Publishers, Inc.
- Buckingham, A., & Richardson, E.J., (2020). The Relationship Between Psychological Resilience and Pain Threshold and Tolerance: Optimism and Grit as Moderators. *Journal of Clinical Psychology in Medical Settings: 10.1007.*
- Cahyasari, A.M.S.M., & Sakti, H. (2014). Optimisme Kesembuhan Pada Penderita Mioma Uteri. *Jurnal Psikologi Undip: Vol. 13, No. 1.*
- Carter, N.P. (2010). Happy Talk: Is There a Communicative Difference Between Optimists and Pessimist. *Ohio Communication Journal: Vol. 48.*

- Chang, E.C. (2001). *Optimism & Pessimism: Implications for Theory, Research, and Practice*. Washington: American Psychological Association.
- Connor, K.M., & Davidson, J.R.T. (2003). Development of a New Resilience Scale The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*: 18:76-82.
- Conversano, C., Rotondo, A., Lensi, E., Vista, O.D., Arpone, F., & Reda, M.A. (2010). Optimism and Its Impact on Mental and Physical Well-Being. *Clinical Practice & Epidemiology in Mental Health*: Vol.6.
- Cousins, L.A., Cohen, L.L., & Venable, C. (2014). Risk and Resilience in Pediatric Chronic Pain: Exploring the Protective Role of Optimism. *Journal of Pediatric*: 1-10.
- Desmond, T. (2017). *The Self-Compassion Skills Workbook: A 14-Day Plan to Transform Your Relationship with Yourself*. New York: W.W. Norton & Company.
- Eley, D.S., et al. (2013). The Relationship Between Resilience and Personality Traits in Doctors: Implication for Enhancing Well Being. *PeerJ*: 10.7717.
- Fadila, U., & Laksmiwati, H. (2014). Perbedaan Resiliensi Pada Penderita Diabetes Mellitus Tipe II Berdasarkan Jenis Kelamin. *Character*: Vol. 3, No. 2.
- Fain, J. (2011). *The Self-Compassion Diet: A Step By Step Program To Lose Weight With Loving-Kindness*. Canada: Sounds True, Inc.
- Farjeon, E., Petre, M., Allen, P.G., Wilson, P., & Madwed, S. (2015). *It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of self-compassion*. Canada: New Harbinger Publications, Inc.
- Flowers, S., & Stahl, B. (2011). *Living With Your Heart Wide Open: How Mindfulness & Compassion Can Free You From Unworthiness, Inadequacy & Shame*. Canada: Raincoast Books.
- Frost, G., Dornhorst, A., & Moses, R. (2003). *Nutritional Management of Diabetes Mellitus*. England: Wiley Editorial Offices.
- Gallagher, M.W., Long, L.J., Richardson, A., & D'Souza, J.M. (2018). Resilience and Coping in Cancer Survivors: The Unique Effects of Optimism and Mastery. *Springer Cognitive Therapy and Research*: 10.1007.
- Germer, C.K. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself From Destructive Thoughts and Emotions*. New York: The Guilford Press.

- Gilbert, P., & Choden. (2014). *Mindful Compassion: How The Science of Compassion Can Help You Understand Your Emotions, Live In The Present, and Connect Deeply With Others*. Canada: New Harbinger Publications, Inc.
- Gittel, J.H. (2009). *High Performance Healthcare: Using The Power of Relationships to Achieve Quality, Efficiency and Resilience*. New York: Mc Graw Hill.
- Goldstein, E. (2015). *Uncovering Happiness: Overcoming Depression With Mindfulness and Self-Compassion*. New York: ATRIA Books.
- Greenberg, M. (2016). *The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity*. Canada: New Harbinger Publications, Inc.
- Hanson, R. (2018). *Resilient : How to Grow Unshakable Core of Calm, Strength, and Happiness*. New York: Harmony Books.
- Hasanah, F.A., & Hidayati, F. (2016). Hubungan Antara Self-Compassion Dengan Alienasi Pada Remaja (Sebuah Studi Korelasi Pada Siswa SMK Negeri 1 Majalengka). *Jurnal Empati*: Vol. 5, No. 4.
- Hasmarlin, H., & Hirmaningsih. (2019). Self-Compassion dan Regulasi Emosi Pada Remaja. *Jurnal Psikologi*: Vol. 15, No. 2.
- Hayter, M.R., & Dorstyn, D.S. (2014). Resilience, Self-esteem and Self-compassion in Adult With Spina Bifida. *International Spinal Cord Society*: 167-171.
- He, F., Cao, R., Feng, Z., Guan, H., & Peng, J. (2013). The Impacts of Dispositional Optimism and Psychological Resilience on the Subjective Well-Being of Burn Patients: A Structural Equation Modelling Analysis. *PLOS ONE*: 10. 1371.
- [Http://lifestyle.okezone.com/amp/2015/11/30/481/1258059/cerita-pasien-diabetes-yang-bisa-putus-obat](http://lifestyle.okezone.com/amp/2015/11/30/481/1258059/cerita-pasien-diabetes-yang-bisa-putus-obat)
- [Http://lifestyle.okezone.com/amp/2018/09/13/481/1950011/kisah-natasha-gadis-20-tahun-yang-meninggal-akibat-abaikan-penyakit-diabetes](http://lifestyle.okezone.com/amp/2018/09/13/481/1950011/kisah-natasha-gadis-20-tahun-yang-meninggal-akibat-abaikan-penyakit-diabetes)
- International Diabetes Federation. (2019). *IDF Diabetes Atlas Ninth Edition*. ADA.
- Isaacson, B. (2002). Characteristics and Enhancement of Resiliency in Young People. *Guidance and Counseling*.

- Ivtzan, I., & Lomas, T. (2016). *Mindfulness In Positive Psychology: The Science of Meditation and Wellbeing*. New York: Routledge.
- Jackson, R. & Watkin, C. (2004). The Resilience Inventory: Seven Essential Skills for Overcoming Life's Obstacles and Determining Happiness. *Selection & Development Review*: Vol.20, No.6.
- Johnson, J. (2020). *The Self-Compassion Workbook: Practical Exercises to Approach Your Thoughts, Emotions, and Action With Kindness*. California: Rockridge Press.
- Kawitri, A.Z., Rahmawati, B.D., Listiyandini, R.A., & Rahmatika, R. (2019). Self-Compassion and Resiliensi Pada Remaja Panti Asuhan. *Jurnal Psikogenesis*: Vol. 7, No. 1.
- Kurniawan, W. (2019). Relationship Between Think Positive Towards The Optimisms of Psychology Student Learning In Islamic University of Riau. *Jurnal Natqihyah*: Vol. 2, No. 1.
- Llorente, M.D., & Malphurs, J.E. (2007). *Psychiatric Disorders and Diabetes Mellitus*. United Kingdom: Informa Healthcare.
- Mampane, R., & Bouwer, C. (2006). Identifying Resilient and Non-Resilient Middle-Adolescents In a Formerly Black-Only Urban School. *South African Journal of Education*. Vol. 26(3)443-456.
- Martono, N. (2016). *Metode Penelitian Kuantitatif: Analisis Isi dan Analisis Data Sekunder*. Jakarta: PT Raja Grafindo Persada.
- McEwen, B.S. (2019). *Stress: Psychology, Biochemistry, and Pathology. Laboratory of Neuroendocrinology*. New York: Laboratory of Neuroendocrinology The Rockefeller University.
- Meadows, Z. (2016). *Positive Thinking: Eliminate Your Stress With Strategies You Can Do Right Now To Unleash Your Happier Life*. New York: Create Space Independent Publishing Platform.
- Morote, R., Hjemdal.O., Uribe, P.M., & Corveleyn, J. (2017). Psychometric Properties of the Resilience Scale for Adults (RSA) and its Relationship with Life-Stress, Anxiety and Depression in a Hispanic Latin-American Community Sample. *PLOS ONE*: 0187954.
- Musabiq, S., & Meinarno, E.A. (2017). Optimisme Sebagai Prediktor Psikologis Pada Mahasiswa Kebidanan. *Jurnal Kedokteran dan Kesehatan*: Vol. 13, No. 2.

- Nazir, Moh. (2013). *Metode Penelitian*. Bogor: Ghalia Indonesia.
- Neff, K. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Psychology Press Self and Identity*: 85-101.
- _____. (2011). *Self-Compassion: The Proven Power of Being Kind To You Yourself*. New York: HarperCollins Publishers.
- _____, & Germer, C. (2018). *The Mindful Self-Compassion Workbook: A Proven Way To Accept Yourself, Build Inner Strength, and Thrive*. New York: The Guilford Press.
- _____, & Pommier, E. (2012). The Relationship Between Self-Compassion and Other-Focused Concern Among College Undergraduates, Community Adults, and Practicing Meditators. *Psychology Press Self and Identity*: 10.1080.
- Nicotera, N., & Maira, J.A.L. (2017). *Innovative Skills To Support Well-Being and Resiliency In Youth*. United States of America: Oxford University Press.
- Norman, E. (2000). *Resiliency Enhancement: Putting the Strengths Perspective Into Social Work Practice*. New York: Columbia University Press.
- Nuari, N.A. (2018). Diabetes Burnout Syndrom Dengan Self Care Agency Pasien Diabetes Mellitus Tipe II. *Journal of Health Science and prevention*: Vol. 2, No.2.
- Oguntibeju, O.O. (2013). *Diabetes Mellitus Insights and Perspectives*. Croatia: InTech.
- Pasudewi, C.Y. (2012). Resiliensi Pada Remaja Binaan Bapas Ditinjau Dari Coping stress. *Journal of Social and Industrial Psychology*: Vol. 1, No. 2.
- Paulson, T.L. (2010). *The Optimism Advantage: 50 Simple Truths to Transform Your Attitudes and Actions into Results*. Canada: John Wiley & Sons, Inc.
- Perez, C.L., Salamanca, M.V., Castaneda, I.A., Soto, P.B., & Vanegas, I.J. (2014). What Makes Us Optimistic?: Psychosocial Factors as Predictors of Dispositional Optimism in Young People. *Psychology Clinic*: Vol. 32, No. 2

- Periantalo, J. (2016). *Penelitian Kuantitatif Untuk Psikologi*. Yogyakarta: Pustaka Pelajar.
- Petersen, A. (2015). *Hope in Health: The Socio-Politics of Optimism*. New York: Palgrave Macmillan.
- Rahman, A.A., Arisanti, E.V., Prahastuti, N.F., & Djamal, N.N. (2019). Forgiveness as a Mediator on The Effectof Self-Compassion on The Ego Depletion. *Psikohumaniora Jurna Penelitian Psikologi*: Vol.4, No.2.
- Reich, J.W., Zautra, A.J., & Hall, J.S. (2010). *Hanbook of Adult Resilence*. New York: The Guilford Press.
- Saniatuzzulfa, R., & Retnowati, S. (2015). Program “Pasien PANDAI” Untuk Meningkatkan Optimisme Pasien Kanker. *Gadjah Mada Journal of Professional Psychology*: Vol. 1, No. 3.
- Saraswati, S.D., Prabandari, Y.S., & Sulistyarini, Rr.I. (2019). Pengaruh Terapi Kelompok Suportif Untuk Meningkatkan Optimisme Pada Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisis. *Jurnal Intervensi Psikologi*: Vol. 11, No. 1.
- Sari, E.P., Roudhotina, W., Rahmani, N.A., & Iqbal, M.M. (2020). Kebersyukuran, Self-Compassion, dan Kesejahteraan Psikologis Pada Caregiver Skizofrenia. *Jurnal Psikologi*: Vol. 16, No. 1.
- Seligman, M.E.P. (2006). *Learned Optimism: How to Change Your Mind and Your Life*. New York: Vintage Books.
- Setyowati, A., Hartati, S., & Sawitri, D.R. (2010). Hubungan Antara Kecerdasan Emosional Dengan Resiliensi Pada Siswa Penghuni Rumah Damai. *Jurnal Psikologi Undip*: Vol. 7, No. 1.
- Sharot, T. (2011). *The Optimism Bias: A Tour of the Irratianally Positive Brain*. New York: Pantheon Books.
- Siebert, A. (2005). *The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back From Setbacks*. California: Berrett-Koehler Publisher.
- Simon, U.O. (2018). Health-Related Optimism and Quality of Life among Diabetes Patients: The Moderating Role of Clinical Factors in a Nigerian Sample. *Journal of Addiction and Psychology*: 10.33552.
- Smith, J.L. (2015). Self-Compassion and Resilience in Senior Living Residents. *Senior Housing & Care Journal*: Vol. 23, No. 1.

- Stevens, L., Braham, M.G., & Bush, B. (2018). *The Neuroscience of Empathy, Compassion, and Self-Compassion*. United States.
- Sturgeon, J.A., & Zautra, A.J. (2010). Resilience: A New Paradigm for Adaptation to Chronic Pain. *Springer Science*: 14:105-112.
- Sugianto, D., Sutanto, S.H., & Suwartono, C. (2020). Self-Compassion As a Way To Embrace Loneliness in University Students. *Journal Psikodimensia*: Vol. 19, No. 1.
- Sulistiyowati, D.A., Wismanto, Y.B., & Utami, C.T. (2015). Hubungan Antara Kecerdasan Emosional dan Optimisme Dengan Problem Focused Coping Pada Mahasiswa S1 Keperawatan STIKES Telogorejo Semarang. *Prediksi Kajian Ilmu Psikologi*: Vol. 4, No. 1.
- Taormina, R.J. (2015). Adult Personal Resilience: A New Theory, New Measure, and Practical Implications. *Psychological Thought PsychOpen*: Vol. 8, No. 1.
- Terry, M.L., & Leary, M.R. (2011). Self-Compassion, Self-Regulation, and Health. *Psychology Press Self and Identity*: 10:3, 352-362.
- Tugade, M.M., & Fredrickson, B.L. (2004). Resilient Individuals Use Positive Emotions to Bounce Back From Negative Emotional Experiences. *Journal of Personality and Social Psychology*: 1037.
- Utami, C.T., & Helmi, A.F. (2017). Self-Efficacy dan Resiliensi: Sebuah Tinjauan Meta-Analisis. *Buletin Psikologi*: Vol. 25, No. 1.
- Uyun, Z. (2012). Resiliensi Dalam Pendidikan Karakter. *Prosiding Seminar Nasional Psikologi Islami*: 200-208.
- Valentsia, G.K.D., & Wijono, S. (2020). Optimisme Dengan Problem Focused Coping Pada Mahasiswa Yang Sedang Mengerjakan Tugas Akhir. *Jurnal Basicedu*: Vol. 2, No. 1.
- Welford, M. (2013). *The Power Of Self-Compassion: Using Compassion-Focused Therapy To End Self-Criticim and Build Self-Confidence*. Canada: New Harbinger Publications, Inc.
- World Health Organization. (2006). *Gaining Health: The European Strategy For The Prevention and Control of Noncommunicable Diseases*. Denmark: WHO Regional Officer for Europe.
- Yuliasari, H., Wahyuningsih, H., & Sulistyarini, R.A.I. (2018). Efektifitas Pelatihan Koping Religius Untuk Meningkatkan Kesejahteraan Psikologis Pada Penderita Diabetes Mellitus Tipe II. *Journal of Psychological Science and Profesion*: Vol.2, No.1.

Zahra, F., Ulfiah., & Fahmi, I. (2012). Gambaran Optimisme Pada Pasien Dialisis.
Psymphatic Jurnal Ilmiah Psikologi: Vol. 5, No.2.

