

## DAFTAR PUSTAKA

- Alquran dan Terjemahannya. Departemen Agama Republik Indonesia. (2016). Jakarta: Pustaka Agung Harapan.
- Abdu, M. (2005). *Menjernihkan batin dengan shalat khusyu*. Yogyakarta, Mitra Pustaka.
- Alreck, P.I., & Settle, R.B. (2004). *The survey research handbook*. Chicago: McGraw-Hill.
- Anastasi, A., & Urbina, S. (2007). *Psychological testing*. Edisi Ketujuh. Jakarta: PT Indeks.
- Azwar, S. (2015). *Reliabilitas dan validitas*. Yogyakarta: Pustaka Belajar.
- Badri, M. (1996). *Tafakur, Perspektif Psikologi (terjemahan)*. Bandung: Remaja Rosdakarya offset.
- Baer, R.A., Smith, G.T., & Allen, K.B. (2004). Assessment of *mindfulness* by self-report the kentucky inventory of *mindfulness* skills. *Assessment*, 11(3):191-206.
- Baer, R.A., Smith, G.T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of *mindfulness*. *Assessment*, 13(1):27-45.
- Baer, R.A., Smith, G.T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., dkk. (2008). Construct validity of the five facet *mindfulness* questionnaire in meditating and nonmeditating samples. *Assessment*, 15(3) :329-342.
- Brown, K.W., Ryan, R.M., & Creswell J.D. (2007). Mindfulness theoretical foundations and evidence for its salutary effects. *Psychological Inquiry*, 18, (4), 211-237
- Boyce, P., Condon, J., Barton, J., & Corkindale, C. (2007). First time fathers' study: psychological distress in expectant fathers during pregnancy. *Australian and New Zealand Journal Of Psychiatry*, 41, 718-725
- Cash, M., Whittingham, K. (2010). What facets of mindfulness contribute to psychological well-being and depressive, anxious, and stress-related symptomatology?. *Mindfulness*. 1:177-182

- Dyah, A., & Fourianalistyawati, E. (2016). Peran *trait mindfulness* terhadap kesejahteraan psikologis pada lansia. *Jurnal Psikologi Ulayat*. Vol. 5, No.1, hlm.109-122
- DiPietro, J.A., Ghera, M.M., Costiga K., & Hawkins, M. (2004). Measuring the ups and downs of pregnancy stress. *Psychosom Obstet Gynecol*. 25:189–201
- Dixon, H.C., & Overall, N.C. (2016). Dispositional *mindfulness* attenuates the link between daily stress and depressed mood. *Journal of Social and Clinical Psychology*, 35:255-268.
- Duncan, L. G., & Bardacke, N. (2010). Mindfulness-Based Childbirth and Parenting Education: promoting family mindfulness during the perinatal period. *Journal Children and Family Study*, 19 (2): 190–202.
- Dunn, C., Hanieh, E., Roberts, R., & Powrie, R. (2012). Mindful pregnancy and childbirth: Effects of a mindfulness-based intervention on women's psychological distress and well-being in the perinatal period. *Archives of Woman Mental Health*, 15 (2) :139-143.
- Erpiana, A., & Fourianalistyawati, E. (2018). Peran *trait mindfulness* terhadap psychological well-being pada dewasa awal. *Jurnal Ilmiah Psikolog*. Volume 5. Nomor 1. 2018:67-82
- Fontana. (1989). Stres lingkungan. Diakses dari [http://elearning.gunadarma.ac.id/docmodul/arsitektur\\_psikologi\\_dan\\_masyarakat/bab4\\_stres\\_stres\\_lingkungan\\_dan\\_coping\\_behavior.pdf](http://elearning.gunadarma.ac.id/docmodul/arsitektur_psikologi_dan_masyarakat/bab4_stres_stres_lingkungan_dan_coping_behavior.pdf)
- Fourianalistyawati, E., Listiyandini, R. A. (2017). The relationship between mindfulness and dpression in adolescents. Presented in 6<sup>th</sup> Convention of APsyA.
- Fourianalistyawati, E., Listiyandini, R.A., & Fitriana, T.S. (2016). Hubungan *mindfulness* dan kualitas hidup orang dewasa. *Prosiding Forum Ilmiah Psikologi Indonesian (FIPI)*, Vol 1 : 1-12.
- Guilford, J.P. & Frutcher, B. (2004). *Fundamental statistics in psychological and education*. London: McGraw-Hill.
- Hamill, T. S., Pickett, S. M., Amsbaugh, H. M., & Aho, K. M. (2015). Mindfulness and acceptance in relation to behavioral inhibition system sensitivity and

- psychological distress. *Personality and Individual Differences*, Vol 72, 24-29.
- Harnett, Paul H., Reid N., Loxton, N. J., Lee, N. (2016). The relationship between trait mindfulness, personality and psychological distress: a revised reinforcement sensitivity theory perspective. *Personality and Individual Differences*. 99, 100-105
- Herlina, Y.N. (2014). Hubungan stresor psikososial pada kehamilan dengan partus prematurus. *Skripsi*. Universitas Andalas, Padang.
- Herlina, Y.N., Desmiwanti, & Edison. (2016). Hubungan stresor psikososial pada kehamilan dengan partus prematurus. *Jurnal Kesehatan Andalas*. Vol. 5, no. 1, hlm. 129-134
- Kaplan, R.M. & Sacuzzo. (2005). *psychological testing: principles, application, and issues*. Belmont: Thomson Wadsworth.
- Kasenda, P., Wungouw, H., & Lolong, J. (2017). Hubungan stres dengan kejadian insomnia pada ibu hamil di puskesmas bahu kota manado. *e-Journal Keperawatan*. Volume 5, Nomor 1, hlm. 1-7
- KemenkesRI. (2017). Data dan informasi. Jakarta: Kementrian Kesehatan Republik Indonesia
- Keng, S., Smoski, M.J., & Robins, C.J. (2011). Effects of *mindfulness* on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31 (6) :1041–1056.
- Kusmiyati Y., Wahyuningsih H., & Sujiyatini. (2009). Perawatan ibu hamil. Yogyakarta: Fitramaya
- Mubarak, S., M. (2015). Kesadaran diri akan kembali kepada Allah dalam Alquran. *Skripsi*. Universitas Islam Negeri Sunan Kalijaga, Yogyakarta.
- Nagahawatte, N. T., & Goldenberg, R. L. (2008). *Poverty, maternal health, and adverse*. New York Academy of Sciences. doi:10.1196/annals.1425.016
- Ogden, J. (2007). *Health psychology*. New York: Mc Graw Hill.
- Paembonan, N., Ansar, J., Arsyad, D. S. (2013). Faktor risiko kejadian kelahiran prematur di rumah sakit ibu dan anak Siti Fatimah kota Makassar. *Jurnal Epidemiologi*. Universitas Hasanuddin

- Ramadhan, A. & Fourianalistyawati, E. (2017). Peran *trait mindfulness* dan *self-esteem* terhadap kecemasan sosial pada remaja madya. Prosiding KONAS III Psikologi Kesehatan Universitas YARSI.
- Rastogi, V., Tamboto, E., Tong, D., & Sinburimsit, T. (2013). *Indonesia's rising middle-class and affluent consumers: Asia's nex big oppoturnity*. Jakarta: BGC report.
- Rahmatika Rina. (2014). Hubungan antara emotion-focused coping dan stres kehamilan. *Jurnal Psikogenesis*. Volume 3, No 1,
- Scetter C.D. & Glynn L.M. (2008). Stress in pregnancy empirical evidence and theorithical issues guides interdisip linary research. (diunduh pada tanggal 5 Agustus 2018). Tersedia dari URL <http://www.health.psych.ucla.edu>
- Sugiyono. (2010). *Statistika Untuk Penelitian*. Bandung: Penerbit Alfabeta.
- Sugiyono. (2013). *Statistika untuk Penelitian*. Bandung: Penerbit Alfabeta.
- Wilcox, L. (2001). *Wanita dan Alquran dalam perpektif sufi*. Bandung, Pustaka Hidayah.
- Yali, A.M. & Lobel, M. (2002). Stress-resistence resources and coping in pregnancy. *Journal of Anxiety, Stress and Coping*. Taylor & Francis health sciences: USA.
- Yuwono S. (2010). Mengelola stres dalam perspektif islam dan psikologi. *Psycho Idea*. No 2.
- Zuhroni. (2010). *Pandangan Islam terhap masalah kodokteran dan kesehatan UniversitasYarsi*. Jakarta.