

### DAFTAR PUSTAKA

- Akhtar, M. (2009). *Applying positive psychology to alcohol-misusing adolescents. : a pilot intervension*. Disertation. United Kingdom : Msc applied positive psychology on university of East London
- Ali, M., & Asrori, M. (2012). Psikologi remaja perkembangan peserta didik. Jakarta: PT. Bumi Aksara.
- Angner, E. (2010). Subjective well-being. *The Journal of Socio-Economics*, 39(3), 361-368. (strac)
- Azwar,S. (2011). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Belajar
- Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism*, 12(1), 241-261.
- Brown, K. W. & Ryan, R. M. (2003). The Benefits of Being Present Mindfulness and its Role in Psychological WellBeing. *Journal of Personality and Social Psychology*, 84 (4), 822-848.
- Brown, K. W., Ryan, R. M., & Creswell, J. D. (2007). Mindfulness: Theoretical Fondation and Evidence for its Salutary Effects. *Psychological Inquiry*, 18 (4), 211-273.
- Calhoun, J.F dan Acocella, J.F, 1990. *Psychology Of Adjustment And Human Realthionship*. Edition. USA: Mc Grow Hill
- Creswell, John W. (2012). *Educational Research : Planning, Conducting, And Evaluating Quantitative And Qualitative Research*. 4<sup>th</sup> ed:PERSON
- Cochran,T. (2004, Desember 6). Mindfull Writing: John Kabat-Zinn asks us to come to our senses. Retrieved form <http://www.publishersweekly.com/pw/print/20041206/27421-mindfull-writing.html>
- Coolican, H, (2014). Reasearch methods and statistics in psychology (6th ed). New York: Psychology Press.
- Diener, E. (2006). Guidelines for national indicators of subjective well-being and will-being. *Journal of happiness studies*, 7(4), 397-404.
- Fitri, Susi, dkk. (2017). *Gambaran Kesejahteraan Psikologis Pada Remaja Laki-Laki di SMA Negeri se-DKI Jakarta*. Jurnal Bimbingan dan Konseling, Vol. 6, No. 1
- Fresco, David M. et al., 2011. Mindfulness Based Cognitive Therapy. John Wiley & Sons: Published simultaneously in Canada.

- Germer, C. K., Siegel, R. D., & Fulton, P. R. (2013). *Mindfulness and psychotherapy*. Guilford press.
- Harrington, N., & Pickles, C. (2009). Mindfulness and cognitive-behavioural therapy: Are they compatible concepts? *Journal of Cognitive Psychotherapy*, 23, 315-323
- Hefferon, K, & Boniwell, I. (2011). *Positive psychology: Theory, reaseach, and application*. New York : Mc Graw Hill Inc
- Hurlock, Elizabeth, B. (2000). *Psikologi Perkembangan*. Jakarta: Erlangga
- Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness*. USA: A Delta Book.
- Listiyandini, R. A & Awaliyah, Annisa. (2017). *The Influence of Trait Mindfulness Toward PsychWell-Being among University Students*. *Jurnal Psikogenesis*, Vol. 5, No.2
- Lopez, dkk. (2010). Psychological well being, assesment tools and related factors. Dalam Ingrid E. Wells (Penyunting). *Psychological well-being* (hlm. 77- 113). New york: Nova Science Publishers, Inc
- Muqodas, Idat, dkk (2020). *Psychological Well Being; A Preliminary Study of Guidance and Counseling Services Depelopment of Preservice Teachers in Indonesia*. Atlantis Press SARL.
- Prabowo, Adhyatman. (2016). Kesejahteraan Psikologis Remaja di Sekolah. *Jurnal Ilmiah Psikologi Terapan*. 246-260
- Prabowo, Adyatman. (2016). Kesejahteraan Psikologis Remaja Di Sekolah. Vol.04, No.02, Agustus 2016. ISSN: 2301-8267
- Purba, A.D. (2014). Dampak kenakalan remaja dalam perspektif kriminologi di kota medan. *Skripsi*. Medan: Universitas Sumatera Utara.
- Ridhowati, I.R. (2019). Kesejahteraan Psikologis Remaja di SMA Muhammadiyah 2 Kartosono ditinjau dari kelekatan terhadap orang tua. *Jurnal Psikologi*. 15-25
- Ryan, R.M. & Deci, E.L., (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Reviews Psychology*, 52, 141-146
- Ruth A. Baer. (2011). *Measuring Mindfulness*. *Contemporary Buddhism*, Vol. 12, No. 1
- Ryff, C.D dan Keyes, C.L.M., 1995. The Structure of Psychological Well Being Revisited. *Journal of Personality and Social Psychology*. 69, 719-727.

- Ryff, C.D. (2014). Psychological Well-being revisited: Advances in the pre-adolescents and adolescents. *Journal of Psychotherapy and Psychosomatic*, 83, 10-28. Doi: 10.1159/000353263
- Ryff, C.D. 1989. Happiness Is Everything, or Is It? Exploration on the Meaning of Psychological Well Being. *Journal of Personality and Social Psychology*, 57, 1069-1081.
- Ryff, C.D., & Singer, H. (2006). Know thself and become what you are: a edaimonic approach to psychological well-being. *Journal of Happiness Studies*, 9,13-39
- Santrock, John W. (2007). Remaja. Jakarta: Erlangga.
- Savitri, W. C. & Listiyandini, R. A. (2017). Mindfulness dan Kesejahteraan Psikologis pada Remaja. *Psikohumaniora: Jurnal Penelitian Psikologi*, 2 (1), 43-59.
- Setyawati, Ayu. (2015). *Hubungan Prilaku Prososial dengan Kesejahteraan Psikologis pada Siswa kelas XI di SMK Muhammadiyah Yogyakarta*. Universitas Negeri Yogyakarta
- Schimmack, U. (2008). The structure of subjective well-being. *The science of subjective well-being*, 54, 97-123.
- Schmutte, P. S dan Ryff, C. D. 1997. *Personality And Well-Being: Reexamining Methodes And Meaning*. *Jurnal Of Personality And Social Psychology*. Vol.69
- Strack, F., Argyle, M., & Schwarz, N. (1991). Subjective well-being: An interdisciplinary perspective.
- Sugiyono. (2012). *Metode Penelitian kuantitatif, kualitatif dan R&D*. Bandung:Alfabeta
- Sugiyono. (2016). *Metode penelitian kuantitatif, kualitatif dan R&D*. Bandung:Alfabeta
- Sugiyono.(2014). *Metode Penelitian Pendidikan: Penerbit Alfabeta Bandung*
- Tohirin. (2011). *Bimbingan dan Konseling di Sekolah dan Madrasah (Berbasis Integrasi)*. Jakarta: Grafindo Persada
- Wells, Ingrid, E. (2010). *Psychological Well Being*. Nova Science Publishers, Inc. New York