

## DAFTAR PUSTAKA

- Arif, Iman Setiadi. (2016). *Psikologi Positif: Pendekatan Saintifik Menuju Kebahagiaan*. Jakarta: PT Gramedia Pustaka Utama
- Azwar, Saifuddin. (2015). *Penyusunan Skala Psikologi*. Edisi 2. Yogyakarta: Pustaka Pelajar
- Azwar, Saifuddin. (2016). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar
- Burns, R. B. (1993). *Konsep Diri: Teori Pengukuran, Perkembangan Perilaku*. Terjemahan oleh Teddy.
- Cash & Pruzinsky. (2002). *Body image: A handbook of theory, research, and Clinical Practice*. New York : Guilford Press.
- Cash, T. F. (1994). Body image attitudes: Evaluation, investment, & affect. *Journal of Psychology* , 78, 1168-1170.
- Caplin. J. P. (1999). *Kamus Lengkap Psikologi* (edisi pertama). Jakarta : PT: Rajagraindo Persada.
- Chairiah, Putri. (2012). Hubungan Gambaran *Body Image* dan Pola Makan Remaja Putri. *Skripsi*: Universitas Indonesia Depok.
- C. R. Synder & S. J. Lopez (eds.), *Handbook of Positif Psychology* (Hal.459-471). New York: Oxford University Press.
- Dacey & Kenny. (2001). *Adolescent Development (2<sup>nd</sup> ed)*. New York: Mc Graw Hill
- Dwinanda, R. F. (2016). Hubungan *gratitude* dengan citra tubuh pada remaja. *Jurnal Ilmiah psikologi*, V. 9, (1), Hal : 34-41.
- Emmons, R.A., & McCullough, M. E. (2004). *The psychology of gratitude*. Oxford University.
- Emmons, R. A. (2007). *Thanks! How the new science of gratitude can make you happier*. New York: Houghton Mifflin Company.

- Etikan, Ilker. (2016). Comparison of Convenience Sampling and Purposive Sampling. *American Journal of Theoretical and Applied Statistics*. 5(1): 1-4
- Frith, H., & Gleeson, K. (2004). Clothing and embodiment: men managing body image and appearance. *Psychology of Men Masculinity*. 5(1), 40-48.
- Ganem, P., Heer, H., & Morera, O. (2009). Does body dissatisfaction predict mental health outcomes in a sample of predominantly hispanic college students? *Personality & Individual Differences*, 46(4), 557–561. <https://doi.org/10.1016/j.paid.2008.12.014>
- Gay, Kathlyn. (2009). *Body image and appearance : the ultimate teen guide / Kathlyn Gay*. p. cm. — (It happened to me ; No. 26) Includes bibliographical references and index. ISBN 978-0-8108-6645-4 (hardcover : alk. paper) — ISBN 978-0-8108-6646-1 (ebook)
- Geraghty, A., Wood, A. M. and Hyland, M. E. (2010). “Attrition From Self-Directed Interventions: Investigating the Relationship Between Psychological Predictors, Intervention Content and Dropout From a Body Dissatisfaction Intervention. *Journal of Social Science and Medicine*. Vol. 71, pp. 30-37.
- Gupta, C. (2011). *The relation between body image satisfaction and self-esteem to academic behavior in adolescents and pre-adolescents*. University of Mamitoba.
- Hardisuryabrata, MS. (1997). *Mengembangkan Citra Diri yang Positif*. Jakarta: Obor offset.
- Hipwee.com. (2016, 26 Juli). “5 Selebriti Ini Mengaku Memilih Sedot Lemak Untuk Menyempurnakan Tubuhnya, Seberapa Perlu?” dari <https://www.hipwee.com/hiburan/5-selebriti-ini-mengaku-memilih-sedot-lemak-untuk-menyempurnakan-tubuhnya-seberapa-perlu/>
- Husna, N. L. (2013). *Hubungan antara Body Image dengan Perilaku Diet*. Skripsi: Universitas Negri Semarang.
- Hurlock, E. B. (2006). *Psikologi Perkembangan*. Jakarta: Erlangga.

- Ibrahim, S. Adam. (2019). *Body Image, Jenis Kelamin, dan Kepuasan Hidup Remaja. Skripsi.* Universitas Muhammadiyah Malang.
- Irianita, J.W. (2007). *Body Image Mahasiswa yang Menggunakan Tatto. Skripsi.* Malang: Univeristas Brawijaya.
- Keliat, B.A. 1992. *Gangguan Konsep Diri.* Jakarta: EGC
- Jainuri, M. (2019). *Pengantar Aplikasi Komputer (SPSS)* (T. Hira (ed); Issue June). Hira Institute.
- Liputan6.com. (2020, 10 Juli). "Selebgram Dara Arafah Operasi Hidung Rp 100 Juta, Panen Cibiran" dari <https://www.liputan6.com/showbiz/read/4301470/selebgram-dara-arafah-operasi-hidung-rp-100-juta-panen-cibiran>
- Longe, J. (2008). *The gale encyclopedia of diets.* New York: The Gale Grop.
- Lopez, S. J., & Snyder, C.R. (2003). *Positive psychological assessment: A handbook of models and measures.* Washington. DC: American Psychological Association.
- McCullough, M. E., Emmons, R.A., & Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82, 112-127.
- Melliana, Annastasia. (2006). *Menjelajah Tubuh Perempuan dan Mitos Kecantikan.* Yogyakarta: LkiS
- Park, N., Peterson, C., Seligman, M.E.P. (2004). Strengths of character and wellbeing. *Journal of Social and Clinical Psychology*, 23(5), 603-619.
- Prabowo, Adhyatman. (2017). Gratitude dan Psychological Wellbeing pada Remaja. *Jurnal UM Malang*, Vol. 05, No.02.
- Prayitno. (2010). *Layanan Bimbingan Kelompok dan Konseling Kelompok.* Universitas Negeri Padang.

- Periantalo, Jelpa. (2016). *Penelitian Kuantitatif Untuk Psikologi*. Yogyakarta: Pustaka Pelajar.
- RI., B. P. (2013). *Riset Kesehatan Dasae: Riskesdas 2013*. Jakarta, Indonesia: Kementrian Kesehatan Republik Indonesia.
- Salsabila, I. (2018). Hubungan kebersyukuran dengan citra tubuh pada Remaja Akhir. *Jurnal UM Malang*, 1-73
- Setyani, H. Paramitha. (2018). Hubungan antara Kebersyukuran dengan *Body Image* pada Model. *Naskah Publikasi*. Universitas Islam Indonesia.
- Santrock, J.W. (2007). *Remaja* (Jilid I). Jakarta: Erlangga.
- Santrock, J.W. (2012). *Life-span development* (Edisi 13). Jakarta: Erlangga.
- Santrock, J.W. (2003). *Adolescence (Perkembangan Remaja)*. Terjemahan. Jakarta: Penerbit Erlangga.
- Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press.
- Solomon, R. C. (2004). Foreword dalam R.A. Emmons & M. E. Cullough (eds.), *The Psychology of Gratitude*. New York: Oxford University Press, Inc.
- Stice, E., & Whitenton, K. (2002). Risk factor for Body Dissatisfaction in adolescent girls: a longitudinal investigation. *American Psychology Association* , Inc. 38(5) 669-678.
- Sugiyono. (2005). *Memahami Penelitian Kualitatif*. Bandung: Alfabeta.
- Sugiyono. (2015). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Sulistyarini, I.R. (2010). Pelatihan kebersyukuran untuk meningkatkan *proactive coping* pada *survivor* bencana Gunung Merapi. Direktorat Penelitian dan Pengabdian Masyarakat Universitas Islam Indonesia.

- Thomson, J.K. (2000). *Body Image, Eating Disorder, and Obesity an Integrative Guide for Asesment and Treatment*. Washington : American Psychological Association.
- Watkins, P. C. (2014). *Gratitude and the good life: Toward a psychology of appreciation*. New York: Springer Science+Business Media.
- Wood, A. M., Maltby, J., Stewart, N., & Joseph, S. (2008). Conceptualizing gratitude and appreciation as a unitary personality trait. *Personality and Individual Differences*, 44, 619-630.

