

DAFTAR PUSTAKA

- Abbasian, F., Najimi, A., Meftagh, S. D., Ghasemi, G., & Afshar, H. (2014). The effect of stress management training on stress and depression in women with depression disorders: Using cognitive-behavioral techniques. *Journal of Education and Health Promotion*, 3. <https://doi.org/10.4103/2277-9531.134819>
- Abraham, S., Venu, A., Ramachandran, A., Chandran, P. M., & Raman, S. (2012). Assessment of quality of life in patients on hemodialysis and the impact of counseling. *Saudi Journal of Kidney Diseases and Transplantation: An Official Publication of the Saudi Center for Organ Transplantation, Saudi Arabia*, 23(5), 953–957. <https://doi.org/10.4103/1319-2442.100875>
- American Psychological Association. (2017). Stress Affects Your Health. The American Psychological Association's Practice Directorate.
- Amin, R., N, L., B, A., & Asadullah, M. A. (2015). HEMODIALYSIS; PSYCHOSOCIAL STRESSORS IN PATIENTS UNDERGOING. *The Professional Medical Journal*, 22, 762–766.
- Banerjee, M. (n.d.). Effect of Relaxation Techniques on Management of Stress among Housewives, 11.
- Baraz, S., Zarea, K., & Dashtbozorgi, B. (2014). Comparing the Effect of Two Educational Programs on the Quality of Life of Hemodialysis Patients in Iran. *Iranian Red Crescent Medical Journal*, 16(8). <https://doi.org/10.5812/ircmj.19368>
- Bhui, K., Dinos, S., Galant-Miecznikowska, M., Jongh, B. de, & Stansfeld, S. (2016). Perceptions of work stress causes and effective interventions in employees working in public, private and non-governmental organisations: a qualitative study. *BJPsych Bulletin*, 40(6), 318. <https://doi.org/10.1192/pb.bp.115.050823>
- Carole Wade & Carol Tavis. (2008). Psikologi Edisi Kesembilan, Jilid 1 Erlangga.
- Chaplin, T. M., Hong, K., Bergquist, K., & Sinha, R. (2008). Gender Differences in Response to Emotional Stress: An Assessment Across Subjective, Behavioral, and Physiological Domains and Relations to Alcohol Craving. *Alcoholism, Clinical and Experimental Research*, 32(7), 1242–1250. <https://doi.org/10.1111/j.1530-0277.2008.00679.x>
- Daugirdas, J. T., Depner, T. A., Inrig, J., Mehrotra, R., Rocco, M. V., Suri, R. S., ... Brereton, L. (2015). KDOQI Clinical Practice Guideline for Hemodialysis Adequacy: 2015 Update. *American Journal of Kidney Diseases*, 66(5), 884–930. <https://doi.org/10.1053/j.ajkd.2015.07.015>
- Edimansyah, B., Rusli, B., & Naing, L. (2008). Effects of short duration stress management training on self-perceived depression, anxiety and stress in male automotive assembly workers: a quasi-experimental study. *Journal of Occupational Medicine and Toxicology (London, England)*, 3, 28. <https://doi.org/10.1186/1745-6673-3-28>

- Finnegan-John, J., & Thomas, V. J. (2013). The Psychosocial Experience of Patients with End-Stage Renal Disease and Its Impact on Quality of Life: Findings from a Needs Assessment to Shape a Service [Research article]. <https://doi.org/10.5402/2013/308986>
- Gerogianni et al. (2013). Identification of stress in chronic haemodialysis. Lecturer of Nursing, Laboratory of Community Health Nursing, Technological Educational Institute (TEI) of Athens, Greece.
- Gerogianni, Stavroula and Babatsikou Fotoula. (2014). Psychological Aspects in Chronic Renal Failure. Associate Professor of Nursing, Technological Educational Institute (TEI) of Athens, Greece.
- Greene, Ginny. (2017). Internal and External Stress. National Institute of Mental Health.
- Grilo, A. M., Santos, M. C. dos, Isabel Gomes, A., & Rita, J. S. (2017). Promoting Patient-Centered Care in Chronic Disease. <https://doi.org/10.5772/67380>
- Günes, F. E. (2013). Medical Nutrition Therapy for Hemodialysis Patients. <https://doi.org/10.5772/53473>
- Heidari Gorji, M. A., Davanloo, A. A., & Heidari Gorji, A. M. (2014). The efficacy of relaxation training on stress, anxiety, and pain perception in hemodialysis patients. *Indian Journal of Nephrology*, 24(6), 356–361. <https://doi.org/10.4103/0971-4065.132998>
- İbrahimoğlu, Ö., & Kanan, N. (2017). The Effect of Progressive Muscle Relaxation Exercises After Endotracheal Extubation on Vital Signs and Anxiety Level in Open Heart Surgery Patients. *Türk Yoğun Bakım Dergisi*, 98–106. <https://doi.org/10.4274/tybd.04696>
- Kacaroglu Vicdan, A., & Gulseven Karabacak, B. (2016). Effect of Treatment Education Based on the Roy Adaptation Model on Adjustment of Hemodialysis Patients. *Clinical Nurse Specialist CNS*, 30(4), E1–E13. <https://doi.org/10.1097/NUR.0000000000000215>
- Kasper et al. (2015). Harrison's Manual Of Medicine 17th Edition.
- Khodabakhshi Koolae, A., & Moghimi Nargh, S. (2016). Effectiveness of group stress management training on affective control and distress tolerance of mothers of children with sensory-motor disabilities. *Caspian Journal of Pediatrics*, 2(1), 100–106.
- Kim, K. J., Na, Y. K., & Hong, H. S. (2016). Effects of Progressive Muscle Relaxation Therapy in Colorectal Cancer Patients. *Western Journal of Nursing Research*, 38(8), 959–973. <https://doi.org/10.1177/0193945916635573>
- Kim, S.-Y., Shin, D.-W., Oh, K.-S., Kim, E.-J., Park, Y.-R., Shin, Y.-C., & Lim, S.-W. (2018). Gender Differences of Occupational Stress Associated with Suicidal Ideation among South Korean Employees: The Kangbuk Samsung Health Study. *Psychiatry Investigation*, 15(2), 156–163. <https://doi.org/10.30773/pi.2017.05.31.1>
- Korevaar, J. C., Jansen, M. A., Merkus, M. P., Dekker, F. W., Boeschoten, E. W., & Krediet, R. T. (2000). Quality of life in predialysis end-stage renal disease patients at the initiation of dialysis therapy. The NECOSAD Study Group. *Peritoneal Dialysis International*, 20(1), 69–75.

- Mahdavi, A., Gorji, M. A. H., Gorji, A. M. H., Yazdani, J., & Ardebil, M. D. (2013). Implementing Benson's Relaxation Training in Hemodialysis Patients: Changes in Perceived Stress, Anxiety, and Depression. *North American Journal of Medical Sciences*, 5(9), 536–540. <https://doi.org/10.4103/1947-2714.118917>
- Naderifar, M., Zagheri Tafreshi, M., Ilkhani, M., & Kavousi, A. (2017). The outcomes of stress exposure in hemodialysis patients. *Journal of Renal Injury Prevention*, 6(4), 275–281. <https://doi.org/10.15171/jrip.2017.52>
- Naeini, E. E., & Sanaei Zaker, B. (2016). The Effectiveness of Stress Management Training on Hardiness in Patients with Breast Cancer. *Abnormal and Behavioural Psychology*, 2(2). <https://doi.org/10.4172/2472-0496.1000115>
- Nasib Tua Lambon. (2016). Stimulus, Response, and Transactional. National Taiwan Ocean University (NTOU). Vol. 24, No. 1, 1 – 11.
- National Center For Chronic Disease. (2017). Centers for Disease Control and Prevention And Health Promotion Divison Of Diabetes. Departement Health and Human USA. National Center For Chronic Disease Prevention And Health Promotion.
- National Center for Health Statistic. (2013). Summary Health Statistics for the U.S. Population. National Center for Health Statistics. Vital Health Stat 10(259). 2013.
- Nomaguchi, K. M. (2012). Marital Status, Gender, and Home-to-Job Conflict Among Employed Parents. *Journal of Family Issues*, 33(3), 271–294. <https://doi.org/10.1177/0192513X11415613>
- ÖZDEMİR, F., & PASİNLİOĞLU, T. (n.d.). The Effects of Training and Progressive Relaxation Exercises On Anxiety Level After Hysterectomy, 6.
- Parvan, Kobra et al. (2015). Coping methods to stress among patients on hemodialysis and peritoneal dialysis. - PubMed - NCBI. Retrieved December 20, 2017, from <https://www.ncbi.nlm.nih.gov/pubmed/25758872>
- Ph, L., Daulima, N. H. C., & Mustikasari, M. (2018). RELAKSASI OTOT PROGRESIF MENURUNKAN STRES KELUARGA YANG MERAWAT PASIEN GANGGUAN JIWA. *Jurnal Keperawatan Indonesia*, 21(1), 51–59. <https://doi.org/10.7454/jki.v21i1.362>
- Poorgholami, F., Abdollahifard, S., Zamani, M., Jahromi, M. K., & Jahromi, Z. B. (2016). The Effect of Stress Management Training on Hope in Hemodialysis Patients. *Global Journal of Health Science*, 8(7), 165–171. <https://doi.org/10.5539/gjhs.v8n7p165>
- Preece, K. (2011). Relations Among Classroom Support, Academic Self-Efficacy, and Perceived Stress During Early Adolescence. *Graduate Theses and Dissertations*. Retrieved from <http://scholarcommons.usf.edu/etd/3295>
- Progressive Muscle Relaxation Effectiveness of the Blood Sugar Patients with Type 2 Diabetes. (n.d.). Retrieved February 12, 2019, from <https://www.scirp.org/journal/PaperInformation.aspx?PaperID=65196>
- Radley, J. J., Kabbaj, M., Jacobson, L., Heydendael, W., Yehuda, R., & Herman, J. P. (2011). STRESS RISK FACTORS AND STRESS-RELATED PATHOLOGY: NEUROPLASTICITY, EPIGENETICS AND

- ENDOPHENOTYPES. *Stress (Amsterdam, Netherlands)*, 14(5), 481–497.
<https://doi.org/10.3109/10253890.2011.604751>
- Richard P Halgin. (2010). Psikologi Abnormal. Prespektif Klinis pada Gangguan Psikologis, Salemba Mustika.
- Riskesdas. (2013). Riset Kesehatan Dasar. Badan Penelitian dan Pengembangan. Kementerian Kesehatan RI.
- Saleh, S. (2017). The Effectiveness of Cognitive-Behavioral Stress Management Training on Quality of Life and Clinical Symptoms of Cardiovascular Patients. *Biomedical and Pharmacology Journal*, 10(1), 295–302.
- Sangle*, D., Mhatre**, H., Mhase**, A., Mahadik**, V., Attarde **, I., Naik*, A., & Awale***, P. (2013). A Cross sectional study to Assess Quality of Life (QOL) in Haemodialysis Patients -. *National Journal of Integrated Research in Medicine*, 4(5), 81–85.
- Schneiderman, N., Ironson, G., & Siegel, S. D. (2005). STRESS AND HEALTH: Psychological, Behavioral, and Biological Determinants. *Annual Review of Clinical Psychology*, 1, 607–628.
<https://doi.org/10.1146/annurev.clinpsy.1.102803.144141>
- Scott, S. B., Sliwinski, M. J., & Blanchard Fields, F. (2013). Age differences in emotional responses to daily stress: The role of timing, severity, and global perceived stress. *Psychology and Aging*, 28(4).
<https://doi.org/10.1037/a0034000>
- Student (MSN), College of Nursing, Sri Ramachandra University, Porur, Chennai, Tamil Nadu, India, V, K., S, D. A., & R, P. (2014). Effectiveness of Progressive Muscle Relaxation Technique on Stress and Blood Pressure among Elderly with Hypertension. *IOSR Journal of Nursing and Health Science*, 3(4), 01–06. <https://doi.org/10.9790/1959-03420106>
- WHO. (2013). GLOBAL ACTION PLAN for the prevention and control of noncommunicable diseases 2013-2014. World Health Organization.

