

DAFTAR PUSTAKA

- American Psychological Association. (2012). Stress by Generations: 2012. Retrieved from <http://www.apa.org/news/press/releases/stress/2012/generations.aspx>
- Clem, J., & Rey-Barreau, J. A. (2010). The Design of a Psychiatric Residential Treatment Facility in Wheelwright, Kentucky Serving Adolescent Males, 9(9). Retrieved from <http://uknowledge.uky.edu/kaleidoscope%5Cnhttp://uknowledge.uky.edu/kaleidoscope/vol9/iss1/10>
- Connellan, K., Gaardboe, M., Riggs, D., Due, C., Reinschmidt, A., & Mustillo, L. (2013). Stressed Spaces : Mental Health and Architecture, 6, 127–168.
- Cox, T., Great Britain, & University of Nottingham. (1993). *Stress research and stress management: Putting theory to work*. London: HSE Books.
- Dhani, A. (2016, September 8). Bisakah BPJS Menyelamatkan Jiwa Kita? Retrieved from <https://tirto.id/bisakah-bpjs-menyelamatkan-jiwa-kita-bHF1>
- Gerintya, S. (2017, March 18). Statistik Bunuh Diri dan Darurat Kesehatan Mental. Retrieved from <https://tirto.id/statistik-bunuh-diri-dan-darurat-kesehatan-mental-ck1u>
- Harnowo, P. A. (2012). Tingkat Stres Naik Dari Tahun ke Tahun Sejak 1983. Retrieved from <https://health.detik.com/read/2012/06/15/172827/1942486/763/tingkat-stres-naik-dari-tahun-ke-tahun-sejak-1983>
- Hidayat, A. A. (2015, June 25). 17,4 Juta Orang Alami Stres dan Depresi. Retrieved from https://www.kompasiana.com/atep_afia/17-4-juta-orang-alami-stres-dan-depresi_5508e6a2a333112a452e39af
- Kompas Cyber Media. (2017, October 30). Jakarta Nomor 18 Kota Paling Stres di Dunia. Retrieved from

<http://properti.kompas.com/read/2017/10/30/090000621/jakarta-nomor-18-kota-paling-stres-di-dunia>

Kompas Cyber Media. (2008, January 11). Sanatorium Dharmawangsa, Pusat Penanganan Stres Hingga Skizofrenia. Retrieved from <http://nasional.kompas.com/read/2008/01/11/01292854/sanatorium.dharmawangsa.pusat.penanganan.stres.hingga.skizofrenia>

Marchand, B., & Wicki, L. (2011). *Architecture for Psychiatric Treatment Introduction*. École Polytechnique Fédérale de Lausanne.

Matheny, K., & McCarthy, C. (2001). *Write your own prescription for stress*.

Metro TV News. (2017, November 7). Jakarta Dinobatkan Salah Satu Kota dengan Tingkat Stres Tinggi, Psikolog: Itu Lumrah. Retrieved from <http://m.metrotvnews.com/rona/kesehatan/ybDMMMjk-jakarta-dinobatkan-salah-satu-kota-dengan-tingkat-stres-tinggi-psikolog-itu-lumrah>

Murnahan, Briana, "Stress and Anxiety Reduction Due to Writing Diaries, Journals, E-mail, and Weblogs" (2010). *Senior Honors Theses*. 230. Retrieved from <http://commons.emich.edu/honors/230>

Nurmaningtyasih, I. (2015). *Analisis faktor penyusun stres pada mahasiswa tahun pertama Universitas Islam Negeri Maulana Malik Ibrahim Malang* (Undergraduate Thesis, Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia, Malang). Retrieved from <http://etheses.uin-malang.ac.id/1199/>

Poskota News. (2017, November 8). Sandi Sebut Kurang Piknik Bikin Warga Tambah Stres. Retrieved from <http://poskotanews.com/2017/11/08/sandi-sebut-kurang-piknik-bikin-warga-tambah-stres/>

Sarafino, E. P., & Smith, T. W. (2011). *Health psychology: Biopsychosocial interactions*. Hoboken, NJ: Wiley.

TS Annisa, A. S. (2013, August 24). 9 Cara Sederhana Ini Efektif Kurangi Stres. Retrieved from

<https://health.detik.com/read/2013/08/24/150024/2339523/763/9-cara-sederhana-ini-efektif-kurangi-stres>

Zipjet. (2017). The 2017 Global Least & Most Stressful Cities Ranking. Retrieved from <https://www.zipjet.co.uk/2017-stressful-cities-ranking>