

## DAFTAR PUSTAKA

- . M. (2016). Stres Dan Cara Mengatasinya Dalam Perspektif Psikologi. *JURNAL EDUKASI: Jurnal Bimbingan Konseling*, 2(2), 183. <https://doi.org/10.22373/je.v2i2.815>
- Adriaanse, M. A., de Ridder, D. T. D., & Evers, C. (2011). Emotional eating: Eating when emotional or emotional about eating? *Psychology and Health*, 26(1), 23–39. <https://doi.org/10.1080/08870440903207627>
- Agustina, D. D. (2019). Validitas Alat Ukur Stres. *JP3I (Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia)*, 2(7), 474–480. <https://doi.org/10.15408/jp3i.v2i7.10763>
- Al-Musharaf, S. (2020). Prevalence awend predictors of emotional eating among healthy young saudi women during the COVID-19 pandemic. *Nutrients*, 12(10), 1–17. <https://doi.org/10.3390/nu12102923>
- Arnow, B., Kenardy, J., & Agras, W. S. (1995). The emotional eating scale: The development of a measure to assess coping with negative affect by eating. *International Journal of Eating Disorders*, 18(1), 79–90. [https://doi.org/10.1002/1098-108X\(199507\)18:1<79::AID-EAT2260180109>3.0.CO;2-V](https://doi.org/10.1002/1098-108X(199507)18:1<79::AID-EAT2260180109>3.0.CO;2-V)
- Aryanti, D. (2021). Hubungan Kebugaran Jasmani Dengan Perilaku Emotional Eating Pada Mahasiswa Poltekkes Kemenkes Tasikmalaya. *Media Informasi*, 16(1), 60–65. <https://doi.org/10.37160/bmi.v16i1.514>
- Aryanti, D., Rahman, A., Rahman, A., Tasikmalaya, P. K., & Tasikmalaya, K. (2020). Implementasi Penatalaksanaan Emotional Eating Pada Kelompok Khusus Mahasiswa Obesitas Di Poltekkes Kemenkes Tasikmalaya. 2(1), 69–75.
- Barseli, M., & Ifdil, I. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143. <https://doi.org/10.29210/119800>
- bukuPsikologiGiziEdisiI. (n.d.).
- Cebolla, A., Barrada, J. R., van Strien, T., Oliver, E., & Baños, R. (2014). Validation of the Dutch Eating Behavior Questionnaire (DEBQ) in a sample of Spanish women. *Appetite*, 73, 58–64. <https://doi.org/10.1016/j.appet.2013.10.014>
- Crawford, J. R., & Henry, J. D. (2003). The Depression Anxiety Stress Scales (DASS): Normative data and latent structure in a large non-clinical sample. *British Journal of Clinical Psychology*, 42(2), 111–131. <https://doi.org/10.1348/014466503321903544>
- Gryzela, E., & Ariana, A. D. (2021). Hubungan antara Stres dengan Emotional

- Eating pada Mahasiswa Perempuan yang sedang Mengerjakan Skripsi. *Jurnal Universitas Airlangga*, 1(1), 18–26. <https://ejournal.unair.ac.id/BRPKM/article/viewFile/24328/pdf>
- Gurning, A. E. (2017). *Hubungan Tingkat Stres Terhadap Tingkat Motivasi Belajar Remaja Kelas XII dalam Persiapan Ujian Nasional di SMA St. Maria Monica, Bekasi Timur*. 25, 13–14.
- Hartaji, R. D. A. (2012). *Motivasi Berprestasi Pada Mahasiswa Yang Berkuliah Dengan Jurusan Pilihan Orang Tua*. 5.
- Hulukati, W., & Djibrin, M. R. (2018). Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. *Bikotetik (Bimbingan Dan Konseling Teori Dan Praktik)*, 2(1), 73. <https://doi.org/10.26740/bikotetik.v2n1.p73-80>
- Kassymova, K., Kosherbayeva, N., Sangilbayev, S., & Schachl, H. (2018). *Stress management techniques for students*. 198, 47–56. <https://doi.org/10.2991/ictppfms-18.2018.10>
- Lubis, H., Ramadhani, A., & Rasyid, M. (2021). Stres Akademik Mahasiswa dalam Melaksanakan Kuliah Daring Selama Masa Pandemi Covid 19. *Psikostudia : Jurnal Psikologi*, 10(1), 31. <https://doi.org/10.30872/psikostudia.v10i1.5454>
- Mulyani, Y. A. (2021). *Perilaku makan satwa*. 3.
- Murtane, N. M. (2021). Obesitas dan Depresi pada Orang Dewasa. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(1), 88–93. <https://doi.org/10.35816/jiskh.v10i1.515>
- Physiology, E., Diab, S. E., Saad, D. M., & Ali, E. S. (2019). *Stress & Hormones*. 1703820.
- PK Kemenkes. (2017). *Panduan penulisan tugas akhir dalam bentuk karya tulis ilmiah*. 3.
- Putri, I. P., Maryoto, M., & Dewi, F. K. (2021). Gambaran Tingkat Stres Akademik dan Respon Stres dalam Menjalani Perkuliahan Online pada Mahasiswa Sarjana Keperawatan Tingkat Akhir di Universitas .... *Seminar Nasional Penelitian Dan* ..., 98–108. <https://prosiding.uhb.ac.id/index.php/SNPPKM/article/download/771/204>
- Rachmah, F. Y., & Priyanti, D. (2019). Gambaran Emotional Eating Pada Mahasiswa Pengguna Aplikasi Go-Food Di Jakarta. *INQUIRY Jurnal Ilmiah Psikologi*, 10(2), 104–118.
- Rachmawati, Y., Anantanyu, S., & Kusnadar, K. (2019). Emotional eating, snacking behavior and nutritional status among adolescents. *International*

*Journal of Public Health Science (IJPHS)*, 8(4), 413.  
<https://doi.org/10.11591/ijphs.v8i4.20398>

Rakhmawati, I., & Farida, P. (n.d.). (*Academic stress sources and it's impact to nursing student stress level*) *E mai ma i l : i nde ndee er a \_ only @ a \_ o nly @ ya yahoo B ST.*

Ramli, N. H. H., Alavi, M., Mehrinezhad, S. A., & Ahmadi, A. (2018). Academic stress and self-regulation among university students in Malaysia: Mediator role of mindfulness. *Behavioral Sciences*, 8(1).  
<https://doi.org/10.3390/bs8010012>

Smith, M., Robinson, L., Segal, J., & Segal, R. (2020). *Emotional Eating and How to Stop It. September.*

Strien, T. V. (2018). Causes of Emotional Eating and Matched Treatment of Obesity. *Current Diabetes Reports*, 18(6), 1–8.

Tan, C. C., & Chow, C. M. (2014). Stress and emotional eating: The mediating role of eating dysregulation. *Personality and Individual Differences*, 66, 1–4.  
<https://doi.org/10.1016/j.paid.2014.02.033>

Yau, Y. H. C., & Potenza, M. N. (2013). Stress and eating behaviors. *Minerva Endocrinologica*, 38(3), 255–267.

Yönder Ertem, M., & Karakaş, M. (2021). Relationship between emotional eating and coping with stress of nursing students. *Perspectives in Psychiatric Care*, 57(2), 433–442. <https://doi.org/10.1111/ppc.12599>