

DAFTAR PUSTAKA

- American Psychological Association. (2020). *APA dictionary of psychology*. From American Psychological Association: <https://dictionary.apa.org/irrational-belief>
- Adlyya, S. I., & Zola, N. (2019). *Kecenderungan Body Dysmorphic Disorder pada Remaja. JRTI (Jurnal Riset Tindakan, Volume 4 Nomor 2*, 59-62.
- Ahyani, N. L. (2018). *Psikologi Perkembangan Anak dan Remaja*. Kudus: Badan Penerbit Universitas Muria.
- American Psychiatric Association . (2013). *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition*. Arlington: VA: American Pschiatric Publishing.
- Anwar, S. (2016). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Assunção, M. C., Torresan, R. C., & Torres, A. R. (2009). *Body dysmorphic and/or obsessive-compulsive disorder: where do the diagnostic boundaries lie? Department of Neurology, Psychology and Psychiatry,, 31(3)*, 281-92. From <https://www.scielo.br/j/rbp/a/KpmqVgpNxPLb5gSRSxk6xjS/?lang=en&format=pdf>
- Ayub, N., Kimong, P. J., & Ee, G. T. (2018). *A Distorted Body Image: Cognitive Behavioral Therapy for Body Dysmorphic Disorder*. Malaysia: Universiti Malaysia Sabah. doi:10.5772/intechopen.81822

- Azwar, S. (2013). *Sikap manusia dan pengukurannya*. Yogyakarta: Pusat Belajar Offset.
- Azwar, S. (2019). *Metode Penelitian Psikologi* (2 ed.). Yogyakarta: Pustaka Pelajar.
- Bernard, M. E. (1998). *Validation of The General Attitude and Belief Scale. Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 16(3), 183-196.
- Bulmann, U., Reese, H., Golan, E., & Wilhelm, S. (2006). *Body Dysmorphic Disorder: Delusions of Physical Appearance. Current Psychosis and Therapeutics Reports*, 4 (3). 117-120. doi:10.1007/bf02629333
- Cash, T. F. (2004). *Body Image in an Interpersonal Context: Adult Attachment, Fear of Intimacy, and Social Anxiety. Journal of Sociaal and Clinical Psychology*, 23 (1). 89-103.
- Center or Disease Control and Prevention. (2018). *Child Development: 15-17 Years of Age*. Retrieved January 29, 2019 from Centers for Disease Control and Prevention
- Challis, S. (2013). *Understanding body dysmorphic disorder*. London: Mind. From https://www.slamrecoverycollege.co.uk/uploads/2/6/5/2/26525995/body_dysmorphic_disorder.pdf
- Claiborn, J. (2002). *An Epidemic of Ugliness: An Overview of Body Dysmorphic Disorder. This Article Originally Appeared in the NH Psychological Association Newsletter*. From https://www.apadivisions.org/division-31/publications/articles/new-hampshire/claiborn.pdf?_ga=2.89500507.1942719413.1610593314-32723369.1571066558

David, D., Lynn, S. J., & Ellis, A. (2010). *Rational and irrational beliefs : research, theory, and clinical practice*. New York: Oxford University Press, Inc.

Dryden, W., & Branch, R. (2008). *The Fundamentals of Rational Emotive Behaviour Therapy: A Training Handbook* (2nd ed.). England: John Wiley & Sons Ltd.

Edmawati, M. D., Hambali, I., & Hidayah, N. (2018). *Keefektifan Konseling Kelompok dengan Teknik Cognitive Restructuring untuk Mereduksi Body Dysmorphic Disorder*. *Jurnal Pendidikan: Teori, Penelitian, dan Pengembangan*, 1076—1079.

Enander, J., Ivanov, V. Z., Cols, D., Kuja-Halkola, R., Ljótsson, B., Lundström, S., . . . Rück, C. (2018). *Prevalence and heritability of body dysmorphic symptoms in adolescents and young adults: a population-based nationwide twin study*. *Psychological Medicine*, 1-8. doi:doi:10.1017/S0033291718000375

Hadi, S. (2016). *Statistik*. Yogyakarta: Pustaka Pelajar.

Katharine A. Phillips, M. D. (2017). *Body Dysmorphic Disorder*. New York: Oxford University Press.

Kelly Spears. (2021, February 11). *better help*. From What Is Body Dysmorphia And How Is It Treated: https://www.betterhelp.com/advice/body-dysmorphic-disorder/what-is-body-dysmorphia-and-how-is-it-treated/?utm_source=AdWords&utm_medium=Search_PPC_c&utm_term=_b&utm_content=118051370367&network=s&placement=&target=&matchtype=b&utm_campaign=11771068538&ad_

- Kucuk, L., Gur, K., Sener, N., Boyacioglu, N. E., Cetindag, Z., & Cetindag, Z. (2016). *Correlation between irrational beliefs and the depressive symptom level of secondary school children. International Journal of Caring Sciences*, 9(1), 99.
- Latipun. (2005). *Psikologi Konseling*. Malang: UMM Pres.
- Manaf, Y. R. (2020). *Hubungan antara perfeksionisme dengan kecenderungan body dysmorphic disorder pada remaja*. Yogyakarta: Universitas Mercu Buana Yogyakarta.
- Mental Health America. (2021). *Body Dysmorphic Disorder (BDD) And Youth*. From Mentalhealthamerica.Net: <https://www.mhanational.org/body-dysmorphic-disorder-bdd-and-youth#:~:text=Symptoms%20of%20BDD%20typically%20begin,signs%20of%20body%20dysmorphic%20disorder>.
- Nurlita, D., & Lisiswanti, R. (2016). *Body Dysmorphic Disorder*. *Jurnal Majority*, 5 (5).
- Parker, J. N., & Parker, P. M. (2004). *Body Dysmorphic Disorder : A medical dictionary, bibliography, and annotated research guide to internet references*. San Diego, USA: ICON Health Publications.
- Phillips, K. A. (2009). *Understanding Body Dysmorphic Disorder: An Essential Guide*. New York: Oxford University Press, inc.
- Rahayu, D. A., & Fazriyani, G. Y. (2019). *Body Dysmorphic Disorder Tendency to Stress Level in Female Adolescents*. *Media Keperawatan Indonesia*, 2, 105-112.

Ratnasari. (2021). *Hubungan antara pikiran irasional dengan kecemasan berbicara di depan umum pada mahasiswa di Yogyakarta*. Yogyakarta: Universitas Mercu Buana Yogyakarta.

Rosen, J. C. (1995). Cognitive-Behavioral Body Image Therapy for Body Dysmorphic Disorder. *Journal of Consulting and Clinical Psychology*, Vol. 63, No. 2, 263-269.

Rosen, J. C. (1996). *Development of the Body Dysmorphic Disorder Examination. Behaviour Research and Therapy*, 34, 755-766.
doi:[https://doi.org/10.1016/0005-7967\(96\)00024-1](https://doi.org/10.1016/0005-7967(96)00024-1)

Sabine Wilhelm, K. A. (2013). *Cognitive-behavioral therapy for body dysmorphic disorder*. Spring Street, New York: A Division of Guilford Publications, Inc.

Safitri, R. M. (2019). *Modul Praktikum Analisis Data*. Yogyakarta: UMBY.

Santrock, J. W. (2007). *Remaja jilid 2*. Jakarta: Erlangga.

Santrock, J. W. (2018). *Life-Span Development* (Seventeenth edition ed.). NY: McGraw-Hill Education.

Santrock, J. W. (2019). *Adolescence* (Seventeen edition ed.). New York: McGraw-Hill Education.

Sasmita, P. E. (2015, Mei). “IRRATIONAL BELIEFS” DALAM KONTEKS KEHIDUPAN SEMINARI. (F. E. Mahasiswa program PhD Psikologi Klinis di Ateneo de Manila University, Ed.) *Jurnal TEOLOGI*, Volume 04, 25-50.

Sporrle, M., Strobel, M., & Tumasjan, A. (2010). *On the incremental validity of irrational beliefs to predict subjective well-being while controlling for personality factors* (Vol. 22(4)). Psicothema.

Sugiyono. (2018). *Metode Penelitian Kuantitatif*. Bandung: Alfabeta.

Susan McQuillan, M. R. (2019). *Body Dysmorphic Disorder*. PSYCOM. From <https://www.psycom.net/body-dysmorphic-disorder>

Thomas, G. P. (2006). *Mental Disorders of the New Millennium* (Vols. Volumes 1-3). USA: Praeger.

Winda, C. (2019). *Gangguan Dismorfik Tubuh: Masalah Mental pada Anak yang Merasa Jelek*. From Popmama.com. <https://www.popmama.com/big-kid/10-12-years-old/winda-carmelita/gangguan-mental-dismorfik-tubuh/>