

DAFTAR PUSTAKA

- Abd El Salam, R., dan El Kholy, S. (2017). Factors Associated with Distres Tolerance among Community Dwelling Older Adults. *Alexandria Scientific Nursing Journal*, 19(2), 37–56. <https://doi.org/10.21608/asalexu.2017.208350>
- Abdullah, R. (2020). Pengaruh stres dan lingkungan kerja terhadap kinerja yang dimediasi motivasi kerja karyawan Hotel MM UGM Yogyakarta. *Jurnal Administrasi Bisnis*, 03(02), 126–134.
- Alshammari, M., Othman, M., Mydin, Y., dan Mohammed, B. (2023). Examining the Role of Social Support in Promoting Psychological Well-Being and Reducing Stres Among International Students. *Egyptian Academic Journal of Biological Sciences. C, Physiology and Molecular Biology*, 15(1), 245–250. <https://doi.org/10.21608/eajbsc.2023.290565>
- Ambarsarie, R., Yunita, E., dan Sariyanti, M. (2021). Buku Saku Koping Stres pada Mahasiswa Generasi Z. *Upp Fkip Unib, June*, 1–26. <https://www.researchgate.net/publication/353945593>
- American Psychological Association. (2011). *Stres in America: Stres and Gender*. 21–24. <https://www.apa.org/news/press/releases/stres/2011/gender>
- Andalasari dan Ricca, A. B. B. (2018). Kebiasaan Olah Raga Berpengaruh terhadap Tingkat Stres Mahasiswa Poltekkes Kemenkes Jakarta III. *Jurnal Ilmu Dan Teknologi Kesehatan*, 5, 179–191.
- Andriyani, J. (2019). Strategi Koping Stres dalam Mengatasi Problema Psikologis. *At-Taujih: Bimbingan Dan Konseling Islam*, 2.
- ANWAR, S., SOOMROO, B., dan BALOCH, M. N. (2021). Influence of Personality Traits on the Stres Management among the Teaching Faculties in Public Sector Universities. *International Review of Management and Business Research*, 10(1), 410–422. [https://doi.org/10.30543/10-1\(2021\)-36](https://doi.org/10.30543/10-1(2021)-36)
- APA. (2018). Stres in America™ Generation Z. Stres in America survey. *American Psychological Association*, October, 1–11. <https://www.apa.org/news/press/releases/stres/2018>
- Apollo dan Andi Cahyadi. 2012. Konflik Peran Ganda Perempuan Menikah yang Bekerja Ditinjau dari Dukungan Sosial Keluarga dan Penyesuaian Diri. Madiun : Program Studi Psikologi, Fakultas Psikologi, Universitas Katolik

Widya Mandala Madiun.

- Ardani, T. A. (2013). Catatan ilmu kedokteran jiwa. Bandung: Karya Putra Darwanti.
- Aryono, Seta Yovian dan Machmuroh, N. A. K. (2017). Hubungan antara Adversity Quotient dan Kematangan Emosi dengan Toleransi terhadap Stres pada Mahasiswa Pecinta Alam Universitas Sebelas Maret. *Jurnal Wacana*, 9(18), 12–27.
<http://jurnalwacana.psikologi.fk.uns.ac.id/index.php/wacana/article/view/108>
- Asriandi dan Putri K. N. (2020). Kompetensi generasi z dalam menghadapi era revolusi industri 4.0 (studi kasus perguruan tinggi di makassar). *Journal of Management & Business*, 3(3), 184–200.
- Assagaf, S. M., dan Sovitriana, R. (2021). Dukungan Sosial Dan Penyesuaian Diri Terhadap Depresi Pada Lansia Di Panti Sosial Tresna Werdha. *Psikologi Kreatif Inovatif*, 1(1), 40–46.
- Atkinson, Rita L, dkk. 2010. Pengantar Psikologi. Jilid 2. Diterjemahkan oleh : Widjaja Kusuma. Tangerang : Interkasara Publisher.
- Averitt, E. (2005). The Relationship Among Sense of Humor , Defense Style , Levels of Trait Anxiety , and Locus of Control. *Masters Theses & Specialist Projects*, 1–34.
- Aw, J. X., Mohamed, N. F., dan Rahmatullah, B. (2023). The Role of Perceived Social Support on Psychological Well-Being of University Students During the COVID-19 Pandemic. *Asia Pacific Journal of Health Management*, 18(1).
<https://doi.org/10.24083/apjhm.v17i3.1171>
- Azwar S. (2013). Sikap Manusia: Teori dan Pengukurannya. Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik. (2020). *Badan Pusat Statistik*.
<https://demakkab.bps.go.id/news/2021/01/21/67/hasil-sensus-penduduk-2020.html>
- Bariyah, Khairul dan Ibrahim Rahmat, H. S. P. (2008). Hubungan Antara Kepekaan terhadap Humor dengan Stres Kerja Perawat di Instalansi Intensif. *Jurnal Ilmu Keperawatan*, 3. <https://media.neliti.com/media/publications/100689-ID-hubungan-antara-kepekaan-terhadap-humor.pdf>
- Bart, Smet. (1994). Psikologi Kesehatan. PT. Gramedia Widiasarna Indonesia : Jakarta.
- Boltivets, S., Korolchuk, M., Korolchuk, V., Myronets, S., dan Pozdnyshev, Y.

- (2021). Comparative characteristics of stres-resistant and non-stres-resistant individual profiles. *Propósitos y Representaciones*, 9(SPE2). <https://doi.org/10.20511/pyr2021.v9nspe2.1102>
- Borysenko, K. (2018). *Generation Z Is Coming To Work And Their Stres Is Already High*. <https://www.forbes.com/sites/karlynborysenko/2018/11/01/generation-z-is-coming-to-work-and-their-stres-is-already-high/?sh=293bc9e5273b>
- Braniecka, A., Wołkowicz, I., Orylska, A., Antosik-Wójcińska, A. Z., Chrzczonowicz-Stępień, A., dan Bolek, E. (2022). Differential effects of stres-related and stres-unrelated humor in remitted depression. *Scientific Reports*, 12(1), 1–12. <https://doi.org/10.1038/s41598-022-11515-y>
- Braniecka, A., Wołkowicz, I., Orylska, A., Z., A., dan Bolek, E. (2022). Differential effects of stress-related and stress-unrelated humor in remitted depression. *Scientific Reports*, 12(1), 1-12. <https://doi.org/10.1038/s41598-022-11515-y>
- Cann, A., dan Collette, C. (2014). Sense of humor, stable affect, and psychological well-being. *Europe's Journal of Psychology*, 10(3), 464–479. <https://doi.org/10.5964/ejop.v10i3.746>
- Chang, M. L. (2009). An Appraisal Perspective of Teacher Burnout: Examining the Emotional Work of Teachers. *Educational Psychology Review*, 21, 193-218. <http://dx.doi.org/10.1007/s10648-009-9106-y>
- Chaplin, J.P. (2006). *Kamus Lengkap Psikologi*. Jakarta: Raja Grafindo Persada
- Chen, Y., Peng, Y., Xu, H., dan O'Brien, W. H. (2018). Age Differences in Stres and Koping: Problem-Focused Strategies Mediate the Relationship Between Age and Positive Affect. *International Journal of Aging and Human Development*, 86(4), 347–363. <https://doi.org/10.1177/0091415017720890>
- Chester, D. S., Lynam, D. R., Milich, R., Powell, D. K., Anders, H., dan Dewall, C. N. (2017). How Do Negative Emotions Impair Self-Control? A Neural Model of Negative Urgency. *Neuroimage*, 43–50. <https://doi.org/10.1016/j.neuroimage.2016.02.024>.How
- Chick, G., Yarnal, C., dan Purrington, A. (2012). Play and mate preference: Testing the signal theory of adult playfulness. *American Journal of Play*, 4(4), 407–440.
- Choi, Lee H dan Kim K. K. (2013). Impact of anonymity (unlinkability, pseudonymity, unobservability) on information sharing. Paper presented at 17th Pacific Asia Conference on Information Systems.
- Corrine Wilsey, dan Jennifer A. Lyke. (2015). Gender Differences in Perceived Illness, Stres, and Koping in Undergraduates. *Journal of Psychology Research*, 05(03), 189–196. <https://doi.org/10.17265/2159-5542/2015.03.005>

- Costa, C., Briguglio, G., Mondello, S., Teodoro, M., Pollicino, M., Canalella, A., Verduci, F., Italia, S., dan Fenga, C. (2021). Perceived Stres in a Gender Perspective: A Survey in a Population of Unemployed Subjects of Southern Italy. *Frontiers in Public Health*, 9(April), 1–9. <https://doi.org/10.3389/fpubh.2021.640454>
- Darmansyah. (2010). Strategi Pembelajaran Menyenangkan dengan Humor. Jakarta: Bumi Aksara
- Dionigi, A., dan Goldberg, A. (2019). Highly sensitive persons, caregiving strategies and humour: The case of Italian and Israeli medical clowns. *European Journal of Humour Research*, 7(4), 1–15. <https://doi.org/10.7592/EJHR2019.7.4.dionigi>
- Dixon, H., Povall, A., Ledger, A., dan Ashwell, G. (2021). Medical students' experiences of health inequalities and inclusion health education. *The Clinical Teacher*, 18(5), 529-534. <https://doi.org/10.1111/tct.13388>
- Djamaluddin, Ahdar dan Wardana. 2019. Belajar Dan Pembelajaran. Sulawesi Selatan: CV. Kaaffah Learning Center.
- Edwards, K. R., dan Martin, R. A. (2014). The conceptualization, measurement, and role of humor as a character strength in positive psychology. *Europe's Journal of Psychology*, 10(3), 505–519. <https://doi.org/10.5964/ejop.v10i3.759>
- El, Kholy S., dan Abd-El Salam, R. (2017). The Relationship between Self-reported Chronic Pain and Pain related Functional Limitations among Geriatric Patients with Osteoarthritis. *Alexandria Scientific Nursing Journal*, 19(1), 109-128. doi: 10.21608/asalexu.2017.208341
- Elhusseini, Sohayla A., Clair M. Tischer, Kathleen B. Aspiranti, dan Alicia L. Fedewa. (2017). A quantitative review of the effects of self-regulation interventions on primary and secondary student academic achievement. *Metacognition and Learning*. doi: 10.1007/s11409-022-09311-0
- Elvika, R. R. dan Tanjung, R. F. (2023). Analisis Strategi Koping Generasi Z : Tinjauan terhadap Emotion-Focused Koping dan Problem-Focused Koping. *Consilium: Berkala Kajian Konseling Dan Ilmu Keagamaan*, 10, 19–31.
- Elzohary, N. W., Mekhail, M. N., Hassan, N. I., Farag, R., dan Menessy, M. (2017). Relationship Between Ego Resilience, Perceived Stres And Life Satisfaction Among Faculty Nursing Students. *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 6(6), 57–70. <https://doi.org/10.9790/1959-0606075770>
- Endy, A. W., dan Priambodo, P. (2016). Hubungan Antara Kepekaan Humor Dengan Stres Kerja Pada Pegawai Balai Karantina Pertanian Kelas I Semarang

- Jawa Tengah. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 21(1), 47–56. <https://doi.org/10.20885/psikologika.vol21.iss1.art5>
- Eysenck, M. (1997). *Anxiety and Cognition: A Unified Theory* (1st ed.). Psychology Press. <https://doi.org/10.4324/9781315804606>
- Farid, M dan Aviyah, E. (2014). Religiusitas, Kontrol Diri Dan Kenakalan Remaja. *Jurnal Psikologi Indonesia*, 127.
- Fitriani, A., dan Hidayah, N. (2012). Kepekaan Humor Dengan Depresi Pada Remaja Ditinjau Dari Jenis Kelamin. *HUMANITAS: Indonesian Psychological Journal*, 9(1), 76. <https://doi.org/10.26555/humanitas.v9i1.351>
- Froehlich, E., Madipakkam, A. R., Craffonara, B., Bolte, C., Muth, A. K., dan Park, S. Q. (2021). A short humorous intervention protects against subsequent psychological stress and attenuates cortisol levels without affecting attention. *Scientific Reports*, 11(1), 1–10. <https://doi.org/10.1038/s41598-021-86527-1>
- Gaol, N. T. L. (2016). Teori Stres: Stimulus, Respons, dan Transaksional. *Buletin Psikologi*, 24(1), 1. <https://doi.org/10.22146/bpsi.11224>
- Gauri, dan Kanwar, M. (2022). Humour Styles and its Relationship with Emotional Intelligence and Optimism. *The International Journal of Indian Psychology*, 10(1), 1489–1496. <https://doi.org/10.25215/1001.152>
- Ghufron, M. Nur dan Risnawita, Rini Suminta. (2010). *Teori-teori Psikologi*. Ar-Ruzz Media, Yogyakarta. ISBN 978-979-25-4708-5
- Glynn, M. A., dan Webster, J. (1992). The Adult Playfulness Scale: An initial assessment. *Psychological Reports*, 71(1), 83–103. <https://doi.org/10.2466/PRO.71.5.83-103>
- Graber, R., Pichon, F., dan Carabine, E. (2015). Psychological resilience: State of knowledge and future research agendas. *Psychological Resilience State of Knowledge and Future Research Agendas*, October, 1–28. <https://www.odi.org/sites/odi.org.uk/files/odi-assets/publications-opinion-files/9872.pdf>
- Güvendi, B., dan Hazar, M. (2016). Playfulness, perceived stress and coping with stress approaches in teacher candidates in various departments. *Journal of Human Sciences*, 13(3), 5796. <https://doi.org/10.14687/jhs.v13i3.4348>
- Hadi, S. (2015). *Metodologi Riset*. Yogyakarta: Pustaka Pelajar
- Harris, Laura, dan Hannah DeWitt, T. W. (2023). *What is stress? Helpful definitions and stress management tips*. <https://thriveworks.com/help-with/stress/what-is-stress/>

- Harris, M. W., Byrne, K. A., Pury, C. L. S., Kowalski, R. M., dan Liu, Y. (2022). More Relaxed but Less Helpful: The Relationship between Stress, Age, and Self-Reported Prosocial Behavior during the COVID-19 Pandemic. *Psych*, 4(4), 833–842. <https://doi.org/10.3390/psych4040061>
- Hartanti. (2008). Apakah Selera Humor Menurunkan Stres? Sebuah Meta-analisis *Psychological Journal*, 24(1), 38–55.
- Hasfrentia, Y. D. (2016). Hubungan antara self efficacy dengan stres akademik pada pelajar SMAN 1 Tuntang. *Skripsi, Fakultas Psikologi, Universitas Kristen Satya Wacana*, 1–28. [https://repository.uksw.edu/bitstream/123456789/10188/2/T1_802012096_Full text.pdf](https://repository.uksw.edu/bitstream/123456789/10188/2/T1_802012096_Full%20text.pdf)
- Hawari, Dadang., 2007. Pendekatan Holistik pada Gangguan Jiwa Skizofrenia. Jakarta : Balai Penerbit FKUI.
- Hendriani, Wiwin M. (2018). Resiliensi Psikologis: Sebuah Pengantar. Jakarta: Prenada Media Group.
- Heponiemi, T. (2004). Physiological and Emotional Stress Reactions : The Effects of Temperament and Exhaustion. In *Biological Psychology*.
- Hianto, S., dan Shanti, T. I. (2018). Dinamika Stres, Strategi Koping, dan Dukungan Sosial yang Diharapkan Mahasiswa Skripsi di Universitas XYZ. *Provita: Jurnal Psikologi Pendidikan*, 11(2), 41–60. <https://doi.org/10.24912/provita.v11i2.2758>
- Hidayati, K. B., dan Farid, M. (2016). Konsep Diri, Adversity Quotient dan Penyesuaian Diri pada Remaja. *PERSONA: Jurnal Psikologi Indonesia*, 5(02), 137–144. Retrieved from <http://jurnal.untagsby.ac.id/index.php/persona/article/view/730>
- Hjelm, L., Handa, S., de Hoop, J., dan Palermo, T. (2017). Poverty and perceived stress: Evidence from two unconditional cash transfer programs in Zambia. *Social Science and Medicine*, 177, 110–117. <https://doi.org/10.1016/j.socscimed.2017.01.023>
- Holt-Lunstad, J., Smith, T. B., dan Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*, 7(7). <https://doi.org/10.1371/journal.pmed.1000316>
- Hone, L. S. E., Hurwitz, W., dan Lieberman, D. (2015). Sex differences in preferences for humor: A replication, modification, and extension. *Evolutionary Psychology*, 13(1), 147470491501300110. <https://doi.org/10.1177/147470491501300110>
- Huang, N. T., dan Lee, H. L. (2019). Ability emotional intelligence and life

- satisfaction: Humor style as a mediator. *Social Behavior and Personality*, 47(5), 1–13. <https://doi.org/10.2224/sbp.7805>
- Humaira, Yana. (2023). Pengaruh Sense of Humor dan Self Compassion terhadap Resiliensi Akademik pada Mahasiswa Universitas Syiah Kuala Banda Aceh. (Tesis, Universitas Medan Area). <https://repositori.uma.ac.id/handle/123456789/20580>
- Isabel, A., Velasco, B., Bellido, A., Pablo, E., Palomera, R., Herrera, K., Javier, V., dan Suárez, C. (2019). The Effect of Cultural Differences in Psychophysiological Stress Response in High Education Context: A Pilot Study. *Applied Psychophysiology and Biofeedback*, 0123456789. <https://doi.org/10.1007/s10484-019-09452-0>
- Istighfana, D. (2019). Efektivitas Musik Klasik Terhadap Penurunan Stres Akademik Siswa Kelas VIII SMP Negeri 2 Berbah. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 5(9), 637–646.
- Istiningtyas, L. (2022). Gambaran Kesejahteraan Psikologis Pada Generasi-Z Setelah Pandemi Covid-19. *Proceeding Conference on Genuine Psychology*, 2, 231–238. <http://proceedings.radenfatah.ac.id/index.php/gpsy/article/view/450%0Ahttp://proceedings.radenfatah.ac.id/index.php/gpsy/article/download/450/211>
- Ivana, Stefani dan Devi Jatmika. (2017). HUBUNGAN COPING STRES TERHADAP KUALITAS HIDUP PENDERITA SKIZOFRENIA PADA MASA REMISI SIMPTOM. *Psibernetika*, 10(2)
- Jafar, M. (2020). *Gen Z Uses Creativity to Cope With Stres*. Paramount Insights. <https://insights.paramount.com/post/gen-z-uses-creativity-to-cope-with-stres/>
- Jallow, Y. A. (2020). The Impact of Stress Management Within Organizations and Its Effects on Employees' Performance. *SSRN Electronic Journal*. <https://doi.org/10.2139/ssrn.3703167>
- Jeronimus, B. F., dan Laceulle, O. M. (2016). Encyclopedia of Personality and Individual Differences. *Encyclopedia of Personality and Individual Differences*, 1–8. <https://doi.org/10.1007/978-3-319-28099-8>
- Jiang, T., Li, H., dan Hou, Y. (2019). Cultural differences in humor perception, usage, and implications. *Frontiers in Psychology*, 10(JAN), 1–8. <https://doi.org/10.3389/fpsyg.2019.00123>
- Jung, Y. H., Shin, N. Y., Jang, J. H., Lee, W. J., Lee, D., Choi, Y., Choi, S. H., dan Kang, D. H. (2019). Relationships among stress, emotional intelligence, cognitive intelligence, and cytokines. *Medicine (United States)*, 98(18). <https://doi.org/10.1097/MD.00000000000015345>

- Kang, N. G., dan You, M. A. (2018). Association of perceived stres and self-control with health-promoting behaviors in adolescents: A cross-sectional study. *Medicine (United States)*, 97(34), 1–6. <https://doi.org/10.1097/MD.00000000000011880>
- Karatzias, T., Shevlin, M., Fyvie, C., Hyland, P., Efthymiadou, E., Wilson, D., Roberts, N., Bisson, J. I., Brewin, C. R., dan Cloitre, M. (2017). Evidence of distinct profiles of Posttraumatic Stres Disorder (PTSD) and Complex Posttraumatic Stres Disorder (CPTSD) based on the new ICD-11 Trauma Questionnaire (ICD-TQ). *Journal of Affective Disorders*, 207, 181–187. <https://doi.org/10.1016/j.jad.2016.09.032>
- Karimah, Fatimah. (2011). Hubungan antara Rasa Humor dengan Stres Kerja pada Wanita Bekerja. Surakarta: Universitas Muhammadiyah Surakarta.
- King, A. L. (2010). Psikologi Umum Sebuah Pandangan apresiatif. Jakarta: Salemba Humanika.
- Kohn, N., Kellermann, T., Gur, R. C., Schneider, F., dan Habel, U. (2011). Gender differences in the neural correlates of humor processing: Implications for different processing modes. *NeuroImage*, 54(1), 880–887. <https://doi.org/10.1016/j.neuroimage.2010.07.011>
- Kristiandi. (2009). Hubungan Persepsi Siswa Terhadap Sense of Humor Guru Dengan Motivasi Belajar di Kelas 7 Internasional Sekolah Menengah Pertama Negeri 1 Medan.
- Lahey, R., dan Nielsen, S. B. (2013). Rethinking the Relationship Among Monitoring, Evaluation, and Results-Based Management: Observations From Canada. *New Directions for Evaluation*, 2013(137), 45–56. <https://doi.org/10.1002/ev.20045>
- Larrazabal, M. A., Naragon-Gainey, K., dan Conway, C. C. (2022). Distress tolerance and stress-induced emotion regulation behavior. *Journal of Research in Personality*, 99, Article 104243. <https://doi.org/10.1016/j.jrp.2022.104243>
- Latkovska, T., Sidor, M., Goloyadova, T., dan Kalimbet, A. (2019). The practice of the training on stres tolerance increase of ukrainian students in the sphere of legal education. *International Journal of Higher Education*, 8(8), 16–23. <https://doi.org/10.5430/ijhe.v8n8p16>
- Laudza, M. A., dan Dinardinata, A. (2019). Hubungan Antara Penggunaan Humor Sebagai Strategi Koping Dengan Tingkat Stres Kerja Pada Karyawan Bakery “Tous Les Jours” Kota Administrasi Jakarta Barat. *Jurnal EMPATI*, 8(2), 451–463. <https://doi.org/10.14710/empati.2019.24412>
- Lee, J. Y., Lee, Y. ae, dan Yoo, M. S. (2021). Development of the child’s ego

- strength scale: an observation-based assessment of the board game behaviors in play therapy in Korea. *Child and Adolescent Psychiatry and Mental Health*, 15(1), 1–17. <https://doi.org/10.1186/s13034-021-00369-3>
- León-Pérez, J. M., Cantero-Sánchez, F. J., Fernández-Canseco, Á., dan León-Rubio, J. M. (2021). Effectiveness of a humor-based training for reducing employees' distress. *International Journal of Environmental Research and Public Health*, 18(21). <https://doi.org/10.3390/ijerph182111177>
- Maghfiroh, Saadatul, dan Mifbakhuddin. (2015). "Hubungan Toleransi Stres, Shift Kerja Dan Status Gizi Dengan Kelelahan Pada Perawat IGD Dan ICU (Studi Di RSI Sultan Agung Semarang)." *Jurnal Kesehatan Masyarakat Indonesia* 10(2): 46–53.
- Magnuson, C. D., dan Barnett, L. A. (2013). The Playful Advantage: How Playfulness Enhances Coping with Stress. *Leisure Sciences*, 35(2), 129–144. <https://doi.org/10.1080/01490400.2013.761905>
- Maramis. (2009). Catatan Ilmu Kedokteran Jiwa. Edisi 2. Surabaya: Airlangga.
- Maryam, S. (2017). Strategi Coping. *Jurnal Konseling Andi Matappa*, 1(2), 101.
- Maryati, D. S., dan Mustika, P. G. (2016). *The Effect of Self Efficacy on Burnout Mediated By Stress Among Kindergarten Teachers in Indonesia*. 14, 134–137. <https://doi.org/10.2991/icemal-16.2016.28>
- Matto, H. C. (2014). Daniel J Siegel, The developing mind: How relationships and the brain interact to shape who we are. 2nd edn. Qualitative Social Work. <https://doi.org/10.1177/1473325014563215>
- Matud, M. P., Díaz, A., Bethencourt, J. M., dan Ibáñez, I. (2020). Stress and psychological distress in emerging adulthood: A gender analysis. *Journal of Clinical Medicine*, 9(9), 2859. <https://doi.org/10.3390/jcm9092859>
- Mehta, C.R. dan Patel, N.R. (2010). IBM SPSS Exact Tests. IBM Corporation
- Mentari, A. Z. B., Liana, E., dan Pristya, T. Y. R. (2020). Teknik Manajemen Stres yang Paling Efektif pada Remaja: Literature Review. *JURNAL ILMIAH KESEHATAN MASYARAKAT: Media Komunikasi Komunitas Kesehatan Masyarakat*, 12(4), 191–196. <https://doi.org/10.52022/jikm.v12i4.69>
- Miller, E., Bergmeier, H. J., Blewitt, C., O'Connor, A., dan Skouteris, H. (2021). A systematic review of humour-based strategies for addressing public health priorities. *Australian and New Zealand Journal of Public Health*, 45(6), 568–577. <https://doi.org/10.1111/1753-6405.13142>
- Mohammadi, F., dan Shoaab Kazemi, M. (2022). The relationship between emotional intelligence and parental stress management during the Covid-19

- pandemic. *Brain and Behavior*, 12(8), 1–7. <https://doi.org/10.1002/brb3.2692>
- Muazaroh, S., dan Subaidi, S. (2019). Kebutuhan Manusia Dalam Pemikiran Abraham Maslow (Tinjauan Maqasid Syariah). *Al-Mazaahib: Jurnal Perbandingan Hukum*, 7(1), 17. <https://doi.org/10.14421/al-mazaahib.v7i1.1877>
- Munir, Misnal, Amaliyah, dan Moses G. Pandin. (2020). New Perspectives to Reduce Stress through Digital Humor. *Jurnal EMPATI*.
- Musradinur. (2016). Stres Dan Cara Mengatasinya Dalam Perspektif Psikologi. *JURNAL EDUKASI: Jurnal Bimbingan Konseling*, 2(2), 183. <https://doi.org/10.22373/je.v2i2.815>
- Muthohar, Q. I. (2018). *Pengaruh Sense of Humor Dan Kematangan Emosi Terhadap Kepercayaan Anggota Di Himpunan Mahasiswa Islam Cabang Ciputat*.
- Nevid J.S, dan Rathus S.A. (2006). *Psikologi Abnormal*. Jilid 1. Jakarta: Erlangga.
- Noor, Juliansyah. (2017). Metodologi Penelitian “Skripsi, Tesis, Disertasi, dan Karya Ilmiah”. Kencana: Jakarta.
- Novanto, Dio, dan Marwa, M. (2023). *Pengaruh Sense Of Humor Terhadap Self Control Mahasiswa Yang Berdomisili di Pondok Pesantren Haji Ya'qub*. Skripsi Fakultas Dakwah Psikologi Islam Universitas Islam Tribakti.
- Nur, L., dan Mugi, H. (2021). Tinjauan literatur mengenai stres dalam organisasi. *Jurnal Ilmu Manajemen*, 18(1), 20–30. <https://journal.uny.ac.id/index.php/jim/article/view/39339/15281>
- Nurudin, M., Mara, M. N., dan Kusnandar, D. (2014). Ukuran sampel dan distribusi sampling dari beberapa variabel random kontinu. 03(1), 1–6.
- Okhuizen-Stier, L. (2008). *Sense of humor , stres and coping , and outcomes in children , s lives*. <https://digital.sandiego.edu/cgi/viewcontent.cgi?article=1369&context=dissertations>
- Ong, A. D., Standiford, T., dan Deshpande, S. (2018). Hope and stress resilience. In *The Oxford handbook of hope* (Issue October). <https://doi.org/10.1093/oxfordhb/9780199399314.013.26>
- Papousek, I., Rominger, C., Weiss, E. M., Perchtold, C. M., Fink, A., dan Feyaerts, K. (2023). Humor creation during efforts to find humorous cognitive reappraisals of threatening situations. *Current Psychology*, 42(19), 16176–16190. <https://doi.org/10.1007/s12144-019-00296-9>

- Pepper, G. V., dan Nettle, D. (2017). The behavioural constellation of deprivation: Causes and consequences. *Behavioral and Brain Sciences*, 40. <https://doi.org/10.1017/S0140525X1600234X>
- Potter, Z. R. (2023). Laughing Through the Pain: An Analysis of Dark Humor in Trauma-and-Crisis-Centered Occupations. *University Honors Theses*, 1–47. <https://doi.org/https://doi.org/10.15760/honors.1335>
- Puspitacandri, Ardhiana. (2013). PENGARUH KREATIVITAS VERBAL TERHADAP SENSE OF HUMOR SISWA AKSELERASI. *JURNAL PSIKOLOGI TABULARASA*, 8(2), 681-690
- Putra, F., Asbari, M., Purwanto, A., Novitasari, D., dan Santoso, P. B. (2021). Linking Social Support and Performance in Higher Education. *International Journal of Social and Management Studies (IJOSMAS)*, 01(01), 64–73. <https://doi.org/https://doi.org/10.5555/ijosmas.v2i1.8>
- Putri, A. W., Wibhawa, B., dan Gutama, A. S. (2015). Kesehatan Mental Masyarakat Indonesia (Pengetahuan, Dan Keterbukaan Masyarakat Terhadap Gangguan Kesehatan Mental). *Prosiding Penelitian Dan Pengabdian Kepada Masyarakat*, 2(2), 252–258. <https://doi.org/10.24198/jppm.v2i2.13535>
- Putri, F. L. (2017). Studi Korelasi Antara Sense Of Humor Dengan Tingkat Stres Pada Mahasiswa Fakultas Psikologi UNPAD Yang Sedang Menyusun Usulan Penelitian Skripsi. *Pustaka Ilmiah*.
- Putrikita, K. A., Asih, D. R., dan Budiyan, K. (2021). Optimisme Dan Koping Stres Pada Generasi Milenial. *Ejurnal.Mercubuana-Yogya.Ac.Id*, 2000(2015), 243–251. <http://ejurnal.mercubuana-yogya.ac.id/index.php/ProsidingSemNasPsikologi/article/view/2018>
- Rakhmah, D. N. (2021). *Gen Z Dominan, Apa Maknanya bagi Pendidikan Kita?* <https://pskp.kemdikbud.go.id/produk/artikel/detail/3133/gen-z-dominan-apa-maknanya-bagi-pendidikan-kita>
- Ramadhani, S., Ningsih, S. D., Nursiti, D., dan Hutabarat, A. L. (2021). Pengaruh Sense of Humor Terhadap Stres Diri Pada Mahasiswa Yang Sedang Menyusun Skripsi Fakultas Psikologi Universitas Sumatera Utara. *Jurnal Psychomutiara*, 4(2), 40–60. <https://doi.org/10.51544/psikologi.v4i2.3323>
- Ramdhani, N. dan Desinta, S., (2013). Terapi Tawa untuk Menurunkan Stres pada Penderita Hipertensi. *Jurnal Psikologi*, 40 (1), 15-27.
- Rizqi, M. (2020). TYPES AND FUNCTION OF HUMOR IN INDONESIAN STUDIUM GENERALE LECTURES. *Suar Betang*, 15, 219–231.
- Romero, E. J., dan Cruthirds, K. W. (2006). The use of humor in the workplace. *IEEE Engineering Management Review*, 34(3), 18–30.

<https://doi.org/10.1109/EMR.2006.261378>

Saba, N. (2023). Patience and its relationship to stress tolerance in relation to demographic factors of the medical system in Bethlehem Governorate during the COVID-19 pandemic. *Frontiers in Psychology*, 14, 1059589. <https://doi.org/10.3389/fpsyg.2023.1059589>

Sadock, B.J., Sadock, V.A., dan Ruiz, P. (2015). *Kaplan & Sadock's Synopsis of Psychiatry* (11th ed.). Philadelphia: Wolters Kluwer.

Safitri, W. R. (2016). Pearson Correlation Analysis to Determine The Relationship Between City Population Density with Incident Dengue Fever of Surabaya in The Year 2012-2014. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 2(2), 21-29. Retrieved from <https://journal.stikespemkabjombang.ac.id/index.php/jikep/article/view/23>

Santrock, J. W. (2019). Life-Span development. In *Life-span development*, 7th ed. (7th ed.). McGraw-Hill Higher Education, New Jersey: United States

Sari, A. F., Rizki, B. M., dan Haris, A. O. I. (2021). Apakah Kecerdasan Spiritual Memberi Pengaruh Terhadap Stres Tolerance? Studi Pada Mahasiswa Pendidikan Dokter. *Intuisi: Jurnal Psikologi Ilmiah*, 12(3), 236–246. <https://doi.org/10.15294/intuisi.v12i3.15958>

Schneider, M., Voracek, M., dan Tran, U. S. (2018). “A joke a day keeps the doctor away?” Meta-analytical evidence of differential associations of habitual humor styles with mental health. *Scandinavian Journal of Psychology*, 59(3), 289–300. <https://doi.org/10.1111/sjop.12432>

Schnell, T., dan Krampe, H. (2020). Meaning in Life and Self-Control Buffer Stres in Times of COVID-19: Moderating and Mediating Effects With Regard to Mental Distres. *Frontiers in Psychiatry*, 11(September), 1–16. <https://doi.org/10.3389/fpsyg.2020.582352>

Schwieger, D., dan Ladwig, C. (2018). Reaching and Retaining the Next Generation: Adapting to the Expectations of Gen Z in the Classroom. *Information Systems Education Journal (ISEDJ)*, 16(3), 45–54.

Scott, E. (2020). Social Support for Stres Relief. *Verywell Mind*, 1–4. <https://www.verywellmind.com/stres-and-social-support-research-3144460>

Sebastian, V. (2013). A Theoretical Approach to Stres and Self-efficacy. *Procedia - Social and Behavioral Sciences*, 78, 556–561. <https://doi.org/10.1016/j.sbspro.2013.04.350>

Semiun, Yustinus. (2006). *Kesehatan Mental 1*. Yogyakarta: Kanisinus

Simione L, Gnagnarella C. (2023). Humor Coping Reduces the Positive

- Relationship between Avoidance Coping Strategies and Perceived Stress: A Moderation Analysis. *Behav Sci (Basel)*. Feb 16;13(2):179. doi: 10.3390/bs13020179. PMID: 36829408; PMCID: PMC9952361.
- Simpson, S. (2018). *Stres Tolerance & Resiliency: Tough As Titanium*. <https://www.pairin.com/stres-tolerance-resiliency-tough-titanium/#:~:text=People strong in Stres Tolerance,a deadline is moved up>.
- Singh, Y., dan Sharma, R. (2012). Relationship between general intelligence, emotional intelligence, stres levels and stres reactivity. *Annals of Neurosciences*, 19(3), 107–111. <https://doi.org/10.5214/ans.0972.7531.190304>
- Solar, O. dan Irwin, A. (2010). A Conceptual Framework for Action on the Social Determinants of Health. Social Determinants of Health Discussion Paper 2 (Policy and Practice). WHO, Geneva.
- Starbuck, W. H., dan Webster, J. (1991). When is play productive? *Accounting, Management, and Information Technology*, 1, 71-90. doi:10.1016/0959-8022(91)90013-5
- Stefaniak, A. R., Blaxton, J. M., dan Bergeman, C. S. (2022). Age Differences in Types and Perceptions of Daily Stres. *International Journal of Aging and Human Development*, 94(2), 215–233. <https://doi.org/10.1177/00914150211001588>
- Stein, S. J., dan Book, H. E. (2003). *The EQ Edge: Emotional Intelligence and Your Success*. Toronto: Stoddart Publishing.
- Stillman, D., dan John Stillman. (2018). *Generasi Z: Memahami Karakter Generasi Baru yang Akan Mengubah Dunia Kerja*. Jakarta: PT Gramedia Pustaka Utama.
- Sucan, S. (2019). The relationship between hope and perceived stres in teacher candidates. *International Journal of Higher Education*, 8(2), 1–6. <https://doi.org/10.5430/ijhe.v8n2p1>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta CV
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta CV
- Sukoco, A. S. P. (2014). Hubungan sense of humor dengan stres pada mahasiswa baru fakultas psikologi. *Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 3(1), 1–10. <https://journal.ubaya.ac.id/index.php/jimus/article/>. *Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 3(1), 1–10. <https://journal.ubaya.ac.id/index.php/jimus/article/view/1517/1237>

- Surahmat, S., Wijana, I. D. P., dan Baskoro, S. (2022). The Role of Intersubjectivity in the Production and Appreciation of Humor. *PAROLE: Journal of Linguistics and Education*, 12(2), 261–271. <https://doi.org/10.14710/parole.v12i2.261-271>
- Syadiyah, A. K., dan Nosipakabelo, A. (2021). Nosipakabelo: Jurnal Bimbingan Konseling Psikologi Positif Melalui Humor dalam Menumbuhkan Kesehatan Mental. *Jurnal Bimbingan Konseling*, 2(2), 68. <https://journal.iainpalu.ac.id/index.php/nosipakabelo/>
- Taecharungroj, V., dan Nueangjamnong, P. (2014). The Effect of Humour on Virality : The Study of Internet Memes on Social Media. *7th International Forum on Public Relations and Advertising Media Impacts on Culture and Social Communication*, 1, 151–166.
- Thorson, J.A. dan Powell, F.C. (1993). Sense Of Humor And Personality. *Journal of Clinical Psychology*, 86(2), 310-319. [https://doi.org/10.1002/1097-4679\(199311\)49:63.0.CO;2-P](https://doi.org/10.1002/1097-4679(199311)49:63.0.CO;2-P). Diakses pada tanggal 3 Oktober 2023
- Treleaven, D. A. (2018). Trauma-sensitive mindfulness: Practices for safe and transformative healing. W. W. Norton & Company.
- Tsukawaki, Ryota, Nanae Kojima, Toyoma Imura, dan Yoshiya Furukawa, K. I. (2019). *Relationship between types of humour and stres response and well-being among children in Japan* (pp. 281–289). <https://doi.org/https://doi.org/10.1111/ajsp.12369>
- Tuasikal, A. N. A., dan Retnowati, S. (2019). Kematangan Emosi, Problem-Focused Koping, Emotion-Focused Koping dan Kecenderungan Depresi pada Mahasiswa Tahun Pertama. *Gadjah Mada Journal of Psychology (GamaJoP)*, 4(2), 105. <https://doi.org/10.22146/gamajop.46356>
- Umberson, D., dan Karas Montez, J. (2010). Social Relationships and Health: A Flashpoint for Health Policy. *Journal of Health and Social Behavior*, 51(1_suppl), S54–S66. <https://doi.org/10.1177/0022146510383501>
- Umjani, S. U., Rianti, E., dan Maulana, D. A. (2022). Dampak Positif Koping Stres terhadap Kesehatan Mental Remaja. *ISTISYFA : Journal of Islamic Guidance and Conseling*, 1(02), 115–127.
- Utari, U. Badan Pengembangan dan Pembinaan Bahasa. (n.d.). *Z generation yang berjiwa sosial*.
- Utomo, U. H. N., dan Diponegoro, A. M. (2018). Appreciation Toward The Sense of Humor Scale Based on Gender and Ethnic. *Advances in Social Science, Education and Humanities Research*, 13(January 2018), 226–229. <https://doi.org/10.2991/acpch-17.2018.30>

- Verlitasari, O. K. (2014). HUBUNGAN ANTARA SELF-EFFICACY DENGAN STRES KERJA PADA KARYAWAN CV.X, KARANGANYAR JAWA TENGAH. *Skripsi, Fakultas Psikologi, Universitas Muhammadiyah Surakarta*, July, 1–100. <http://elibrary.almaata.ac.id/1714/%0Ahttps://osf.io/yejcm/%0Ahttp://elibrary.almaata.ac.id/%0Ahttps://bmjopen.bmj.com/lookup/doi/10.1136/bmjopen-2019-030624/%0Ahttps://ppjp.ulm.ac.id/journal/index.php/JPKMI/article/view/2758/%0Ahttp://stikara.ac.id/jupermik>
- Volgemute, Katrina, Zermena Vazne, dan Lukasz Wirkus. (2024). Examining stress Tolerance and Self-Efficacy in Soldiers. *Journal of Educational Sciences & Psychology*, 13 (75)(2):195-203. DOI: 10.51865/JESP.2023.2.15
- W, R. P., dan Awalya, A. (2019). Hubungan Antara Kepekaan Humor dan Kreativitas Dengan Kematangan Emosi Siswa Kelas XI SMK Negeri 11 Semarang. *KONSELING EDUKASI “Journal of Guidance and Counseling,”* 3(2), 19–35. <https://doi.org/10.21043/konseling.v3i2.6402>
- Wanzer, M. B., Frymier, A. B., Wojtaszczyk, A. M., dan Smith, T. (2006). Appropriate and inappropriate uses of humor by teachers. *Communication Education*, 55(2), 178–196. <https://doi.org/10.1080/03634520600566132>
- Weiten, Wayne, Dunn, Dana S., dan Hammer, E. Y. (2018). *Psychology Applied to Modern Life: Adjustment in the 21st Century Psychology Applied to Modern Life: Adjustment in the 21st Century* (12E ed.). Cengage Learning, Inc
- Yabaniah, S. R. (2014). *Pengaruh Sense Of Humor dan Dukungan Sosial Terhadap Penyesuaian Diri Santri Baru*. Fakultas Psikologi UIN Syarif Hidayatullah Jakarta, 1–81.
- Yalcin-Siedentopf, N., Pichler, T., Welte, A. S., Hoertnagl, C. M., Klasen, C. C., Kemmler, G., Siedentopf, C. M., dan Hofer, A. (2021). Sex matters: stress perception and the relevance of resilience and perceived social support in emerging adults. *Archives of Women's Mental Health*, 24(3), 403–411. <https://doi.org/10.1007/s00737-020-01076-2>
- Yue, X. D., Wing-Yin, K. L., Jiang, F., dan Hiranandani, N. A. (2014). Humor styles, self-esteem, and subjective happiness. *Psychological Reports*, 115(2), 517–525. <https://doi.org/10.2466/07.02.PR0.115c18z6>