

## DAFTAR PUSTAKA

### Buku

- Damajanti, I, M., 2013. *Psikologi Seni*. Ke 2 penyunt. Bandung: Kiblat Buku Utama.
- Fakhriyani, D. V., 2019. *Kesehatan Mental*. 1 penyunt. Pamekasan: Duta Media.
- Guzman, L., 2020. *Essential Art Therapy Exercises*. California: Rockridge Press.
- Keraf, G., 2007. *Diksi dan Gaya Bahasa*. 17 penyunt. Jakarta: PT. Gramedia Pustaka Utama.
- Maharsi, I, M., 2016. Pengertian Ilustrasi. Dalam: *Ilustrasi*. Yogyakarta: Badan Penerbit ISI Yogyakarta, pp. 16-20.
- Neuman, W. L., 2013. *Social Research Methods: Qualitative and Quantitative Approaches*. 7 penyunt. Jakarta: Pearson Education.
- Pujiastuti, T. & Nufus, K., 2021. *Psikoterapi Islam*. 1 penyunt. Cirebon: CV. Elsi Pro.
- Salam, S., Sukarman & Hasnawati, 2020. *Pengetahuan Dasar Seni Rupa*. 1 penyunt. Makassar: Badan Penerbit UNM.
- Syah, M., 2001. *Psikologi Pendidikan dengan Pendekatan Baru*. Bandung: PT Remaja Rosdakarya.
- Tarigan, H. G., 1985. *Pengajaran gaya bahasa /oleh Henry Guntur Tarigan*. 1 penyunt. Bandung: Angkasa.
- Wahid, Dr. Umaimah, M., 2016. Khalayak Komunikasi. Dalam: N. S. Nurbaya, penyunt. *Komunikasi Politik*. Bandung: PT. Remaja Rosdakarya Offset-Bandung, p. 95.

### Jurnal

- Cahyadi, A., 2016. Psikoterapi dalam Pandangan Islam. *El-Afkar*, Issue 5, pp. 106-114.
- Diananda, A., 2018. Psikologi Remaja dan Permasalahannya. *ISTIGHNA*, 1(1), pp. 116-131.

- El-Mallakh, R. S., 2020. William A. F. Browne: Earliest Documented Use of Rehabilitative Art in Great Britain. *Journal of the American Art Therapy Association*, 4(38), pp. 205-210.
- Farihah, M., Yuwana, S. & Rengganis, R., 2023. Kepribadian Tokoh Utama pada Novel Karya Ahmad Fuadi: Kajian Psikoanalisis Sigmund Freud. *Totobuang*, Issue 11, pp. 161-174.
- Febriani, R., 2021. *Sigmund Freud VS Carl Jung*. Ke 1 penyunt. Yogyakarta: Anak Hebat Indonesia.
- Haryati, Safitri, A. D., Manullang, K. K. B. & Putri, R. H. E. T., 2015. EFEKTIVITAS ART THERAPY DALAM MENINGKATKAN KETELITIAN BELAJAR. *Jurnal Psikostudia Universitas Mulawarman*, 1(4), pp. 2-11.
- Kaligis, F. et al., 2021. Mental Health Problems and Needs among Transitional-Age. *International Journal of Environmental Research and Public Health*, pp. 4-10.
- Kandi, et al., 2023. *Pengantar Psikologi Umum*. 1 penyunt. Bandung: Penerbit Widina.
- Laughlin, P., 2014. Holistic customer insight as an engine of growth. *Journal of Direct, Data and Digital Marketing Practice*, 16(2), pp. 75-79.
- Maulina, R., Sabana, S., Damayanti, N. Y. & Muhtadin, T., 2020. MAKNA INDUNG BAGI MILENIAL. *Prosiding ISBI Bandung*, 1(1), pp. 144-149.
- Nader, K. & Moosa, J., 2011. The Relationship between Art and Psychology. *JLSB (Journal of Life Science and Biomedicine)*, 2(4), pp. 130-131.
- Nguyen, M. & Lusebrink, V., 2015. Art Therapy – A Review of Methodology. *Dubna Psychological Journal*, 4(1), pp. 29-43.
- Prawitasari, J. E., 1998. Kecerdasan Emosi. *Buletin Psikologi*, 1(1), pp. 21-31.
- Sa'adah, N. & Saptarini, A., 2018. Mengenal Psikologi Perkembangan. Issue 1, pp. 1-9.
- Syarif, R. F., 2016. [https://repository.ump.ac.id/3181/3/BAB%20II\\_RATIH%20F%20SYARIF\\_PSIKOLOGI%2716.pdf](https://repository.ump.ac.id/3181/3/BAB%20II_RATIH%20F%20SYARIF_PSIKOLOGI%2716.pdf), Purwokerto:

[https://repository.ump.ac.id/3181/3/BAB%20II\\_RATIH%20F%20SYARIF\\_PSIKOLOGI%2716.pdf](https://repository.ump.ac.id/3181/3/BAB%20II_RATIH%20F%20SYARIF_PSIKOLOGI%2716.pdf).

- Wantoro & Kasmana, K., 2017. Perancangan Font Tapych Berbasis Karakter Visual Motif Tapis Lampung. *Andharupa*, III(1), pp. 81-91.
- Wijaya, A. E., Asmin, E. & Saptanno, L. B. E., 2023. Tingkat Depresi dan Ansietas Pada Usia Produktif. *Jurnal Ilmiah Kesehatan Sandi Husada*, pp. 151-154.
- Wikasari, E., 2021. PENGGUNAAN GAYA BAHASA DAN ASPEK SOSIOLOGI PADA BUKU POLITIK DAKWAH DALAM NADA RHOMA IRAMA KARYA MOH. SHOFAN. *Jurnal Pendidikan Indonesia*, 4(2), p. 669.
- Wahdi, A. E. et al., 2022. *National Adolescent Mental Health Survey*, Yogyakarta: Center for Reproductive Health.

### **Internet**

- Association), A. (. P., 2018. *dictionary.apa.org*. [Online]  
Available at:  
[https://dictionary.apa.org/creativity?\\_gl=1\\*10b3rfs\\*\\_ga\\*MTc2OTg2Njc1Mi4xNzAxNzYxNDMx\\*\\_ga\\_SZXLGDJGNB\\*MTcxNDU2Njg4OC40LjAuMTcxNDU2NzI3NC4wLjAuMA..](https://dictionary.apa.org/creativity?_gl=1*10b3rfs*_ga*MTc2OTg2Njc1Mi4xNzAxNzYxNDMx*_ga_SZXLGDJGNB*MTcxNDU2Njg4OC40LjAuMTcxNDU2NzI3NC4wLjAuMA..)  
[Diakses 1 Mei 2024].
- Barus, G., 2022. *Hasil Survei I-NAMHS: Satu dari Tiga Remaja Indonesia Memiliki Masalah Kesehatan Mental*. [Online]  
Available at: <https://ugm.ac.id/id/berita/23086-hasil-survei-i-namhs-satu-dari-tiga-remaja-indonesia-memiliki-masalah-kesehatan-mental/>  
[Diakses 9 Desember 2023].
- BDS, 2016. *Indonesian Art Therapy*. [Online]  
Available at: [indonesian art therapy](http://indonesianarttherapy.com)  
[Diakses 6 Desember 2023].
- Bell, A., 2021. *The rise of art therapy VS art as therapy*. [Online]  
Available at: <https://amybellarttherapy.com.au/the-rise-of-art-therapy-and->

[art-as-therapy-what-is-the-difference/](#)

[Diakses 25 Juni 2024].

British Association of Art Therapist, 2024. *Art therapy*. [Online]

Available at: <https://baat.org/art-therapy/>

[Diakses 25 Juni 2024].

Fallat, L., 2022. *Exploring the Differences: Art Therapy vs. Therapeutic Artmaking*. [Online]

Available at: <https://www.arttherapynj.com/post/exploring-the-differences-art-therapy-vs-therapeutic-artmaking>

[Diakses 25 Juni 2024].

Hidayah, N., 2016. *Metode-Metode Penelitian dalam Psikologi*. [Online]

Available at: [https://www.academia.edu/29092744/8\\_docx](https://www.academia.edu/29092744/8_docx)

[Diakses 7 Desember 2023].

Kementerian Kesehatan Republik Indonesia, 2019. *Laporan Nasional Riskesdas 2018*, Jakarta: Badan Penelitian dan Pengembangan Kesehatan.

Kuswarsantyo & Rachmi, T., 2022. *Wawasan Seni*. [Online]

Available at: <https://pustaka.ut.ac.id/lib/wp-content/uploads/pdfmk/PDGK420702-M1.pdf>

[Diakses 7 Desember 2023].

Maropakis, I., 2023. *What is Jungian Art Therapy?*. [Online]

Available at: <https://www.enodiatherapies.com/blog/what-is-jungian-art-therapy>

[Diakses 21 Desember 2023].

Maybe, T. D., 2019. *Medium*. [Online]

Available at: <https://thedangerousmaybe.medium.com/lacans-concept-of-the-object-cause-of-desire-objet-petit-a-bd17b8f84e69>

[Diakses 3 Mei 2024].

McLeod, S., 2018. *canadacollege.edu*. [Online]

Available at: <https://canadacollege.edu/dreamers/docs/Maslows-Hierarchy-of-Needs.pdf>

[Diakses 1 Mei 2024].

- Nurmayani, S. P., 2022. *Ketahui 7 Manfaat Journaling untuk Kesehatan Mental*. [Online]  
Available at: <https://www.klikdokter.com/psikologi/kesehatan-mental/manfaat-journaling>  
[Diakses 23 Agustus 2024].
- Ong, S. Q., 2022. *What Is the Buyer's Journey? How to Create Content for Every Stage*. [Online]  
Available at: <https://ahrefs.com/blog/buyers-journey/>  
[Diakses 21 Mei 2024].
- Ponser, D., 2011. *Psychoanalysis*. [Online]  
Available at: [https://link.springer.com/referenceworkentry/10.1007/978-0-387-79061-9\\_2290](https://link.springer.com/referenceworkentry/10.1007/978-0-387-79061-9_2290)  
[Diakses 07 Mei 2024].
- Scopa, S., 2017. *LitCharts*. [Online]  
Available at: <https://www.litcharts.com/literary-devices-and-terms/catharsis>  
[Diakses 16 November 2023].
- Sparrow, E., 2013. *Sparrow's Nest*. [Online]  
Available at: <http://elliesparrow.blogspot.com/p/essay-3-art-therapy.html>  
[Diakses 6 Desember 2023].
- Stanford University, 2013. *Ensiklopedia Filsafat Stanford*. [Online]  
Available at: [https://plato-stanford-edu.translate.goog/entries/lacan/?\\_x\\_tr\\_sl=en&\\_x\\_tr\\_tl=id&\\_x\\_tr\\_hl=id&\\_x\\_tr\\_pto=tc](https://plato-stanford-edu.translate.goog/entries/lacan/?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=tc)  
[Diakses 3 Mei 2024].
- Sutton, J., 2018. *5 Benefits of Journaling for Mental Health*. [Online]  
Available at: <https://positivepsychology.com/benefits-of-journaling/>  
[Diakses 23 Agustus 2024].
- Thomas, L., 2020. *Longitudinal Study | Definition, Approaches & Examples*. [Online]  
Available at: <https://www.scribbr.com/methodology/longitudinal-study/>  
[Diakses 7 Desember 2023].

- Tobin, M., 2016. *A Brief History of Art Therapy: From Freud to Naumburg and Kramer*. [Online]  
Available at:  
[https://www.researchgate.net/publication/276207648\\_A\\_Brief\\_History\\_of\\_Art\\_Therapy\\_From\\_Freud\\_to\\_Naumburg\\_and\\_Kramer](https://www.researchgate.net/publication/276207648_A_Brief_History_of_Art_Therapy_From_Freud_to_Naumburg_and_Kramer)  
[Diakses 7 Desember 2023].
- Universitas Sebelas Maret, 2021. *Portal Spada Universitas Sebelas Maret*.  
[Online]  
Available at: <https://spada.uns.ac.id/mod/assign/view.php?id=156645>  
[Diakses 3 Mei 2024].
- World Health Organization (WHO), 2023. *Anxiety disorders*. [Online]  
Available at: <https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders>  
[Diakses 9 November 2023].
- Yunita, T. R., 2020. *KlikDokter*. [Online]  
Available at: <https://www.klikdokter.com/psikologi/kesehatan-mental/7-terapi-psikologis-yang-dapat-meningkatkan-kesehatan-mental-anda>  
[Diakses 7 Desember 2023].

## **Video**

- Fungsi Art Therapy bagian 1*. 2020. [Film] Disutradarai oleh Monty Satiadarma.  
Indonesia: s.n.
- Fungsi Catharsis Dalam Art Therapy*. 2020. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.
- Fungsi Integratif Dalam Art Therapy*. 2021. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.
- Fungsi Inventive Dalam Art Therapy*. 2021. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.
- Fungsi Konstruktif Dalam Art Therapy*. 2021. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.
- Fungsi Reflective Dalam Art Therapy*. 2021. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.

*Fungsi Regenerative Dalam Art Therapy*. 2021. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.

*Fungsi Symbols Dalam Art Therapy*. 2021. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.

Riswarie, A. & Damajanti, I., 2021. *Video Guide: Seni sebagai Terapi*. Indonesia, Paten No. 000280900.

*Sejarah Art Therapy Monty Satiadarma*. 2020. [Film] Disutradarai oleh Monty Satiadarma. Indonesia: s.n.

### **Lukisan**

Goya, F., 1812 - 1814. *The Madhouse (El Manicomio)*. [Seni] (Real Academia de Bellas Artes de San Fernando, Madrid, Spain).