

DAFTAR PUSTAKA

- Adi fahrudin. (2012). *Pengantar Kesejahteraan Sosial*. Refika Aditama.
- Al Baqi, S. (2015). *Ekspresi Emosi Marah*. *Buletin Psikologi*, 23(1), 22. <https://doi.org/10.22146/bpsi.10574>
- Bandura. (1977). *Social learning theory*. Prentice-Hall.
- Berkowitz. (1993). *Aggression: Its causes, consequences, and control*. McGraw-Hill.
- Budi Ana Keliat. (2016). *Model Praktik Keperawatan Profesional Jiwa*. Egc.
- Budiman, ., Badrujamaludin, A., & Ahdiyatunnisa, H. (2021). *The Therapy Spiritual Emotional Freedom Technique (SEFT) Towards Anxiety In The Elderly At Rw 14 Kelurahan Solokpandan-Kabupaten Cianjur*. *KnE Life Sciences*, 2021, 745–752. <https://doi.org/10.18502/cls.v6i1.8750>
- Chonody, J., & Teater, B. (2017). *Social work practice with older adults: An actively aging framework for practice*. SAGE Publications.
- Daniel Goleman. (2007). *Emotional Intelligence: Why It Can Matter More Than IQ* (10th ed.). Bantam Books.
- Desak Made Ari Dwi Jayanti, I Wayan Budianto, & I Gusti Ayu Putu Satya Laksmi. (2022). *Pengaruh Teknik Relaksasi Pernafasan Dalam terhadap Perilaku Marah Pasien Skizofrenia di UPTD RSJ Provinsi Bali*. *Journal of Health (JoH)*, 9(1), 1–8. <https://doi.org/10.30590/joh.v9n1.287>
- Ellis, A. (1994). *Reason and emotion in psychotherapy*. Lyle Stuart.
- Erlangga, M. I. (2022). *Dts Therapy Untuk Menurunkan Kecemasan Pada Lanjut Usia Di Kelurahan Harapan Jaya, Kabupaten Bogor*.
- Hanifa, R., & Santoso, M. B. (2016). *Cognitive Restructuring Dan Deep Breathing Untuk Pengendalian Kecemasan Pada Penderita Fobia Sosial*. *Share : Social Work Journal*, 6(2), 230. <https://doi.org/10.24198/share.v6i2.13211>
- Hulko, W., Brotman, S., Stern, L., & Ferrer, I. (2019). *Gerontological social work in action: Anti-oppressive practice with older adults, their families, and communities*. Routledge.
- Hurlock. (1980). *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Rentang Kehidupan*. Erlangga.
- Jalaluddin, R. (2016). *Psikologi agama*. Rajawali Pers.
- Jayanti, D. M. A., et al. (2022). *The effect of deep breathing technique on anger behavior in schizophrenia patients*. *Jurnal Keperawatan Jiwa*, 10(1), 1–8.
- John W. Santrock. (2019). *Life-Span Development* (17th ed.). McGraw-Hill Education.
- Kaunang, V. D., Buanasari, A., & Kallo, V. (2019). *Gambaran Tingkat Stres Pada Lansia*. *Jurnal Keperawatan*, 7(2). <https://doi.org/10.35790/jkp.v7i2.24475>

- Koenig, H. G. (2015). *Religion, spirituality, and health: A review and update. Advances in Mind-Body Medicine*, 29(3), 19–26.
- Lazarus. (1991). *Emotion and adaptation*. Oxford University Press.
- Lisa E. Coex. (2019). *Introduction to Social Work An Advocacy-Based Profession (Second)*. SAGE Publications.
- Lymbery Mark. (2008). *Social Work with Older People*. SAGE Publications.
- Maraya. (2019). *Spiritual emotional freedom technique (SEFT)*. In *Poltekkes Jogja Press* (Vol. 2, Issue November).
- Morgan, L. A. (2016). *Aging and the Life Course* (5th ed.). McGraw-Hill Education.
- McKay, M., Davis, M., & Fanning, P. (2007). *Messages: The communication skills book (3rd ed.)*. New Harbinger Publications
- Melisa, M. (2014). *Integrasi spiritualitas dalam SEFT sebagai terapi pengendalian emosi*. *Jurnal Ilmu Keperawatan*, 9(1), 88–95
- Mulyani, D., & Prasetya, Y. (2023). *Cognitive restructuring dialogue (CRDial) model in managing negative thought patterns: A pilot study on emotion regulation. Indonesian Journal of Cognitive Psychology*, 3(2), 101–115. <https://doi.org/10.21009/ijcp.2023.03207>
- Mutawarudin. (2022). *Teknik Deep Breathing Untuk Mengatasi Kecemasan. Islamix Guidance and Counseling Journal*, 02(02), 32–40. <http://jurnal.iuqibogor.ac.id>
- Nova, I. F., & Winarti, D. (2024). *Ungkapan marah dalam Komunitas Marah-Marah di media sosial X (kajian sosio- pragmatik)*. 7, 749–760.
- Potter, A.P, & Perry, A. (2010). *Fundamental of Nursing*. Mosby-Year Book, Inc.
- Prahmana, R. C. I. (2021). *Single subject research (teori dan implementasinya)*. Intrans Publishing.
- Pratiwi. (2023). *Kemarahan sebagai respons terhadap ketidakadilan: Perspektif psikologis*. 2(18), 112–125.
- Pujileksono, S., Yuliani, D., Susilawati, & Kartika, T. (2022). *Rekayasa teknologi pekerjaan sosial*. Intrans Publishing.
- Pujileksono, Dwi Yuliani, Susilawati, S. (2018). *Dasar-Dasar Praktik Pekerjaan Sosial: Seni Menjalani Profesi Pertolongan*. Intrans Publishing.
- Pujileksono. (2019). *Sosiologi Pekerjaan Sosial*. Intrans Publishing.
- Rizki, A., Permatasari, R. E., Raniah, N., Dahlan, Z., Rafika, N., Balgies, S., Psikologi, F., Islam, U., Sunan, N., Surabaya, A., & Kecemasan, T. (2023). *Efektifitas Relaksasi Pernafasan Dalam Terhadap Penurunan*. 5(2), 292–299.
- Rustama Ade. (2016). *Analisis Kebijakan Pemberdayaan Kelembagaan Kelanjutusiaan (Older People's Association)*. Deputi Bidang Koordinasi Penanggulangan Kemiskinan dan Perlindungan Sosial.
- Sapolsky, R. M. (2017). *Behave: The biology of humans at our best and worst*.

Penguin Press.

- Saputra, C., Saputra, I., Azhar, B., & Putri, V. D. (2022). *Implementasi Seft (Spiritual Emotional Freedom Technique) Dalam Upaya Peningkatan*. 5(1), 132–142.
- Schaie, K. W., & Willis, S. L. (2016). *The Gerontological Society of America Handbook of Aging* (2nd ed.). Springer Publishing Company.
- Sinaga, R. (2022). The effect of spiritual emotional freedom technique (seft) therapy on sleep quality in elderly in tebes lues village, bies district, Central Aceh district year 2022. *Science Midwifery*, 10(4). www.midwifery.iocspublisher.org%0AISSN
- Spielberger, C. D. (1991). *State-Trait Anger Expression Inventory*. Psychological Assessment Resources, Inc.
- Sugiyono. (2022). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Sumirta, I. N., Githa, I. W., & Sariasih, N. N. (2014). *Relaksasi napas dalam untuk pengendalian marah klien dengan perilaku kekerasan*. *Jurnal Keperawatan Denpasar*, 1(2), 1–5.
- Sunanto, J. (2005). *Pengantar Penelitian dengan Subjek Tunggal*. Bandung : UPI Press.
- Triantoro Safaria dan Nofrans Eka Saputra. (2012). *Manajemen Emosi*. Bumi Aksars.
- Widodo, S. (2023). *Metode dan Teknik Pekerjaan Sosial dalam Penanganan Masalah Klien* (Dwi Novidiantoko (ed.)). Deepublish Digital.
- Yadi Purwanto dan Rachmat Mulyono. (2006). *Psikologi Marah Perspektif Psikologi Islam*. Pt Reifika Aditama.
- Yadi Purwanto dan Rachmat Mulyono. (2008). *Psikologi Marah*. PT Refika Aditama.
- Zainuddin, A. F. (2016). *Spiritual Emotional Freedom Technique*. Arga Publishing.
- Zastrow, C. (2015). *Introduction To Social Work and Social Welfare - Empowering People* (13th ed.). Cengage Learning.
- Zastrow, C. (2017). *Introduction to Social Work and Social Welfare, Tenth Edition*.