

## DAFTAR PUSTAKA

- Alhawatmeh, H., Alshammari, S., & Rababah, J. A. 2022. *Effects of mindfulness meditation on trait mindfulness, perceived stress, emotion regulation, and quality of life in hemodialysis patients: A randomized controlled trial. Journal of Nursing Sciences*, 9(2), 139–146.
- Andhika Mustika Dharma. 2020. Prokrastinasi Akademik Di Kalangan Mahasiswa Program Studi Dharma Acarya. *Jurnal Pendidikan, Sains Sosial, Dan Agama*, 6(1), 64–78.
- Anisa, A., & Ernawati, E. 2018. Pengaruh Prokrastinasi Akademik Terhadap Hasil Belajar Biologi Siswa Sma Negeri Di Kota Makassar. *Jurnal Biotek*, 6(2), 88.
- Anisahwati, P. 2016. Pengaruh *Perfectionism* dan Dukungan Sosial Terhadap Prokrastinasi Akademik Dalam Menyelesaikan Tesis dan Disertasi. *Tazkiya: Journal of Psychology*, 4(1).
- Anusha Raj Jayaraja, Tan Soon Aun, P. N. R. 2017. *Predicting Role of Mindfulness and Procrastination on Psychological Well-Being Among Univercity Students In Malaysia. Jurnal Psikologi Malaysia* 31, 31(2), 29–36.
- Arikunto, S. 2014. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Arina Nur Hikmah, Andik Matulesy, S. 2022. *Mindfulness Dengan Prokrastinasi Akademik Pada Siswa Madrasah Tsanawiyah. Sukma : Jurnal Penelitian Psikologi*, 3(02), 157–166.
- Azalia, N., Rosra, M., & Andriyanto, R. 2019. Hubungan *Self-Control* Dengan Prokrastinasi Akademik Mahasiswa Jurusan Ilmu Pendidikan 2016. *ALIBKIN: Jurnal Bimbingan Konseling*, 7(4), 4.
- Barcaccia, B., Baiocco, R., Pozza, A., Pallini, S., Mancini, F., & Salvati, M. 2019. *The more you judge the worse you feel. A judgemental attitude towards one's inner experience predicts depression and anxiety. Personality and Individual Differences*, 138 (June 2018), 33–39.
- Black, D. S., & Fernando, R. 2014. *Mindfulness Training and Classroom Behavior Among Lower-Income and Ethnic Minority Elementary School Children. Journal of Child and Family Studies*, 23(7), 1242–1246.
- Bodhi, 2013. *Tipitaka Tematik Sabda Buddha Dalam Kitab Suci Pali*. Jakarta: Ehipassiko Foundation.
- Burka, J. B., & Yuen, L. M. 1985. *Procrastination. Why you do it. What to do about it*. PA:Addison-Wesley

- ....2008. *Procrastination. Why you do it. What to do about it now (2, revised and updated ed.)*. Cambridge, MA: Da Capo Press
- Burmansah, B., Rugaiyah, R., & Mukhtar, M. 2019. *A case study of mindful leadership in an ability to develop focus, clarity, and creativity of the buddhist higher education institute leader. International Journal of Higher Education*, 8(6), 57–69.
- Burns, L. R., Dittman, K., Nguyen, N., & Mitchelson, J. K. (2000). *Academic procrastination, perfectionism, and control: Associations with vigilant and avoidant coping. Journal of Social Behavior and Personality*, 5, 35–46
- Carrol, M. 2016. *The Mindful Leader: Membangkitkan Potensi Terbaik dalam Diri*. Karaniya.
- Crowley, C., Kapitula, L. R., & Munk, D. 2022. *Mindfulness, happiness, and anxiety in a sample of college students before and after taking a meditation course. Journal of American College Health*, 70(2), 493–500.
- Dias Puspita. 2021. Regulasi diri belajar dan *mindfulness*: Dapatkah menjadi prediktor prokrastinasi akademik mahasiswa? *INNER: Journal of Psychological Research*, 1(1), 14–24.
- Diono, W. 2021. Kajian Kemalasan Bekerja Dalam Perspektif Buddhis. *Jurnal Manjusri*, 1(1), 45–57.
- Dzakiah, S., & Widyasari, P. 2021. Regulasi Diri Sebagai Mediator Interaksi *Mindfulness* dan Prokrastinasi Akademik. *Persona: Jurnal Psikologi Indonesia*, 10(1), 48–62.
- Ellis, A., & Knaus, W. J. 2002. *Overcoming procrastination* (Rev. ed.). In NY: New American Library.
- Emet, Joseph. 2014. *Tidur Lebih Berkualitas Dengan Meditasi*. Jakarta: Yayasan Penerbit Karaniya.
- Frederick, Dionne., Joel.G., Noemie. C., Leandra, H. Simon, G. & Marcos, B. 2016. *Using Acceptance and Mindfulness to Reduce Procrastination Among Univercity Students : Results From a Pilot Study*. In *Revista Praksis*. Vol. 1.
- Ferrari, J. R., & Tice, D. M. 2000. *Procrastination as a self-handicap for men and women: A task-avoidance strategy in a laboratory setting. Journal of Research in Personality*, 34(1), 73–83.
- Ghozali, I. 2018. *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 25*. Tangerang: Universitas Diponegoro.
- Gupta, S., & Kaur, K. 2021. *Effect Of Mindfulness Based Intervention On Mindfulness Level. Think India Jurnal, March*.

- Hadi Sabari Y. 2021. *Metodologi Penelitian Wilayah Kontemporer*. Yogyakarta: Pustaka Pelajar.
- Henriksen, D., Richardson, C., & Shack, K. 2020. *Mindfulness and creativity: Implications for thinking and learning*. *Thinking Skills and Creativity*, 37(July), 1–10. <https://doi.org/10.1016/j.tsc.2020.100689>
- Indrianingrum, E. 2020. *Pengaruh Flow, Self Compassion, dan Autonomy-Supportive Teaching Style Terhadap Prokrastinasi Akademik Mahasiswa Psikologi UIN Syarif Hidayatullah Jakarta Pada Mata Kuliah Psikologi Kepribadian*.
- Janakabhivamsa. 2005. *Abhidhamma Sehari-Hari*. Denpasar: Pustaka Karaniya.
- Kopel, J., & Habermas, G. R. 2019. *Neural Buddhism and Christian mindfulness in medicine*. *Baylor University Medical Center Proceedings*, 32(2), 308–310.
- Kurniawati, R., Pratikto, H., & Suhadianto. 2022. *Task Aversiveness dan Prokrastinasi Akademik Pada Mahasiswa*. *INNER: Journal of Psychological Research*, 1(4), 137–145.
- Kuswandana, N. S. I. M. 2022. *Pengaruh Meditasi Terhadap Kepercayaan Diri Siswa*. *Jurnal Sosiologi Indonesia*, 1(1), 1–9.
- Lau, N. S., & Hue, M. T. 2011. *Preliminary outcomes of a mindfulness-based programme for Hong Kong adolescents in schools: Well-being, stress and depressive symptoms*. *International Journal of Children's Spirituality*, 16(4), 315–330.
- Mccloskey, J., & Scielzo, S. 2015. *Finally!: The development and validation of the academic procrastination scale*. *Experiment Finding*, March, 2–24.
- Milgram, N. 1987. *The many faces of procrastination: implications and recommendation for counselors*. *Paper presented at the Annual International Council of Psychologists Convention (45th, New York, August 22-26, 1987)*, 23.
- Myla, & Kabat-Zinn, J. 2018. *Everyday Blessings the inner work of mindful parenting*. In *Angewandte Chemie International Edition*, 6(11), 951–952
- Muyana, S. 2018. *Prokrastinasi Akademik Dikalangan Mahasiswa Program Studi Bimbingan dan Konseling*. *Counsellia: Jurnal Bimbingan Dan Konseling*, 8(1), 45.
- Nisa, N. K. et al. 2019. *Manajemen Waktu dengan Prokrastinasi Akademik Pada Mahasiswa Keperawatan*. *Journal of Psychological Perspective*, 1(1).
- Novi, E. 2019. *Metodelogi Penelitian Industri*. Jakarta: Universitas Esa unggul
- Novera, D. A., & Thomas, P. 2018. *Peran Kontrol Diri dalam Memediasi Pengaruh Motivasi Berprestasi, Perfectionisme, dan Kesulitan Ekonomi terhadap Prokrastinasi*

- Akademik. *Economic Education Analysis Journal*, 7(1), 45–58.
- Oktavia Nila Audini. 2020. Tesis. Korelasi *Mindfulness*, Kepercayaan Online, Dan Norma Subjektif Dengan Penggunaan Akun Dakwah Media Daring Pada Muslim Urban. Universitas Islam Negeri Sunan Ampel Surabaya. (Dipublikasikan).
- Oktaviani, P., Hartono, & Marwoto, P. 2019. *Sets vision of interactive multimedia on the problem based learning in science learning. Journal of Physics: Conference Series*, 1170(1).
- Permana, L., Rahman, A. A., & Hidayat, I. N. 2019. Peran *Mindfulness* dalam Meningkatkan *Behavioral Self Control* Remaja. *Jurnal Ilmu Perilaku*, 3(2), 1–8.
- Priska Analya, Ka Yan, C. 2021. Pengaruh *Mindfulness* Terhadap Performa Tugas Kognitif. *Jurnal Ilmiah Psikologi*, 23(2), 1–11.
- Ramadhan, C. S., & Hasanat, N. U. 2018. Pengujian Program *Mindfulness* Singkat untuk Menurunkan Penunda-nundaan Skripsi pada Mahasiswa. *Gajah Mada Journal of Professional Psychology (GamaJPP)*, 2(3), 156.
- Rananto, H. W., & Hidayati, F. 2017. Hubungan Antara *Self-Compassion* Dengan Prokrastinasi. *Jurnal Empati*, 6(1), 232–238.
- Riduwan. 2015. *Metode & Teknik Menyusun Proposal Penelitian*. Bandung: Alfabeta.
- Romadhoni, R. W., Widiatie, W., Kesehatan, F. I., Pesantren, U., & Darul, T. 2020. Pengaruh Terapi *Mindfulness* Terhadap Tingkat Stres Remaja Di Panti Asuhan Al-Hasan Watugaluh Diwek. 4(2), 77–86.
- Saadipour, E., Soltanizadeh, H., Ghavam, S. E., & Tabataba, A. 2020. *The Effect of Mindfulness Training on Academic Procrastination in Students with High and Low Test Anxiety. Quarterly Journal of Child Mental Health*, 6(4).
- Salcido-Cibrián, L. J., Ramos, N. S., Jiménez, Ó., & Blanca, M. J. 2019. *Mindfulness to regulate emotions: The Mindfulness and Emotional Intelligence Program (PINEP) and its adaptation to a virtual learning platform. Complementary Therapies in Clinical Practice*, 36(March), 176–180.
- Savitri, W. C., & Listiyandini, R. A. 2017. *Mindfulness* dan Kesejahteraan Psikologis pada Remaja. *Psikohumaniora: Jurnal Penelitian Psikologi*, 2(1), 43.
- Serrano, D. M., Williams, P. S., Ezzeddine, L., & Sapon, B. 2022. *Association between Problematic Social Media Use and Academic Procrastination: The Mediating Role of Mindfulness. Learning: Research and Practice*, 8(2), 84–95.
- Solomon, L.J. & Rothblum, E.D. 2005. *Academic Procrastination: Frequency and Cognitive- Behavioral Correlates*”. *Journal of Counseling Psychology*.Vol.31(504-

- Steel, P., & Klingsieck, K. B. 2016. *Academic Procrastination: Psychological Antecedents Revisited*. *Australian Psychologist*, 51(1), 36–46.
- Sugiyono. 2019a. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta.
- Sugiyono. 2021b. *Statistika Untuk Penelitian*. Bandung: Alfabeta
- Suhadianto, N. P. 2020. Eksplorasi Faktor Penyebab, Dampak dan Strategi untuk Penanganan Prokrastinasi Akademik Mahasiswa. *Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang)*, 10(2), 203–223.
- Sundayana, R. 2018. *Statistika Penelitian Pendidikan*. Bandung: Alfabeta.
- Suzuki, S. 2009. *Zen Mind, Beginner's Mind: Pikiran Zen, Pikiran Pemula*. Jakarta: Yayasan Penerbit Karaniya.
- The Book Of Gradual Sayings(Angguttara-Nikaya).Volume III. Translated by: E.M.Hare. 2008. London: Pali Text Society.*
- The Long Discourses Of The Buddha (Digha Nikaya) Vol. III. 1987-1995. Translated by Walshe, Maurice. DhammaCitta Press.*
- The Middle Lenght Sayings (Majjhima Nikaya). Vol. I. 1987. Diterjemahkan Oleh Horner, I.B. London: Pali Text Society.*
- The Middle Length Sayings Of The Buddha (Majjhima Nikaya) Vol. 1. 1954. Traslated by Horner, I. B. London: Pali Teks Society.*
- The Word Of The Doctrin (Dhammapada). 2002. Transled By Norman. Oxford: Pali Text Society.*
- Thich Nhat Hanh. 2020. *Masyarakat Madani: Transformasi Diri, Keluarga dan Bangsa*. Jakarta: Karaniya.
- Thynn. 2003. *Meditasi Jalan Menuju Kesadaran Penuh dalam Kehidupan Sehari-hari*. Palembang: Yayasan Svarnadipa Sriwijaya.
- Tirto, A. R., & Kahija, Y. F. La. 2015. Pengalaman BIKSU Dalam Mempraktikkan *Mindfulness (Sati/Kesadaran Penuh)*. *Empati*, 4(2), 126–134.
- Ulyana, R. 2020. Skripsi. *Korelasi Antara Mindfulness Sufistik Dengan Acedia (Kemalasan) Dalam Mengerjakan Tugas Kuliah Pada Mahasiswa Tasawuf dan Psikoterapi UIN Walisongo Semarang yang Mengalami Prokrastinasi Akademik*. UIN Walisongo: Fakultas Ushuluddin dan Humaniora, Semarang, (Dipublikasikan).

- Vidyāsenā, T. P. 2021. *Dhammapada Atthakattā* (2nd ed.). Yogyakarta: Insight Vidyāsenā Production.
- Wallace, B. A. 2006. *Merevolusi Ketajaman Perhatian: Menyingkap Mekanisme Kesadaran*. Yayasan Penerbit Karaniya.
- Waney, N. C., Kristinawati, W., & Setiawan, A. 2020. *Mindfulness* Dan Penerimaan Diri Pada Remaja Di Era Digital. *Insight: Jurnal Ilmiah Psikologi*, 2(22), 73.
- Wolters, C. A. 2003. *Understanding Procrastination From a Self-Regulated Learning Perspective*. *Journal of Educational Psychology*, 95(1), 179–187.
- Yaningsih, S. F. 2019. *Self-Regulated Learning* Memoderasi Pengaruh Media Sosial, Ekstrakurikuler, Dan Teman Sebaya Terhadap Prokrastinasi Akademik. *Economic Education Analysis Journal*, 7(3), 909–923.
- Yusainy, C., Nurwanti, R., Dharmawan, I. R. J., Andari, R., Mahmudah, M. U., Tiyas, R. R., ... Anggono, C. O. 2019. *Mindfulness* Sebagai Strategi Regulasi Emosi. *Jurnal Psikologi*, 2(17), 174.