

## DAFTAR RUJUKAN

- Adila, Ally., dan Peter J.O. Aloka, “*Sigmund Freud's Understandings of Anxiety: A Conceptual Review*”, *Social Sciences and Education Research Review*, Vol. 11, Issue 1, 2024: 41. <https://sserr.ro/wp-content/uploads/2024/12/sserr-11-2-35-48.pdf>
- Adjarwati, Cahya Aulia, et.al. “*Hubungan Efikasi Diri dengan Kecemasan Menghadapi Dunia Kerja pada Siswa SMKN 1 Gambut.*” *Jurnal Kognisi* 3, no. 1 (2020). <https://ppjp.ulm.ac.id/journals/index.php/kog/article/view/1430>
- Adminibs. “*Peran Sekolah Menengah Kejuruan dalam Membantu Siswa Memasuki Dunia Kerja.*” *IBSAR Study Abroad*, December 27, 2024. <https://ibsarstudyabroad.com/peran-sekolah-menengah-kejuruan-dalam-membantu-siswa-memasuki-dunia-kerja/>
- Arumsari, Lutfi Amanda., dan Jati Ariati, “*Hubungan antara Dukungan Sosial Orangtua dan Efikasi Diri Akademik dengan Kecemasan dalam Menghadapi Ujian Nasional pada Siswa Kelas XII SMA N 3 Magelang*”, *Jurnal Empati* 7, no 1, Januari 2018.
- Arifin. “*Pengaruh Efektivitas Sistem Informasi Akuntansi*”. Universitas Medan Area. (2017).<https://repositori.uma.ac.id/bitstream/123456789/19001/1/178330205%20-%20Falinka%20Falingsa%20-%20Fulltext.pdf>
- Arikunto, Suharsimi. *Prosedur Penelitian: Suatu Pendekatan Praktik*. Edisi revisi ke-14. Jakarta: Rineka Cipta, 2014.
- Azmi, Ilham Nabil., dan Suprihatin Titin. “*Hubungan Efikasi Diri dengan Kecemasan Menghadapi Dunia Kerja pada Siswa SMK Cut Nyak Dien Semarang.*” *Psisula: Prosiding Berkala Psikologi* 3, (2021). <https://jurnal.unissula.ac.id/index.php/psisula/article/view/18886>
- Azwar, Saifuddin. *Metode Penelitian Psikologi*. Yogyakarta: Pustaka Pelajar, 2012. [https://repository.uksw.edu/bitstream/123456789/13229/3/T2\\_832014010\\_BAB%20III.pdf](https://repository.uksw.edu/bitstream/123456789/13229/3/T2_832014010_BAB%20III.pdf)

- Bandura, Albert. *Self-Efficacy: The Exercise of Control*. New York: W.H. Freeman and Company, 1997.
- Baron, Robert Alan., and Donn Byrne. *Social Psychology*. 10th ed. Boston: Allyn and Bacon, 1991.
- Casey, Betty Jo., Rebecca M. Jones., and Leah H. Somerville. "Braking and Accelerating of the Adolescent Brain." *Journal of Research on Adolescence* 21, no. 1 (2011).
- Chen, Shaoying., Yunyun Liu., and Shuang Zeng. "Academic Stress and Anxiety in High School Students: The Moderating Role of Self-Compassion." *Journal of Adolescence* 94, (2022).
- Choirun, Nisa, et. al. "Pengaruh Efikasi Diri dan Optimisme terhadap Kecemasan pada Siswa SMK." *Jurnal Anestesi* 7, no. 2 (2022). <https://jurnal.stikeskesdam4dip.ac.id/index.php/Anestesi/article/download/1599/1263/5635>
- Eliyani. "Efikasi Diri Sebagai Keyakinan Individu untuk Menyelesaikan Berbagai Pekerjaan." *Jurnal Ilmiah Pendidikan dan Pembelajaran* 2, no. 1 (2018). <https://journal.unj.ac.id/unj/index.php/jpepa/article/download/30021/13317/>
- Erikson, Erik Homburger. *Identity: Youth and Crisis*. New York: W.W. Norton & Company, 1968.
- Furlong, Matthew James., Richard Gilman, E. Scott Huebner., and Shannon M. Suldo. *Handbook of Positive Psychology in Schools*. 3rd ed. New York: Routledge, 2021.
- Ghozali, Imam. *Aplikasi Analisis Multivariate dengan Program IBM SPSS 23*. Edisi 8. Semarang: Badan Penerbit Universitas Diponegoro, 2016.

- Ghufron, Muhammad Nur., and Rini Risnawita. *Psikologi Pendidikan*. Surabaya: Unesa University Press, 2012. <https://repository.uir.ac.id/4144/5/BAB%20II.pdf>
- Gujarati, Damodar Navin., and Dawn Cheree Porter. *Basic Econometrics*. 5th ed. New York: McGraw-Hill, 2009.
- Hanim, Wirda., Amanah Surbakti., & Suryani Hardjo, “*Hubungan Efikasi Diri dan Kecerdasan Emosional dengan KEcemasan dalam Praktek Kerja Industri pada Siswa SMK Negeri 1 Gunung Merah*”, *Journal of Education, Humaniora and Social Sciences* 5, no 1 (2022): 540
- Harlianty, Rully Afrita, et all. “*Kecemasan Menghadapi Ujian Praktek Ditinjau dari Optimisme, Kecerdasan Emosi dan Dukungan Sosial pada Mahasiswa Universitas Aisyah Pringsewu,*” *Jurnal PKM* 2, no 2.
- Honicke, Tanya., and Jocelyn Broadbent. “*The Influence of Academic Self-Efficacy on Academic Performance: A Systematic Review.*” *Educational Research Review* 17 (2016).
- Indra, Ruswadi., Masliha & Evi Supriatun, “*Hubungan Efikasi Diri dengan Tingkat Kecemasan Mahasiswa D3 Keperawatan Menghadapi Ujian Akhir.*” *Klinik* 1, no 2, (2022).
- Jansen, Malte., Rainer Scherer., and Ulrich Schroeders. “*Students' Self-Efficacy, Motivation, and Academic Achievement in School: A Meta-Analysis.*” *Learning and Instruction* 78 (2021).
- Klassen, Robert Michael., and Ellen L. Usher. “*Self-Efficacy in Educational Settings: Recent Research and Emerging Directions.*” *In The Decade Ahead: Theoretical Perspectives on Motivation and Achievement*, edited by Tim C. Urdan and Stuart A. Karabenick, 1–33. Vol. 16. Bingley: Emerald Group Publishing, 2010.

- Kuntoro, Tri. *"Evaluasi Pelaksanaan Uji Sertifikasi Kompetensi Siswa SMK Negeri 1 Gombong."* Skripsi, Universitas Negeri Semarang, 2021. [http://lib.unnes.ac.id/35018/1/UPLOAD\\_TRI\\_KUNTORO.pdf](http://lib.unnes.ac.id/35018/1/UPLOAD_TRI_KUNTORO.pdf)
- Lahey. *Bab II Kajian Teori.* Universitas Islam Negeri Maulana Malik Ibrahim Malang. [http://etheses.uin-malang.ac.id/1636/6/09410044\\_Bab\\_2.pdf](http://etheses.uin-malang.ac.id/1636/6/09410044_Bab_2.pdf)
- Lazarus, Richard Stanley., and Susan Folkman. *Stress, Appraisal, and Coping.* New York: Springer Publishing Company, 1984.
- Lee, Jung Young., and Reed W. Larson. "Youth's Emotion Regulation Strategies across Contexts: A Person-Centered Approach." *Journal of Youth and Adolescence* 50, no. 4 (2021).
- Libastari, Helen. *"Analisis Pengaruh Strategi Prakerin dan Minat Kerja Terhadap Kesiapan Kerja Peserta Didik Menengah Kejuruan."* ADIBA: Journal of Education 4, no. 2, April 2, 2024. <https://adisampublisher.org/index.php/adiba/article/view/678>
- Lutfianawati, Dewi., et all., *"Pengaruh Pelatihan Efikasi Diri untuk Menurunkan Kecemasan Menghadapi Ujian CBT pada Peserta UKMPPD."* *Jurnal Psikologi Malahayati* 4, no 1, Maret 2022.
- Luthans, Fred. *Organizational Behavior.* 12th ed. New York: McGraw-Hill Education, 2011.
- Mahalik, James R., Steven M. Burns, and Matthew Syzdek. "Masculinity and Perceived Normative Health Behaviors as Predictors of Men's Health Behaviors." *Social Science & Medicine* 64, no. 11 (2003).
- Maritza, Nurila Sulistyani., dan Wisnu Sri Hertinjung, *"Memahami Kecemasan Mahasiswa di Solo Raya: Kontribusi Kepribadian, Dukungan Sosial, dan Gender"*, *Jurnal Al-Azhar Indonesia Seri Humaniora* 9, no 3 (2024)
- Marhamad, Suriansyah., M. Abrar Parinduri., & Nuraini. *"Hubungan Efikasi Diri dan Pengetahuan dengan Kecemasan Mahasiswa dalam Praktik Klinik*

- Keperawatan.*” Journal of Education, Humaniora and Social Sciences (JEHSS) 4, no 3, Februari 2022. <https://doi.org/10.34007/jehss.v4i3.926>
- Nevid, Jeffrey S., Spencer A. Rathus., and Beverly Greene. *Abnormal Psychology in a Changing World*. 9th ed. Upper Saddle River, NJ: Pearson Education, 2008.
- Pajares, Frank. “*Gender and Perceived Self-Efficacy in Self-Regulated Learning.*” Theory into Practice 41, no. 2 (2002).
- Pirman. “*Pengaruh Efikasi Diri terhadap Self-Regulated Learning.*” IJIC 7, no. 1 (2019). <http://ejurnal.iainpare.ac.id/index.php/ijic/article/download/6545/1653/>
- Priest and Atkinson. Quoted in Ghufron, M. Nur. *Psikologi Pendidikan*. Surabaya: Unesa University Press, 2012.
- Putri, Sikka Widyaning., Rini Risnawita Suminta, dan Diah Handayani. “*Hubungan Efikasi Diri dengan Kecemasan Menghadapi Ujian Nasional pada Siswa.*” Jurnal Bimbingan Konseling 6, no. 1 (2020).
- Putriani, Lisa., Tyesa Sri Handayuni, Yola Eka Putri, dan Ifdil Ifdil. “*Kecemasan Mahasiswa Teknik Komputer dan Jaringan dalam Menghadapi Ujian Praktik Kejuruan.*” Jurnal Konseling dan Pendidikan 8, no. 2 (2020). <https://doi.org/10.29210/146500>
- Rahmawati, Septi Nuzulia. “*Hubungan Antara Efikasi Diri dengan Kecemasan Menghadapi Dunia Kerja pada Siswa SMK Muhammadiyah Karanganyar.*” Undergraduate thesis, Universitas Muhammadiyah Surakarta, 2017.
- Ramadhan, Muhammad Fakhri, et al., “*Validitas dan Reliabilitas.*” Journal on Education. <https://jonedu.org/index.php/joe/article/download/4885/3839/>
- Rismadayanti, Eka Fidya. “*Hubungan Efikasi Diri dengan Kecemasan Siswa dalam Menghadapi UTBK 2020.*” Acta Psychologia 3, no 2, (2021). <http://journal.uny.ac.id/index.php/acta-psychologia>

- Salmela-Aro, Katariina., and Katariina Upadyaya. “*School Burnout and Engagement in the Context of Demands–Resources Model.*” *British Journal of Educational Psychology* 90, no. 1 (2020).
- Schunk, Dale H., and Frank Pajares. “Self-Efficacy Theory.” In *Handbook of Motivation at School*, edited by Kathryn R. Wentzel and Allan Wigfield, 35–53. New York: Routledge, 2009.
- Shukla, Deepak., Sneha Kalra, and Rahul Jaiswal. “*Academic Self-Efficacy and Its Relation to Academic Performance among Senior Secondary School Students.*” *Journal of Adolescence and Youth Development* 12, no. 3 (2021).
- Spielberger, Charles Donald. “*Anxiety as an Emotional State.*” In *Anxiety: Current Trends in Theory and Research*, edited by Charles D. Spielberger, 79–108. New York: Academic Press, 1972. <https://www.semanticscholar.org/paper/Anxiety-as-an-Emotional-State-Spielberger/5e191c2fe365ba58e611915acc7d2e183801f182>
- SPSS Indonesia. “*Tutorial Uji Heteroskedastisitas dengan Glejser SPSS.*” Diakses April 29, 2025. <https://www.spssindonesia.com/2014/02/uji-heteroskedastisitas-glejser-spss.html>
- Sudjana, Nana., dan Ibrahim. *Metode Statistika*. Bandung: Tarsito, 1989.
- Sugiyono dan Susanto. *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Cetakan ke-3. Bandung: Alfabeta, 2017.
- Sulthan, Azfa Aulia., dan Fransisca Iriani Roesmala Dewi, “*Peran Dukungan Sosial dan Efikasi diri Terhadap Kecemasan Dunia Kerja Bagi Mahasiswa yang Sedang Menyusun Skripsi*”, *PAEDAGOGY: Jurnal Ilmu Pendidikan dan Psikologi* 4, no 4 (2024)
- Tella, Akinola. “*Project-Based Learning and Self-Efficacy in Technical Education: A Correlational Study.*” *Journal of Technical Education and Training* 12, no. 2 (2020).

- Triton. *Metode Penelitian Kuantitatif*. Jakarta: Prenadamedia Group, 2011.
- Umar, Husein. *Metode Penelitian*. Bandung: PT Remaja Rosdakarya, 2011. <https://repository.unbara.ac.id/id/eprint/393/5/bab%20III.pdf>
- Undang-Undang Republik Indonesia Nomor 20 Tahun 2003 tentang Sistem Pendidikan Nasional. Lembaran Negara Republik Indonesia Tahun 2003 Nomor 78. <https://peraturan.bpk.go.id/Home/Details/43920/uu-no-20-tahun-2003> (diakses 13 April 2025).
- Usher, Ellen L., and Frank Pajares. “*Sources of Self-Efficacy in School: Critical Review of the Literature and Future Directions.*” *Review of Educational Research* 78, no. 4 (2008).
- Wilasita, Ayu Kusuma dan Luh Kadek Pande Ary Susilawati. “*Kajian Literatur: Penyebab Kecemasan Mahasiswa saat Menghadapi Ujian Praktek.*” *Jurnal Ilmiah Wahana Pendidikan* 10, no. 8, April 2024. <https://doi.org/10.5281/zenodo.11095816>
- Wulandari, Dini., Ahmad Rahman, and Indra Permana. “*The Effect of Practical Learning Pressure on Student Anxiety in Vocational Education.*” *Jurnal Pendidikan Vokasi* 12, no. 1 (2022).
- Yeo, Soo Hock., Kai Hock Tan, and Chee Yew Ong. “*Creating Psychologically Safe Learning Environments in Vocational Education.*” *International Journal of Vocational Education and Training* 31, no. 1 (2023).
- Zeidner, Moshe. *Test Anxiety: The State of the Art*. New York: Springer Science+Business Media, 1998.
- Zimmerman, Barry Joseph. “*Self-Efficacy: An Essential Motive to Learn.*” *Contemporary Educational Psychology* 25, no. 1 (2000).