

DAFTAR PUSTAKA

- Alsayed Hassan, D., Helaluddin, F., Chahestani, O. H., Mohamed, O., & Islam, N. (2022). Diabetes self-management and health-related quality of life among primary care patients with diabetes in Qatar: A cross-sectional study. *Healthcare (Switzerland)*, 10(11).
- Alshahrani, J. A., Alshahrani, A. S., Alshahrani, A. M., Alshalaan, A. M., Alhumam, M. N., & Alshahrani, N. Z. (2023). The impact of diabetes mellitus duration and complications on health-related quality of life among Type 2 diabetic patients in khamis mushit city, saudi arabia. *Cureus*, 15(8), 2–10. <https://doi.org/10.7759/cureus.44216>
- Alshayban, D., & Joseph, R. (2020). Health-related quality of life among patients with type 2 diabetes mellitus in Eastern Province, Saudi Arabia: A cross-sectional study. *PLoS ONE*, 15(1), 1–13. <https://doi.org/10.1371/journal.pone.0227573>
- Azwar, S. (2017). *Metode penelitian psikologi*. Yogyakarta: Pustaka Pelajar.
- Barua, L., Faruque, M., Chowdhury, H. A., Banik, P. C., & Ali, L. (2021). Health-related quality of life and its predictors among the type 2 diabetes population of Bangladesh: A nation-wide cross-sectional study. *Journal of Diabetes Investigation*, 12, 277–285.
- Bernard, M. (2013). *The Strength of Self-Acceptance: Theory Practice and Research*. Springer
- Betteng, R., Pangemanan, D., & Mayulu, N. (2014). Analisis faktor resiko penyebab terjadinya diabetes melitus tipe 2 pada wanita usia produktif di puskesmas wawonasa. *Jurnal E-Biomedik*, 2(2), 404–412. <https://doi.org/10.35790/ebm.2.2.2014.4554>
- Chamberlain, J.M., & Haaga, D.A.F. (2001). Unconditional Self-Acceptance and Responses to Negative Feedback. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 19(3), 177-189.
- Chamberlain, J.M., & Haaga, D.A.F. (2001). Unconditional Self-Acceptance and Psychological Health. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 19(1), 163-177.
- Creswell, John W. (2014). *Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research*. 4th ed. Pearson Education.
- Creswell, John W & Creswell, J David. (2018). *Research Desain: Qualitative, Quantitative, and Mixed Methods Approaches*. 5th ed. SAGE Publications, Inc.
- Crouch, T. A., Verdi, E. K., & Erickson, T. M. (2020). *Gratitude* is positively associated with quality of life in multiple sclerosis. *Rehabilitation Psychology*, 65(3), 231–238. <https://doi.org/10.1037/rep0000319>
- Derek, M. I., Rottie, J. V., & Kallo, V. (2017). Hubungan tingkat stres dengan kadar gula darah pada pasien diabetes melitus tipe II di rumah sakit pancaran kasih GMIM manado. *E-Journal Keperawatan*, 5(1), 1–6. <https://ejournal.unsrat.ac.id/index.php/jkp/article/view/14730>
- Diriba, D. C., Leung, D. Y. P., & Suen, L. K. P. (2023). Factors Predicted Quality of Life of People with Type 2 Diabetes in Western Ethiopia. *PLoS ONE*, 18(2 February), 1–15. <https://doi.org/10.1371/journal.pone.0281716>

- Ellis, A. (1977). "Psychotherapy and the value of a human being" in Handbook of Rational-Emotive Therapy. eds. A. Ellis and R. Grieger (New York, NY: Springer), 99–112.
- Ellis, A. (2019a). How to Stubbornly Refuse to Make Yourself Miserable: About Anything-Yes, Anything!. Little Brown Group.
- Fahmeyzan, D., Soraya, S., & Etmy, D. (2018). Uji Normalitas Data Omzet Bulanan Pelaku Ekonomi Mikro Desa Senggigi dengan Menggunakan Skewness dan Kurtosi. *Jurnal Varian*, 2(1), 31-36. <https://doi.org/https://doi.org/10.30812/varian.v2i1.331>
- Fitriani, M., & Muflihatin, S. K. (2020). Hubungan Penerimaan Diri dengan Manajemen Diri pada Penderita Diabetes Melitus Tipe II di Wilayah Kerja Puskesmas Palaran Kota Samarinda. *Borneo Studies and Research*, 2(1), 144–150.
- Galán, I. G., León, M. C. C., Guerrero-Martín, J., Jurado, C. F. L., & Durán-Gómez, N. (2021). Health-related quality of life in diabetes mellitus patients in primary health care. *Enfermería Clínica (English Edition)*, 31(5), 313–322. <https://doi.org/10.1016/j.enfcle.2021.03.003>.
- Germer, C. K. (2009). *The Mindful Path to Self-Compassion*. The Guilford Press.
- Ghozali, I. (2013). Aplikasi Analisis Multivariate dengan Program IBM SPSS 21 Update PLS Regresi. Semarang: Universitas Diponegoro.
- Hanna, D., & Dempster, M. (2012). *Psychology statistics for dummies*. John Wiley & Sons, Ltd.
- Hurlock, Elizabeth B. (1976). *Personality Development*. McGraw-Hill Publishing Company Ltd.
- Irawan, E., & Al Fatih, H. (2021). Faktor Faktor yang Mempengaruhi Kualitas Hidup Pasien Diabetes Mellitus Tipe II di Puskesmas Babakan Sari. *Jurnal Keperawatan BSI*, 9(1), 74-81. <https://ejurnal.ars.ac.id/index.php/keperawatan/article/view/483>
- Ismail, A. (2018). Gambaran health related quality of life (HRQoL) penderita osteoarthritis berdasarkan penyakit penyerta. *Jurusan Farmasi FKIK UINAM*, 6(2), 103–108.
- Jersild, A.T. (1964). *The Psychology of Adolescence*. The Mcmillan Company
- Jersild, A.T., Brook, J.S., & Brook, D.W. (1978). *The Psychology of Adolescence*. 3rd edition. The Mcmillan Company
- Jeong, M. (2020). Predictors of health-related quality of life in korean adults with diabetes mellitus. *International Journal of Environmental Research and Public Health*, 17(23), 1–14. <https://doi.org/10.3390/ijerph17239058>
- Jing, X., Chen, J., Dong, Y., Han, D., Zhao, H., Wang, X., Gao, F., Li, C., Cui, Z., Liu, Y., & Ma, J. (2018). Related factors of quality of life of type 2 diabetes patients: A systematic review and meta-analysis. *Health and Quality of Life Outcomes*, 16(189), 1–14. <https://doi.org/10.1186/s12955-018-1021-9>
- Karimi, M., & Brazier, J. (2016). Health, Health-Related Quality of Life, and Quality of Life: What is the Difference? *PharmacoEconomics*, 34(7), 645–649. <https://doi.org/10.1007/s40273-016-0389-9>
- Kim, H. J., Chu, H., & Lee, S. (2018). Factors influencing on health-related quality of life in South Korean with chronic liver disease. *Health and Quality of Life Outcomes*, 16(142), 1–8. <https://doi.org/10.1186/s12955-018-0964-1>

- Kurtalic, N., Kurtalic, S., & Salihbegovic, E. M. (2020). Skin Changes in Patients with Diabetes Melitus Type 2 and their Impact on Quality of Life. *Materia Socio-Medica*, 32(4), 283–286. <https://doi.org/10.5455/msm.2020.32.283-286>
- Lee, E., Cha, S., & Kim, G. M. (2021). Factors affecting health-related quality of life in multimorbidity. *Healthcare (Switzerland)*, 9(334), 1–15. <https://doi.org/10.3390/healthcare9030334>
- Listiyandini, R. A., Syahniar, D., Paramadina, U., & Strength, C. (2015). Mengukur Rasa Syukur: Pengembangan Model Awal Skala Bersyukur Versi Mengukur Rasa Syukur: Pengembangan Model. *Jurnal Psikologi Ulayat*, 2 (2), 473–496.
- Lu, Y., Wang, N., Chen, Y., Nie, X., Li, Q., Han, B., Chen, Y., Xia, F., Cang, Z., Lu, M., Meng, Y., & Lu, Y. (2017). Health-related quality of life in type-2 diabetes patients: A cross-sectional study in East China. *BMC Endocrine Disorders*, 17(1), 1–7. <https://doi.org/10.1186/s12902-017-0187-1>
- Markle-Reid, M., Ploeg, J., Fraser, K. D., Fisher, K. A., Bartholomew, A., Griffith, L. E., Miklavcic, J., Gafni, A., Thabane, L., & Upshur, R. (2018). Community Program Improves Quality of Life and Self-Management in Older Adults with Diabetes Mellitus and Comorbidity. *Journal of the American Geriatrics Society*, 66(2), 263–273. <https://doi.org/10.1111/jgs.15173>
- Martino, G., Catalano, A., Bellone, F., Russo, G. T., Vicario, C. M., Lasco, A., Quattropiani, M. C., & Morabito, N. (2019). As time goes by: Anxiety negatively affects the perceived quality of life in patients with type 2 diabetes of long duration. *Frontiers in Psychology*, 10, 1779. <https://doi.org/10.3389/fpsyg.2019.01779>
- Millstein, R. A., Celano, C. M., Beale, E. E., Beach, S. R., Suarez, L., Belcher, A. M., Huffman, J. C. (2016). The effects of optimism and *gratitude* on adherence, functioning and mental health following an acute coronary syndrome. *General Hospital Psychiatry*, 43, 17–22. <https://doi.org/10.1016/j.genhosppsych.2016.08.006>
- Mwadulo, D. W., Madhavi, M., & Beatrice, N. (2023). Assesment of Health-Related Quality of Life in Type 2 Diabetes Mellitus Patients at Moi County Referral Hospital in Taita-Taveta County, Kenya. *East African Journal of Health and Science*, 6(2), 18–32. <https://doi.org/10.37284/eajhs.6.2.1607>
- Nafiah, D. A., & Fibriana, A. I. (2021). Health-related quality of life penderita diabetes melitus di masa pandemi COVID-19. *Higeia Journal of Public Health Research and Development*, 5(4), 556–568. <http://journal.unnes.ac.id/sju/index.php/higeia>
- Peterson, C., & Seligman, M.E.P. (2004). *Character Strength and Virtues: A Handbook & Classification*. New York: Oxford University Press
- Putri, I. A. K., & Tobing, D. H. (2016). Gambaran penerimaan diri pada perempuan Bali pengidap HIV-AIDS. *Jurnal Psikologi Udayana*, 3(3), 395-406.
- Rahayu, D. S. (2023). *8 makanan dan minuman yang diprediksi akan populer pada tahun 2024*. IDN TIMES. <https://www.idntimes.com/food/dining-guide/fina-wahibatun-nisa-1/prediksi-tren-makanan-dan-minuman-versi-pinterest?page=all>
- Rwegerera, G. M., Moshomo, T., Gaenamong, M., Oyewo, T. A., Gollakota, S., Rivera, Y. P., Masaka, A., Godman, B., Shimwela, M., & Habte, D. (2018).

- Health-related quality of life and associated factors among patients with diabetes mellitus in Botswana. *Alexandria Journal of Medicine*, 54(2), 111–118. <https://doi.org/10.1016/j.ajme.2017.05.010>
- Samfira, E. M., & Sava, F. A. (2023). The effectiveness of a rational-emotive intervention on teachers' unconditional self-acceptance, perfectionism, and pupil control ideology. *Frontiers in Psychology*, 14, 1240269.
- Sari, Y., Isworo, A., Upoyo, A. S., Taufik, A., Setiyani, R., Swasti, K. G., Haryanto, H., Yusuf, S., Nasruddin, N., & Kamaluddin, R. (2021). The differences in health-related quality of life between younger and older adults and its associated factors in patients with type 2 diabetes mellitus in Indonesia. *Health and Quality of Life Outcomes*, 19(1), 124. <https://doi.org/10.1186/S12955-021-01756-2>
- Schmitt, A., Reimer, A., Kulzer, B., Haak, T., Gahr, A., & Hermanns, N. (2014). Educational and psychological issues assessment of diabetes acceptance can help identify patients with ineffective diabetes self-care and poor diabetes control. *Diabetic Medicine*, 31(11), 1446–1451. <https://doi.org/10.1111/dme.12553>
- Suputra, I. G. L. R. D., & Budiya, D. G. A. (2022). Faktor Risiko Kejadian Diabetes Melitus Tipe 2 Pada Pasien Rawat Jalan Di RSUD Sanjiwani Gianyar. *Herb-Medicine Journal*, 5(4), 23–27. <https://doi.org/10.30595/hmj.v5i4.17061>
- Tiofani, K., & Aisyah, Y. (2023). 7 *Prediksi tren kuliner dunia pada 2024, cromboloni masih berlanjut?* KOMPAS.Com. <https://www.kompas.com/food/read/2023/12/29/073100675/7-prediksi-tren-kuliner-dunia-pada-2024-cromboloni-masih-berlanjut->
- Toussaint, L., Sirois, F., Hirsch, J., Weber, A., Vajda, C., Schelling, J., Kohls, N., & Offenbacher, M. (2017). *Gratitude* mediates quality of life differences between fibromyalgia patients and healthy controls. *Quality of Life Research*, 26(9), 2449–2457. <https://doi.org/10.1007/s11136-017-1604-7>
- Tran Kien, N., Phuong Hoa, N., Minh Duc, D., & Wens, J. (2021). Health-related quality of life and associated factors among patients with type II diabetes mellitus: A study in the family medicine center (FMC) of Agricultural General Hospital in Hanoi, Vietnam. *Health Psychology Open*, 8(1). <https://doi.org/10.1177/2055102921996172>
- Urbayatun, S., & Widhiarso, W. (2012). Variabel Mediator dan Moderator dalam Penelitian Psikologi Kesehatan Masyarakat. *Jurnal Psikologi*, 39(2), 180–188.
- Utomo, A. A., Aulia R, A., Rahmah, S., & Amalia, R. (2020). Faktor risiko diabetes mellitus tipe 2: A systematic review. *Jurnal Kajian Dan Pengembangan Kesehatan Masyarakat*, 1(1), 44–52. <https://doi.org/10.31101/jkk.395>
- Valikhani, A., Ahmadnia, F., Karimi, A., & Mills, P. J. (2019). The relationship between dispositional *gratitude* and quality of life: The mediating role of perceived stress and mental health. *Personality and Individual Differences*, 141, 40–46. <https://doi.org/10.1016/j.paid.2018.12.014>
- Watkins, P. C. (2014). *Gratitude and The Good Life: Toward a Psychology of Appreciation*. Springer. <https://doi.org/10.4324/9781315253473-13>
- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L. (2003). *Gratitude* and happiness: Development of a measure of *gratitude*, and relationships with

- subjective well-being. *Social Behavior and Personality: an international journal*, 31(5), 431-451.
- Wolanin, A. T. (2023). Coping mediates the relationship between *gratitude* and sense of quality of life among cancer patients. *Medycyna Paliatywna/Palliative Medicine*, 15(1), 28-36.
- Wonde, T. E., Ayene, T. R., Moges, N. A., & Bazezew, Y. (2022). Health-related quality of life and associated factors among type 2 diabetic adult patients in Debre Markos Referral Hospital, Northwest Ethiopia. *Heliyon*, 8(8), e10182. <https://doi.org/10.1016/j.heliyon.2022.e10182>
- Zare, F., Ameri, H., Madadzadeh, F., & Reza Aghaei, M. (2020). Health-related quality of life and its associated factors in patients with type 2 diabetes mellitus. *SAGE Open Medicine*, 8, 205031212096531. <https://doi.org/10.1177/2050312120965314>