

DAFTAR PUSTAKA

Buku

- 21 Draw. (2019). *The character designer*. Swedia: 21D Sweden AB.
- Arikunto. (2006). *Prosedur penelitian suatu pendekatan praktek*. Jakarta: PT Rineka Cipta.
- Badan Penelitian dan Pengembangan Kesehatan. (2018). *Laporan nasional RISKEDAS 2018*. Jakarta: Kementerian Kesehatan RI.
- Barbour, R. S., & Kitzinger, J. (1999). *Developing focus group research: Politics, theory and practice*. London: Sage Publications Ltd.
- Beaird, J. (2010). *The principles of beautiful web design: Second edition*. Canada: SitePoint.
- Braesel, S., & Karg, T. (2017). *Media and information literacy: A practical guidebook for trainers*. Jerman: DW Akademie.
- Center for Reproductive Health, University of Queensland, & Johns Bloomberg Hopkins School of Public Health. (2020). *Indonesia – national adolescent mental health survey (I-NAMHS): Laporan penelitian pusat kesehatan reproduksi*. Yogyakarta: Pusat Kesehatan Reproduksi.
- Conti, P. (2021). *Trauma: The invisible epidemic, how trauma works and how we can heal from it*. Boulder: Sounds True.
- Firdaus, M. M. (2021). *Metodologi penelitian kuantitatif; dilengkapi analisis regresi IBM SPSS Statistics Version 26.0*. Riau: CV. DOTPLUS Publisher.
- Freeman, M. (2016). *Historicing transmedia storytelling: Early twentieth-century transmedia story worlds*. New York: Routledge.
- Gagne, R. M. (2010). *Kondisi belajar dan teori pembelajaran*. Jakarta: PAU Dirjen Dikti Depdikbud.

- Garland, C. (2007). *Understanding trauma: A psychoanalytical approach second enlarged edition*. New York: Routledge.
- Griffey, J. (2020). *Introduction to interactive digital media: Concept and practice*. New York: Taylor & Francis.
- Heinich, R. (2002). *Instructional media and technologies for learning*. New Jersey: Prentice Hall, Englewood Cliffs.
- Kelly, J., & Rainer, R. (2011). *Introduction to information system, third edition, international student version*. New Jersey: John Willey and Sons, Inc.
- Male, A. (2019). *A companion to illustration: Art and theory*. New Jersey: Wiley-Blackwell.
- Poulin, R. (2011). *The language of graphic design: An illustrated handbook for understanding fundamental design principles*. Massachusetts: Rockport Publishers, Inc.
- Samara, T. (2014). *Design elements, third edition: Understanding the rules and knowing when to break them: A visual communication manual*. Beverly: Rockport Publishers, Inc.
- Saryono. (2010). *Metode penelitian kualitatif*. Bandung: PT. Alfabeta.
- Sharp, H., Rogers, Y., & Preece, J. (2019). *Interaction design: Beyond human-computer interaction: Fifth edition*. Canada: John Wiley & Sons, Inc.
- Sobur, A. (2006). *Semiotika komunikasi, analisis teks media suatu pengantar untuk analisa wacana, dan analisis framing*. Bandung: PT Remaja Rosdakarya.
- Sugiyono. (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung: PT. Alfabeta.

Jurnal

- Anggadewi, B. (2020). Dampak psikologis trauma masa kanak-kanak pada remaja. *Solution: Jurnal of counseling and personal development*, 2(2), 1-7. Diakses dari <https://e-journal.usd.ac.id/index.php/solution/index>
- Caincross, S., & Mannion, M. (2001). Innovations in education and teaching international. *Interactive multimedia and learning: Realizing the benefits*, 38(2), 156-164. doi: 10.1080/14703290110035428
- Maulida, N., & Pranajaya, S. (2018). Pengentasan degradasi minat belajar pada siswa remaja. *Tarbiyah wa ta'lim: Jurnal penelitian pendidikan & pembelajaran*, 5(1), 8-16. doi: 10.21093/twt.v5il.2421
- Moskaliuk, J., Bokhorst, F., & Cress, U. (2016). Learning from others' experiences: How patterns foster interpersonal transfer of knowledge-in-use. *Computers in human behavior*, 55(1), 69-75. doi: 10.1016/j.chb.2015.08.051.
- Nur, N., Judrah, M., & Anis, M. (2021). Pengaruh penguasaan media video dan media visual terhadap hasil belajar siswa. *Jurnal al-ilmu: Jurnal riset pendidikan islam*, 2(1), 44-59. doi: 10.47435/al-ilmu.v2i1.760.
- Rabah, J., Cassidy, R., & Beauchemin, R. (2018). Gamification in education: Real benefits or edutainment?. *European conference on eLearning*, 1(1), 489-496. doi: 10.13140/RG.2.2.28673.56162.
- Salamoon, D. K. (2021). Anime sebagai media edukasi digital mengenai fungsi sel darah Merah. *Mudra jurnal seni budaya*, 36(2), 197–203. Diakses dari <https://doi.org/10.31091/mudra.v36i2.1468>

Website

- American Psychological Association. (n,d). *Trauma*. American Psychological Association (apa.org). Diakses pada 2 Maret 2023, dari <https://www.apa.org/topics/trauma>

- Braam, H. (2023). *Color psychology 101: A beginner's guide to the meaning of colors*. ColorPsychology.org. Diakses pada 3 Juni 2023, dari <https://www.colorpsychology.org/>
- Castillo, J. (2022). *What is a "little t" trauma?*. New Harbinger Publications, Inc. Diakses pada 25 Juni 2023, dari <https://www.newharbinger.com/blog/self-help/what-is-a-little-t-trauma/>
- Central Connecticut State University. (2016). *World's most literate nations ranked*. CSSU News Release. Diakses pada 28 Juni 2023, dari <https://webcapp.ccsu.edu/?news=1767&data>
- Cherry, K. (2022). *Color psychology: Does it affect how you feel? how colors impact moods, feelings, and behaviors*. Verywell Mind. Diakses pada 3 Juni 2023, dari <https://www.verywellmind.com/color-psychology-2795824>
- Cook, J.M. (2016). *Why many people don't talk about traumatic events until long after they occur*. The Conversation. Diakses pada 25 Mei 2023, dari <https://theconversation.com/why-many-people-dont-talk-about-traumatic-events-until-long-after-they-occur-63248#:~:text=The%20reasons%20for%20this%20are,event%20was%20somehow%20their%20fault>
- Cummins, E. (2021). *The self-help that no one needs right now*. The Atlantic. Diakses pada 3 Maret 2023, dari <https://www.theatlantic.com/health/archive/2021/10/trauma-books-wont-save-you/620421/>
- Elmeshai, E. (2021). *Design methodology – mind mapping*. ResearchGate. Diakses pada 15 Mei 2023, dari https://www.researchgate.net/publication/351780950_Design_Methodology_-_Mind_Mapping

- Iqbal, A. (2019). *Trauma – small t or a big t?*. LinkedIn. Diakses pada 25 Juni 2023, dari <https://www.linkedin.com/pulse/trauma-small-big-dr-amirah-iqbal/>
- Millenia, M. (2022). *Minimnya kesadaran masyarakat terhadap mental health*. RSUP Dr. Sardjito. Diakses pada 4 Mei 2023, dari <https://sardjito.co.id/2022/03/09/minimnya-kesadaran-masyarakat-terhadap-mental-health/>
- Mirgain, S. A., & Singles, J. (2016). *Therapeutic journaling*. Whole Health Library. Diakses pada 25 Juni 2023, dari <https://www.va.gov/WHOLEHEALTHLIBRARY/tools/therapeutic-journaling.asp>
- Naruse, H., Jindai, K., & Saito, T. (2019). *Fictional heroes take on real public health problems: Japan's use of manga and anime in health campaigns*. TheBMJOpinion. Diakses pada 25 Juni 2023, dari <https://blogs.bmj.com/bmj/2019/06/11/fictional-heroes-take-on-real-public-health-problems-japans-use-of-manga-and-anime-in-health-campaigns/>
- Newport Academy. (2020). *Young adult trauma: big t and little t*. Diakses pada 2 Maret 2023, dari <https://www.newportacademy.com/resources/treatment/adolescent-trauma>
- Paradigm Treatment. (2014). *Teens are more vulnerable to ptsd than adults*. Diakses pada 28 Juni 2023, dari <https://paradigmatreatment.com/teens-vulnerable-ptsd-adults/>
- Roberts, R. (2020). *Could your stress really be unresolved trauma?*. Caron. Diakses pada 2 Maret 2023, dari <https://www.caron.org/blog/could-your-stress-really-be-unresolved-trauma>
- Rumman. (2022). *Everything you should know about 8 point grid system in ux design*. Medium. Diakses pada 27 Mei 2023, dari

<https://uxplanet.org/everything-you-should-know-about-8-point-grid-system-in-ux-design-b69cb945b18d>

The Open University. (2019, Mei 17). *Health education, advocacy and community mobilisation*. OpenLearn: Create. Diakses pada 4 Maret 2023, dari <https://www.open.edu/openlearncreate/mod/oucontent/view.php?id=164§ion=20.7.1>

Tull, M. (2020). *How journaling can help with ptsd*. Verywell Mind. Diakses pada 26 Mei 2023, dari <https://www.verywellmind.com/how-to-use-journaling-to-cope-with-ptsd-2797594#:~:text=Expressive%20writing%20has%20been%20found%20not%20only%20to%20improve%20the,changes%20following%20a%20traumatic%20event>

Universitas Ciputra. (n.d). *Mengapa jasa psikolog di indonesia tidak terlalu populer digunakan?*. Diakses pada 28 Juni 2023, dari <https://www.uc.ac.id/en/mengapa-jasa-psikolog-di-indonesia-tidak-terlalu-populer-digunakan/>

UX Collective. (2018). *Make sense of rounded corners on buttons*. Medium. Diakses pada 26 Mei 2023, dari <https://uxdesign.cc/make-sense-of-rounded-corners-on-buttons-dfc8e13ea7f7>

Vitsky. (2019). *The comprehensive 8pt grid guide*. Medium. Diakses pada 27 Mei 2023, dari <https://medium.com/swlh/the-comprehensive-8pt-grid-guide-aa16ff402179>

U N I V E R S I T A S
M U L T I M E D I A
N U S A N T A R A