

DAFTAR PUSTAKA

Buku

- Barren, F. (2016). *Color psychology and color therapy: A factual study of the influence of color on human life*. San Fransisco: Pickle Partners.
- Beaird, J., George, J., & Walker, A. (2020). *The principles of beautiful web design* (4th ed.). Australia: SitePoint.
- Bowdery, R. (2020). *Basics advertising: Copywriting*. AVA Publishing.
- Evans, P. & Sherin, A. (2008). *Forms, folds, and sizes: All the details graphic designers need to know but can never find* (2nd ed.). Massachusetts: Rockport Publishers.
- Faupel, A., Herrick, E., & Sharp, P. (2011). *Anger management: A practical guide* (2nd ed.). New York: Taylor & Francis.
- Griffey, J. (2020). *Introduction to interactive digital media*. Taylor & Francis.
- Guan, B. A. (2012). *Book design*. Profession Design Press.
- Landa, R. (2013). *Graphic design solutions* (5th ed.). Boston: Cengage.
- Landa, R. (2018). *Advertising by design: Generating and designing creative ideas across media* (2nd ed.). New Jersey: John Wiley & Sons, Inc.
- Lazarus, R. S. (1991). *Emotion and adaptation*. New York: Oxford University Press.
- Male, A. (2007). *Illustration: A theoretical & contextual perspective*. AVA Publishing SA.
- Moriarty, S., Mitchell, N., Wells, W. (2015). *Advertising & IMC principles & practice* (10th ed.). Pearson.
- Pentak, S. & Lauer, D. A. (2016). *Design basics* (9th ed.). Boston: Cengage.

Santrock, J. W. (2018). *Life-span development* (17th ed.). New York: McGraw-Hill Education.

Saltz, I. (2019). *Typography essentials revised and updated: 100 design principles for working with type*. Rockport.

Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung: Alfabeta.

Tuffley, D. (2012). *Anger management: A self-help guide*. Altiora Publications

Jurnal

Al Baqi, S. (2015). Ekspresi emosi marah. *Buletin Psikologi*, 23(1), 22-30.
<https://doi.org/10.22146/bpsi.10574>

Fourianalistyawati, E. & Listiyandini, R. A. (2017). Hubungan antara mindfulness dengan depresi pada remaja. *Jurnal Psikogenesis*, 5(2), 115-122.
<https://doi.org/10.24854/jps.v5i2.500>

Hayati, R. & Indra, S. (2018). Hubungan marah dengan perilaku agresif pada remaja. *Jurnal Edukasi*, 4(1), 67-74. <https://doi.org/10.22373/je.v4i1.3523>

Ritung, O. P. & Soetikno, N. (2017). Hubungan antara penerimaan diri dengan perilaku agresi pada remaja di sekolah menengah pertama. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 1(2), 24-31.
<https://doi.org/10.24912/jmishumsen.v1i2.930>

Website

Ika. (2022). Psikolog UGM bagi tips mengelola emosi.
<https://ugm.ac.id/id/berita/22446-psikolog-ugm-bagi-tips-mengelola-emosi/> Diakses pada 31 Januari 2024.

Vitsky. (2019). The comprehensive 8pt grid guide. <https://medium.com/swlh/the-comprehensive-8pt-grid-guide-aa16ff402179/> Diakses pada 18 Mei 2024.

Wahyuni, Esa Nur. (2016). Keefektifan pendekatan cognitive behavior modification untuk meningkatkan kemampuan mengelola marah bagi

remaja. <http://repository.uin-malang.ac.id/360/1/artikel%20desertasi.pdf>
Diakses pada 31 Januari 2024.

