

BIBLIOGRAPHY

- Adams, S. (2017). *Color Design Workbook: A Real-world Guide To Using Color in Graphic Design New, Revised Edition*. Rockport Publishers.
- America. American Psychological Association (2024). *How stress affects your health*. <https://www.apa.org/topics/stress/health>
- Ambrose, G., & Harris, P. (2005). *Basics Design 05: Colour*. AVA Publishing.
- Ambrose, G., & Harris, P. (2015). *Basics Design: Design Thinking for Visual Communication*. London: Bloomsbury Publishing
- Ambrose, G., & Harris, P. (2010). *The visual dictionary of pre-press & production*. AVA Publishing.
- Anggarini, A. (2021). *Desain Layout*. PNJ Press.
- Craig, J., & Scala, I. K. (2012). *Designing with Type, 5th Edition: The Essential Guide to Typography*. Watson-Guptill
- Cleveland Clinic. (2024). *Women and stress*.
<https://my.clevelandclinic.org/health/articles/5545-women-and-stress>
- Elsden, E., Bu, F., Fancourt, D., & Mak, H. W. (2022). *Frequency of leisure activity engagement and health functioning over a 4-year period: a population-based study amongst middle-aged adults*. BMC Public Health, 22(1). <https://doi.org/10.1186/s12889-022-13670-3>
- Hanif, R., & Hanif, R. (2022). *Data Profil Konsumen Indonesia 2022 Terbaru dan Lengkap - Blog DiPStrategy*. Blog DiPStrategy - Digital Agency Jakarta - Indonesia. <https://dipstrategy.co.id/blog/data-profil-konsumen-indonesia-2022-terbaru-dan-lengkap/>
- Harsono, P. (2019). *Fotografi Desain*. PT Kanisius
- Ikenobo's arranging style | IKENOBO ORIGIN OF IKEBANA. (n.d.).
<https://www.ikenobo.jp/english/about/style.html>
- Jakarta, B. P. S. P. D. (2024). *Jumlah Pekerja menurut Sektor Dominan di Provinsi DKI Jakarta - Tabel Statistik*. Badan Pusat Statistik Provinsi Dki Jakarta. <https://jakarta.bps.go.id/id/statistics->

- table/2/MTA4OSMy/jumlah-pekerja-menurut-sektor-dominan-di-provinsi-dki-jakarta.html
- Karyadi, B. (2017). FOTOGRAFI, Belajar Fotografi. NahlMedia.
- Kementerian Ketenagakerjaan Republik Indonesia. (2024). *Kemnaker: Stress pengaruhi kesehatan jiwa pekerja: Berita: Kementerian Ketenagakerjaan RI*. Kemnaker RI.
<https://kemnaker.go.id/news/detail/kemnaker-stress-pengaruhi-kesehatan-jiwa-pekerja>
- Kopytin, A., Bockhorni, R., & Zhou, T. Y. (2019). *From Ikebana to Botanical Arranging: Artistic, Therapeutic, and Spiritual Alignment with Nature*. 5(2), 96–108. <https://doi.org/10.15212/CAET/2019/5/35>
- Landa, R. (2010). *Graphic design solutions* (4th ed.). Wadsworth Cengage Learning.
- Lu, D., Yamamoto, K., & Nakamura, K. W. (2023). *A study of the tradition of landscape expression in Ikenobo Ikebana from “Ikebana Work Collections of Ikenobo Tanabata Exhibition.”* Randosukēpu Kenkyū, 86(5), 431–436. <https://doi.org/10.5632/jila.86.431>
- Male, A. (2017). *Illustration: A Theoretical & Contextual Perspective* 2nd ed. England: Bloomsbury Publishing
- Materova, A. (2023). *The ikebana – opportunity to improve students' mind and imagination during class work*. Obrazovanie i Tehnologii, 14(2), 434–436. <https://doi.org/10.26883/2010.232.5574>
- Matthews, K. A., Gump, B. B., & Owens, J. F. (2015). Chronic stress influences cardiovascular reactivity and recovery in response to brief mental stress. *Annals of Behavioral Medicine*, 49(4), 605–615.
<https://doi.org/10.1007/s12160-014-9681-7>
- Oconer, S. M., & Quimen, V. J. (2024). *Assessing the Quality of Life of Elderly Individuals*. Research Gate. 10.70848/cnj.v1i2.4
- Poulin, R. (2018). *The language of graphic design: An illustrated handbook for understanding fundamental design principles*. Rockport Publishers
- Rustan, S. (2020). *LAYOUT2020*. CV. Nulis Buku Jendela Dunia

- Shaoqiang, W. (2022). *Book design: From the printing basics to the most impressive designs*. Hoaki Books
- Sugiyono. (2018). *Metode Penelitian Kombinasi (Mixed Methods)*. Bandung: CV Alfabeta
- Tondreau, B. (2019). *Layout Essentials Revised and Updated: 100 Design Principles for Using Grids*. Rockport Publishers
- Yuana, C. (2019). *MAKNA IKEBANA BAGI MASYARAKAT JEPANG*. Mezurashii: Journal of Japanese Studies, 1(2).
<https://doi.org/10.30996/mezurashii.v1i2.3236>



UMN
UNIVERSITAS
MULTIMEDIA
NUSANTARA