

DAFTAR PUSTAKA

- "Bhavana: Pengertian, Faedah Dan Cara Melaksanakan." Samaggi Phala. October 28, 2003. <https://samaggi-phala.or.id/naskah-dhamma/bhavana-pengertian-faedah-dan-cara-melaksanakan/>
- Chang, Joanne C, Elizabeth Midlarsky, and Peter Lin. "Effects of Meditation on Music Performance Anxiety. Medical Problems of Performing Artists." *Effects of meditation on music performance anxiety*, September 2003. https://www.researchgate.net/publication/289007544_Effects_of_mediation_of_music_performance_anxiety/stats
- Creswell, John W. "Research Design: Qualitative, Quantitative, and Mixed Methods Approaches." 4th ed. CA: SAGE Publications, Inc., 2018.
- Gunaratana, Henepola. *Mindfulness in Plain English*. 20th ed. Somerville, MA: Wisdom Publications, 2019.
- Julian, Laura J. "Measures of Anxiety: State-Trait Anxiety Inventory (STAI), Beck Anxiety Inventory (BAI), and Hospital Anxiety and Depression Scale-Anxiety (HADS-A)." Wiley Online Library. John Wiley & Sons, Ltd, November 7, 2011. <https://onlinelibrary.wiley.com/doi/full/10.1002/acr.20561>.
- Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life*. New York, NY: Hatchette Books, 2014.
- Kenny, Dianna T. *The Psychology of Music Performance Anxiety*. Oxford: Oxford University Press, 2011.
- Klickstein, Gerald. *The Musicians Way: a Guide to Practice, Performance, and Wellness*. New York: Oxford University Press, 2009.
- MD, Smitha Bhandari. "Anxiety." WebMD. www.webmd.com/anxiety-panic/guide/causes-anxiety.
- MD, Smitha Bhandari. "Overcoming Performance Anxiety in Music, Acting, Sports, and More." WebMD. <https://www.webmd.com/anxiety-panic/guide/stage-fright-performance-anxiety#2>.

Oyan, Sheri. "Mindfulness Meditation: Creative Musical Performance through Awareness." Dissertation, LSU Digital Commons, 2006. https://digitalcommons.lsu.edu/gradschool_dissertations/3922.

"The State-Trait Anxiety Inventory (STAI)." *American Psychological Association*. American Psychological Association, n.d. Accessed January 25, 2020. <https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/trait-state>.

