

DAFTAR PUSTAKA

- Albert, P. R., Vahid-Ansari, F., & Luckhart, C. (2014). Serotonin-prefrontal cortical circuitry in anxiety and depression phenotypes: pivotal role of pre- and post-synaptic 5-HT1A receptor expression. *Frontiers in Behavioral Neuroscience*, 8: 199.
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.
- American Psychological Association (2016). *Stress: The different kinds of stress*. Washington: American Psychological Association. <http://www.apa.org/helpcenter/stress-kinds.aspx> [Diakses April 2017].
- Angelucci, F., Ricci, E., Padua, L., Sabino, A., & Tonali, P. A. (2007). Music exposure differentially alters the levels of brain-derived neurotrophic factor and nerve growth factor in the mouse hypothalamus. *Neuroscience Letters*, 429(2–3): 152–155.
- Animal Research Centre (2017). *Rat and Mice Weights* / Animal Resources Centre. http://www.arc.wa.gov.au/?page_id=125
- Animal Research Review Panel. (2008). *Guidelines for the Housing of Rats in Scientific Institutions*. http://www.animalethics.org.au/s/redirect?rank=1&collection=animalethics&url=http%3A%2F%2Fwww.animalethics.org.au%2F__data%2Fassets%2Fpdf_file%2F0014%2F222512%2Fhousing-rats-scientific-institutions.pdf&index_url=http%3A%2F%2F [Diakses April 2017].
- Anxiety and Depression Association of America (2017). Medication. *Anxiety and Depression Association of America, ADAA*. <https://www.adaa.org/finding-help/treatment/medication>
- Arini, SHD. (2008). *Musik Klasik*. <http://sistemnada.com>
- Attoui, N., Bouhali, I.E., Tayaa, H., Habbachi, W., Abdelmadjid, B., Tahraoui, A. (2015). Music therapy modulates combined predator and noise stress induced anxiety-like behavior in male wistar rat. *Middle-East Journal of Scientific Research*, 23(3): 374-377.
- Banoe, P. (2003). *Kamus Musik*. Yogyakarta : Kanisius
- Bartz, J. A., Zaki, J., Bolger, N., Ochsner, K.N. (2017). Social effects of oxytocin in human: context and person matter. *Trends in Cognitive Sciences*, 15(7): 301 - 309
- Behar, J., Ganesan, A., Zhang, J., & Yaniv, Y. (2016). The Autonomic Nervous System Regulates the Heart Rate through cAMP-PKA Dependent and

- Independent Coupled-Clock Pacemaker Cell Mechanisms. *Frontiers in Physiology*, 7: 419.
- Bondi, C., Rodriguez, G., Gould, G., Frazer, A. and Morilak, D. (2007). Chronic Unpredictable Stress Induces a Cognitive Deficit and Anxiety-Like Behavior in Rats that is Prevented by Chronic Antidepressant Drug Treatment. *Neuropsychopharmacology*, 33(2): 320-331.
- Bowers, M. E., Choi, D. C., & Ressler, K. J. (2012). Neuropeptide Regulation of Fear and Anxiety: Implications of Cholecystokinin, Endogenous Opioids, and Neuropeptide Y. *Physiology & Behavior*, 107(5): 699–710.
- Bringman, H., Giesecke K., Thörne A., Bringman S. (2009). "Relaxing Music As Pre-Medication Before Surgery: A Randomised Controlled Trial". *Acta Anaesthesiologica Scandinavica*, 53(6): 759-764.
- Bruzos-Cidón, C., Llamosas, N., Ugedo, L., & Torrecilla, M. (2015). Dysfunctional Inhibitory Mechanisms in Locus Coeruleus Neurons of the Wistar Kyoto Rat. *International Journal of Neuropsychopharmacology*, 18(7): 122.
- Bundzikova-Osacka, J., Ghosal, S., Packard, B., Ulrich-Lai, Y., Herman, J. (2015). Role of nucleus of the solitary tract noradrenergic neurons in post-stress cardiovascular and hormonal control in male rats. *Stress*, 18(2): 221-232.
- Bystritsky, A., Khalsa, S. S., Cameron, M. E., & Schiffman, J. (2013). Current Diagnosis and Treatment of Anxiety Disorders. *Pharmacy and Therapeutics*, 38(1): 30–57.
- Carney, R. (2006). *The Four Main Musical Style Periods Associated with the Piano Repertoire*. Robertcarney.net. Available at: <http://www.robertcarney.net> [Diakses April 2017].
- Carola, V., D'Olimpio, F., Brunamonti, E., Mangia, F., Renzi, P. (2002). Evaluation of the elevated plus-maze and open-field tests for the assessment of anxiety-related behaviour in inbred mice. *Behav Brain Res*, 134:49–57.
- Chakravarty, S., Reddy, BR., Sudhakar, S.R., Saxena, S., Das, T., et al. (2013) Chronic Unpredictable Stress (CUS)-Induced Anxiety and Related Mood Disorders in a Zebrafish Model: Altered Brain Proteome Profile Implicates Mitochondrial Dysfunction. *PLOS ONE* 8(5): e63302.
- Chanda, M. L., & Levitin, D. J. (2013). The neurochemistry of music. *Trends in Cognitive Sciences*, 17(4): 179–191.
- Charney, Dennis S; Drevets, W. C. (2002). Neurobiological Basis of Anxiety Disorders. *Anxiety*, 81(3): 901–930.
- Chikahisa, S., Sano, A., Kitaoka, K., Miyamoto, K. I., & Sei, H. (2007). Anxiolytic effect of music depends on ovarian steroid in female mice. *Behavioural Brain*

Research, 179(1): 50–59.

Christiansen, A. M., Herman, J. P., & Ulrich-Lai, Y. M. (2011). Regulatory interactions of stress and reward on rat forebrain opioidergic and GABAergic circuitry. *Stress (Amsterdam, Netherlands)*, 14(2): 205–215.

Christianson, J. P., Thompson, B., Watkins, L. R., & Maier, S. F. (2010). Exploration Test of Anxiety in Rat. *Psychology*, 12(5): 445–450.

Chusid, Joseph G. (1986). *Correlative Neuroanatomy And Functional Neurology*. 19th ed. Los Altos, California: W. B. Saunders Company.

Cohen, Sheldon, Ronald C Kessler, and Lynn Underwood Gordon. (1998). *Measuring Stress*. New York: Oxford University Press. Print.

Coimbra, N., Paschoalin-Maurin, T., Bassi, G., Kanashiro, A., Biagioni, A., Felippotti, T., Elias-Filho, D., et al (2017). Critical neuropsychobiological analysis of panic attack- and anticipatory anxiety-like behaviors in rodents confronted with snakes in polygonal arenas and complex labyrinths: a comparison to the elevated plus- and T-maze behavioral tests. *Revista Brasileira de Psiquiatria*, 39(1).

Colasanti, A., Rabiner, E., Lingford-Hughes, A. and Nutt, D. (2011). Opioids and anxiety. *Journal of Psychopharmacology*, 25(11): 1415-1433.

Cooke, M., Chaboyer, W., & Hiratos, M. A. (2005). Music and its effect on anxiety in short waiting periods: A critical appraisal. *Journal of Clinical Nursing*, 14(2): 145–155.

Crawley, J. N. (2007). *What's Wrong With My Mouse? Behavioral phenotyping of transgenic and knockout mice*. 2nd edition. New York: John Wiley and Sons: 240.

Cruz, J.N., Lima, D.D., Magro, D.D.D., Cruz, J. P. (2011). The power of classic music to reduce anxiety in rats treated with simvastatin. *Basic and Clinical Neuroscience*, 2(4):5-11.

Dahlan, M. S. 2014. *Statistik Untuk Kedokteran dan Kesehatan: Deskriptif, Bivariat, dan Multivariat, Dilengkapi Aplikasi Menggunakan SPSS Edisi 6*. Jakarta : Epidemiologi Indonesia.

Dalami, Ermawati. 2010. *Konsep Dasar Keperawatan Kesehatan Jiwa*. Jakarta: Trans Info Media

Dallman, M. F., Pecoraro, N., Akana, S. F., la Fleur, S. E., Gomez, F., Houshyar, H., ... Manalo, S. (2003). Chronic stress and obesity: A new view of “comfort food.” *Proceedings of the National Academy of Sciences of the United States of America*, 100(20): 11696–11701.

Daniel, S. E., & Rainnie, D. G. (2015). Stress Modulation of Opposing Circuits in

- the Bed Nucleus of the Stria Terminalis. *Neuropsychopharmacology*, 41(1): 1–23.
- de Camargo, A.M., Bonde, H., Magro, D., Delwing, D., de Lima, D.D. and de Azevedo Campanella, L.C., 2017. Cocoa and classical music: effect on anxiety and antioxidant activity in Wistar rats. *Archivos Latinoamericanos De Nutricion*, 67(2):06-115.
- Dias, B. G., Banerjee, S. B., Goodman, J. V., & Ressler, K. J. (2013). Towards new approaches to disorders of fear and anxiety. *Current Opinion in Neurobiology*, 23(3): 346–352.
- Djohan. (2006). *Terapi Musik Teori dan Aplikasi*. Yogyakarta. Galangpress Hardjana.
- Dore, R., Iemolo, A., Smith, K. L., Wang, X., Cottone, P., & Sabino, V. (2013). CRF Mediates the Anxiogenic and Anti-Rewarding, But Not the Anorectic Effects of PACAP. *Neuropsychopharmacology*, 38(11).
- Ennaceur, A., & Chazot, P. L. (2016). Preclinical animal anxiety research – flaws and prejudices. *Pharmacology Research & Perspectives*, 4 (2)
- Escribano, B., Quero, I., Feijóo, M., Tasset, I., Montilla, P., Túnez, I. (2013). Role of noise and music as anxiety modulators: Relationship with ovarian hormones in the rat. *Applied Animal Behaviour Science*, 152
- Finahari, N., Rubiono, G., Soebiyakto G. (2016). *Comparing the Spectral Profiles of the Javanese Gending with the Classical Music as the Therapeutical Music*, 2(1): 19–23.
- Fields, H. L., & Margolis, E. B. (2015). Understanding Opioid Reward. *Trends in Neurosciences*, 38(4): 217–225.
- Fricchione, G. (2004). Generalized Anxiety Disorder. *New England Journal Medicine*, 351:675-82
- Frühholz, S., Trost, W. and Grandjean, D. (2014). The role of the medial temporal limbic system in processing emotions in voice and music. *Progress in Neurobiology*, 123:1-17.
- Fukui, H., & Toyoshima, K. (2008). Music facilitate the neurogenesis, regeneration and repair of neurons, 71(5): 765–769.
- Gafford, G. M., & Ressler, K. J. (2015). GABA and NMDA receptors in CRF neurons have opposing effects in fear acquisition and anxiety in central amygdala vs. bed nucleus of the stria terminalis. *Hormones and Behavior*, 76: 136–142.
- Gao, J., Wang, H., Liu, Y., Li, Y., Chen, C., Liu, L., Wu, Y., et al. (2014). Glutamate and GABA imbalance promotes neuronal apoptosis in hippocampus after

- stress. *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research*, 20: 499–512.
- Giani, M. T. (2016). Pengaruh Environmental Enrichment terhadap Perilaku Depresi Tikus Putih (*Rattus norvegicus*) Setelah Dipapar Unpredictable Chronic Mild Stress. Skripsi. Universitas Sebelas Maret
- Gomez, P., & Danuser, B. (2007). Relationships between musical structure and psychophysiological measures of emotion. *Emotion*, 7(2): 377–387.
- Gray, J. M., Vecchiarelli, H. A., Morena, M., Lee, T. T. Y., Hermanson, Gray, J. M., Vecchiarelli, H. A., Morena, M., Lee, T. T. Y., Hermanson, D. J., Kim, A. B., ... Hill, M. N. (2015). Corticotropin-Releasing Hormone Drives Anandamide Hydrolysis in the Amygdala to Promote Anxiety. *The Journal of Neuroscience*, 35(9): 3879–3892.
- Grupe, D. W., & Nitschke, J. B. (2013). Uncertainty and Anticipation in Anxiety: An integrated neurobiological and psychological perspective. *Nature Reviews. Neuroscience*, 14(7): 488–501.
- Hammack, S. E., Guo, J., Hazra, R., Dabrowska, J., Myers, K. M., & Rainnie, D. G. (2009). The response of neurons in the bed nucleus of the stria terminalis to serotonin: Implications for anxiety. *Progress in Neuro-Psychopharmacology & Biological Psychiatry*, 33(8):1309–1320.
- Hammack, S. E., Roman, C. W., Lezak, K. R., Kocho-Shellenberg, M., Grimmig, B., Falls, W. A., Braas, K., May, V. (2010). Roles for pituitary adenylate cyclase-activating peptide (PACAP) expression and signaling in the bed nucleus of the stria terminalis (BNST) in mediating the behavioral consequences of chronic stress. *Journal of Molecular Neuroscience: MN*, 42(3).
- Hawari, Dadang. (2008). *Manajemen Stres Cemas dan Depresi*. Jakarta: FK Universitas Indonesia.
- Heitland, I., Groenink, L., Bijlsma, E. Y., Oosting, R. S., & Baas, J. M. P. (2013). Human Fear Acquisition Deficits in Relation to Genetic Variants of the Corticotropin Releasing Hormone Receptor 1 and the Serotonin Transporter. 8(5): e63772.
- Heningsih. (2014). *Gambaran Tingkat Kecemasan Pada Lansia Di Panti Wredha Dharma Bhakti Kasih Surakarta*
- Herawaty, W., Finahari, N., Sakti, S.P., Purnomo, B.B., Widodo, M.A. (2014). Australian Journal of Basic and Applied Sciences Analysis of the Psychoacoustic of typical Indonesian Music as Candidate of Musical Therapy. *Australian Journal of Basic and Applied Sciences*, 8(13): 73-81

commit to user

- Herman, J. P., McKlveen, J. M., Ghosal, S., Kopp, B., Wulsin, A., Makinson, R., Scheimann J., Myers, B. (2016). Regulation of the hypothalamic-pituitary-adrenocortical stress response. *Comprehensive Physiology*, 6(2): 603–621.
- Hidayat, A . A. (2009). *Konsep stres dan adaptasi stres*. Jakarta : Salemba.
- Holmes, A. (2008). Genetic variation in cortico-amygdala serotonin function and risk for stress-related disease. *Neuroscience and Biobehavioral Reviews*, 32(7): 1293–1314.
- Iemolo, A., Ferragud, A., Cottone, P. and Sabino, V. (2015). Pituitary Adenylate Cyclase-Activating Peptide in the Central Amygdala Causes Anorexia and Body Weight Loss via the Melanocortin and the TrkB Systems. *Neuropsychopharmacology*, 40(8).
- Ito, Hiroshi et al. (2010). "Chronic Stress Enhances Synaptic Plasticity Due To Disinhibition In The Anterior Cingulate Cortex And Induces Hyper- Locomotion In Mice". *Neuropharmacology*, 58(4-5): 746-757.
- Jamalus (1998). *Musik dan Perkembangan Buku Sekolah Pendidikan Guru*. CV Titik Terang. Jakarta
- Kaplan, HI, Saddock, BJ & Grabb, JA. (2010). *Kaplan-Sadock Sinopsis Psikiatri Ilmu Pengetahuan Prilaku Psikiatri Klinis*. Tangerang : Bina Rupa Aksara
- Kessler, R. C., Aguilar-Gaxiola, S., Alonso, J., Chatterji, S., Lee, S., Ormel, J., Wang, P. S. (2009). The global burden of mental disorders: An update from the WHO World Mental Health (WMH) Surveys. *Epidemiologia E Psichiatria Sociale*, 18(1): 23–33.
- Kiernan, John A., Rajakumar, Nagalingam., and Barr, Murray L. (2013) *Barr's The Human Nervous System*. 10th ed. Philadelphia, Pa: Wolters Kluwer / Lippincott Williams & Wilkins. Print.
- Kim, J. E., Dager, S. R., & Lyoo, I. K. (2012). The role of the amygdala in the pathophysiology of panic disorder: evidence from neuroimaging studies. *Biology of Mood & Anxiety Disorders*, 2(1): 20.
- King, S., Lezak, K., O'Reilly, M., Toufexis, D., Falls, W., Braas, K., May, V. and Hammack, S. (2017). The Effects of Prior Stress on Anxiety-Like Responding to Intra-BNST Pituitary Adenylate Cyclase Activating Polypeptide in Male and Female Rats. *Neuropsychopharmacology*, 42(8): 1679-1687.
- Koelsch, S. (2014). Brain correlates of music-evoked emotions. *Nature Reviews Neuroscience*, 15(3).
- Kosten, T. R., & George, T. P. (2002). The Neurobiology of Opioid Dependence: Implications for Treatment. *Science & Practice Perspectives*, 1(1): 13–20.

- Koyama M, Wachi M, Utsuyama M. (2009). Recreational music-making modulates immunological responses and mood states in older adults. *Journal of Medical and Dental Science*, 56:79-90.
- Kreutz G., Murcia C. Q., Bongard S. (2012). "Psychoneuroendocrine Research on Music and Health: An Overview," in *Music, Health & Wellbeing*: 457–476.
- Kumar, Anil., Rinwa P., Kaur G., and Machawal L. (2013) "Stress: Neurobiology, Consequences And Management". *Journal of Pharmacy and Bioallied Sciences* 5(2): 91.
- Kume, S., Nishimura, Y., Mizuno, K., Sakimoto, N., Hori, H., Tamura, Y., Kataoka, Y. (2017). Music Improves Subjective Feelings Leading to Cardiac Autonomic Nervous Modulation: A Pilot Study. *Frontiers in Neuroscience*, 11: 108.
- Kustap, Muttaqin (2008). *Seni Musik Klasik Jilid 2*. Jakarta: Direktorat Pembinaan Sekolah Kejuruan.
- Leo, L. M. and Pamplona, F. A. (2014). Elevated Plus Maze Test to Assess Anxiety-like Behavior in the Mouse. *Bio-protocol* 4(16): e1211.
- Li, W. J., Yu, H., Yang, J. M., Gao, J., Jiang, H., Feng, M., Zhao, Y.X., Chen, Z. Y. (2010). Anxiolytic effect of music exposure on BDNF^{Met/Met} transgenic mice. *Brain Research*, 1347: 71–79.
- Looker, T. & Gregson, O. (2005). *Managing Stress, Mengatasi Stres Secara Mandiri*. Yogyakarta: 44
- MacDonald, R. A. R. (2013). Music, health, and well-being: A review. *International Journal of Qualitative Studies on Health and Well-Being*, 8:10.
- Magalhaes AC, Holmes KD, Dale LB, Comps-Agrar L, Lee D, et al. (2010) CRF receptor 1 regulates anxiety behavior via sensitization of 5-HT₂ receptor signaling. *Nat Neurosci*, 13: 622–629.
- Marzban, M.A., ShahbaziTondar, M., Soleimani, M., Bakhshayesh M., Moshkforoush A., Sadati M., Zendehrood S.A., Joghataei, M.T. (2011). Effect of Mozart music on hippocampal content of BDNF in postnatal rats. *Basic and clinical Neurosciences*, 2: 21-26.
- Maramis, W.F. (2009). *Catatan Ilmu Kedokteran Jiwa, Edisi 2*. Surabaya: Airlangga University Press
- McCall, J. G., Al-Hasani, R., Siuda, E. R., Hong, D. Y., Norris, A. J., Ford, C. P., & Bruchas, M. R. (2015). CRH engagement of the locus coeruleus noradrenergic system mediates stress-induced anxiety. *Neuron*, 87(3): 605–620.

commit to user

- Menon, V. and Levitin, D. (2005). The rewards of music listening: Response and physiological connectivity of the mesolimbic system. *NeuroImage*, 28(1).
- Mineur, Y., Belzung, C. and Crusio, W. (2006). Effects of unpredictable chronic mild stress on anxiety and depression-like behavior in mice. *Behavioural Brain Research*, 175(1): 43-50.
- Monteiro, S., Roque, S., de Sá-Calçada, D., Sousa, N., Correia-Neves, M., & Cerqueira, J. J. (2015). An Efficient Chronic Unpredictable Stress Protocol to Induce Stress-Related Responses in C57BL/6 Mice. *Frontiers in Psychiatry*, 6: 6.
- Narita, M., Kaneko, C., Miyoshi, K., Nagumo, Y., Kuzumaki, N., Nakajima, M., ... Suzuki, T. (2006). Chronic pain induces anxiety with concomitant changes in opioidergic function in the amygdala. *Neuropsychopharmacology: Official Publication of the American College of Neuropsychopharmacology*, 31(4): 739–50.
- Nilsson, U. (2009) "The Effect of Music Intervention In Stress Response To Cardiac Surgery In A Randomized Clinical Trial". *Heart & Lung: The Journal of Acute and Critical Care*, 38(3): 201-207.
- Nilsson, U. (2008). The Anxiety- and Pain-Reducing Effects of Music Interventions: A Systematic Review. *AORN Journal*, 87(4).
- Nollet, M., Guisquet, A.-M. L. and Belzung, C. (2013). Models of Depression: Unpredictable Chronic Mild Stress in Mice. *Current Protocols in Pharmacology*. 61:5.65:5.65.1–5.65.17.
- Nolte, John. (2009) *The Human Brain*. 6th ed. Philadelphia, PA: Mosby/Elsevier. Print.
- Pekala, K., Budzynska, B. and Biala, G. (2014). Utility of the chronic unpredictable mild stress model in research on new antidepressants. *Current Issues in Pharmacy and Medical Sciences*, 27(2): 97-101.
- Pellow, S.P., S.E. Chopin and M., File. (1985). Validation of open: closed arm entries in an elevated plus-maze as a measure of anxiety in the rat. *Journal of Neuroscience Methods*, 14: 149-67
- Pothoulaki M, MacDonald R. A. R, Flowers P. (2008). An Investigation of the Effects of Music on Anxiety and Pain Perception in Patients Undergoing Haemodialysis Treatment. *Journal of Health Psychology*. 13(7):912–920
- Powis, David A, and Stephen J Bunn. (1995). *Neurotransmitter Release And Its Modulation*. 1st ed. Cambridge [etc.]: Cambridge University press, 1995. Print.

- Puspitasari, Y.P. (2010). Hubungan Antara Dukungan Sosial Teman Sebaya Dengan Kecemasan Menjelang Ujian Nasional (UN) Pada Siswa Kelas XII Reguler SMA Negeri 1 Surakarta.
- Quick, J.C., & Quick, J.D. (1984). *Organizational stres and preventive management*. New York: McGraw-Hill
- Rastogi, R., Silver, E. (2014). Association of Music with Stress, Test Anxiety, and Test Grades Among High School Students. *JYI* 26: 32–36.
- Riskesdas. (2013). *Diseminasi Kesehatan Jiwa*. <http://www.litbang.depkes.go.id>
- Robinson, Oliver J. et al. (2013). "The Role Of Serotonin In The Neurocircuitry Of Negative Affective Bias: Serotonergic Modulation Of The Dorsal Medial Prefrontal-Amygdala 'Aversive Amplification' Circuit". *NeuroImage* 78: 217-223.
- Safitri A. et.al., (2012), Perbandingan manfaat terapi distraksi musik klasik Mozart dan Langgam Jawa terhadap tingkat nyeri dan kecemasan pada ibu Primipara di Puskesmas Mergangsan dan Jetis Yogyakarta, Skripsi, Jurusan Ilmu Keperawatan Universitas Muhammadiyah Yogyakarta, Indonesia
- Saitoh, Akiyoshi., Yoshikawa, Y., Onodera, K., Kamei, J. (2005). "Role Of Δ -Opioid Receptor Subtypes In Anxiety-Related Behaviors In The Elevated Plus-Maze In Rats". *Psychopharmacology*, 182(3): 327-334.
- Salim, D. (2005). Respons Emosi Musikal dalam Gamelan Jawa. *Psikologia*, 1(2):63-75.
- Salleh, M. R. (2008). Life Event, Stress and Illness. *The Malaysian Journal of Medical Sciences : MJMS*, 15(4), 9–18.
- Schneiderman N., Ironson G., Siegel S.D. (2005). STRESS AND HEALTH: Psychological, Behavioral, and Biological Determinants. *Annual review of clinical psychology*. 1:607-628.
- Silaban, C. (2006). Fungsi musik gongrang pada masyarakat simalungun. *Budaya dan Seni*, from <http://www.silaban.net/2006/03/19/fungsi-musik-gongrang-pada-masyarakt-simalungun/>
- Simavlı, Serap & Inegöl Gumus, Ilknur & Kaygusuz, Ikbal & Yildirim, Melahat & Usluogullari, Betül & Kafali, Hasan. (2014). Effect of Music on Labor Pain Relief, Anxiety Level and Postpartum Analgesic Requirement: A Randomized Controlled Clinical Trial. *Gynecologic and obstetric investigation*. 78.. 10.1159/000365085.
- Sink, K. S., Walker, D. L., Freeman, S. M., Flandreau, E. I., Ressler, K. J., & Davis, M. (2013). Effects Of Continuously Enhanced Corticotropin Releasing Factor Expression Within The Bed Nucleus Of The Stria Terminalis On Conditioned

- And Unconditioned Anxiety. *Molecular Psychiatry*, 18(3): 308–319.
- Selye, Hans. (2013). *Stres In Health And Disease*. Burlington: Elsevier Science. Print.
- Sengupta, P. (2013). The Laboratory Rat: Relating Its Age With Human's. *International Journal of Preventive Medicine*, 4(6): 624–630.
- Smoller, Jordan W., and Stephen V. Faraone. (2008) "Genetics Of Anxiety Disorders: Complexities And Opportunities". *American Journal of Medical Genetics Part C: Seminars in Medical Genetics* 148C.2: 85-88.
- Solomon, M. B., Jones, K., Packard, A., Herman, J.P. (2009). The medial amygdala modulates body weight but not neuroendocrine responses to chronic stress. *Journal of Neuroendocrinology*, 22.
- Stern, C. M. (2011). NIH Public Access, 31(6): 1935–1936. Corticotropin-Releasing
- Stuart G, Sundden. (2008). Principles and Practive of psychiatric. Edisi 5. Jakarta: EGC
- Suherjanto, I. (2004). Musik dan Teater, from <http://www.scribd.com/doc/musik>
- Suliswati., Tjie, A., Jeremia, M., Yenny S., Sumijatun. (2005). *Konsep Keperawatan kesehatan Jiwa*. Jakarta: Penerbit Buku Kedokteran EGC.
- Supranto, J. (2000). Statistiek Teori dan Aplikasi. Edisi 6. Jakarta: Erlangga
- Tabarro CS, Campos LB, Galli NO, Novo NF, Pereira VM. (2010). Effect of the music in labor and newborn. *Rev Esc Enferm USP*, 44(2): 441-448
- Tabrizi, E.M., Sahraei, H., Rad, S.M, Hajizadeh, E., Lak, M. (2012). The effect of music on the level of cortisol, blood glucose and physiological variables in patients undergoing spinal anesthesia. *EXCLI Journal*, 11: 556–565.
- Trappe H. 2010. The effects of music on the cardiovascular system and cardiovascular health. *Heart*, 96:1868-1871.
- Tzanoulinou, S., García-Mompó, C., Castillo-Gómez, E., Veenit, V., Nacher, J., & Sandi, C. (2014). Long-Term Behavioral Programming Induced by Peripuberty Stres in Rats Is Accompanied by GABAergic-Related Alterations in the Amygdala. *PLoS ONE*, 9(4).
- Ulrich-Lai, Y.M., Ostrander, M.M., Thomas, I.M., Packard, B.A., Furay, A.R., Dolgas, C.M., Van Hooren, D.C., et al. (2007). Daily limited access to sweetened drink attenuates hypothalamic-pituitary-adrenocortical axis stress responses. *Endocrinology*, 148:1823–1834.

- Ulrich-Lai, Y. M., Fulton, S., Wilson, M., Petrovich, G., & Rinaman, L. (2015). Stress Exposure, Food Intake, and Emotional State. *Stress (Amsterdam, Netherlands)*, 18(4): 381–399.
- Videbeck, Sheila L. 2008. *Buku Ajar Keperawatan Jiwa* . Jakarta : EGC
- Vytal, K. E., Overstreet, C., Charney, D. R., Robinson, O. J., & Grillon, C. (2014). Sustained anxiety increases amygdala–dorsomedial prefrontal coupling: a mechanism for maintaining an anxious state in healthy adults. *Journal of Psychiatry & Neuroscience : JPN*, 39(5): 321–329
- Walf, A. A., & Frye, C. A. (2008). The use of *elevated plus maze* as an assay of anxiety-related behavior in rodents. *Nature*, 144(5): 724–732.
- Waxman, Stephen G. (2013). *Clinical Neuroanatomy*, 27th ed. New York: McGraw-Hill Education.
- World Health Organization (1993). Research guidelines for evaluating the safety and efficacy of herbal medicines. New York: World Health Organization Publications: 37 – 41.
- Yuhana, E. (2010). Pengaruh Musik Klasik Terhadap Tingkat Kecemasan Pada Mahasiswa Baru Fakultas Psikologi Universitas Airlangga Surabaya. *Skripsi Sarjana*. Fakultas Psikologi Universitas Airlangga Surabaya.
- Zarrindast MR, Khakpai F. (2015). The modulatory role of dopamine on anxiety behavior. *Archives of Iranian Medicine*, 18(9): 591 – 603.