

The Effect of Autonomous Sensory Meridian Response (ASMR) Relaxation on Anxiety in Teenagers

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ABSTRACT

Today's teenagers often vent their anxiety and restlessness in living their lives by listening to Autonomous Sensory Meridian Response (ASMR) in several videos on several platforms such as YouTube, Tiktok, Instagram, and others. Anxiety is a negative emotional state characterized by anticipation and symptoms of psychological distress such as irregular heartbeat, sweating, and difficulty breathing. Autonomous Sensory Meridian Response (ASMR) relaxation is an intervention that is suitable for treating anxiety disorders. The aim of this research was to determine the effect of Autonomous Sensory Meridian Response (ASMR) relaxation on the anxiety level of adolescents in the city of Palembang. The research method uses a quantitative research design with a one-group pre-test approach before the treatment is given and a post-test after the treatment is given. The population in this study were teenagers in Palembang City with a total sample of 17 people, with details of 11 women and 6 men. In the normality test the data showed that it was not normal, therefore this study used the Wilcoxon analysis test. Based on the results of the Wilcoxon test regarding the anxiety level of teenagers in the city of Palembang, the calculated Z value = -2.044 with $p = 0.041$, meaning that there is an influence of Autonomous Sensory Meridian Response (ASMR) relaxation on the anxiety level of teenagers in the city of Palembang. Data interpretation using the IBM SPSS Statistics v.24 application.

Introduction

In an era like this, many young people have various activities, especially busy ones in their daily lives. This busyness can cause anxiety in some teenagers in the city of Palembang. Today's teenagers often vent their anxiety and restlessness in living their lives by listening to Autonomous Sensory Meridian Response (ASMR) in several videos on several platforms such as YouTube, Tiktok, Instagram, and others. The point of listening to ASMR is to relieve some of their anxiety because when they listen to ASMR they can feel calm, comfortable, more relaxed, and produce the hormones endorphin, oxytocin and dopamine in themselves.

Judging from the name itself, ASMR can be differentiated based on several types, one of which is ASMR hearing the sound of rain, ASMR hearing people eating, ASMR beach sounds, ASMR forest sounds and so on. These sounds can make someone feel more calm, relaxed and comfortable when heard.

According to the ADAA (Anxiety and Depression Association of America, 2014), anxiety is estimated to affect 1 in every 25 British people. By gender, women are more dominant in experiencing anxiety than men and this situation sometimes occurs between the ages of 35-55 years. According to the American Psychiatric Association APA in (Simamora et al., 2018) this anxiety affects 8.3% of the population and usually occurs in women, 3-5% of adults experience adulthood, with a lifetime frequency of more than 25%. Approximately 15% of patients undergo surgery and 25% try to recover from anxiety with medication.

Apart from that, the World Health Organization (World Health Organization, 2017) states that depression and anxiety are the most common mental disorders with high prevalence. More than 200 million people worldwide (3.6% of the population) experience anxiety (Sandmire et al., 1976). Apart from these data, (Riskesdas, 2013) stated that the prevalence of anxiety in the Indonesian population is estimated to reach 20% of the world population and almost half of teenagers feel anxiety, 47.7%. And in 2018, according to the results of Basic Health Research (Riskesdas), it showed that around 6% of the Indonesian population aged 15 years and over or around 14 million people experienced emotional mental disorders characterized by symptoms of anxiety and depression (Ministry of Health, 2014).

Anxiety is a vague feeling of discomfort or worry accompanied by an autonomic response (Nanda, 2013). Anxiety is a negative emotional state characterized by anticipation and symptoms of psychological distress such as irregular heartbeat, sweating, and difficulty breathing (Dunaeva, 2017 & Suryawati et al., 2020).

Autonomous Sensory Meridian Response (ASMR) relaxation is an intervention that is suitable for treating anxiety disorders. ASMR is the emergence of certain sensations in the body due to auditory or visual stimuli. Watching ASMR videos is said to be able to calm you down.

1. The Meaning Of Anxiety

According to (Gunarso, n.d, 2008), Anxiety or anxiety is a feeling of worry, fear for which there is no clear reason. The influence of anxiety on achieving maturity is an important problem in personality development. Anxiety is a powerful force in movement. Both normal behavior and deviant, disturbed behavior are statements, displays, manifestations of defense against anxiety. It is clear that in emotional disorders and behavioral disorders, anxiety is a complicated problem.

Does everyone experience anxiety? No one is free from anxiety. Everyone feels anxiety to some degree. Even mild anxiety can be useful in providing stimulation to someone. Stimulation to overcome anxiety and remove the source of anxiety. Anxiety that makes people hopeless and helpless and affects their entire personality is negative anxiety. Fear is caused by a threat, so a person will avoid themselves and so on.

Anxiety or anxiety can be caused by danger from outside, perhaps also by danger from within a person, and in general the threat is vague. Danger from within arises when there is something that one cannot accept, for example thoughts, feelings, desires and impulses.

2. Anxiety Levels

According to Pasaribu in (Ramadhan, 2017) "There are four levels of anxiety with the following explanation and effects:

- a. Mild Anxiety Mild anxiety occurs during the tension of daily life. During this stage a person is alert and the field of perception increases. A person's ability to see, hear, and perceive more than before. This type of mild anxiety can motivate learning and produce growth and creativity.
- b. Moderate Anxiety Moderate anxiety is where a person only focuses on important things, the field of perception is narrowed so that they see, hear and perceive less. A person blocks a specific area but is still capable of following commands if directed to do so.
- c. Severe Anxiety Severe anxiety is characterized by a significant decrease in the field of perception. Tend to focus on details and not think about other things. All behaviors are indicated to reduce anxiety, and much guidance is needed to focus on other areas.
- d. Panic Associated with fear and terror, some people who experience panic are unable to do things even with direction. Symptoms of panic are increased motor activity, decreased ability to relate to others, narrowed perception, and loss of rational thinking. Panicked people are unable to communicate or function effectively. A prolonged state of panic will result in exhaustion and death. But panic can be treated safely and effectively."

Method

This research design uses a quantitative approach with a one-group pre-test design approach before the treatment is given and a post-test after the treatment is given. Arikunto (2010:124) said that one group pretest-posttest design is a research activity that provides an initial test (pretest) before being given treatment, after being given treatment then giving a final test (posttest). After seeing this definition, it can be concluded that the results of the treatment can be known more accurately because it can be compared with the situation before the treatment was given.

This one group pretest-posttest design consists of one predetermined group. In this design, the test is carried out twice, namely before treatment is called pre-test and after treatment is called post-test.

In this study, the HARS scale was used to measure anxiety levels. According to (Saputro & Fazris, 2017) "The Hamilton Anxiety Rating Scale (HARS), was first developed by Max Hamilton in 1956, to measure all signs of anxiety, both psychological

and somatic. HARS consists of 14 question items to measure signs of anxiety in children and adults." The HARS anxiety assessment scale consists of 14 items, including:

- a. Feelings of Anxiety, bad feelings, fear of one's own thoughts, irritability.
- b. Tension: feeling tense, restless, shaking, crying easily and lethargic, unable to rest calmly, and easily startled.
- c. Fear: fear of the dark, of strangers, of being left alone, of large animals, of busy traffic, and of large crowds.
- d. Sleep disorders: difficulty falling asleep, waking up at night, not sleeping well, waking up tired, lots of dreams, nightmares and scary dreams.
- e. Intelligence disorders: poor memory, difficulty concentrating.
- f. Feelings of depression: loss of interest, reduced enjoyment of hobbies, sadness, waking up early in the morning, mood swings throughout the day.
- g. Somatic symptoms: muscle aches and pains, stiffness, muscle twitching, teeth grinding, unstable voice.
- h. Sensory symptoms: tinnitus, blurred vision, red or pale face, feeling weak, and prickling sensation.
- i. Cardiovascular symptoms: palpitations, pain in the chest, hardened pulse, feeling lethargic and weak as if you are going to faint, and heartbeat disappears for a moment.
- j. Respiratory symptoms: feeling of pressure in the chest, feeling of suffocation, frequent breathing, shortness of breath/shortness of breath.
- k. Gastrointestinal symptoms: difficulty swallowing, knotting in the stomach, indigestion, pain before and after eating, burning feeling in the stomach, bloating, nausea, vomiting, loose stools, weight loss, difficulty defecating.
- l. Urogenital symptoms: frequent urination, inability to hold urine, amenorrhea, menorrhagia, frigidity, praecox ejaculation, weak erection, and impotence.
- m. Autonomic symptoms: dry mouth, red face, easy sweating, dizziness, and standing hair.
- n. Behavior during the interview: restless, uneasy, trembling fingers, frowning, tense face, increased muscle tone, rapid shortness of breath, and red face.

Results and Discussion

Results

The results of research conducted on teenagers aged 18-23 years who are the general public in the city of Palembang. Results regarding univariate analysis which explains the characteristics of the respondents and bivariate analysis which explains the influence between research variables.

Univariate Analysis

Univariate analysis aims to describe the characteristics of each research variable, such as age, gender, and HARS score (before and after intervention). The form depends on

the type of form data. In this study, mean, median and standard deviation were used in univariate analysis.

Table 1. Characteristics of Respondents Based on Age and Gender

		Age			
		N	(%)	Valid Percent	Cumulative Percent
Valid	18-19	11	64.7	64.7	64.7
	20-21	5	29.4	29.4	94.1
	22-23	1	5.9	5.9	100.0
	Total	17	100.0	100.0	

		Gender			
		N	(%)	Valid Percent	Cumulative Percent
Valid	Man	6	35.3	35.3	35.3
	Woman	11	64.7	64.7	100.0
	Total	17	100.0	100.0	

Based on the table above, it is known that the majority of respondents were women with a total of 11 people (64.7%) and the majority of respondents aged 18-19 years were 11 people (64.7%) as well.

Bivariate Analysis

In bivariate analysis, the data will be analyzed simultaneously to identify the relationship between two variables: the effect of Autonomous Sensory Meridian Response (ASMR) relaxation on teenagers in the city of Palembang before and after the intervention.

Table 2. Descriptive Analysis Test Results

<i>Descriptive Statistics</i>					
	N	Minimum	Maximum	Mean	Std. Deviation
Pre-Test	17	1	39	15.41	10.955
Post-Test	17	0	33	8.47	8.683
Valid N (listwise)	17				

Based on the results of the descriptive test above, we can describe the distribution of data obtained by researchers as follows:

1. In the Pre-Test, it can be described that the number of samples in this study was 17 subjects, with a minimum score of 1 while the maximum score was 39, the average pre-test score was 15.41 and the standard deviation of the pre-test was 10.955
2. In the Post-Test, it can be described that the number of samples in this study was 17 subjects, with a minimum value of 0 while the maximum value was 33, the average post-test value was 8.47 and the post-test deviation standard was 8.683

Table 3. Normality Test Results**Tests of Normality**

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre-Test	.184	17	.127	.925	17	.180
Post-Test	.209	17	.047	.832	17	.006

a. Lilliefors Significance Correction

Based on the table above, it was found that the results of the normality test using Shapiro-Wilk were that the data was not normally distributed because the sig value was > 0.05. This study uses the Shapiro-Wilk normality test because there are less than 50 respondents. Based on the results of the normality test, in this study the Wilcoxon bivariate test will be carried out.

Table 4. Wilcoxon Test Results**Ranks**

		N	Mean Rank	Sum of Ranks
Post-Test - Pre-Test	Negative Ranks	13 ^a	8.27	107.50
	Positive Ranks	3 ^b	9.50	28.50
	Ties	1 ^c		
	Total	17		

a. Post-Test < Pre-Test

b. Post-Test > Pre-Test

c. Post-Test = Pre-Test

Test Statistics^a

Post-Test - Pre-Test	
Z	-2.044 ^b
Asymp. Sig. (2-tailed)	.041

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Based on the table above, in the Ranks table it can be seen that the Negative Ranks of 13 people experienced a decrease from pre-test to post-test, which in this study was a

decrease in the anxiety level of these 13 subjects. Meanwhile, in Positive Ranks there were 3 people who experienced an increase in anxiety from pre-test to post-test. Then in Ties, only 1 person did not experience an increase or decrease in anxiety from pre-test to post-test

The hypothesis value can be accepted if the significance value is <0.005 and can be seen in the Test Statistics table showing the significance value $P = 0.041$, then the hypothesis in this study is acceptable.

Discussion

Anxiety Level Before Giving Autonomous Sensory Meridian Response (ASMR)

Based on tables 1 & 2, it shows that the majority of respondents in this study were women, totaling 11 respondents (64.7%), while male respondents were only 6 respondents (35.3%) and the majority of respondents aged 18-19 years were 11 respondents (64.7%). Based on the results obtained before the intervention was carried out, it was found that the standard deviation was 10.955 with a mean of 15.41.

Of the total teenagers involved in this study, 11 teenagers aged 18-19 years (64.7%) experienced anxiety more often than those aged 20-23 years. In this case, anxiety is a negative emotional state characterized by premonitions and symptoms of psychological stress, such as irregular heartbeat, sweating, and difficulty breathing (Dunaeva, 2017 & Suryawati et al., 2020). These characteristics become clearly visible in someone who is experiencing anxiety without realizing it. However, this really hinders daily activities. Where an individual experiences symptoms of anxiety, he or she will have difficulty carrying out normal activities. Fear arises when individuals are faced with demands that exceed their capacity to cope (Sari et al., 2020). Therefore, an individual must be able to learn to control his emotions so as not to feel excessively anxious. So that when faced with these demands again, individuals can handle it themselves.

Anxiety Level After Being Given Autonomous Sensory Meridian Response (ASMR)

Based on table 2, it shows that after the intervention was carried out, it was found that the standard deviation was 8.683 with a mean of 8.47. This shows that the level of anxiety that occurred in respondents after being given Autonomous Sensory Meridian Response (ASMR) decreased.

Together with research conducted by (Verawaty & Widiastuti, 2020), the aim of this research is to evaluate the impact of using ASMR relaxation techniques on anxiety levels. Anxiety levels tended to decrease after the intervention, especially as research results showed that before applying the ASMR relaxation technique, teenagers who felt anxious were known (10,955), after implementing the ASMR relaxation technique, the number of teenagers who did not feel anxious increased (8,683). Compared after the intervention.

Relaxation is a method that functions to create calm and relaxation in the mind and body by using a progressive approach that reduces muscle tension throughout the body (Potter & Perry, 2010). Relaxation techniques function in dealing with various situations, such as pain, anxiety, lack of sleep, stress, and demonstrated emotions. Relaxing can maintain the body's response to the fight or flight response, reducing respiratory frequency, heart rate, metabolic activity, blood pressure and energy use (Potter & Perry, 2010).

Researchers assume that one intervention that is suitable for treating anxiety is using the Autonomous Sensory Meridian Response (ASMR) relaxation technique. Because ASMR relaxation is a very relaxing sensory phenomenon that is described as a pleasant tingling sensation originating from the scalp and neck that can spread throughout the body.

The Effect of Autonomous Sensory Meridian Response (ASMR) on Anxiety Levels

This research intervention uses videos of natural sounds or the sound of raindrops which are part of the Autonomous Sensory Meridian Response (ASMR). Based on table 4, it shows that of the 17 respondents, before being given the ASMR relaxation intervention, the majority of respondents experienced mild anxiety and after being given the intervention the respondents experienced a decrease in anxiety levels. From the results of the Wilcoxon test, it was found that 13 people experienced a decrease in anxiety from pre-test to post-test. Meanwhile, there were 3 people who experienced an increase in anxiety from pre-test to post-test. Then only 1 person did not experience an increase or decrease in anxiety from pre-test to post-test. The hypothesis value can be accepted if the significance P value is <0.005 and can be seen in the Test Statistics table showing the significance value $P = 0.041$, then the hypothesis in this study is acceptable.

Anxiety is a normal reaction to situations that cause high stress in a person's life. Anxiety can occur alone or be accompanied by other symptoms of various emotional disorders. Anxiety conditions often become a barrier for someone to reach their best potential, so it is important to understand and deal with anxiety appropriately. Anxiety is basically a state of mind filled with fear and anxiety where a person feels afraid and worried about an uncertain situation. Anxiety is the result of words in Latin (*anxius*) and German (*anst*) which describe the negative effects of the physiological sensation of excitement (Muyasaroh, 2020) in (Mellani & Kristina, 2021). Adolescents aged 18-19 years are more dominant in having high levels of stressors than adolescents aged 20-23 years because of the various factors and causes that can influence these adolescents to experience stress and anxiety, especially final year students who are facing their thesis. Factors that make students worry about completing their work are psychological factors in the form of frustration, pressure and demands (Mulya & Indrawati, 2017; Wakhyudin & Putri, 2020).

Autonomous Sensory Meridian Response (ASMR) is a phenomenon that makes a person feel a sensation of relaxation and comfort caused by certain audiovisual stimuli such as soft whispers, the sound of rain, or a gentle touch. Several studies have shown that

ASMR can reduce anxiety in teenagers by providing a calming and stress-reducing effect. A study conducted by Barratt and Davis (2015) found that ASMR experiences could produce significant reductions in anxiety and increases in positive mood in their participants. In addition, other research by Fredborg, Clark, and Smith (2017) also shows that watching ASMR videos can reduce anxiety symptoms in individuals who experience sleep disorders.

Researchers assume that ASMR relaxation is a suitable intervention for treating anxiety disorders because certain sensations that appear in the body due to auditory or visual stimuli can be calming. The relaxation results also show that the subject is able to understand himself and is able to control his anxiety so he can know how to deal with sudden anxiety. Specifically, when a person stops stressing himself out in many situations and can manage them well, anxiety symptoms will decrease so that he becomes calmer.

Watching ASMR videos can make teenagers who feel anxious become calmer and more relaxed, thereby reducing anxiety levels. However, it should be noted that the effects of ASMR on anxiety are still in the early research stages, and more research is needed to better understand its mechanisms and long-term effects.

Literature Review

1. Psychology and Relaxation Theory

This theory can introduce the concept of the relationship between sensory activities such as ASMR with relaxation and anxiety management. Where the focus is on how these activities can influence physiological and emotional responses in adolescents.

2. Theory of Anxiety in Adolescents in the Local Context

Discusses the factors that cause anxiety in teenagers in Indonesia, including academic pressure, family dynamics, and social environment.

3. Patterns of Adolescent Anxiety in Palembang City

Describes the specific context of Palembang City in terms of anxiety levels in adolescents as well as factors that may play a role in this.

4. Autonomous Sensory Meridian Response (ASMR) Theory

ASMR is a sensory phenomenon related to feelings of deep relaxation triggered by certain sensory stimuli such as soft whispering sounds, gentle touch, or calming visuals. This theory supports the idea that ASMR can relieve anxiety by stimulating the parasympathetic nervous system, which is responsible for the body's relaxation response.

5. Theory of Anxiety in Adolescents

Anxiety in teenagers can be caused by various factors such as academic pressure, social interactions, or physical and emotional changes. This theory helps understand how anxiety can affect a teenager's well-being and how interventions such as ASMR can relieve it.

6. Relaxation Theory and Physiological Responses

Relaxation is a commonly used strategy to reduce anxiety by reducing sympathetic nervous system activity (which is related to the stress response) and increasing parasympathetic nervous system activity (which is related to the relaxation response). ASMR can be considered an effective alternative relaxation technique.

7. Neurological Theories of ASMR

Neurological research on ASMR helps explain how the specific sensory stimuli associated with ASMR can influence brain activity and neurological responses related to feelings of relaxation and reduced anxiety.

Conclusion

Today's teenagers often vent their anxiety and restlessness in living their lives by listening to Autonomous Sensory Meridian Response (ASMR) in several videos on several platforms such as YouTube, Tiktok, Instagram, and others. The point of listening to ASMR is to relieve some of their anxiety because when they listen to ASMR they can feel calm, comfortable, more relaxed, and produce the hormones endorphin, oxytocin and dopamine in themselves.

According to (Gunarso, n.d, 2008), Anxiety or anxiety is a feeling of worry, fear for which there is no clear reason. The influence of anxiety on achieving maturity is an important issue in personality development. Anxiety is a negative emotional state characterized by anticipation and symptoms of psychological distress such as irregular heartbeat, sweating, and difficulty breathing (Dunaeva, 2017 & Suryawati et al., 2020). ASMR relaxation is a suitable intervention for treating anxiety disorders. ASMR is the emergence of certain sensations in the body due to auditory or visual stimuli. Watching ASMR videos can make teenagers who feel anxious become calmer and more relaxed, thereby reducing anxiety levels. So it can be concluded in this research that there is an influence of Autonomous Sensory Meridian Response (ASMR) Relaxation on Anxiety in Adolescents in Palembang City.

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