

## BIBLIOGRAPHY

- (160) *Bang Upi's Stories During College - YouTube*. (n.d.). Retrieved October 11, 2025, from <https://www.youtube.com/watch?v=l6zGDGijkcw>
- Aditya, N. R., Aji, R. I., & Sutejo, A. (2025). *Design of an Indonesian Traditional Cake Card Game for Ages 18–21*. *ARTICLE INFO*, 18(1), 80–96. <http://journal.stekom.ac.id/index.php/pixel>
- Ahyani, L. N. & Astuti D. (2018). *TEXTBOOK ON CHILD AND ADOLESCENT DEVELOPMENTAL PSYCHOLOGY*. Muria Kudus University Press.
- Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Prentice-Hall.
- CARD GAME* | *English meaning - Cambridge Dictionary*. (n.d.). Retrieved October 4, 2025, from <https://dictionary.cambridge.org/dictionary/english/card-game>
- Clear, J. (2018). *Atomic Habits* (2019). Gramedia Pustaka Utama.
- Cialdini, R. B., & Goldstein, N. J. (2004). Social influence: Compliance and conformity. *Annual Review of Psychology*, 55(1), 591–621. <https://doi.org/10.1146/annurev.psych.55.090902.142015>
- Duhigg, C. (2012). *The Power of Habit*. Kepustakaan Populer Gramedia.
- Faathir De Azzura, O., Rupa, P. S., Bahasa, F., & Seni, D. (n.d.). *Comic Strip Development in the Social Media Era from 2005 to 2015*.
- Fullerton, T. (2024). *Game Design Workshop; A Playcentric Approach to Creating Innovative Games*.
- Gardner, B., Lally, P., & Wardle, J. (2014). Making health habitual: The psychology of “habit formation” and general practice. *British Journal of General Practice*, 64(624), 664–666. <https://doi.org/10.3399/bjgp14X676759>.
- Judah, G., Gardner, B., Kenward, M. G., DeStavola, B., & Aunger, R. (2018). Exploratory study of the impact of perceived reward on habit formation. *BMC Psychology*, 6(1). <https://doi.org/10.1186/s40359-018-0270-z>
- Juul, J. (2005). *Half-Real: Video Games between Real Rules and Fictional Worlds*. Cambridge, MA: MIT Press.

- Kusrianto, Adi. (2007), *Introduction to Visual Communication Design*. Andi Publisher.
- Landa, Robin. (2019). *Graphic Design Solutions*. Cengage.
- Masni, H. (2018). *Effect of Technology on Human Lifestyle, The World of Education, and The Development of Human Psychology*.
- Mäyrä, F., & Costikyan, G. (2002). *I Have No Words & I Must Design: Toward a Critical Vocabulary for Games*.
- Maharsi, Indiria., & Pamungkas, E. A. . (2011). *Comics: A Boundless Creative World*. Kata Buku.
- McCloud, Scott. (1994). *Understanding Comics: Writing and Art*. Harper Perennial.
- Muthiyani, G., Kasat, P., Vij, V., Solanki, R. S., C, K., & Sontakke, B. (2023). Effectiveness of an Innovative Card Game as a Supplement for Teaching Factual Content to Medical Students: A Mixed-Method Study. *Cureus*. <https://doi.org/10.7759/cureus.47768>
- Parlett, D. (2008). *The Penguin Book of Card Games*. Penguin Books.
- Plass, J. L., Homer, B. D., & Kinzer, C. K. (2015). Foundations of Game-Based Learning. *Educational Psychologist*, 50(4), 258–283. <https://doi.org/10.1080/00461520.2015.1122533>
- Purwoko, D., & Sukanto, M. E. (2018). *SENSATION SEEKING AND RISK-TAKING BEHAVIOR AMONG LATE ADOLESCENTS AT SURABAYA UNIVERSITY*.
- Rogers, Scott. (2024). *Your turn! : the guide to great tabletop game design*. John Wiley & Sons, Inc.
- Samara, T. (2017). *Making and Breaking the Grid* (2nd ed.). Rockport.
- Sudjana, Nana & Rivai, Ahmad. (2002). *Teaching Media*. Bandung: Sinar Baru Algensindo.
- Sugiyono. (2013). *Quantitative, Qualitative, and R&D Research Methods*. Member of the Indonesian Publishers Association (IKAPI).
- Tong, Y. Y., Ha, M. L., Ip, M. K., & Chan, H. S. (2023). The role of growth mindset and symbol of shared event representation in the promotion of challenge-pursuit. *Journal of Pacific Rim Psychology*, 17. <https://doi.org/10.1177/18344909231155645>
- Walker, Mort. (1980), *The Lexicon of Comicana*, Comicana Inc.
- Wijayanti, D. M. (1998). *Teachers of Today: My Teacher, My Friend*. Formaci.
- Wood, W., & Rüniger, D. (2016). Psychology of habit. *Annual Review of Psychology*, 67, 289–314. <https://doi.org/10.1146/annurev-psych-122414-033417>

- Wood, W., & Neal, D. T. (2016). Healthy through habit: Interventions for initiating and maintaining health behavior change. *Behavioral Science & Policy*, 2(1), 71–83. <https://doi.org/10.1353/bsp.2016.0008>
- Yin, H. H., & Knowlton, B. J. (2006). The role of the basal ganglia in habit formation. In *Nature Reviews Neuroscience* (Vol. 7, Issue 6, pp. 464–476). <https://doi.org/10.1038/nrn1919>
- Young, C. B., Reddy, V., & Sonne, J. (2023). Neuroanatomy, Basal Ganglia. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK537141/>
- Zovko, V., Djuric, S., Sember, V., & Jurak, G. (2021). Are Family Physical Activity Habits Passed on to Their Children? *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.741735>