

DAFTAR PUSTAKA

- Ajzen, I. (1991). The theory of planned behavior. *Organizational behavior and human decision processes*, 50(2), 179-211.
- American Psychological Association. (2010). Publication manual of the American psychological association. American Psychological Association.
- Angelina, E. (2018). *PENGARUH KUALITAS LAYANAN DAN BRAND IMAGE TERHADAP LOYALITAS KONSUMEN DI PT. ANUGRAH CAHYA SEJAHTERA* (Doctoral dissertation, Universitas Ciputra Surabaya).
- Brahmana, K. M. B. (2019). Pengaruh Ideologi Maskulin Terhadap Konflik Peran Gender Pada Laki-Laki Suku Batak Karo. *Jurnal Psikologi Universitas HKBP Nommensen*, 6(1), 10-20.
- Camara, M., Bacigalupe, G., & Padilla, P. (2017). The role of social support in adolescents: are you helping me or stressing me out?. *International Journal of Adolescence and Youth*, 22(2), 123-136.
- Chan, M. E. (2013). Antecedents of instrumental interpersonal help-seeking: An integrative review. *Applied Psychology*, 62(4), 571-596.
- Cornally, N., & McCarthy, G. (2011). Help-seeking behaviour: A concept analysis. *International journal of nursing practice*, 17(3), 280-288.
- Corrigan PW, Rao D. On the self-stigma of mental illness: stages, disclosure, and strategies for change. *Can J Psychiatry*. 2012 Aug;57(8):464-9. doi: 10.1177/070674371205700804. PMID: 22854028; PMCID: PMC3610943.
- Corrigan, P. W., & Watson, A. C. (2002). The paradox of self-stigma and mental illness. *Clinical psychology: Science and practice*, 9(1), 35.
- Demartoto, A. (2010). Konsep maskulinitas dari jaman ke jaman dan Citranya dalam media. *Jurnal Jurusan Sosiologi Fakultas Ilmu Sosial dan Ilmu Politik UNS Surakarta*, 1-11.

- Eisenberg, D.; Downs, M. F.; Golberstein, E.; Zivin, K. (2009). *Stigma and Help Seeking for Mental Health Among College Students*. *Medical Care Research and Review*, 66(5), 522–541.
- Elhai, J. D., Schweinle, W., & Anderson, S. M. (2008). Reliability and validity of the attitudes toward seeking professional psychological help scale-short form. *Psychiatry research*, 159(3), 320-329.
- Fikki Prasetya, S. K. M. (2013). *Buku ajar psikologi kesehatan*. GUEPEDIA.
- Fischer, E. H., & Turner, J. I. (1970). Orientations to seeking professional help: development and research utility of an attitude scale. *Journal of consulting and clinical psychology*, 35(1p1), 79.
- Fleary, S. A., Joseph, P. L., Gonçalves, C., Somogie, J., & Angeles, J. (2022). The relationship between health literacy and mental health attitudes and beliefs. *HLRP: Health Literacy Research and Practice*, 6(4), e270-e279.
- Ghozali, Imam. (2018). *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 25*. Semarang: Badan Penerbit Universitas Diponegoro.
- Grable, J. E., & Joo, S. H. (1999). Financial help-seeking behavior: Theory and implications. *Journal of Financial Counseling and Planning*, 10(1), 14.
- Gunawan, K. E., Murhadi, W. R., & Herlambang, A. (2019). Pengaruh Good Corporate Governance (GCG) terhadap Kebijakan Dividen pada Saham Perusahaan Sektor Non-Keuangan yang Terdaftar di BEI Periode 2012-2016. *CALYPTRA*, 7(2), 2961-2979.
- Hajir, M. (2020). *Bias gender dalam buku teks Bahasa Indonesia SMA kurikulum 2013 edisi revisi* (Doctoral dissertation, Universitas Muhammadiyah Surabaya).
- Hammer, J. H., Parent, M. C., & Spiker, D. A. (2018). Mental Help Seeking Attitudes Scale (MHSAS): Development, reliability, validity, and comparison with the ATSPPH-SF and IASMHS-PO. *Journal of counseling psychology*, 65(1), 74.

- Harsyah, N. R., & Ediati, A. (2015). Perbedaan sikap laki-laki dan perempuan terhadap infertilitas. *Jurnal Empati*, 4(4), 225-232.
- Heath, P. J., Brenner, R. E., Lannin, D. G., & Vogel, D. L. (2018). Self-compassion moderates the relationship of perceived public and anticipated self-stigma of seeking help. *Stigma and Health*, 3(1), 65.
- Hurlock, E. B. (2003). Psikologi perkembangan; suatu perkembangan sepanjang rentang kehidupan. (R. M. Sijabat, Ed.) (5th ed.). Erlangga
- Idham, A. F., Rahayu, P., As-Sahih, A. A., Muhiddin, S., & Sumantri, M. A. (2019). Trend literasi kesehatan mental. *Analitika: Jurnal Magister Psikologi UMA*, 11(1), 12-20.
- Kesumawati, N., Retta, A. M., & Sari, N. (2017). Pengantar statistika penelitian. *Depok: Rajawali Pers*.
- Link, B. G., & Phelan, J. C. (2001). Conceptualizing stigma. *Annual review of Sociology*, 27(1), 363-385.
- Luoma, J. B., Kohlenberg, B. S., Hayes, S. C., Bunting, K., & Rye, A. K. (2008). Reducing self-stigma in substance abuse through acceptance and commitment therapy: Model, manual development, and pilot outcomes. *Addiction research & theory*, 16(2), 149-165.
- Nafiroh, L. (2023). *PERAN STIGMA DIRI DAN KEPERCAYAAN KEPADA TENAGA PROFESIONAL TERHADAP SIKAP MENCARI BANTUAN PADA MAHASISWA LAKI-LAKI DEWASA AWAL DI UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG* (Doctoral dissertation, Universitas Islam Sultan Agung Semarang).
- Natalie, H., Nurani, M. E., Salsabila, M. R., Mulia, I. P. P., Sinclair, M. D. H., Wijaya, R. N., ... & Rembulan, C. L. (2023). Identifikasi Tahap-tahap Help-Seeking Behavior pada Mahasiswa Jurusan Non-Kesehatan. *PSIKODIMENSI*, 22(1), 54-65.
- Nurhasanah, S., & Vikaliana, R. (2021). Statistika Sosial.

- Morgan, N. T., & Robinson, M. (2003). Students' Help-Seeking Behaviours. *Canadian Journal of Counselling and Psychotherapy*, 37(2).
- Picco, L., Abdin, E., Chong, S. A., Pang, S., Shafie, S., Chua, B. Y., ... & Subramaniam, M. (2016). Attitudes toward seeking professional psychological help: Factor structure and socio-demographic predictors. *Frontiers in psychology*, 7, 182091.
- Prasetyo, A. P. L. (2020). *Pengaruh Partisipasi Aerobic Exercise Terhadap Psychological Well Being Pada Dewasa Awal Yang Sudah Bekerja* (Doctoral dissertation, UNIVERSITAS AIRLANGGA).
- Prawiranegara, T. P., Meiza, A., & Gamayanti, W. (2023). Pengaruh konflik peran gender laki-laki dewasa terhadap strategi Koping. *Journal of Psychology Students*, 2(2), 95-108.
- Puspitaningtyas, Z., & Kurniawan, A. W. (2016). Metode Penelitian Kuantitatif. *Yogyakarta: Pandiva Buku*.
- Ranti, D. A. S., & Damayanti, D. (2020). Pengaruh Current Ratio, Debt to Equity Ratio, Return on Asset dan Asset Growth terhadap Beta Saham pada Perusahaan Real Estate dan Property di Bursa Efek Indonesia. *INOBIS: Jurnal Inovasi Bisnis dan Manajemen Indonesia*, 3(2), 273-291.
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australian e-journal for the Advancement of Mental health*, 4(3), 218-251.
- Sarwono, J., & Salim, H. N. (2017). Prosedur-prosedur populer statistik untuk analisis data riset skripsi. *Yogyakarta: Gava Media*.
- Shechtman, Z., Vogel, D. L., Strass, H. A., & Heath, P. J. (2016). Stigma in help-seeking: the case of adolescents. *British Journal of Guidance & Counselling*, 46(1), 104–119.
<https://doi.org/10.1080/03069885.2016.1255717>
- Sugiyono, D. (2013). Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D.

Sugiyono. (2018). Metode Penelitian Kuantitatif. Bandung: Alfabeta

Teh, W.L., Abdin, E., P.V., A. *et al.* Measuring social desirability bias in a multi-ethnic cohort sample: its relationship with self-reported physical activity, dietary habits, and factor structure. *BMC Public Health* **23**, 415 (2023). <https://doi.org/10.1186/s12889-023-15309-3>

Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the self-stigma associated with seeking psychological help. *Journal of Counselling Psychology*, 53(3), 325–337.

