

## DAFTAR PUSTAKA

- Abubakar, R. (2021). Pengantar Metodologi Penelitian. *SUKA-Press UIN Sunan Kalijaga*.
- Ayuningtyas, D., Misnaniarti., & Rayhani, M. (2018). Analisis Situasi Kesehatan Mental pada Masyarakat di Indonesia dan Strategi Penanggulangannya. *Jurnal Ilmu Kesehatan Masyarakat*, 9 (1), 1-10.
- Ayuningtyas, V. (2023). Urgensi Kebijakan Kesehatan Mental Selama Pandemi Covid 19 di Indonesia. *Balai Besar Rehabilitasi Lido Badan Narkotika Nasional*.
- Azwar, S. 2012. Reliabilitas dan Validitas. *Yogyakarta: Pustaka Pelajar*.
- Beaton, D. E., *et al.* (2000). Guidelines for the Process of Cross-Cultural Adaptatio of Self-Report Measures. *SPINE*, 25 (24).
- Brown, C., *et al.* (2010). Depression Stigma, Race, and Treatment Seeking Behavior and Attitudes. *Journal of Community Psychology*, 38 (3), 350-368.
- Christina, M., & Helsa (2022). Hubungan antara Mattering to Peers dengan Kesepian pada Dewasa Awal. *Jurnal Psibernetika*, 15 (1), 34-36.
- 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.

Farida, E. M., & Tjiptorini, S. (2021). Pengaruh Kualitas Friendship terhadap Subjective Well-Being pada Usia Dewasa Awal. *Jurnal Ilmiah Penelitian Psikologi : Kajian Empiris & Non-Empiris*, 8 (1), 1-12.

Feoh, F. T., dan Barimbing, M. A. (2022). Pengaruh Self Stigma terhadap Kualitas Hidup Perawat yang Bekerja di Ruang Isolasi Covid-19 di Kota Kupang. *Jurnal Keperawatan Jiwa (JKJ): Persatuan Perawat Nasional Indonesia*, 10 (1), 269-276.

Fischer, E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of college student development*.

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*, 35 (1).

Fishbein, M., Clore, G. L., Eagly, A. H., Laughlin, P. R., Triandis, H. C., & Wiggins, N. A. (1972). *Attitudes and Opinions Further Annual Reviews*.

Ghina, N., Aiyub., & Kamal, N. (2021). Hubungan Peer Stigma dengan Perilaku Bullying Pada Remaja Sekolah Menengah Pertama. *JIM Fkep*, 5 (3).

Gunn, Alana J & Canada, Kelli E. (2015). Intra-group stigma: Examining peer relationships among women in recovery for addictions. *Drugs: Education, Prevention and Policy*, 22 (3), 281–292.

Hammer, J. H., Parent, M. C., & Spiker, D. A. (2018). Mental help seeking attitude scale (MHSAS): Development, reliability, validity, and comparison with the ATSPPH-SF and IASMHS-PO. *Journal of Counseling Psychology*, 65 (1), 74–85.

Hochberg, Z., & Konner, M. (2020). Emerging Adulthood, a Pre-adult Life-History Stage. *Frontiers in Endocrinology*, 10.

Hurlock, E. B. (2011). Psikologi Perkembangan, Suatu Pendekatan Sepanjang Rentang Kehidupan (terjemahan). *Jakarta: Erlangga*.

Ibrahim, N., *et al.* Do depression literacy, mental illness beliefs and stigma influence mental health help-seeking attitude? A cross-sectional study of secondary school and university students from B40 households in Malaysia. *BMC Public Health*.

Indasah, Arina & Ningrum, Jati S. (2023). Studi Kepustakaan: Peran Konselor dalam Meningkatkan Perilaku Mencari Bantuan Psikologis. *AGCAF: Annual Guidance and Counseling Academic Forum*, 152-157.

Jabnabillah, F., dan Margina, N. (2022). Analisis Korelasi Pearson dalam Menentukan Hubungan antara Motivasi Belajar dengan Kemandirian Belajar pada Pembelajaran Daring. *Jurnal Sintak*, 1 (1).

Jorm, A. F., *et al.* (1997). "Mental health literacy": a survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. *The Medical journal of Australia*, 166 (4), 182–186.

Kakhnovets, R. (2011). Relationships Among Personality, Expectations About Counseling, and Help-Seeking Attitudes. *Journal of Counseling & Development*, 89 (1), 11–19.

Kementerian Kesehatan Republik Indonesia. (2023). *Definisi Gangguan Jiwa dan Jenis Jenisnya*.

[https://yankes.kemkes.go.id/view\\_artikel/2224/definisi-gangguan-jiwadan-jenis-jenisnya](https://yankes.kemkes.go.id/view_artikel/2224/definisi-gangguan-jiwadan-jenis-jenisnya)

Kementerian Kesehatan Republik Indonesia. (2013). *Riset Kesehatan Dasar (Riskesdas) 2013*.

<https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/>

Kementerian Kesehatan Republik Indonesia. (2018). *Laporan Riset Kesehatan Dasar (Riskesdas) 2018 Nasional*.

<https://repository.badankebijakan.kemkes.go.id/3514/1/Laporan%20Riskesdas%202018%20Nasional>

Komisi Nasional Anti Kekerasan terhadap Perempuan. (2023). *Siaran Pers Komnas Perempuan tentang Hari Kesehatan Jiwa Sedunia 2023 “Pentingnya Layanan Kesehatan Mental yang Terjangkau untuk Perempuan”*.

<https://komnasperempuan.go.id/siaran-pers-detail/siaran-pers-komnas-perempuan-tentang-hari-kesehatan-jiwa-sedunia-2023>

Komiti, Angela., *et al.* (2006). The Influence of Stigma and Attitudes on Seeking Help from a GP for Mental Health Problems. *Soc Psychiatry Psychiatr Epidemiol*, 41, 738–745.

Kurnia, A. D., *et al.* (2023). Peran Teman Sebaya dalam Membentuk Kepribadian Islam pada Masa Dewasa Muda. *Jurnal Ilmu-ilmu Keislaman*, 12 (1).

Lin, Y. C., *et al.* (2017). HIV-related stigma as perceived by HIV-positive individuals in Singapore. *HIV & AIDS Review*, 16 (3), 176–182.

Mackenzie, C. S. (2004). An Adaptation and Extension of the Attitudes Toward Seeking Professional Psychological Help Scale. *Journal of Applied Social Psychology*, 34 (11), 2410-2435.

- Mackenzie, C. S., *et al* (2019). Age differences in public stigma, self-stigma, and attitudes toward seeking help: A moderated mediation model. *Journal of Clinical Psychology*.
- Maknunah, L. U., & Apriliyaningsih, R. D. (2020). Pengaruh Harga terhadap Keputusan Pembelian (Studi Kasus di Galeri Jenang Kelapa Sari Rejowinangun Blitar). *Jurnal Translitera*, 9 (2).
- Malik, H. B., & Mann, C. E. (2022). Predictors of Help-Seeking: Self-Concept Clarity, Stigma, and Psychological Distress. *Psi Chi Journal of Psychological Research*, 27 (2).
- McKeague, L., Hennessy, E., O'Driscoll, C., & Heary, C. (2015). Peer Mental Health Stigmatization Scale: psychometric properties of a questionnaire for children and adolescents. *Child and Adolescent Mental Health*, 20 (3), 163–170.
- Moses, T. (2010). Being treated differently: Stigma experiences with family, peers, and school staff among adolescents with mental health disorders. *Social Science & Medicine*, 70 (7), 985–993.
- Nam, S. K., *et al*. (2010). A Meta-analysis of Gender Differences in Attitudes Toward Seeking Professional Psychological Help. *Journal of American College Health*, 59 (2), 110-116.
- Nearchou, Finiki., *et al* (2020). Psychometric properties of the Peer Mental Health Stigmatization Scale-Revised in adolescents and young adults. *Early Intervention in Psychiatry*, 1-5.

Nisa, C. (2022). Analisis Karakteristik Butir Soal Tes Ujian Kenaikan Kelas Pelajaran Matematika dengan Program IteMan. *Jurnal Pendidikan dan Sosial Budaya*, 2 (6), 862-870.

Nurdiyanto, F. A., Wodong, G. M. A., dan Wulandari, R. M. (2023). Analysis on the Attitude Towards Seeking Professional Psychological Help. *Unnes Journal of Public Health*, 12 (1).

Nurhayani (2017). Pengaruh Bauran Pemasaran (Marketing Mix) terhadap Kepuasan Konsumen Melalui Kualitas Pelayanan Perumahan Metro Cilegon/PT. Perdana Gapura Prima. *Jurnal Sains Manajemen*, 3 (1).

Oluyinka, O. (2011). Psychological predictors of attitude towards seeking professional psychological help in a Nigerian university student population. *South African Journal of Psychology*, 41 (3), 310–327.

Park, S., *et al.* (2018). Influencing factors of attitudes toward seeking professional help for mental illness among Korean adults. *International Journal of Social Psychiatry*, 64 (3) 286–292.

Paryati, Tri. (2013). Faktor-Faktor Yang Mempengaruhi Stigma dan Diskriminasi Kepada ODHA Oleh Petugas Kesehatan: Kajian literatur. *Program pascasarjana universitas Padjajaran, Bandung*.

Pattyn, Elise., *et al* (2014). Public Stigma and Self-Stigma: Differential Association with Attitudes Toward Formal and Informal Help Seeking. *Psychiatric Services*, 65 (2), 232–238.

Putri, I Dewa A. S. (2022). Peran Literasi Kesehatan Mental, Locus Kontrol, dan Gender terhadap Sikap Mencari Bantuan Profesional Psikologi pada Mahasiswa. *Jurnal Aktual Riset Psikologi*, 13 (2), 166-183.

Rasyida, Afinnisa. (2019). Faktor yang menjadi hambatan untuk mencari bantuan psikologis formal di kalangan mahasiswa. *PERSONA: Jurnal Psikologi Indonesia*, 8 (2), 193-207.

Scheid, T.L., & Brown, T.N. (2010). *A Handbook for Study of Mental Health Social Contexts*. New York: Cambridge University Press.

Setiawan, J. L. (2006). Willingness to Seek Counselling, and Factors that Facilitate and Inhibit the Seeking of Counselling in Indonesian Undergraduate Students. *British Journal of Guidance & Counselling*, 34 (3), 403–419.

Setiawan, C. K., dan Yosepha, S. Y. (2020). Pengaruh Green Marketing dan Brand Image terhadap Keputusan Pembelian Produk The Body Shop Indonesia. *Jurnal Ilmiah M-Progress*, 10 (1).

Sianturi, R. (2022). Uji Homogenitas sebagai Syarat Pengujian Analisis. *Jurnal Pendidikan, Sains Sosial, dan Agama*, 8 (1).

Subodro, D, M., & Priambodo A. (2021). Hubungan Tingkat Sosial Ekonomi terhadap Motivasi dan Hasil Belajar Mahasiswa Angkatan 2017 Jurusan Pendidikan Olahraga FIO UNESA. *Jurnal Pendidikan Olahraga dan Kesehatan*, 9 (2).

Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta.

Thompson, V. L. S., Bazile, A., & Akbar, M. (2004). African Americans' Perceptions of Psychotherapy and Psychotherapists. *Professional Psychology: Research and Practice*, 35 (1), 19–26.

Wahto, Rachel S., Swift, Joshua K., & Whipple, Jason L. (2016). The Role of Stigma and Referral Source in Predicting College Student-Athletes' Attitudes Toward Psychological Help-Seeking. *Journal of Clinical Sport Psychology*, 10 (2), 85–98.

Wahyudi, A. S., Asmulyani., & Ridfah, A. (2021). Pengembangan Alat Ukur Inventori Minat Berbasis Spherical Model of Interest. *Jurnal Studi Insania*, 9 (2), 100-112.

Wendt, D., dan Shafer, K. (2015). Gender and Attitudes about Mental Health Help Seeking: Results from National Data. *Faculty Publications*, 41 (1).

Widhiarso, W. (2014). *Pengategorian Data dengan Menggunakan Statistik Hipotetik dan Statistik Empirik*. <http://widhiarso.staff.ugm.ac.id/>

Wodong, G. M. A., dan Utami, M. S. (2023). The Role of Mental Health Knowledge and Perceived Public Stigma in Predicting Attitudes towards Seeking Formal Psychological Help. *Jurnal Psikologi*, 5 (1), 1-17.

World Health Organization. *Health and Well-Being*.  
<https://www.who.int/data/gho/data/major-themes/health-and-wellbeing>