

## DAFTAR PUSTAKA

- Ajzen, I. (1991). The theory of planned behavior. *Organizational behavior and human decision processes*, 50(2), 179-211.
- Altweck, L., Marshall, T. C., Ferenczi, N., & Lefringhausen, K. (2015). Mental health literacy: a cross-cultural approach to knowledge and beliefs about depression, schizophrenia and generalized anxiety disorder. *Frontiers in Psychology*, 6 (September). <https://doi.org/10.3389/fpsyg.2015.01272>
- Andersson, L. M. C., Schierenbeck, I., Strumpher, J., Krantz, G., Topper, K., Backman, G., Ricks, E., & Van Rooyen, D. (2013). Help-seeking behaviour, barriers to care and experiences of care among persons with depression in Eastern Cape, South Africa. *Journal of Affective Disorders*, 151(2), 439-448. <https://doi.org/10.1016/j.jad.2013.06.022>
- Arini, D. P. (2021). Emerging Adulthood : Pengembangan Teori Erikson Mengenai Teori Psikososial Pada Abad 21. *Jurnal Ilmiah Psyche*, 15(01), 11-20. <https://doi.org/10.33557/jpsyche.v15i01.1377>
- Arnett, J. J. (2007). Arnett-2007-Child\_Development\_Perspectives. *Journal of Adult Development*, 8(2), 68-73.
- Arnett, J. J., Žukauskiene, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18-29 years: Implications for mental health. In *The Lancet Psychiatry* (Vol. 1, Issue 7, pp. 569-576). Elsevier Ltd. [https://doi.org/10.1016/S2215-0366\(14\)00080-7](https://doi.org/10.1016/S2215-0366(14)00080-7)
- Azra, M. Z., & Gustriani, T. (2022). Hubungan dukungan sosial dengan self compassion pada mahasiswa di masa pandemi covid-19. *Jurnal Mimbar: Media Intelektual Muslim Dan Bimbingan Rohani*, 7(2), 186-203. <https://doi.org/10.47435/mimbar.v7i1.773>
- Burns, J., & Birrell, E. (2014). Enhancing early engagement with mental health services by young people. *Psychology Research and Behavior Management*, 7, 303-312. <https://doi.org/10.2147/PRBM.S49151>
- Ditiharman, F., Agsari, H., & Syakurah, R. A. (2022). Kesehatan Internet Pada Siswa

- Sekolah. *PREPOTIF Jurnal Kesehatan Masyarakat*, 6(April), 1–10.
- Dschaak, Z. A., Spiker, D. A., Berney, E. C., Miller, M. E., & Hammer, J. H. (2021). Collegian help seeking: the role of *self-compassion* and self-coldness. *Journal of Mental Health*, 30(3), 284–291. <https://doi.org/10.1080/09638237.2019.1677873>
- Falasifah, M., & Ufieta Syafitri, D. (n.d.). *Literasi Kesehatan Mental dan Stigma Publik sebagai Prediktor Sikap terhadap Bantuan Psikologis pada Mahasantri*. <https://jip.fk.unand.ac.id>
- Fathiyah, K. N. (2016). Stigma dan keinginan mencari bantuan psikologis di layanan profesional: Meta analisis. In Seminar ASEAN 2nd Psychology & Humanity (pp. 19-20).
- 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. L. B. (1970). "Orientations to Seeking Professional Help: Development and Research Utility of an Attitude Scale": Erratum. *Journal of Consulting and Clinical Psychology*, 35(3), 375. <https://doi.org/10.1037/h0020198>
- Fischer, E. H., Winer, D., & Abramowitz, S. I. (1983). Seeking professional help for psychological problems. *New directions in helping*, 3, 163-185.
- Furnham, A., & Swami, V. (2018). Mental health literacy: A review of what it is and why it matters. *International Perspectives in Psychology*, 7(4), 240-257.
- Gagnon, M. M., Gelinas, B. L., & Friesen, L. N. (2017). Mental Health Literacy in Emerging Adults in a University Setting: Distinctions Between Symptom Awareness and Appraisal. *Journal of Adolescent Research*, 32(5), 642–664. <https://doi.org/10.1177/0743558415605383>
- Germer, C. K., & Neff, K. D. (2013). *Self-compassion* in clinical practice. *Journal of Clinical Psychology*, 69(8), 856–867. <https://doi.org/10.1002/jclp.22021>
- Ghozali, I. (2016). Aplikasi analisis multivariate dengan program IBM SPSS 23.
- Goetz, J. L., Keltner, D., & Simon-Thomas, E. (2010). Compassion: An Evolutionary Analysis and Empirical Review. *Psychological Bulletin*, 136(3), 351–374. <https://doi.org/10.1037/a0018807>
- Gorczynski, P., & Sims-Schouten, W. (2024). Evaluating mental health literacy amongst US college students: a cross sectional study. *Journal of American College Health*,

72(3), 676–679. <https://doi.org/10.1080/07448481.2022.2063690>

Gulliver, A. K. M. G. H. C. (2010). art%3A10.1186%2F1471-244X-10-113.pdf. *BMC Psychiatry*, 113(10), 9.

<http://download.springer.com/static/pdf/351/art%253A10.1186%252F1471-244X-10-113.pdf?originUrl=http%3A%2F%2Flink.springer.com%2Farticle%2F10.1186%2F1471-244X-10-113&token2=exp=1460473217~acl=%2Fstatic%2Fpdf%2F351%2Fart%25253A10.1186%25252F1471-244X-10-113>

113.pdf?originUrl=http%3A%2F%2Flink.springer.com%2Farticle%2F10.1186%2F1471-244X-10-113&token2=exp=1460473217~acl=%2Fstatic%2Fpdf%2F351%2Fart%25253A10.1186%25252F1471-244X-10-113

113&token2=exp=1460473217~acl=%2Fstatic%2Fpdf%2F351%2Fart%25253A10.1186%25252F1471-244X-10-113

Gunawan, I. (2017). *Pengantar Statistika Inferensial*. Jakarta: Rajawali Press.

Habibi, A. (2023). Kajian Simulasi Distribusi Sampling, Teorema Limit Pusat dan Estimasi Parameter. *Jurnal Bayesian : Jurnal Ilmiah Statistika Dan Ekonometrika*, 3(1), 1–27.

Handayani, T., Ayubi, D., & Anshari, D. (2020). Literasi Kesehatan Mental Orang Dewasa dan Penggunaan Pelayanan Kesehatan Mental. *Perilaku Dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 2(1), 9. <https://doi.org/10.47034/ppk.v2i1.3905>

Hernawati, L. (2022). Gambaran Penyebab Mahasiswa Enggan Mencari Bantuan Profesional di Masa Pandemi Covid-19. *Psikodimensia*, 21(2), 198–205. <https://doi.org/10.24167/psidim.v21i2.4764>

Institut de Publique Sondage d'Opinion Secteur. (2023). IPSOS Global Health Service Monitor 2023. <https://www.ipsos.com/en/global-health-service-monitor-2023>

Jorm, A. (2000). C30. Mental health literacy. Public knowledge and beliefs about mental disorders - University College London. *The British Journal of Psychiatry: The Journal of Mental Science*, 177, 396–401. [http://ucl-primo.hosted.exlibrisgroup.com/primo\\_library/libweb/action/display.do?tabs=detailsTab&ct=display&fn=search&doc=TN\\_medline11059991&indx=1&recIds=TN\\_medline11059991&recIdxs=0&elementId=0&renderMode=poppedOut&displayMode=full&frbrVersion=&dscnt=1&](http://ucl-primo.hosted.exlibrisgroup.com/primo_library/libweb/action/display.do?tabs=detailsTab&ct=display&fn=search&doc=TN_medline11059991&indx=1&recIds=TN_medline11059991&recIdxs=0&elementId=0&renderMode=poppedOut&displayMode=full&frbrVersion=&dscnt=1&)

Jorm, A. F. (2012). Mental health literacy; empowering the community to take action for better mental health. *American Psychologist*, 67(3), 231–243. <https://doi.org/10.1037/a0025957>

- Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P. (1997). "Mental health literacy": A survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. *Medical Journal of Australia*, 166(4), 182–186. <https://doi.org/10.5694/j.1326-5377.1997.tb140071.x>
- Kantar, A., & Yalçın, İ. (2024). Masculine gender role stress and attitudes towards seeking psychological help: Serial mediation by self-stigma and *self-compassion*. *Current Psychology*, 43(7), 6114-6124.
- Kelly, C. M., Jorm, A. F., & Wright, A. (2007). Getting There: Proto - Psychiatry Getting There : Proto - Psychiatry. *October*, 187(7), 1–5.
- Kementerian Kesehatan Republik Indonesia. (2018). Riset Kesehatan Dasar 2018. <https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/1/Laporan%20Riske%20sdas%202018%20Nasional.pdf>
- Khoir, A. K. (2023). *Self-compassion* dan Help-Seeking Intention pada Mahasiswa. *Jurnal Psikologi Talenta*, 9(1). <https://doi.org/10.26858/talenta.v9i1.50562>
- Komlenac, N., Lamp, E., Maresch, F., Walther, A., & Hochleitner, M. (2023). Not Always a "Buffer": *Self-compassion* as Moderator of the Link Between Masculinity Ideologies and Help-Seeking Intentions After Experiences of Intimate Partner Violence. *Journal of interpersonal violence*, 38(17-18), 10055-10081.
- Mangindaan, K. A., Rahman, A., & Adam, H. (2024). Gambaran Literasi Kesehatan Mental Pada Peserta Didik SMA Negeri 9 Manado. *JURNAL BIOS LOGOS*, 14(1), 9–16. <https://doi.org/10.35799/jbl.v14i1.53720>
- Maya, N. (2021). Kontribusi Literasi Kesehatan Mental dan Persepsi Stigma Publik terhadap Sikap Mencari Bantuan Profesional Psikologi. *Gadjah Mada Journal of Psychology (GamaJoP)*, 7(1), 22. <https://doi.org/10.22146/gamajop.58470>
- Min, L., Jianchao, N., & Mengyuan, L. (2022). The influence of *self-compassion* on mental health of postgraduates: Mediating role of help-seeking behavior. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.915190>
- Muhamad, S. (2023). AntaraNews. *Menkes: 1 dari 10 orang Indonesia alami gangguan kesehatan jiwa*. <https://www.antaraneews.com/berita/3812061/menkes-1-dari-10-orang-indonesia-alami-gangguan-kesehatan-jiwa>
- Nam, S. K., Chu, H. J., Lee, M. K., Lee, J. H., Kim, N., & Lee, S. M. (2010). A meta-analysis of gender differences in attitudes toward seeking professional psychological

- help. *Journal of American College Health*, 59(2), 110–116.  
<https://doi.org/10.1080/07448481.2010.483714>
- Nasrum, A. (2018). Uji normalitas data untuk penelitian. Jayapangus Press Books, i-117.
- Neff, K. (2003). *Self-compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. Self and Identity*, 2(2), 85–101.  
<https://doi.org/10.1080/15298860309032>
- Neff, K. D. (2011). *Self-compassion, self-esteem, and well-being. Social and Personality Psychology Compass*, 5(1), 1–12. <https://doi.org/10.1111/j.1751-9004.2010.00330.x>
- Neff, K. D. (2016). The *Self-compassion Scale* is a Valid and Theoretically Coherent Measure of *Self-compassion. Mindfulness*, 7(1), 264–274.  
<https://doi.org/10.1007/s12671-015-0479-3>
- Neff, K. D. (2023). *Self-compassion : Theory , Intervention.*
- Neff, K. D., & McGehee, P. (2010). *Self-compassion and psychological resilience among adolescents and young adults. Self and Identity*, 9(3), 225–240.  
<https://doi.org/10.1080/15298860902979307>
- Neff, K. D., Rude, S. S., & Kirkpatrick, K. L. (2007). An examination of *self-compassion* in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, 41(4), 908–916. <https://doi.org/10.1016/j.jrp.2006.08.002>
- Neff, K. D., & Vonk, R. (2009). *Self-compassion versus global self-esteem: Two different ways of relating to oneself. Journal of Personality*, 77(1), 23–50.  
<https://doi.org/10.1111/j.1467-6494.2008.00537.x>
- Nelson, L. J., & Padilla-Walker, L. M. (2013). Flourishing and Floundering in Emerging Adult College Students. *Emerging Adulthood*, 1(1), 67–78.  
<https://doi.org/10.1177/2167696812470938>
- Nurdiyanto, F. A., Wulandari, R. M., & Wodong, G. M. A. (2021). Attitudes toward Seeking Professional Psychological Help: Adaptation and Evaluation of ATSPPH-SF using the Rasch Model. *Jurnal Psikologi*, 48(3), 256.  
<https://doi.org/10.22146/jpsi.65541>
- Nurfadilah, N., Rahmadani, A., & Ulum, B. (2021). Profil Sikap Mencari Bantuan Layanan Psikologis pada Mahasiswa. *Aspirasi: Jurnal Masalah-Masalah Sosial*, 12(1), 15–30. <https://doi.org/10.46807/aspirasi.v12i1.2030>

- 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. <https://doi.org/10.1177/008124631104100306>
- Panis, M. P., Damayanti, Y., & Keraf, M. K. A. (2019). Coping strategies, personality type, and help-seeking behavior for mental health problems. *Journal of Health and Behavioral Science*, 1(2), 98-105.
- Putri, I. D. A. S., & Wilani, N. M. A. (2023). Peran Literasi Kesehatan Mental, Lokus Kontrol, Dan Gender Terhadap Sikap Mencari Bantuan Profesional Psikologi Pada Mahasiswa. *Jurnal RAP (Riset Aktual Psikologi Universitas Negeri Padang)*, 13(2), 166–183. <https://doi.org/10.24036/rapun.v13i2.119029>
- Rasyida, A. (2019). Faktor yang menjadi hambatan untuk mencari bantuan psikologis formal di kalangan mahasiswa. *Persona: Jurnal Psikologi Indonesia*, 8(2), 193–207. <https://doi.org/10.30996/persona.v8i2.2586>
- 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. <https://doi.org/10.5172/jamh.4.3.218>
- Ridha, N. (2017). Proses penelitian, masalah, variabel dan paradigma penelitian. *Hikmah*, 14(1), 62-70.
- Santoso, S. (2010). Statistik parametrik. Elex Media Komputindo.
- Savitri, D. (2023). detikEdu. *Dekan Fisip UI: 60 Persen Maba Alami Masalah Kesehatan Mental, Ini Alasannya*. <https://www.detik.com/edu/edutainment/d-7031379/dekan-fisip-ui-60-persen-maba-alami-masalah-kesehatan-mental-ini-alasannya>
- Shalsabilla, R. C. P., Pratikto, H., & Aristawati, A. R. (2023). Self injury pada dewasa awal: Bagaimana peranan self awareness? *INNER: Journal of Psychological Research*, 2(4), 764–771.
- Sirois, F. M., Kitner, R., & Hirsch, J. K. (2015). *Self-compassion , Affect , and Health-Promoting Behaviors*. 34(6), 661–669.
- Siswanti, D. N., & Rifani, R. (2022). Pengaruh Literasi Kesehatan Mental Terhadap Sikap Remaja Mencari Bantuan Profesional Psikolog di Kota Makassar.
- Sugianto, D., Suwartono, C., & Handayani Sutanto, S. (2020). *RELIABILITAS DAN VALIDITAS SELF-COMPASSION SCALE VERSI BAHASA INDONESIA*. 7(2),

2580–1228. <https://doi.org/10.24854/jpu02020-337>

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

Susilawati, S., Rifani, E., & Anggraini, W. (2022). Survey Hambatan Mahasiswa dalam Mencari Bantuan Psikologis. *Bulletin of Counseling and Psychotherapy*, 4(1), 90–95. <https://doi.org/10.51214/bocp.v4i1.148>

Terry, M. L., & Leary, M. R. (2011). *Self-compassion, self-regulation, and health*. *Self and Identity*, 10(3), 352–362. <https://doi.org/10.1080/15298868.2011.558404>

Umubyeyi, A., Mogren, I., Ntaganira, J., & Krantz, G. (2016). Help-seeking behaviours, barriers to care and self-efficacy for seeking mental health care: a population-based study in Rwanda. *Social Psychiatry and Psychiatric Epidemiology*, 51(1), 81–92. <https://doi.org/10.1007/s00127-015-1130-2>

Vivi Silvia, S. E. (2020). *Statistika Deskriptif*. Penerbit Andi.

Widhiarso, W. (2011). *Berkenalan dengan Homoskedastisitas dan Heterokedastisitas*. 4(1), 1–5.

Wilson, C. J., Rickwood, D., & Deane, F. P. (2007). Depressive symptoms and help-seeking intentions in young people. *Clinical Psychologist*, 11(3), 98–107. <https://doi.org/10.1080/13284200701870954>

