

DAFTAR PUSTAKA

- Aihie, O. N., & Ohanaka, B. I. (2019). Perceived Academic Stress among Undergraduate Students in a Nigerian University. *Journal of Educational and Social Research*, 9(2), 56–66. <https://doi.org/10.2478/jesr-2019-0013>
- Akbar, Z., & Aisyawati, M. S. (2021). Coping Strategy, Social Support, and Psychological Distress Among University Students in Jakarta, Indonesia During the COVID-19 Pandemic. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.694122>
- AlAteeq, D. A., Aljhani, S., & AlEesa, D. (2020). Perceived stress among students in virtual classrooms during the COVID-19 outbreak in KSA. *Journal of Taibah University Medical Sciences*, 15(5), 398–403. <https://doi.org/10.1016/j.jtumed.2020.07.004>
- Alotaibi, A. D., Alosaimi, F. M., Alajlan, A. A., & Abdulrahman, K. A. B. (2020). The relationship between sleep quality, stress, and academic performance among medical students. *Journal of family & community medicine*, 27(1), 23.
- American College Health Association. American College Health Association-National College Health Assessment III: Reference Group. Executive Summary Fall 2021. Silver Spring, MD: American College Health Association; 2022.
- American Psychological Association (2020). *Stress in America™ 2020: A National Mental Health Crisis*.
- Ampuni, S. (2005). Developing culturally-relevant counseling in Indonesia. *Buletin Psikologi*, 13(2), 91-103.
- Argalina, B. M. (2019). Gambaran Tingkat Stres pada Siswa dalam Penerapan Full Day School SMA Negeri di Kota Surakarta. Skripsi. Sekolah Tinggi Ilmu Kesehatan ‘Aisyiyah Surakarta (AISKA).
- Aryanto, C. B., & Djajadisastra, F. W. (2018). The Adaptation Process of the Scale of Positive and Negative Experience and the Flourishing Scale into Bahasa Indonesia: A Preliminary Study. Executive Summary Fall 2021. Silver Spring, MD: American College Health Association; 2022.
- Antara News. (2022). *PDSKJI: Pemerataan rumah sakit jiwa strata utama rampung 2027*. <https://www.antaranews.com/berita/3159909/pdskji-pemerataan-rumah-sakit-jiwa-strata-utama-rampung-2027>
- Argudo, J. (2021). Expressive writing to relieve academic stress at university level. *Profile: Issues in Teachers' Professional Development*, 23(2), 17–33. <https://doi.org/10.15446/profile.v23n2.90448>
- Aydoğdu, B. E., & Dirik, G. (2022). Self-Compassion-Focused Writing Practices: A Systematic Review. *Current Approaches in Psychiatry/Psikiyatride Guncel Yaklasimlar*, 14(4).
- Badan Penelitian dan Pengembangan Kesehatan Kementerian RI. (2018). *Riset Kesehatan Dasar (Riskesdas)*.

- Baikie, K. A., Geerligs, L., & Wilhelm, K. (2012). Expressive writing and positive writing for participants with mood disorders: An online randomized controlled trial. *Journal of affective disorders*, 136(3), 310-319.
- Ban, N., Shannon, H., Wright, C. J., Miller, M. E., Hargis, L. E., Usher, E. L., Hammer, J. H., & Wilson, S. A. (2022). Identifying common perceived stressors and stress-relief strategies among undergraduate engineering students. *ASEE Annual Conference Exposition*. www.slayte.com
- Baqutayan, S. M. (2015). Stress and coping mechanisms: A historical overview. *Mediterranean Journal of Social Sciences*, 6(2S1), 479–488. <https://doi.org/10.5901/mjss.2015.v6n2s1p479>
- Barbeau, K., Guertin, C., Boileau, K., & Pelletier, L. (2022). *The Effects of Self-Compassion and Self-Esteem Writing Interventions on Women's Valuation of Weight Management Goals, Body Appreciation, and Eating Behaviors*. 46(1), 82–98. <https://doi.org/10.1177/03616843>
- Boggiss, A. L., Consedine, N. S., Jefferies, C., Bluth, K., Hofman, P. L., & Serlachius, A. S. (2020). Protocol for a feasibility study: a brief self-compassion intervention for adolescents with type 1 diabetes and disordered eating. *BMJ open*, 10(2), e034452.
- Bohlmeijer, E., & Westerhof, G. (2021). The model for sustainable mental health: future directions for integrating positive psychology into mental health care. *Frontiers in psychology*, 12, 747999.
- Brenton-Peters, J. M., Consedine, N. S., Cavadino, A., Roy, R., & Serlachius, A. S. (2022). Investigating the effect of an online self-compassion for weight management (SC4WM) intervention on self-compassion, eating behaviour, physical activity and body weight in adults seeking to manage weight: protocol for a randomised controlled trial. *BMJ open*, 12(2), e056174.
- Brown, L., Houston, E.E., Amonoo, H.L. et al. Is Self-compassion Associated with Sleep Quality? A Meta-analysis. *Mindfulness* 12, 82–91 (2021). <https://doi.org/10.1007/s12671-020-01498-0>
- Brulé, G., & Maggino, F. (Eds.). (2017). *Metrics of subjective well-being: Limits and improvements*. Cham: Springer.
- CCMH. (2015). *Center for Collegiate Mental Health 2015 Annual Report*.
- CCMH. (2021). *Center for Collegiate Mental Health 2021 Annual Report*.
- CCMH. (2022). *Center for Collegiate Mental Health 2022 Annual Report*.
- Connor-Smith, J. K., & Flachsbart, C. (2007). Relations Between Personality and Coping: A Meta-Analysis. *Journal of Personality and Social Psychology*, 93(6), 1080–1107. <https://doi.org/https://doi.org/10.1037/0022-3514.93.6.1080>
- Castillo, Y. A., Fischer, J., & Davila, S. (2019). Managing emotions: relationships among Expressive Writing and Emotional Intelligence. In *Integrated Research Advances Integr. Res. Adv* (Vol. 6, Issue 1). Article. <http://pubs.iscience.in/ira>
- Chu, Q., Wu, I. H. C., & Lu, Q. (2020). Expressive writing intervention for posttraumatic stress disorder among Chinese American breast cancer survivors: the moderating role of social

- constraints. *Quality of Life Research*, 29(4), 891–899. <https://doi.org/10.1007/s11136-019-02385-5>
- Chun Ng, K. (2016). A Review of Academic Stress among Hong Kong Undergraduate Students. *Journal of Modern Education Review*, 6(8), 531–540. [https://doi.org/10.15341/jmer\(2155-7993\)/08.06.2016/003](https://doi.org/10.15341/jmer(2155-7993)/08.06.2016/003)
- Clabaugh, A., Duque, J. F., & Fields, L. J. (2021). Academic Stress and Emotional Well-Being in United States College Students Following Onset of the COVID-19 Pandemic. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.628787>
- Cohen, S. (1994). Perceived Stress Scale. Mind Garden
- Cohen, S., Gamaras, P. J., & Manuck, S. B. (2016). A Stage Model of Stress and Disease. *Perspectives on Psychological Science*, 11(4), 456–463. <https://doi.org/10.1177/1745691616646305>
- Compas, B. E., Jaser, S. S., Bettis, A. H., Watson, K. H., Gruhn, M. A., Dunbar, J. P., Williams, E., & Thigpen, J. C. (2017). Coping, emotion regulation, and psychopathology in childhood and adolescence: A meta-analysis and narrative review. *Psychological Bulletin*, 143(9), 939–991. <https://doi.org/10.1037/BUL0000110>
- Conley, C. S., Shapiro, J. B., Huguenel, B. M., & Kirsch, A. C. (2020). Navigating the college years: Developmental trajectories and gender differences in psychological functioning, cognitive-affective strategies, and social well-being. *Emerging Adulthood*, 8(2), 103-117.
- Córdova Olivera, P., Gasser Gordillo, P., Naranjo Mejía, H., La Fuente Taborga, I., Grajeda Chacón, A., & Sanjinés Unzueta, A. (2023). Academic stress as a predictor of mental health in university students. *Cogent Education*, 10(2), 2232686.
- Crosswell, A. D., & Lockwood, K. G. (2020). Best practices for stress measurement: How to measure psychological stress in health research. *Health Psychology Open*, 7(2). <https://doi.org/10.1177/2055102920933072>
- Das, K. V., Jones-Harrell, C., Fan, Y., Ramaswami, A., Orlove, B., & Botchwey, N. (2020). Understanding subjective well-being: perspectives from psychology and public health. *Public Health Reviews*, 41(1), 1-32.
- Davison, G. C., Neale, J. M., & Kring, A. M. (2014). *Psikologi Abnormal* (N. Fajar, Ed.). Rajawali Press.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266.
- Dreisoerner, A., Junker, N. M., & van Dick, R. (2021). The Relationship Among the Components of Self-compassion: A Pilot Study Using a Compassionate Writing Intervention to Enhance Self-kindness, Common Humanity, and Mindfulness. *Journal of Happiness Studies*, 22(1), 21–47. <https://doi.org/10.1007/s10902-019-00217-4>

- Dupasquier, J. R., Kelly, A. C., Moscovitch, D. A., & Vidovic, V. (2020). Cultivating Self-Compassion Promotes Disclosure of Experiences that Threaten Self-Esteem. *Cognitive Therapy and Research*, 44(1), 108–119. <https://doi.org/10.1007/s10608-019-10050-x>
- Elias, H., Ping, W. S., & Abdullah, M. C. (2011). Stress and academic achievement among undergraduate students in Universiti Putra Malaysia. *Procedia - Social and Behavioral Sciences*, 29, 646–655. <https://doi.org/10.1016/j.sbspro.2011.11.288>
- Enns, J., Holmqvist, M., Wener, P., Halas, G., Rothney, J., Schultz, A., Goertzen, L., & Katz, A. (2016). Mapping interventions that promote mental health in the general population: A scoping review of reviews. *Preventive medicine*, 87, 70–80. <https://doi.org/10.1016/j.ypmed.2016.02.022>
- Epel, E. S., Crosswell, A. D., Mayer, S. E., Prather, A. A., Slavich, G. M., Puterman, E., & Mendes, W. B. (2018). More than a feeling: A unified view of stress measurement for population science. In *Frontiers in Neuroendocrinology* (Vol. 49, pp. 146–169). Academic Press Inc. <https://doi.org/10.1016/j.yfrne.2018.03.001>
- Ewert, C., Vater, A., & Schröder-Abé, M. (2021). *Self-Compassion and Coping: a Meta-Analysis*. <https://doi.org/10.1007/s12671-020-01563-8/Published>
- Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: A meta-analysis of RCTs. *Mindfulness*, 10, 1455–1473.
- Finlay-Jones, A. L. (2017). The relevance of self-compassion as an intervention target in mood and anxiety disorders: A narrative review based on an emotion regulation framework. *Clinical Psychologist*, 21(2), 90–103. <https://doi.org/10.1111/CP.12131>
- Finlay-Jones, A., Boyes, M., Perry, Y., Sirois, F., Lee, R., & Rees, C. (2020). Online self-compassion training to improve the wellbeing of youth with chronic medical conditions: protocol for a randomised control trial. *BMC public health*, 20, 1–10.
- Frattaroli, J. (2006). Experimental disclosure and its moderators: A meta-analysis. *Psychological Bulletin*, 132(6), 823–865. <https://doi.org/10.1037/0033-2909.132.6.823>
- Gallagher, S., O'Sullivan, L., Hughes, Z., & O'Connell, B. H. (2020). Building Resources in Caregivers: Feasibility of a Brief Writing Intervention to Increase Benefit Finding in Caregivers. *Applied Psychology: Health and Well-Being*, 12(2), 513–531. <https://doi.org/10.1111/aphw.12195>
- Gao, X. (2022). Research on Expressive Writing in Psychology: A Forty-year Bibliometric Analysis and Visualization of Current Status and Research Trends. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/FPSYG.2022.825626>
- Gardani, M., Bradford, D. R. R., Russell, K., Allan, S., Beattie, L., Ellis, J. G., & Akram, U. (2022). A systematic review and meta-analysis of poor sleep, insomnia symptoms and stress in undergraduate students. In *Sleep Medicine Reviews* (Vol. 61). W.B. Saunders Ltd. <https://doi.org/10.1016/j.smrv.2021.101565>
- Ghozali, I. (2013). Aplikasi Analisa Multivariat dengan Program SPSS. Semarang: Universitas Diponegoro

- Graves, B. S., Hall, M. E., Dias-Karch, C., Haischer, M. H., & Apter, C. (2021). Gender differences in perceived stress and coping among college students. *PLoS ONE*, 16(8 August). <https://doi.org/10.1371/JOURNAL.PONE.0255634>
- Guo, L. (2023). The delayed, durable effect of expressive writing on depression, anxiety and stress: A meta-analytic review of studies with long-term follow-ups. *British Journal of Clinical Psychology*, 62(1), 272-297.
- Han, A., & Kim, T. H. (2023). Effects of Self-Compassion Interventions on Reducing Depressive Symptoms, Anxiety, and Stress: A Meta-Analysis. *Mindfulness*, 1–29. Advance online publication. <https://doi.org/10.1007/s12671-023-02148-x>
- Hastjarjo, T. D. (2019). Rancangan eksperimen-kuasi. *Buletin psikologi*, 27(2), 187-203
- Heekerens, J. B., Eid, M., Heinitz, K., & Merkle, B. (2022). Cognitive-affective responses to online positive-psychological interventions: The effects of optimistic, grateful, and self-compassionate writing. *Applied Psychology: Health and Well-Being*, 14(4), 1105-1128.
- Herawati, K., & Gayatri, D. (2019). The correlation between sleep quality and levels of stress among students in Universitas Indonesia. *Enfermeria clinica*, 29, 357-361.
- Johnson, E. A., & O'Brien, K. A. (2013). Self-compassion soothes the savage ego-threat system: Effects on negative affect, shame, rumination, and depressive symptoms. *Journal of social and Clinical Psychology*, 32(9), 939-963.
- Kam, J. W., Wan-Sai-Cheong, L., Zuk, A. A. O., Mehta, A., Dixon, M. L., & Gross, J. J. (2024). A brief reappraisal intervention leads to durable affective benefits. *Emotion*.
- Karakasidou, E., Raftopoulou, G., Papadimitriou, A., & Stalikas, A. (2023). Self-compassion and well-being during the COVID-19 pandemic: A study of Greek college students. *International Journal of Environmental Research and Public Health*, 20(6), 4890.
- Karaman, M. A., Lerma, E., Vela, J. C., & Watson, J. C. (2019). Predictors of Academic Stress Among College Students. *Journal of College Counseling*, 22(1), 41–55. <https://doi.org/10.1002/jocc.12113>
- Karyotaki, E., Cuijpers, P., Albor, Y., Alonso, J., Auerbach, R. P., Bantjes, J., ... & Kessler, R. C. (2020). Sources of stress and their associations with mental disorders among college students: results of the world health organization world mental health surveys international college student initiative. *Frontiers in Psychology*, 11, 1759.
- Kelly, A. C., & Waring, S. V. (2018). A feasibility study of a 2-week self-compassionate letter-writing intervention for nontreatment seeking individuals with typical and atypical anorexia nervosa. *International Journal of Eating Disorders*, 51(8), 1005-1009.
- Kemenkes Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia. (2021, December 7). <Https://Sehatnegeriku.Kemkes.Go.Id/Baca/Rilis-Media/20211007/1338675/Kemenkes-Beberkan-Masalah-Permasalahan-Kesehatan-Jiwa-Di-Indonesia/>.
- Kementerian Kesehatan Republik Indonesia. (2021). *Profil Kesehatan Indonesia 2021*.
- King, L. A. (2002). Gain without pain? Expressive writing and self-regulation.

Kirby, J. N. (2017). Compassion interventions: The programmes, the evidence, and implications for research and practice. *Psychology and Psychotherapy: Theory Research and Practice*, 90(3), 432-455. doi:10.1111/papt.12104

Kirby, J. N., Tellegen, C. L., & Steindl, S. R. (2017). A meta-analysis of compassion-based interventions: Current state of knowledge and future directions. *Behavior Therapy*, 48(6), 778-792. doi:10.1016/j.beth.2017.06.003

Kizhakkeveettil, A., Vosko, A. M., Brash, M., & Philips, M. A. (2017). Perceived stress and fatigue among students in a doctor of chiropractic training program. *Journal of Chiropractic Education*, 31(1), 8–13. <https://doi.org/10.7899/JCE-15-27>

Knowles, E. D., Wearing, J. R., & Campos, B. (2011). Culture and the health benefits of expressive writing. *Social Psychological and Personality Science*, 2(4), 408-415.

Kompas.com. (2021). *5 Alasan Orang Enggan Pergi ke Psikolog meski Membutuhkannya*. <https://www.kompas.com/sains/read/2021/08/09/201500123/5-alasan-orang-enggan-pergi-ke-psikolog-meski-membutuhkannya>

Kumparan. (2022). *Krisis Kesehatan Mental di Indonesia*. <https://kumparan.com/andrew-pierre/krisis-kesehatan-mental-di-indonesia-1zGuYjk48k>

Kroshus, E., Hawrilenko, M., & Browning, A. (2021). Stress, self-compassion, and well-being during the transition to college. *Social Science & Medicine*, 269, 113514.

Lattie, E. G., Adkins, E. C., Winquist, N., Stiles-Shields, C., Wafford, Q. E., & Graham, A. K. (2019). Digital mental health interventions for depression, anxiety and enhancement of psychological well-being among college students: Systematic review. *Journal of Medical Internet Research*, 21(7). <https://doi.org/10.2196/12869>

Lazarus, R. S. (1966). *Psychological stress and the coping process*. McGraw-Hill.

Lazarus, R., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. Springer Publishing Company.

Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: the implications of treating oneself kindly. *Journal of personality and social psychology*, 92(5), 887.

Lee, E. H. (2012). Review of the psychometric evidence of the perceived stress scale. In *Asian Nursing Research* (Vol. 6, Issue 4, pp. 121–127). <https://doi.org/10.1016/j.anr.2012.08.004>

Lee, S. Y., Wuertz, C., Rogers, R., & Chen, Y. P. (2013). Stress and sleep disturbances in female college students. *American journal of health behavior*, 37(6), 851-858.

Li, Y., Gu, S., Wang, Z., Li, H., Xu, X., Zhu, H., ... & Huang, J. H. (2019). Relationship between stressful life events and sleep quality: rumination as a mediator and resilience as a moderator. *Frontiers in psychiatry*, 10, 348.

Liao, K.YH., Stead, G.B. & Liao, CY. A Meta-Analysis of the Relation Between Self-Compassion and Self-Efficacy. *Mindfulness* 12, 1878–1891 (2021). <https://doi.org/10.1007/s12671-021-01626-4>

- Lipson, S. K., Zhou, S., Abelson, S., Heinze, J., Jirsa, M., Morigney, J., ... & Eisenberg, D. (2022). Trends in college student mental health and help-seeking by race/ethnicity: Findings from the national healthy minds study, 2013–2021. *Journal of Affective Disorders*, 306, 138-147.
- Lu, Q., Yeung, N. C., Tsai, W., & Kim, J. H. (2023). The effects of culturally adapted expressive writing interventions on depressive and anxiety symptoms among Chinese American breast cancer survivors: A randomized controlled trial. *Behaviour Research and Therapy*, 161, 104244.
- Mariën, S., Poels, K., & Vandebosch, H. (2022). Think Positive, be Positive: Expressive Writing Changes Young People's Emotional Reactions Towards the COVID-19 Pandemic. *Frontiers in Education*, 6. <https://doi.org/10.3389/feduc.2021.755896>
- Maulana, H., Azizah, F. H., Yudhaningrum, L., Erik, E., & Tola, B. (2023). Automated text-based psychological support to improve work-life balance and sleep quality: A pilot study report of work-from-home workers in Indonesia. *Asia Pacific Journal of Health Management*, 18(1), 176–186. <https://search.informit.org/doi/10.3316/informit.008187153599791>
- Mikocka-Walus, A., Olive, L., Skvarc, D., Beswick, L., Massuger, W., Raven, L., ... & Evans, S. (2020). Expressive writing to combat distress associated with the COVID-19 pandemic in people with inflammatory bowel disease (WriteForIBD): A trial protocol. *Journal of Psychosomatic Research*, 139, 110286.
- Moffitt, R. L., Neumann, D. L., & Williamson, S. P. (2018). Comparing the efficacy of a brief self-esteem and self-compassion intervention for state body dissatisfaction and self-improvement motivation. *Body Image*, 27, 67-76.
- Muttaqin, D. (2022). Gender and age invariance of the Indonesian version of Satisfaction with Life Scale. *Jurnal Psikologi Ulayat*, 9(2), 208–215. <https://doi.org/10.24854/jpu438>
- Nakalema, G., & Ssenyonga, J. (2013). Academic stress: Its causes and results at a Ugandan University. *African journal of teacher education*, 3(3).
- Neff, K. (2003a). 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. (2003b). The Development and Validation of A Scale to Measure Self-Compassion. *Self and Identity*, 2, 223–250. <https://doi.org/http://dx.doi.org/10.1080/15298860309027>
- Neff, K. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Compass*, 5 (1), 1–12. doi:10.1111/j.1751-9004.2010.00330.x
- Neff, K. (2015). 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. (2022). *Self-Compassion: Theory, Method, Research, and Intervention*. <https://doi.org/10.1146/annurev-psych-032420>
- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of clinical psychology*, 69(1), 28–44. <https://doi.org/10.1002/jclp.21923>

- Neff, K., & Germer, C. (2018). *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive.*
- Ng, K. C., Chiu, W. K., & Fong, B. Y. (2016). A review of academic stress among Hong Kong undergraduate students. *Journal of Modern Education Review*, 6(8), 531-540.
- Niles, A. N., Haltom, K. E. B., Mulvenna, C. M., Lieberman, M. D., & Stanton, A. L. (2014). Randomized controlled trial of expressive writing for psychological and physical health: the moderating role of emotional expressivity. *Anxiety, Stress & Coping*, 27(1), 1-17.
- Nursolehah, R., & Rahmiati, R. (2022). Pengaruh Expressive Writing terhadap Penurunan Stres Akademik Mahasiswa. *Jurnal Basicedu*, 6(4), 6703–6712. <https://doi.org/10.31004/basicedu.v6i4.3348>
- Odou, N., & Brinker, J. (2013). Exploring the relationship between rumination, self-compassion, and mood. *Self and Identity*, 13(4), 449–459. <https://doi.org/10.1080/15298868.2013.840332>
- Oishi, A. (2021). Positive Expressive Writing as a Stress Management Strategy for Japanese Students: Willingness to Engage in Expressive Writing. *Journal of Creativity in Mental Health*. <https://doi.org/10.1080/15401383.2021.1963902>
- Pascoe, P. E. (2017). Using Patient Writings in Psychotherapy: Review of Evidence for Expressive Writing and Cognitive-Behavioral Writing Therapy. *American Journal of Psychiatry Residents' Journal*, 11(3), 3–6.
- Pascoe, M. C., Hetrick, S. E., & Parker, A. G. (2019). The impact of stress on students in secondary school and higher education. *International Journal of Adolescence and Youth*, 25(1), 104–112. <https://doi.org/10.1080/02673843.2019.1596823>
- Pavlacic, J. M., Buchanan, E. M., Maxwell, N. P., Hopke, T. G., & Schulenberg, S. E. (2018). A meta-analysis of expressive writing on positive psychology variables and traumatic stress.
- Pennebaker, J. W. (1993). Putting stress into words: Health, linguistic, and therapeutic implications. *Behaviour Research and Therapy*, 31(6), 539–548. [https://doi.org/10.1016/0005-7967\(93\)90105-4](https://doi.org/10.1016/0005-7967(93)90105-4)
- Pennebaker, J. W., & Beall, S. W. (1986). Confronting a Traumatic Event: Toward an Understanding of Inhibition and Disease. *Journal of Abnormal Psychology*, 95(3), 274–281.
- Pennebaker, J. W., & Chung, C. K. (2007). Expressive writing, emotional upheavals, and health. In H. Friedman, & R. Silver (Eds.), *Handbook of health psychology* (pp. 263-284). New York: Oxford University Press
- Pennebaker, J. W. & Evans, J. E. (2014). Expressive Writing: Words that Heal. Enumclaw, WA: Idyll Arbor
- Pennebaker, J. W. & Smyth, J. M. (2016). *Opening Up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain*. New York, US: The Guilford Press
- Phillips, W. J. (2018). Past to future: Self-compassion can change our vision. *Journal of Positive Psychology and Wellbeing*, 2(2), 168-190.

Phillips, W. J., & Hine, D. W. (2019). Self-compassion, physical health, and health behaviour: a meta-analysis. *Health Psychology Review*, 15(1), 113–139. <https://doi.org/10.1080/17437199.2019.1705872>

Poots, A., & Cassidy, T. (2020). Academic expectation, self-compassion, psychological capital, social support and student wellbeing. *International Journal of Educational Research*, 99, 101506.

Pusat Data Strategis dan Statistik Ikatan Psikolog Klinis (IPK) Indonesia. (2023). *Statistik Ikatan Psikolog Klinis (IPK) Indonesia*. <https://data.ipkindonesia.or.id/>

Radcliffe, A. M., Lumley, M. A., Kendall, J., Stevenson, J. K., & Beltran, J. (2007). Written emotional disclosure: Testing whether social disclosure matters. *Journal of Social and Clinical Psychology*, 26(3), 362–384. <https://doi.org/10.1521/jscp.2007.26.3.362>

Rangkuti, A. A. (2015). *Statistika Parametrik dan Non-Parametrik untuk Psikologi dan Pendidikan*. FIP Press

Reddy, K. J., Menon, K. R., & Thattil, A. (2018). Academic stress and its sources among university students. *Biomedical and pharmacology journal*, 11(1), 531-537.

Reinhold, M., Bürkner, P. C., & Holling, H. (2018). Effects of expressive writing on depressive symptoms—A meta-analysis. *Clinical Psychology: Science and Practice*, 25(1), e12224.

Robertson, S. M., Short, S. D., Sawyer, L., & Sweazy, S. (2021). Randomized controlled trial assessing the efficacy of expressive writing in reducing anxiety in first-year college students: The role of linguistic features. *Psychology & health*, 36(9), 1041-1065.

Röthlin, P., & Leiggner, R. (2021). Self-compassion to decrease performance anxiety in climbers: A randomized control trial. *Current Issues in Sport Science*, 6.

Ruini, C., & Mortara, C. C. (2022). Writing Technique Across Psychotherapies—From Traditional Expressive Writing to New Positive Psychology Interventions: A Narrative Review. *Journal of Contemporary Psychotherapy*, 52(1), 23–34. <https://doi.org/10.1007/s10879-021-09520-9>

Schouten, A., Boiger, M., Kirchner-Häusler, A., Uchida, Y., Mesquita, B. (2020). Cultural Differences in Emotion ES in Belgian and Japanese Couples: A Social Functional Model. *Frontiers in Psychology*, 11. doi: 10.3389/fpsyg.2020.01048

Seedhom, A. E., Kamel, E. G., Mohammed, E. S., & Raouf, N. R. (2019). Predictors of perceived stress among medical and nonmedical college students, Minia, Egypt. *International Journal of Preventive Medicine*, 10(1). https://doi.org/10.4103/ijpm.IJPVM_6_18

Seekis, V., Bradley, G. L., & Duffy, A. (2017). The effectiveness of self-compassion and self-esteem writing tasks in reducing body image concerns. *Body image*, 23, 206-213.

Seniati, L., Yulianto, A., Setiadi, B.N. (2011). *Psikologi Eksperimen*. Jakarta: PT Indeks

Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5(5), 377-389.

Sharp, J., & Theiler, S. (2018). A Review of Psychological Distress Among University Students: Pervasiveness, Implications and Potential Points of Intervention. In *International Journal for*

the Advancement of Counselling (Vol. 40, Issue 3, pp. 193–212). Springer New York LLC.
<https://doi.org/10.1007/s10447-018-9321-7>

Slade, M. (2010). Mental illness and well-being: the central importance of positive psychology and recovery approaches. *BMC Health Serv Res* 10, 26. <https://doi.org/10.1186/1472-6963-10-26>

Smyth, J. M. (1998). Written emotional expression: Effect sizes, outcome types, and moderating variables. *Journal of Consulting and Clinical Psychology*, 66(1), 174–184. <https://doi.org/10.1037/0022-006X.66.1.174>

Sohal, M., Singh, P., Dhillon, B., & Gill, H. (2022). Efficacy of journaling in the management of mental illness: a systematic review and meta-analysis. *Family Medicine and Community Health*. 10. 10.1136/fmch-2021-001154.

Sohail, N. (2013). Stress and academic performance among medical students. *Journal of the College of Physicians and Surgeons Pakistan*, 23(1), 67–71.

Sommers-Spijkerman, M. P. J. (2018). Mind compassion: Mental health outcomes and change processes in Compassion Focused Therapy. Enschede, the Netherlands: University of Twente.

Soto, J. A., Perez, C. R., Kim, Y. H., Lee, E. A., & Minnick, M. R. (2011). Is expressive ES always associated with poorer psychological functioning? A cross-cultural comparison between European Americans and Hong Kong Chinese. *Emotion* (Washington, D.C.), 11(6), 1450–1455. doi: 10.1037/a0023340

Stoeber, J., Lalova, A. V., & Lumley, E. J. (2020). Perfectionism,(self-) compassion, and subjective well-being: A mediation model. *Personality and individual differences*, 154, 109708.

Stone, B. M., & Parks, A. C. (2018). Cultivating subjective well-being through positive psychological interventions. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of well-being*. DEF Publishers.

Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas Self-Compassion Scale versi bahasa Indonesia. *Jurnal Psikologi Ulayat*. Advance online publication. doi: 10.24854/jpu02020-337.

Sugiyono. (2014). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Penerbit Alfabeta

Sun, Y & Nolan, C. (2021). Emotion Regulation Strategies and Stress in Irish College Students and Chinese International College Students in Ireland. *Journal of International Students Volume 11, Issue 4 (2021)*, pp. 853-873 doi: 10.32674/jis.v11i4.2516

Sutrisno, S., & Wulandari, D. (2018). Multivariate analysis of variance (MANOVA) untuk memperkaya hasil penelitian pendidikan. *AKSIOMA: Jurnal Matematika Dan Pendidikan Matematika*, 9(1), 37-53.

Swee, M. B., Klein, K., Murray, S., & Heimberg, R. G. (2023). A Brief Self-Compassionate Letter-Writing Intervention for Individuals with High Shame. *Mindfulness*, 14(4), 854-867.

Tov, W., Keh, J. S., Tan, Y. Q., Tan, Q. Y., & Indra Alam Syah, A. (2022). The assessment of subjective well-being: A review of common measures. In W. Ruch, A. B. Bakker, L. Tay, & F. Gander (Eds.), *Handbook of positive psychology assessment*. European Association of Psychological Assessment.

Turk, F., & Waller, G. (2020). Is self-compassion relevant to the pathology and treatment of eating and body image concerns? A systematic review and meta-analysis. *Clinical psychology review*, 79, 101856.

Urken, D., & LeCroy, C. W. (2021). A Randomized Controlled Trial of a Self-Compassion Writing Intervention for Adults With Mental Illness. *Research on Social Work Practice*, 31(3), 254–266. <https://doi.org/10.1177/1049731520972779>

Vukčević Marković, M., Bjekić, J., & Priebe, S. (2020). Effectiveness of Expressive Writing in the Reduction of Psychological Distress During the COVID-19 Pandemic: A Randomized Controlled Trial. *Frontiers in Psychology*, 11. <https://doi.org/10.3389/fpsyg.2020.587282>

Wakelin, K. E., Perman, G., & Simonds, L. M. (2022). Effectiveness of self-compassion-related interventions for reducing self-criticism: A systematic review and meta-analysis. *Clinical Psychology & Psychotherapy*, 29(1), 1-25.

Wang, K., Goldenberg, A., Dorison, C.A. et al. (2021). A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nat Hum Behav* 5, 1089–1110. <https://doi.org/10.1038/s41562-021-01173-x>

WHO. (2022). *World mental health report: transforming mental health for all*.

Williamson, J. R. (2014). Addressing self-reported depression, anxiety, and stress in college students via web-based self-compassionate journaling[Disertasi, East Tennessee State University]. Electronic Theses and Dissertations East Tennessee State University. <https://dc.etsu.edu/etd/2402>.

Williamson, J., & Blackhart, G. C. (2021). Efficacy of guided versus self-induced learning of web-based self-compassionate journaling by college students. *The American Journal of Psychology*, 134(1), 45-59.

Wong, C. C. Y., & Mak, W. W. S. (2016). Writing Can Heal: Effects of Self-Compassion Writing among Hong Kong Chinese College Students. *Asian American Journal of Psychology*, 7(1), 74–82. <https://doi.org/10.1037/AAP0000041>

Xiao, H., Janis, R. A., Castonguay, L. G., Hayes, J. A., & Locke, B. D. (2017). Are we in crisis? National mental health and treatment trends in college counseling centers. *Psychological Services*, 14(4), 407–415.

Yu, L., Buysse, D. J., Germain, A., Moul, D. E., Stover, A., Dodds, N. E., Johnston, K. L., & Pilkonis, P. A. (2011). Development of short forms from the PROMIS™ sleep disturbance and Sleep-Related Impairment item banks. *Behavioral sleep medicine*, 10(1), 6–24. <https://doi.org/10.1080/15402002.2012.636266>

Yusainy, C. (2019). Panduan Riset Eksperimental dalam Psikologi (Edisi Revisi). Malang: Brawijaya University Press. ISBN: 978-602-432-715-6

Zhang, M., Zhang, J., Zhang, F., Zhang, L., & Feng, D. (2018). Prevalence of psychological distress and the effects of resilience and perceived social support among Chinese college students: Does gender make a difference? *Psychiatry Research*, 267, 409–413. <https://doi.org/10.1016/j.psychres.2018.06.038>

Zessin, U., Dickhäuser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*, 7(3), 340-364.

Ziemer, K. S., Fuhrmann, A., & Hoffman, M. A. (2015). Effectiveness of a positive writing intervention for chronic pain: A randomized trial. *Myopain*, 23(3-4), 143-154.

Ziemer, K. S., Lamphere, B. R., Raque-Bogdan, T. L., & Schmidt, C. K. (2019). A Randomized Controlled Study of Writing Interventions on College Women's Positive Body Image. *Mindfulness*, 10(1), 66–77. <https://doi.org/10.1007/s12671-018-0947-7>

