

DAFTAR PUSTAKA

- A. Juliandi, I. S. M. (2014). 6-6-1-Pb. In *Metodologi Penelitian Bisnis* (Issue ISBN: 978-602-703330-3-0).
- Albert Bandura 2 and Nancy E. (1977). Analysis of Self-Efficacy Theory of Behavioral Change'. *Dental Materials*, 28(4), e34–e35. <https://doi.org/10.1016/j.dental.2012.07.085>
- Amalia, R. (2019). Empati Sebagai Dasar Kepribadian Konselor. *Jurnal Pendidikan Dan Konseling (JPDK)*, 1(1), 56–58. <https://doi.org/10.31004/jpdk.v1i1.350>
- Andangsari. (2010). *Perilaku Kerja Guru Bimbingan dan Konseling Laki-Laki dan Perempuan Tingkat SLTA*. Jurnal Humaniora.
- Anjani, A. P., Nabila, A., Balqis, F., Lestari, P. I., & Hayati, K. R. (2025). *PERAN MAHASISWA UPN VETERAN JAWA TIMUR DALAM*. 07(1), 489–509.
- Arikunto, S. (2019). *Prosedur Penelitian: Suatu Pendekatan Praktik*. PT Rineka Cipta.
- Astuti, I., Wicaksono, L., Maryuni, S., & Putri, A. (2022a). Identifikasi permasalahan pada mahasiswa Universitas Tanjungpura. *Jurnal Education and Development*, 10(3), 643–649.
- Astuti, I., Wicaksono, L., Maryuni, S., & Putri, A. (2022b). Identifikasi permasalahan pada mahasiswa Universitas Tanjungpura. *Jurnal Education and Development*, 10(3), 643–649. <http://journal.ipts.ac.id/index.php/ED/article/view/4286%0Ahttps://journal.ipts.ac.id/index.php/ED/article/download/4286/2679>
- Awalya, Suharso, Nugraha, Y. P., Kunwijaya, I., Rifani, E., & Layyinatus, S. (2020). The identification of postgraduate students mental health in terms of gender, age, and educational level. *Solid State Technology*, 63(6), 1621–1631.
- Azwar, S. (2018). *Reliabilitas dan Validitas*.
- Bakar, A. R., Zakaria, N. S., & Mohamed, S. (2011). Malaysian Counselors' Self-Efficacy: Implication for Career Counseling. *International Journal of Business and Management*, 6(9), 141–147. <https://doi.org/10.5539/ijbm.v6n9p141>
- Bandura, A. (1997). *Self-Efficacy The Exercise of Control*. Freeman and Company.
- Barbee, P. W., Scherer, D., & Combs, D. C. (2003). Prepracticum Service-Learning: Examining The Relationship with Counselor Self-Efficacy and Anxiety. *Counselor Education & Supervision*, 43, 108–119.
- Bastomi, H. (2020). Perbandingan Sikap Empati Mahasiswa Sebagai Calon Konselor Berdasarkan Analisis Gender. *Ghaidan: Jurnal Bimbingan Konseling Islam Dan Kemasyarakatan*, 4(2), 48–56. <https://doi.org/10.19109/ghaidan.v4i2.5673>
- Bloch, J. H. (2018). Self-Compassion, Social Connectedness, and Interpersonal Competence. *University of Montana*. <https://scholarworks.umt.edu/etd/11224/>
- Buchori, et al. (2024). *Interpersonal Communication in Guidance and Counseling : The Role of*

Teachers ' 6210 Words Journal of Educational Science and Technology Interpersonal Communication in Guidance and Counseling : The Role of Teachers ' Empathy , Self-esteem , and Intrapers.

- Capuzzi, & Gross. (1999). *Counseling and Psychotherap* ((2nd edt.)).
- Choate, L. H., Smith, S. L., & Spruill, D. A. (2005). Professional Development of Counselor Education Students: An Exploratory Study of Professional Performance Indicators for Assessment. *International Journal for the Advancement of Counselling*, 27(3), 383-397.
- Clark, & Simpson. (2013). Imagination: an essential dimension of a counselor's empathy. *Journal of Humanistic Counseling*.
- Cleare, S., Gumley, A., & O'Connor, R. C. (2019). Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. *Clinical Psychology and Psychotherapy*, 26(5), 511–530. <https://doi.org/10.1002/cpp.2372>
- Corey, G. (1980). Theory and Practice of Counseling and Psychotherapy. *Family Relations*, 29(1), 133. <https://doi.org/10.2307/583738>
- Davis, C. M. (1990). What is empathy, and can empathy be taught. Physical therapy. *Physical Therapy*, 70(11), 707–715.
- Davis, M. H., & Davis, M. H. (1980). *A Multidimensional Approach to Individual Differences in Empathy*.
- Diswantika, N., & Yustiana, Y. R. (2022). Model Bimbingan Dan Konseling Bermain Cognitive-Behavior Play Therapy Untuk Mengembangkan Empati Mahasiswa. *Jurnal Mahasiswa BK An-Nur : Berbeda, Bermakna, Mulia*, 8(1), 40. <https://doi.org/10.31602/jmbkan.v8i1.6215>
- Dudley, J., Eames, C., Mulligan, J., & Fisher, N. (2018). Mindfulness of voices, self-compassion, and secure attachment in relation to the experience of hearing voices. *British Journal of Clinical Psychology*, 57(1), 1–17. <https://doi.org/10.1111/bjcp.12153>
- Duru, H., & Alaby, G. A. (2024). *Psychological Counselor Candidates' Leadership Self-Efficacy: Personality Traits, Cognitive Flexibility, and Emotional Intelligence*. 5(2), 1–17.
- Dwi Intan Septiani & dkk. (2020). *Pengembangan Profil Kepribadian Empati Konselor Dalam Pemberian Layanan Bimbingan Dan Konseling*.
- Dwi Siswoyo. (2007). *Ilmu Pendidikan*. UNY Press.
- Elices, M., Carmona, C., Pascual, J. C., Feliu-Soler, A., Martin-Blanco, A., & Soler, J. (2017). Compassion and self-compassion: Construct and measurement. *Mindfulness & Compassion*, 2(1), 34–40. <https://doi.org/10.1016/j.minc.2016.11.003>
- Elliott, R., Bohart, A. C., Watson, J. C., & Greenberg, L. S. (2011). Empathy. *Psychotherapy*, 48(1), 43–49. <https://doi.org/10.1037/a0022187>
- Ferdian, F. R., Chrisnatalia, D., Verina, V., & Adeline, M. (2024). Adaptation and Psychometric Test Measurement of The Counseling Self-Estimate Inventory (COSE) Instruments for School Counselors In Indonesia. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 14(2), 554. <https://doi.org/10.24127/gdn.v14i2.6489>

- Friedlander, Keller, Peca-Baker, & Olk. (1986). Effects of Role Conflict on Counselor Trainees' Self-Statements, Anxiety Level, and Performance. *Journal of Counseling Psychology*, 33(1), 73-77.
- 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>
- Gieblyn, A. O. (2015). *Ph.D. in Clinical Counseling October 2015*.
- Goleman. (1998). *Kecerdasan Emosional*. PT. Gramedia Pustaka Utama.
- Goleman, D. (2003). *Emotional Intelligence Mengapa EI Lebih Penting dari IQ*. Gramedia Pustaka Utama.
- Greason, P. B., & Cashwell, C. S. (2009). Mindfulness And Counseling Self-Efficacy: The Mediating Role of Attention and Empathy. *Counselor Education and Supervision*, 49, 2–19.
- Handari, S. (2016). *Empati sebagai pengembangan seni konseling untuk efektivitas pelayanan konseling*. XVIII(1), 49–63.
- Hanson, M. (2002). *Counselor Self-Efficacy: Supervision Contributions*. 80, 311–320.
- Hasanah, F. A., & Hidayati, F. (2017). HUBUNGAN ANTARA SELF-COMPASSION DENGAN ALIENASI PADA REMAJA (Sebuah Studi Korelasi pada Siswa SMK Negeri 1 Majalengka). *Jurnal EMPATI*, 5(4), 750–756. <https://doi.org/10.14710/empati.2016.15414>
- Herdiansyah, D., & Nurul Hanifah Puteri. (2023). Flourishing Bagi Mahasiswa Bimbingan Dan Konseling Sebagai Calon Helper. *JCOSE Jurnal Bimbingan Dan Konseling*, 6(1), 8–17. <https://doi.org/10.24905/jcose.v6i1.147>
- Hergenhahn, B. R. (2010). *Teori-teori Belajar*. Kencana.
- Hidayati, D. S. (2015). SELF COMPASSION DAN LONELINESS. *Jurnal Ilmiah Psikologi Terapan*, 151(01), 10–17.
- Ilgar, S. C., & Ilgar, M. Z. (2013). The impact of field practice on the self-efficacy of prospective psychological counselors. *Psycho-Educational Research Reviews*, 2(1), 81–90.
- Imam, G. (2018). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 25*. Badan Penerbit Universitas Diponegoro.
- Inam, A., Fatima, H., Naeem, H., Mujeeb, H., Khatoon, R., Wajahat, T., Andrei, L. C., Starčević, S., & Sher, F. (2021). Self-compassion and empathy as predictors of happiness among late adolescents. *Social Sciences*, 10(10). <https://doi.org/10.3390/socsci10100380>
- Joeng, J. R., & Turner, S. L. (2015). Mediators between self-criticism and depression: Fear of compassion. *Journal of Counseling Psychology*, 62(3), 453–463.
- Johns, H. (2012). *Personal Development in Counsellor Training (2nd ed.)*. London, UK: Biddles.
- Julius, A., Nurlatifah, S., Alfaiz, A., & Nadya, A. (2022). *Profil empati multibudaya pada mahasiswa program Magister studi Bimbingan dan Konseling di Universitas Pendidikan Indonesia*. 6(1), 67–72. <https://doi.org/10.26539/teraputik.611048>

- Kaswan. (2021). *Kompetensi Interpersonal dalam Organisasi*. ANDI.
- Lambert, & Barley. (2001). Research summary on the therapeutic relationship and psychotherapy outcome. *Psychotherapy: Theory, Research, Practice*,. <https://doi.org/10.1037/0033-3204.38.4.357>
- Lannin, D. G., Guyll, M., Cornish, M. A., Vogel, D. L., & Madon, S. (2019). The Importance of Counseling Self-efficacy: Physiologic Stress in Student Helpers. *Journal of College Student Psychotherapy*, 33(1), 14–24. <https://doi.org/10.1080/87568225.2018.1424598>
- Larson, L. M. (1990). *Counseling Self-Estimate Inventory (COSI)* □ 1990,. 11–14.
- Larson, L. M., & Daniels, J. A. (1998). Review of the Counseling Self-Efficacy Literature. *The Counseling Psychologist*, 26(2), 179–218. <https://doi.org/10.1177/0011000098262001>
- Larson, Suzuki, Gillespie, Potenza, Bechtel, & Louse, T.-. (1992). Development and Validation of The Counseling Self-estimate Inventory. *Journal of Counseling Psychology*.
- Leary, M. R., Tate, E. B., Adams, C. E., Allen, A. B., & 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), 887–904. <https://doi.org/10.1037/0022-3514.92.5.887>
- Lei, F., & Lei, L. (2022). How Does the Optimism of Students Learning a Foreign Language Affect Their Creative Self-Efficacy? The Mediating Effects of Hope and Empathy. *Frontiers in Psychology*, 13(March). <https://doi.org/10.3389/fpsyg.2022.831593>
- Lent, R. W., Hill, C. E., & Hoffman, M. A. (2003). Development and validation of the counselor activity self-efficacy scales. *Journal of Counseling Psychology*, 50(1), 97–108. <https://doi.org/10.1037/0022-0167.50.1.97>
- Leuwol, N.V., dkk. (2020). *Pengembangan Sumber Daya Manusia Perguruan Tinggi: Sebuah Konsep, Fakta dan Gagasan*.
- Liao, K. Y. H., Stead, G. B., & Liao, C. Y. (2021). A Meta-Analysis of the Relation Between Self-Compassion and Self-Efficacy. *Mindfulness*, 12(8), 1878–1891. <https://doi.org/10.1007/s12671-021-01626-4>
- Lyon, T. A. (2015). Self-compassion as a predictor of loneliness: The relationship between self-evaluation processes and perceptions of social connection part of the personality and social contexts commons, and the sociology of culture commons. *Fire Scholars*. <http://firescholars.seu.edu/honors>
- MacBeth, A., & Gumley, A. (2012). *MacBeth , A ., and Gumley , A . (2012) Exploring compassion : a meta- analysis of the association between self-compassion and*. 32(November), 545–552.
- Malakcioglu, C. (2022). Empathy Assessment Scale. *Northern Clinics of Istanbul*, 9(4), 358–366. <https://doi.org/10.14744/nci.2022.55649>
- Marjo, H. K. (2015). Kondisi Empati Dasar Mahasiswa Bimbingan dan Konseling Se-DKI Jakarta. *Psiko Edukasi*, 13(2), 128–135.

- Marshall, S. L., Ciarrochi, J., Parker, P. D., & Sahdra, B. K. (2020). Is Self-Compassion Selfish? The Development of Self-Compassion, Empathy, and Prosocial Behavior in Adolescence. *Journal of Research on Adolescence*, 30(S2), 472–484. <https://doi.org/10.1111/jora.12492>
- Marshall, S. L., Parker, P. D., Ciarrochi, J., Sahdra, B., Jackson, C. J., & Heaven, P. C. L. (2015). Self-compassion protects against the negative effects of low self-esteem: A longitudinal study in a large adolescent sample. *Personality and Individual Differences*, 74, 116–121. <https://doi.org/10.1016/j.paid.2014.09.013>
- Meola, C. C., Sias, S. M., Atherton, W. L., Leierer, S. J., Crowe, A., & Scroggs, L. B. (2022). The Effects of an Equine Assisted Learning Supervision Intervention on Counselors' in-training Performance Anxiety and Counseling Self-Efficacy. *Journal of Creativity in Mental Health*, 17(2), 154–168. <https://doi.org/10.1080/15401383.2020.1848674>
- Mudjijanti. (2012). *Pengaruh Motivasi dan Sikap Empati Konselor Terhadap Keberhasilan Proses Konseling*. Widya Warta No 2.
- Muhammad Bazlan Mustafa, Mohd Fahrizal Asmy, Hapsah Md Yusof, Anis Fatima Savugathali, Noor Fadzliana, & Ahmad Jaafar. (2023). The Effect of Mindfulness and Self-Compassion Towards Counselor Self-Efficacy of University Students. *International Journal of Academic Research in Business and Social Sciences*, 13(11), 2651–2657. <https://doi.org/10.6007/IJARBSS/v13-i11/19738>
- Nafia, A., & Al Fatah, S. A. A. (2022). Peranan Self Efficacy Dalam Mengatasi Kecemasan Berbicara Di Depan Umum. *Muttaqien; Indonesian Journal of Multidisciplinary Islamic Studies*, 3(2), 265–273. <https://doi.org/10.52593/mtq.03.2.05>
- Narti, Z., Hariko, R., & Karneli, Y. (2023). *Penerapan Sikap Empati Konselor dalam Proses Konseling*. 4(Mei), 17–24.
- Neff, K. (2003). The Relational Compassion Scale: Development and Validation of a new self-rated Scale for the Assessment of Self Other Compassion. *Self and Identity*, 2(3), 223–250. <https://doi.org/10.1080/15298860390209035>
- Neff, K. D. (2006). Compassion, Well-Being, and the Hypoegoic Self. *Oxford Handbook of Hypo-Egoic Phenomena: Theory and Research on the Quiet Ego*, 189–204.
- Neff, K. D., Tóth-Király, I., Yarnell, L., Arimitsu, K., Castilho, P., Ghorgani, N., & Mantios, M. (2019). Examining the factor structure of the self-compassion scale using exploratory SEM bifactor analysis in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment*, 31(1), 27–45.
- Neff, Kristin 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, Kristin 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, Kristin D., Kirkpatrick, K. L., & Rude, S. S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality*, 41(1), 139–154. <https://doi.org/10.1016/j.jrp.2006.03.004>

- Neff, Kristin 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, Kristin D., Tóth-Király, I., Yarnell, L. M., Arimitsu, K., Castilho, P., Ghorbani, N., Guo, H. X., Hirsch, J. K., Hupfeld, J., Hutz, C. S., Kotsou, I., Lee, W. K., Montero-Marin, J., Sirois, F. M., De Souza, L. K., Svendsen, J. L., Wilkinson, R. B., & Mantzios, M. (2019). Examining the factor structure of the Self-Compassion Scale in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment*, 31(1), 27–45.
<https://doi.org/10.1037/pas0000629>
- Neff, Kristin D. (2023). *Self-Compassion : Theory , Intervention*. 193–218.
- Neff, Kristin D, Hsieh, Y.-P., & Dejitterat, K. (2005). Self-compassion, Achievement Goals, and Coping with Academic Failure. *Self and Identity*, 4(3), 263–287.
<https://doi.org/10.1080/13576500444000317>
- Novita, R. (2022). Efektifitas Teknik Konseling Mindfulness Dalam Meningkatkan Regulasi Emosi Siswa Di Smp Negeri 6 Padang Panjang. *Psikodidaktika: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 7(1), 283.
<https://doi.org/10.32663/psikodidaktika.v7i1.2264>
- Nurfazrina, S. A., Muslihin, H. Y., & Sumardi, S. (2020). Analisis Kemampuan Empati Anak Usia 5-6 Tahun (Literature Review). *Jurnal Paud Agapedia*, 4(2), 285–299.
<https://doi.org/10.17509/jpa.v4i2.30447>
- Pajares, F. (1997). *Current Directions in Self-Efficacy Research*.
- Pamungkas, I. M., & Muslikah, M. (2019). Hubungan Antara Kecerdasan Emosi Dan Empati Dengan Altruisme Pada Siswa Kelas Xi Mipa Sma N 3 Demak. *JURNAL EDUKASI: Jurnal Bimbingan Konseling*, 5(2), 154. <https://doi.org/10.22373/je.v5i2.5093>
- Papadimitriou, A., Karakasidou, E., & Stalikas, A. (2023). The Role of Self-Compassion in the Relationship Between Empathy and Compassion Fatigue in Counseling Psychologists. *The European Journal of Counselling Psychology*, 1–11. <https://doi.org/10.46853/001c.88375>
- Pratama, Y. T., Iriani, T., & Neolaka, A. (2012). Hubungan Kemampuan Keterampilan Dasar Mengajar Mahasiswa Program Pengalaman Lapangan (Ppl) Jurusan Teknik Sipil Fakultas Teknik Universitas Negeri Jakarta Terhadap Hasil Belajar Siswa Di Smk Pada Bidang Keahlian Teknik Bangunan Gedung. *Jurnal PenSil*, 1(2), 164–175.
<https://doi.org/10.21009/jpensil.v1i2.9831>
- Rifani, E., Ummah, S., & Baharudin, Y. H. (2022). Self Compassion Mahasiswa Bimbingan dan Konseling. *CERMIN : Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 3(1), 31–36.
- Rogers, C. (1968). *Carl Rogers on the development of the person-centered approach*. Person-Centered Review.
- Sahdra, B. K., Ciarrochi, J., Parker, P. D., Marshall, S., & Heaven, P. (2015). Empathy and nonattachment independently predict peer nominations of prosocial behavior of adolescents. *Frontiers in Psychology*, 6(MAR). <https://doi.org/10.3389/fpsyg.2015.00263>

- Sahir. (2022). *Metodologi Penelitian*. KBM Indonesia.
- Schiele, B. E. (2013). *The Importance of Counseling Self-Efficacy In School Mental Health*.
- Setyawan, I. (2010). Peran Kemampuan Empati Pada Efikasi Diri Mahasiswa Peserta Kuliah Kerja Nyata PPM POSDAYA. *Proceeding Konferensi Nasional II Ikatan Psikologi Klinis – Himpesi, March*, 296–300.
https://www.researchgate.net/publication/279421676_Peran_Kemampuan_Empati_Pada_Efikasi_Diri_Mahasiswa_Peserta_Kuliah_Kerja_Nyata_PPM_POSDAYA
- Setyawati, S. P., Arofah, L., Puspitarini, I. Y. D., Andrianie, S., & David., Marizty Ratputri, J. (2019). SFBC (Solution Focused Brief Counseling): Alternatif Solusi untuk Meningkatkan Empati Mahasiswa BK. *Prosiding Seminar Nasional*, 2, 129–135.
- Siagian, T. V., Septianeke, O. A., & Hartanti, H. (2022). *Psychocentrum Review*. 62(58).
<https://doi.org/10.26539/pcr.41888>
- Soesilo. (2018). *Penelitian Inferensial dalam Bidang Pendidikan*. Satya Wacana University Press.
- Sofia, L., Permatasari, R. F., & Adriansyah, M. A. (2019). Hubungan antara empati dengan respect. *Psikostudia: Jurnal Psikologi*, 8(1), 20–28.
- Sonny, I. ., Gunawan, Wibowo, E, M., Purwanto, & Sunawan. (2019). Group counseling of values clarification to increase middle school students' empathy. *Psicología Educativa*, 25(2), 169–174. <https://doi.org/10.5093/psed2019a5>
- Srivaniwati, Y. (2019). Hubungan Efikasi Diri dan Dukungan Sosial dengan Kejemuhan Akademik pada Mahasiswa Bimbingan dan Konseling Universitas Negeri Makassar yang Sedang Melaksanakan Kuliah Online in Guidance and Counseling Students at Makassar State University. *Pinisi Journal of Education*, 1–12.
- Sugawara, E., & Nikaido, H. (2014). Properties of AdeABC and AdeIJK efflux systems of *Acinetobacter baumannii* compared with those of the AcrAB-TolC system of *Escherichia coli*. *Antimicrobial Agents and Chemotherapy*, 58(12), 7250–7257.
<https://doi.org/10.1128/AAC.03728-14>
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas Self-Compassion Scale versi Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 7(2), 177–191.
<https://doi.org/10.24854/jpu107>
- Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Sugiyono, P. D. (2019). metode penelitian pendidikan (kuantitatif, kualitatif, kombinasi, R&D dan penelitian pendidikan). *Metode Penelitian Pendidikan*, 67, 18.
- Taufik. (2012). *Empati: Pendekatan Psikologi Sosial*. Raja Grafindo.
- Triana, Erliana, Y. E., & Mustafa, K. (2019). Hubungan Antara Self Compassion dengan Self Disclosure pada Remaja di Panti Asuhan Tritunggal Sumbawa. *Jurnal Diskursus Ilmu Psikologi & Pendidikan*, 1, 11–13.
- Watson. (2001). *Revisioning empathy: Theory, research, and practice*. In D. Cain, & J. Seeman

- (Eds.), *Handbook of research and practice in humanistic psychotherapy* (pp. 445–472).
- Yulis, E. (2016). Jurnal konseling dan pendidikan. *Jurnal Konseling Dan Pendidikan*, 4(3), 5–11.
- Yusuf, S. (2012). *Psikologi Perkembangan Anak dan Remaja*. Remaja Rosdakarya.
- Zawawi, J., & Al-Ali. (2014). *Jordanian counselor trainee's self-efficacy and performance: the impacts of supervision*. 3(2), 69–93.
- Zelenak, M. S. (2020). Developing Self-Efficacy to Improve Music Achievement. *Music Educators Journal*, 107(2), 42–50. <https://doi.org/10.1177/0027432120950812>

