

Daftar Pustaka

- Allen, A. B., & Leary, M. R. (2010). Self-Compassion, Stress, and Coping. *Social and Personality Psychology Compass*, 4(2), 107–118.
<https://doi.org/10.1111/j.1751-9004.2009.00246.x>
- Arango, A., Cole-Lewis, Y., Lindsay, R., Yeguez, C. E., Clark, M., & King, C. (2018). The Protective Role of Connectedness on Depression and Suicidal Ideation Among Bully Victimized Youth. *Journal of Clinical Child & Adolescent Psychology*, 48(5), 728–739.
<https://doi.org/10.1080/15374416.2018.1443456>
- Arnett, J. J., Žukauskienė, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18–29 years: implications for mental health. *The Lancet Psychiatry*, 1(7), 569–576. [https://doi.org/10.1016/s2215-0366\(14\)00080-7](https://doi.org/10.1016/s2215-0366(14)00080-7)
- Astuti, H. J. P. (2018). Islam nusantara: Sebuah argumentasi beragama dalam bingkai kultural. *INJECT (Interdisciplinary Journal of Communication)*, 2(1), 27. <https://doi.org/10.18326/inject.v2i1.27-52>
- Behere, P. B., Das, A., Yadav, R., & Behere, A. P. (2013). Religion and mental health. *Indian Journal of Psychiatry*, 55(6), 187.
<https://doi.org/10.4103/0019-5545.105526>
- Berapa Angka Bunuh Diri di Indonesia? (2019, September 11). Retrieved November 13, 2020, from
<https://databoks.katadata.co.id/datapublish/2019/09/11/berapa-angka-bunuh-diri-di-indonesia>
- Breines, J. G., McInnis, C. M., Kuras, Y. I., Thoma, M. V., Gianferante, D., Hanlin, L., ... Rohleder, N. (2015). Self-compassionate young adults show lower salivary alpha-amylase responses to repeated psychosocial stress. *Self and Identity*, 14(4), 390–402.
<https://doi.org/10.1080/15298868.2015.1005659>
- Brown, L. A., Lynch, K. G., & Cheatle, M. (2020). Pain catastrophizing as a predictor of suicidal ideation in chronic pain patients with an opiate prescription. *Psychiatry Research*, 286, 112893.
<https://doi.org/10.1016/j.psychres.2020.112893>
- Bryan, C. J., Elder, W. B., McNaughton-Cassill, M., Osman, A., Hernandez, A. M., & Allison, S. (2013). Meaning in life, emotional distress, suicidal ideation, and life functioning in an active duty military sample. *The Journal of Positive Psychology*, 8(5), 444–452.
<https://doi.org/10.1080/17439760.2013.823557>

- Chae, W., Park, E.-C., & Jang, S.-I. (2020). Suicidal ideation from parents to their children: An association between parent's suicidal ideation and their children's suicidal ideation in South Korea. *Comprehensive Psychiatry*, 101, 152181. <https://doi.org/10.1016/j.comppsych.2020.152181>
- Cleare, S., Gumley, A., & O'Connor, R. C. (2019). Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. *Clinical Psychology & Psychotherapy*, 26(5), 511–530. <https://doi.org/10.1002/cpp.2372>
- Coaston, S. C. (2017). Self-Care Through Self-Compassion: A Balm for Burnout. *The Professional Counselor*, 7(3), 285–297. <https://doi.org/10.15241/scc.7.3.285>
- Dzulfikar, L. T. (2020, July 5). How the COVID-19 pandemic will leave more young people unemployed in Indonesia. Retrieved September 4, 2020, from <https://www.thejakartapost.com/academia/2020/07/05/how-the-covid-19-pandemic-will-leave-more-young-people-unemployed-in-indonesia.html>
- Eskin, M., Baydar, N. i., El-Nayal, M., Asad, N., Noor, I. M., Rezaeian, M., ... Khan, M. M. (2020). Associations of religiosity, attitudes towards suicide and religious coping with suicidal ideation and suicide attempts in 11 muslim countries. *Social Science & Medicine*, 265, 113390. <https://doi.org/10.1016/j.socscimed.2020.113390>
- Evans, S., Wyka, K., Blaha, K. T., & Allen, E. S. (2018). Self-Compassion Mediates Improvement in Well-being in a Mindfulness-Based Stress Reduction Program in a Community-Based Sample. *Mindfulness*, 9(4), 1280–1287. <https://doi.org/10.1007/s12671-017-0872-1>
- Farabaugh, A., Bitran, S., Nyer, M., Holt, D. J., Pedrelli, P., Shyu, I., ... Fava, M. (2012). Depression and Suicidal Ideation in College Students. *Psychopathology*, 45(4), 228–234. <https://doi.org/10.1159/000331598>
- Fraenkel, J., Wallen, N., & Hyun, H. (2009). *How to Design and Evaluate Research in Education* (10th ed.). New York, United States: McGraw-Hill Education.
- Ghorbani, N., Watson, P. J., Chen, Z., & Norballa, F. (2012). Self-Compassion in Iranian Muslims: Relationships With Integrative Self-Knowledge, Mental Health, and Religious Orientation. *International Journal for the Psychology of Religion*, 22(2), 106–118. <https://doi.org/10.1080/10508619.2011.638601>
- Ghorbani, N., Watson, P. J., Kashanaki, H., & Chen, Z. J. (2017). Diversity and Complexity of Religion and Spirituality in Iran: Relationships With Self-Compassion and Self-Forgiveness. *The International Journal for the Psychology of Religion*, 27(2), 119–134. <https://doi.org/10.1080/10508619.2017.1390001>

Psychology of Religion, 27(4), 157–171.
<https://doi.org/10.1080/10508619.2017.1340100>

Gravetter, F. J., & Forzano, L. B. (2012). Research methods for the behavioural sciences (4th ed.). New York, United States: Wadsworth Cengage Learning.

Goforth, C. (2015). Using and interpreting Chronbach's Alpha. University of Virginia Library

Goss-Sampson, M. A. (2019). Analisis ststistik menggunakan JASP: Buku panduan untuk mahasiswa. (S. Bagaskara, S. Z. Akmal, N. Grasiaswaty, & E. Nurhayati, Trans.). (Original work published 2019)

Gustavson, K., Knudsen, A. K., Nesvåg, R., Knudsen, G. P., Vollset, S. E., & Reichborn-Kjennerud, T. (2018). Prevalence and stability of mental disorders among young adults: findings from a longitudinal study. *BMC Psychiatry*, 18(1), 1–15. <https://doi.org/10.1186/s12888-018-1647-5>

Hasibuan, H. S., Soemardi, T. P., Koestoer, R., & Moersidik, S. (2014). The role of transit oriented development in constructing urban environment sustainability, the case of jabodetabek, indonesia. *Procedia Environmental Sciences*, 20, 622–631. <https://doi.org/10.1016/j.proenv.2014.03.075>

Joiner, T. (2007). *Why People Die by Suicide* (1st ed.). Cambridge, Massachusetts: Harvard University Press.

Kato, T. A., Shinfuku, N., Sartorius, N., & Kanba, S. (2011). Are Japan's hikikomori and depression in young people spreading abroad? *The Lancet*, 378(9796), 1070. [https://doi.org/10.1016/s0140-6736\(11\)61475-x](https://doi.org/10.1016/s0140-6736(11)61475-x)

Klonsky, E. D., May, A. M., & Saffer, B. Y. (2016). Suicide, Suicide Attempts, and Suicidal Ideation. *Annual Review of Clinical Psychology*, 12(1), 307–330. <https://doi.org/10.1146/annurev-clinpsy-021815-093204>

Kementerian Kesehatan Republik Indonesia. (2019). Laporan nasional riskesdas 2018. DKI Jakarta, Indonesia: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan.

Lawrence, R. E., Oquendo, M. A., & Stanley, B. (2015). Religion and Suicide Risk: A Systematic Review. *Archives of Suicide Research*, 20(1), 1–21. <https://doi.org/10.1080/13811118.2015.1004494>

Liu, S., Li, C.-I., Wang, C., Wei, M., & Ko, S. (2019). Self-Compassion and Social Connectedness Buffering Racial Discrimination on Depression Among Asian Americans. *Mindfulness*, 11(3), 672–682. <https://doi.org/10.1007/s12671-019-01275-8>

- MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32(6), 545–552.
<https://doi.org/10.1016/j.cpr.2012.06.003>
- Maramis, A., Van Tuan, N., & Minas, H. (2011). Mental health in southeast Asia. *The Lancet*, 377(9767), 700–702. [https://doi.org/10.1016/s0140-6736\(10\)62181-2](https://doi.org/10.1016/s0140-6736(10)62181-2)
- Matthews, T., Danese, A., Caspi, A., Fisher, H. L., Goldman-Mellor, S., Kepa, A., ... Arseneault, L. (2018). Lonely young adults in modern Britain: findings from an epidemiological cohort study. *Psychological Medicine*, 49(2), 268–277. <https://doi.org/10.1017/s0033291718000788>
- Melchior, M., Caspi, A., Milne, B. J., Danese, A., Poulton, R., & Moffit, T. E. (2007). Work stress precipitates depression and anxiety in young, working women and men. *Psychological Medicine*, 37(8), 1119–1129.
<https://doi.org/10.1017/s0033291707000414>
- Montgomery, D. C., Peck, E. A., & Vining, G. G. (2021). Introduction to linear regression analysis (6th ed.). Hoboken, New Jersey: John Wiley & Sons.
- 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. (2016a). Does Self-Compassion Entail Reduced Self-Judgment, Isolation, and Over-Identification? A Response to Muris, Otgaar, and Petrocchi (2016). *Mindfulness*, 7(3), 791–797.
<https://doi.org/10.1007/s12671-016-0531-y>
- Neff, K. D. (2016b). 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., 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>
- 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>
- Nock, M. K., Borges, G., Bromet, E. J., Alonso, J., Angermeyer, M., Beautrais, A., ... Williams, D. (2008). Cross-national prevalence and risk factors for suicidal ideation, plans and attempts. *British Journal of Psychiatry*, 192(2), 98–105. <https://doi.org/10.1192/bjp.bp.107.040113>

- O'Connor, R. C. (2011). The Integrated Motivational-Volitional Model of Suicidal Behavior. *Crisis*, 32(6), 295–298. <https://doi.org/10.1027/0227-5910/a000120>
- Pargament, K. I., Smith, B. W., Koenig, H. G., & Perez, L. (1998). Patterns of Positive and Negative Religious Coping with Major Life Stressors. *Journal for the Scientific Study of Religion*, 37(4), 710. <https://doi.org/10.2307/1388152>
- Park, S., Lee, Y., Youn, T., Kim, B. S., Park, J. I., Kim, H., ... Hong, J. P. (2018). Association between level of suicide risk, characteristics of suicide attempts, and mental disorders among suicide attempters. *BMC Public Health*, 18(1), 1–7. <https://doi.org/10.1186/s12889-018-5387-8>
- Peen, J., Schoevers, R. A., Beekman, A. T., & Dekker, J. (2010). The current status of urban-rural differences in psychiatric disorders. *Acta Psychiatrica Scandinavica*, 121(2), 84–93. <https://doi.org/10.1111/j.1600-0447.2009.01438.x>
- Populasi penduduk DKI jakarta berdasarkan agama. (2018, March 5). Retrieved January 7, 2021, from <https://lokadata.beritagar.id/chart/preview/populasi-penduduk-dki-jakarta-berdasarkan-agama-1520252043>
- Pousher, J., & Fetterolf, J. (2019, April 22). 3. How people around the world view religion's role in their countries. Retrieved December 10, 2020, from <https://www.pewresearch.org/global/2019/04/22/how-people-around-the-world-view-religions-role-in-their-countries/>
- Presiden Republik Indonesia. (2020, April). *Peraturan Presiden Republik Indonesia Nomor 60 Tahun 2020 Tentang Rencana Tata Ruang Kawasan Perkotaan Jakarta, Bogor, Depok, Tangerang, Bekasi, Puncak, dan Cianjur. Jaringan Dokumentasi dan Informasi Hukum*. Retrieved from <https://jdih.setkab.go.id/>
- Pusat Pengembangan Kawasan Perkotaan. (n.d.). PU-net. Retrieved September 9, 2020, from <http://perkotaan.bpiw.pu.go.id/n/>
- Ribeiro, J. D., Huang, X., Fox, K. R., & Franklin, J. C. (2018). Depression and hopelessness as risk factors for suicide ideation, attempts and death: meta-analysis of longitudinal studies. *British Journal of Psychiatry*, 212(5), 279–286. <https://doi.org/10.1192/bjp.2018.27>
- Sari, D. P. (2020, July 30). Agama yang Dianut oleh Penduduk DKI Jakarta Tahun 2019. Retrieved November 17, 2020, from <http://statistik.jakarta.go.id/agama-yang-dianut-oleh-penduduk-dki-jakarta-tahun-2019/>

- Sufren, & Natanael, Y. (2013). Mahir menggunakan SPSS secara otodidak. Jakarta: PT Elex Media Komputindo.
- Sugianto, D., Sutanto, H., & Suwartono, C. (2020). Self-Compassion as a Way to Embrace Loneliness in University Students. *PSIKODIMENSI*, 19(1), 122. <https://doi.org/10.24167/psidim.v19i1.2643>
- Svendsen, J. L., Kverneland, K. V., Wiker, A. S., & Dundas, I. (2016). Mechanisms of mindfulness: Rumination and self-compassion. *Nordic Psychology*, 69(2), 71–82. <https://doi.org/10.1080/19012276.2016.1171730>
- Tanner, J. L. (2015). Mental Health in Emerging Adulthood. *Oxford Handbooks Online*, 1(1), 499–539. <https://doi.org/10.1093/oxfordhb/9780199795574.013.30>
- Tesfaye, A. (2009). Prevalence And Correlates Of Mental Distress Among Regular Undergraduate Students Of Hawassa University: A Cross Sectional Survey. *East African Journal of Public Health*, 6(1), 85–94. <https://doi.org/10.4314/eajph.v6i1.45755>
- van Spijker, B. A. J., Batterham, P. J., Calear, A. L., Farrer, L., Christensen, H., Reynolds, J., & Kerkhof, A. J. F. M. (2014). The Suicidal Ideation Attributes Scale (SIDAS): Community-Based Validation Study of a New Scale for the Measurement of Suicidal Ideation. *Suicide and Life-Threatening Behavior*, 44(4), 408–419. <https://doi.org/10.1111/sltb.12084>
- Vijayakumar, L. (2017). Challenges and opportunities in suicide prevention in South-East Asia. *WHO South-East Asia Journal of Public Health*, 6(1), 30. <https://doi.org/10.4103/2224-3151.206161>
- Wormald, B. (2015, April 2). The Future of World Religions: Population Growth Projections, 2010-2050. Retrieved November 24, 2020, from <https://www.pewforum.org/2015/04/02/religious-projections-2010-2050/>
- Yarcheski, A., & Mahon, N. E. (2014). Meta-Analyses of Predictors of Hope in Adolescents. *Western Journal of Nursing Research*, 38(3), 345–368. <https://doi.org/10.1177/0193945914559545>