

DAFTAR PUSTAKA

- Adam, A. (6 Mei 2019). *Defisit psikiater dan psikolog, sebarannya terpusat di Jawa*. Diunduh dari <https://tirto.id/defisit-psikiater-dan-psikolog-sebarannya-terpusat-di-jawa-dpk2> pada 1 September 2020.
- Ajam, A. A., & Moradi, M. (2017). Relationship between self-compassion and health literacy in first grade high school students in Gonabad city. *J Educ Community Health*, 4(3), 44-51.
- Allen, A. B., & Leary, M. R. (2010). Self-compassion, stress, and coping. *Social and Personality Psychology Compass*, 4(2), 107-118.
- Arnett, J., J. (2015). *Emerging adulthood the winding road from the late teens through the twenties* (2nd ed.). New York, NY: Oxford University Press.
- Bamberger, P. (2009). Employee help-seeking: Antecedents, consequences, and new insights for future research. *Research in Personnel and Human Resources Management*, 28(1), 49-98.
- Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*, 38(9), 1133-1143.
- Castilho, P., Carvalho, S. A., Marques, S., & Pinto-Gouveia, J. (2017). Self-compassion and emotional intelligence in adolescence: A multigroup mediational study of the impact of shame memories on depressive symptoms. *Journal of Child and Family Studies*, 26(3), 759-768.
- Clark, L., Hudson, J., Dunstan, D., Clark, G. (2018). Barriers and facilitating factors to help-seeking for symptoms of clinical anxiety in adolescent males. *Australian Journal of Psychology*, 225-234. doi: 10.1111/ajpy.12191
- Choo, P. Y., & Marszalek, J. M. (2019). Self-compassion: A potential shield against extreme self-reliance?. *Journal of Happiness Studies*, 20(3), 971-994.
- Cornally, N., & McCarthy, G. (2011). Help-seeking behaviour: A concept analysis. *International Journal of Nursing Practice*, 17(3), 280-288.
- Dschaak, Z., Spiker, D., Berney, E., Miller, M., Hammer, J. (2019). Collegian help seeking: the role of self-compassion and self-coldness. *Journal of Mental Health*. Doi: 10.1080/09638237.2019.1677873.
- 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.

Gravetter, F. J., & Forzano, L. A. B. (2018). *Research methods for the behavioral sciences*. Boston: Cengage Learning.

Gulliver, A., Griffiths, K. M., & Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people: a systematic review. *BMC psychiatry*, 10(1), 113.

Hammer, J. H., Parent, M. C., & Spiker, D. A. (2018). Mental Help Seeking Attitudes Scale (MHSAS): Development, reliability, validity, and comparison with the ATSPPH-SF and IASMHS-PO. *Journal of Counseling Psychology*, 65(1), 74.

Heath, P. J., Brenner, R. E., Lannin, D. G., & Vogel, D. L. (2018). Self-compassion moderates the relationship of perceived public and anticipated self-stigma of seeking help. *Stigma and Health*, 3(1), 65. Doi: 10.1037/sah0000072

Hedge, J. M., Hudson-Flege, M. D., & McDonell, J. R. (2017). Promoting informal and professional help-seeking for adolescent dating violence. *Journal of Community Psychology*, 45(4), 500-512.

Heffernan, M., Quinn Griffin, M. T., McNulty, S. R., & Fitzpatrick, J. J. (2010). Self-compassion and emotional intelligence in nurses. *International Journal of Nursing Practice*, 16(4), 366-373.

Hermanto, N., & Zuroff, D. C. (2018). Experimentally enhancing self-compassion: Moderating effects of trait care-seeking and perceived stress. *The Journal of Positive Psychology*, 13(6), 617-626.

Kauer, S. D., Mangan, C., & Sanci, L. (2014). Do online mental health services improve help-seeking for young people? A systematic review. *Journal of Medical Internet Research*, 16(3), e66. Doi: 10.2196/jmir.3103

Kementerian Kesehatan Republik Indonesia. (2018). Laporan nasional riskesdas 2018. Diunduh dari <https://www.litbang.kemkes.go.id/laporan-riset-kesehatan-dasar-riskesdas/> pada tanggal 31 Agustus 2020.

Lannin, D. G., Vogel, D. L., Brenner, R. E., Abraham, W. T., & Heath, P. J. (2016). Does self-stigma reduce the probability of seeking mental health information?. *Journal of counseling psychology*, 63(3), 351-358.

Li, W., Denson, L. A., & Dorstyn, D. S. (2017). Help-seeking intentions and behaviors among Mainland Chinese college students: integrating the theory of planned behavior and behavioral model of health services use. *International Journal for the Advancement of Counselling*, 39(2), 125-148. Doi: 10.1007/s10447-017-9287-x

Lipson, S., Gaddis, S., Heinze, J., Beck, K., Eisenberg, D. (2015). Variations in student mental health and treatment utilization across US colleges and university. *Journal of American College Health*, 63(6). 388-396. Doi: 10.1080/07448481.2015.1040411.

- Mackenzie, C. S., Heath, P. J., Vogel, D. L., & Chekay, R. (2019). Age differences in public stigma, self-stigma, and attitudes toward seeking help: A moderated mediation model. *Journal of Clinical Psychology*, 75(12), 2259-2272.
- Neff, K. (2003a). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101.
- Neff, K. (2003b). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223-250.
- Neff, K. (2019). *Definition and Three Elements of Self Compassion*. Retrieved from <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
- Neff, K. D., & Dahm, K. A. (2015). Self-compassion: What it is, what it does, and how it relates to mindfulness. Dalam *Handbook of mindfulness and self-regulation* (hal. 121-137). New York, NY: Springer.
- Neff, K. D., Tóth-Király, I., Yarnell, L. M., Arimitsu, K., Castilho, P., Ghorbani, N., ... & 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.
- Padilla-Walker, L. M., & Nelson, L. J. (Eds.). (2017). *Flourishing in emerging adulthood: Positive development during the third decade of life*. Canada: Oxford University Press.
- Rasyida, A. (2019). Faktor yang menjadi hambatan untuk mencari bantuan psikologis formal di kalangan mahasiswa. *Persona: Jurnal Psikologi Indonesia*, 8(2), 193-207.
- 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.
- Rickwood, D., & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 5, 173-183.
- Sirois, F., Kitner, R., Hirsch, J. (2015). Self-compassion, affect, and health-promoting behaviors. *Health Psychology*, 34(6), 661-669. Doi: 10.1037/hea0000158.supp
- Sirois, F. M., Molnar, D. S., & Hirsch, J. K. (2015). Self-compassion, stress, and coping in the context of chronic illness. *Self and Identity*, 14(3), 334-347.
- 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. (2011). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung, Indonesia: Alfabeta.
- Sugiyono, P. D. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung, Indonesia: Alfabeta.
- Taber, K. S. (2018). The use of cronbach's alpha when developing and reporting research instruments in science education. *Research in Science Education*, 48(6), 1273-1296.
- Tjandrarini, D. H., Hidayangsih, P. S., & Mubasyiroh, R. (2020). Barriers to treatment-seeking behavior among adolescents with anxiety in Indonesia. *Global Journal of Health Science*, 12(8), 185-185.
- Terry, M. L., & Leary, M. R. (2011). Self-compassion, self-regulation, and health. *Self and Identity*, 10(3), 352-362.
- Terry, M. L., Leary, M. R., Mehta, S., & Henderson, K. (2013). Self-compassionate reactions to health threats. *Personality and Social Psychology Bulletin*, 39(7), 911-926.
- Tesfaye, Y., Agenagnew, L., Terefe Tucho, G., Anand, S., Birhanu, Z., Ahmed, G., ... & Yitbarek, K. (2020). Attitude and help-seeking behavior of the community towards mental health problems. *Plos One*, 15(11), e0242160.
- Van den Broeck, E., Poels, K., & Walrave, M. (2015). Older and wiser? Facebook use, privacy concern, and privacy protection in the life stages of emerging, young, and middle adulthood. *Social Media+ Society*, 1(2), 205-216.
- Wilson, C. J., Bushnell, J. A., & Caputi, P. (2011). Early access and help seeking: practice implications and new initiatives. *Early Intervention in Psychiatry*, 5, 34-39.