

DAFTAR PUSTAKA

- Abdullah, M. (2015). *Metodologi Penelitian Kuantitatif*. Aswaja Pressindo.
- Aditya, Y., Martoyo, I., Nurcahyo, A. F., Ariela, J., & Pramono, R. (2021). Factorial structure of the four basic dimensions of religiousness (4-BDRS) among Muslim and Christian college students in Indonesia. *Cogent Psychology*, 8(1). <https://doi.org/10.1080/23311908.2021.1974680>
- Alwi, S. (2014). *Perkembangan religiusitas remaja*. Kaukaba Dipantara.
- 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. <https://doi.org/10.3389/fpsyg.2015.01272>
- Azwar, S. (2012). *Penyusunan skala psikologi* (2nd ed.). Pustaka Pelajar.
- Babbie, E. (2010). *The practice of social research*. 12th Edition, Wadsworth, Belmont.
- Beatie, B., Stewart, D. W., & Walker, J. R. (2016). A moderator analysis of the relationship between mental health Help-Seeking attitudes and behaviours among young adults. *Canadian Journal of Counselling and Psychotherapy*, 50(3). <https://cjc-rcc.ucalgary.ca/article/view/61119>
- Bradshaw, M., Ellison, C. J., & Flannelly, K. J. (2008). Prayer, god imagery, and symptoms of psychopathology. *Journal for the Scientific Study of Religion*, 47(4), 644–659. <https://doi.org/10.1111/j.1468-5906.2008.00432.x>
- Bjorck, J. P., Kim, G. S., Cunha, D. A., & Braese, R. W. (2019). Assessing religious support in Christian adolescents: Initial validation of the Multi-Faith religious support Scale-Adolescent (MFRSS-A). *Psychology of Religion and Spirituality*, 11(1), 22–31. <https://doi.org/10.1037/rel0000140>
- Call, J., & Shafer, K. (2015). Gendered manifestations of depression and help seeking among men. *American Journal of Men's Health*, 12(1), 41–51. <https://doi.org/10.1177/1557988315623993>
- Center for Reproductive Health, University of Queensland, & Johns Hopkins Bloomberg School of Public Health. (2022). *Indonesia – National Adolescent Mental Health Survey (I-NAMHS) Report*. Center for Reproductive Health.

- Choudhry, F. R., Mani, V., Ming, L. C., & Khan, T. M. (2016). Beliefs and perception about mental health issues: a meta-synthesis. *Neuropsychiatric Disease and Treatment*, Volume 12, 2807–2818. <https://doi.org/10.2147/ndt.s111543>
- Christie, D., & Viner, R. (2005). Adolescent development. *BMJ*, 330(7486), 301–304. <https://doi.org/10.1136/bmj.330.7486.301>
- Dein, S. (2020). Religious healing and mental health. *Mental Health, Religion & Culture*, 23(8), 657–665. <https://doi.org/10.1080/13674676.2020.1834220>
- Elhai, J. D., Schweinle, W., & Anderson, S. M. (2008). Reliability and validity of the attitudes toward seeking professional psychological help Scale-Short form. *Psychiatry Research-neuroimaging*, 159(3), 320–329. <https://doi.org/10.1016/j.psychres.2007.04.020>
- Elkind, D. (1970). The origins of religion in the child. *Review of Religious Research*, 12(1), 35. <https://doi.org/10.2307/3510932>
- Estherita, & Novianty, A. (2021). Literasi kesehatan mental positif pada remaja dan dewasa awal. *Analitika: Jurnal Magister Psikologi UMA*, 13(2), 93–104. <http://doi.org/10.31289/analitika.v13i1.5053>
- Fischer, E. H., & Turner, J. L. (1970). Orientations to seeking professional help: Development and research utility of an attitude scale. *Journal of Consulting and Clinical Psychology*, 35(1, Pt.1), 79–90. <https://doi.org/10.1037/h0029636>
- Gallup International. (2016). End of year 2016: Global report on religion
- Garssen, B., Umland-Sikkema, N. F., & Visser, A. (2015). How spirituality helps cancer patients with the adjustment to their disease. *Journal of Religion & Health*, 54(4), 1249–1265. <https://doi.org/10.1007/s10943-014-9864-9>
- Garssen, B., Visser, A., & Pool, G. (2021). Does spirituality or religion positively affect mental health? Meta-analysis of longitudinal studies. *International Journal for the Psychology of Religion*, 31(1), 4–20. <https://doi.org/10.1080/10508619.2020.1729570>
- Gravetter, F., & Forzano, L. (2012). *Research methods for the behavioral science* (4th ed.). Wadsworth Cengage Learning.
- Hans, S. A. (2022). Pengaruh religiositas terhadap sikap pencarian bantuan psikologis profesional kesehatan mental pada mahasiswa kristen. *Bachelor Thesis*. In press. <http://repository.uph.edu/id/eprint/53290>

- Hartog, K., & Gow, K. (2005). Religious attributions pertaining to the causes and cures of mental illness. *Mental Health, Religion & Culture*, 8(4), 263–276. <https://doi.org/10.1080/13674670412331304339>
- Have, M. T., De Graaf, R., Ormel, J., Vilagut, G., Kovess, V., Alonso, J., & Investigators, M. (2009). Are attitudes towards mental health help-seeking associated with service use? Results from the European Study of Epidemiology of Mental Disorders. *Social Psychiatry and Psychiatric Epidemiology*, 45(2), 153–163. <https://doi.org/10.1007/s00127-009-0050-4>
- Hogg, M. A., & Smith, J. R. (2007). Attitudes in social context: A social identity perspective. *European Review of Social Psychology*, 18(1), 89–131. <https://doi.org/10.1080/10463280701592070>
- Hurlock. (2003). *Psikologi perkembangan suatu pendekatan sepanjang rentang kehidupan*. Erlangga.
- Ikatan Psikolog Klinis Indonesia. (2022). *Statistik keanggotaan ikatan psikolog klinis indonesia*. IPK Indonesia. <https://data.ipkindonesia.or.id/statistik/keanggotaan-ikatan-psikolog-klinis-indonesia/>
- Jorm, A. F. (2000). Mental health literacy. *British Journal of Psychiatry*, 177(5), 396–401. <https://doi.org/10.1192/bjp.177.5.396>
- Kate, J. T., De Koster, W., & Van Der Waal, J. (2017). The effect of religiosity on life satisfaction in a secularized context: Assessing the relevance of believing and belonging. *Review of Religious Research*, 59(2), 135–155. <https://doi.org/10.1007/s13644-016-0282-1>
- Kementerian Kesehatan Republik Indonesia. (2018). *Riset Kesehatan Dasar Republik Indonesia 2018*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan. <https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/>
- Lloyd, C. D., Reid, G. J., & Kotera, Y. (2021). From whence cometh my help? Psychological distress and Help-Seeking in the evangelical christian church. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.744432>
- Lucchetti, G., Koenig, H. G., & Lucchetti, A. L. G. (2021). Spirituality, religiousness, and mental health: A review of the current scientific evidence. *World Journal of Clinical Cases*, 9(26), 7620–7631. <https://doi.org/10.12998/wjcc.v9.i26.7620>

- Mavor, K. I., & Ysseldyk, R. (2020). A social identity approach to religion: religiosity at the nexus of personal and collective self. In *Elsevier eBooks* (pp. 187–205). <https://doi.org/10.1016/b978-0-12-817204-9.00015-9>
- Mojaverian, T., Hashimoto, T., & Kim, H. S. (2013). Cultural differences in professional help Seeking: A comparison of Japan and the U.S. *Frontiers in Psychology*, 3. <https://doi.org/10.3389/fpsyg.2012.00615>
- Mojtabai, R., Evans-Lacko, S., Schomerus, G., & Thornicroft, G. (2016). Attitudes toward mental health help seeking as predictors of future Help-Seeking behavior and use of mental health treatments. *Psychiatric Services*, 67(6), 650–657. <https://doi.org/10.1176/appi.ps.201500164>
- Murru, A., & Carpiniello, B. (2018). Duration of untreated illness as a key to early intervention in schizophrenia: A review. *Neuroscience Letters*, 669, 59–67. <https://doi.org/10.1016/j.neulet.2016.10.003>
- Nam, S. K., Chu, H. J., Lee, M. K., Lee, J. H., Kim, N., & Lee, S. M. (2010). *Journal of American College Health*, 59(2), 110–116. <https://doi.org/10.1080/07448481.2010.483714>
- Natalie, H., Nurani, M. E., Salsabila, M. R., Mulia, I. P. P., Sinclair, M. D. H., Wijaya, R. N., Wardhani, P. a. P., & Rembulan, C. L. (2023). Identifikasi tahap-tahap Help-Seeking behavior pada mahasiswa jurusan Non-Kesehatan. *Psikodimensia: Kajian Ilmiah Psikologi*, 22(1), 54–65. <https://doi.org/10.24167/psidim.v22i1.8918>
- Nurdiyanto, F. A., Wodong, G. M. A., & Wulandari, R. M. (2023). Analysis on the attitude towards seeking professional psychological help. *Unnes Journal of Public Health*, 12(1), 38–45. <https://doi.org/10.15294/ujph.v12i1.51157>
- Nurdiyanto, F. A., Wulandari, R. L., & 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 Judisial*, 12(1), 15–30. <https://doi.org/10.46807/aspirasi.v12i1.2030>
- Oh, P. J., & Kim, S. H. (2014). The effects of spiritual interventions in patients with cancer: A Meta-Analysis. *Oncology Nursing Forum*, 41(5), E290–E301. <https://doi.org/10.1188/14.onf.e290-e301>

- Ojedokun, 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>
- Orji, L. C., & Abikoye, G. E. (2019). Perceived social support and stress as predictors of help-seeking attitude for mental health among young adults. *Covenant International Journal of Psychology (CIJP)*, 4(1). <https://doi.org/10.20370/tgcz-ch15>
- Papalia, D., Olds, S., & Feldman, R. (2008). *Human development*. McGraw-Hill Humanities/Social Sciences/Languages.
- Pargament, K. I. (1997). *The psychology of religion and coping: Theory, research, practice*. Guilford Press.
- Rapee, R. M., Oar, E. L., Johnco, C., Forbes, M. K., Fardouly, J., Magson, N. R., & Richardson, C. (2019). Adolescent development and risk for the onset of social-emotional disorders: A review and conceptual model. *Behaviour Research and Therapy*, 123, 103501. <https://doi.org/10.1016/j.brat.2019.103501>
- Rickwood, D., Deane, F. P., & Wilson, C. J. (2007). When and how do young people seek professional help for mental health problems? *The Medical Journal of Australia*, 187(S7). <https://doi.org/10.5694/j.1326-5377.2007.tb01334.x>
- Ridlo, I. A. (2020). Pandemi COVID-19 dan tantangan kebijakan kesehatan mental di indonesia. *Insan Media Psikologi*, 5(2), 162. <https://doi.org/10.20473/jpkm.v5i22020.162-171>
- Saroglou, V. (2011). Believing, bonding, behaving, and belonging: The big four religious dimensions and cultural variation. *Journal of Cross-Cultural Psychology*, 42(8), 1320–1340. <https://doi.org/10.1177/0022022111412267>
- Saroglou, V. (2014). Religion, personality, and social behavior. *Psychology Press eBooks*. <https://doi.org/10.4324/9780203125359>
- Setiawan, J. L. (2006). Willingness to seek counselling, and factors that facilitate and inhibit the seeking of counselling in indonesian undergraduate students. *British Journal of Guidance & Counselling*, 34(3), 403–419. <https://doi.org/10.1080/03069880600769654>
- Seyfi, F., Poudel, K. C., Yasuoka, J., Otsuka, K., & Jimba, M. (2013). Intention to seek professional psychological help among college students in Turkey: influence of

help-seeking attitudes. *BMC Research Notes*, 6(1).
<https://doi.org/10.1186/1756-0500-6-519>

Siswanti, D. N. (2022). *Pengaruh literasi kesehatan mental terhadap sikap remaja mencari bantuan profesional psikolog di kota makassar*. Siswanti | Seminar Nasional LP2M UNM. <https://ojs.unm.ac.id/semnaslemlit/article/view/39674>

Smith, T. W., Bartz, J. D., & Richards, P. S. (2007). Outcomes of religious and spiritual adaptations to psychotherapy: A meta-analytic review. *Psychotherapy Research*, 17(6), 643–655. <https://doi.org/10.1080/10503300701250347>

Syafitri, D. U., & Rahmah, L. (2021). The role of religiosity and religious coping towards seeking psychological help among college students in semarang. *Psikis : Jurnal Psikologi Islami*, 7(2), 104–119. <https://doi.org/10.19109/psikis.v7i2.8599>

Tamir, C., Connaughton, A., Salazar, A. M., & Greenwood, S. (2023). The global god divide. *Pew Research Center's Global Attitudes Project*. <https://www.pewresearch.org/global/2020/07/20/the-global-god-divide/>

World Health Organization: WHO. (2021). Mental health of adolescents. *www.who.int*. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

World Health Organization: WHO. (2022). Mental health. *www.who.int*. https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response/?gclid=Cj0KCQjwsp6pBhCfARIsAD3GZuaO4Q0EzsdTqIrlgwqBdxJAj0Va3XoOPIMzeqIOuaU5wWX3-dqYk-IaAgmxEALw_wcB

Xing, L., Guo, X., Bai, L., Qian, J., & Chen, J. (2018). Are spiritual interventions beneficial to patients with cancer? *Medicine*, 97(35), e11948. <https://doi.org/10.1097/md.00000000000011948>

Yu, N. X., Kong, X., Cao, Z., Chen, Z., Zhang, L., & Yu, B. (2022). Social support and family functioning during adolescence: A Two-Wave Cross-Lagged study. *International Journal of Environmental Research and Public Health*, 19(10), 6327. <https://doi.org/10.3390/ijerph19106327>