

DAFTAR PUSTAKA

- Aditya, Y., Martoyo, I., Nurcahyo, F. A., 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>.
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50(2), 179–211. [https://doi.org/10.1016/0749-5978\(91\)90020-t](https://doi.org/10.1016/0749-5978(91)90020-t).
- Auerbach, R. P., Alonso, J., Axinn, W. G., Cuijpers, P., Ebert, D. D., Green, J. G., Hwang, I., Kessler, R. C., Liu, H., Mortier, P., Nock, M. K., Pinder-Amaker, S., Sampson, N. A., Aguilar-Gaxiola, S., Al-Hamzawi, A., Andrade, L. H., Benjet, C., Caldas-de-Almeida, J. M., Demyttenaere, K., . . . Bruffaerts, R. (2016). Mental disorders among college students in the World Health Organization World Mental Health Surveys. *Psychological Medicine*, 46(14), 2955–2970. <https://doi.org/10.1017/s0033291716001665>.
- Auerbach, R. P., Mortier, P., Bruffaerts, R., Alonso, J., Benjet, C., Cuijpers, P., Demyttenaere, K., Ebert, D. D., Green, J. G., Hasking, P., Murray, E., Nock, M. K., Pinder-Amaker, S., Sampson, N. A., Stein, D. J., Vilagut, G., Zaslavsky, A. M., & Kessler, R. C. (2018). WHO World Mental Health Surveys International College Student Project: Prevalence and distribution of mental disorders. *Journal of Abnormal Psychology*, 127(7), 623–638. <https://doi.org/10.1037/abn0000362>
- Arnett, J. J. (2015). *Emerging adulthood: The winding road from the late teens through the twenties* (2nd ed.). Oxford University Press.
- Azwar, S. (2015). *Penyusunan Skala Psikologi* (2nd ed). Pustaka Pelajar.
- Azwar, S. (2018). *Metode Penelitian Psikologi* (2nd ed). Pustaka Pelajar.
- Bataineh, M. Z. (2013). Academic Stress among Undergraduate Students : The Case of Education Faculty at King Saud University. *International Interdisciplinary Journal of Education*, 2(1), 82–88. <https://doi.org/10.12816/0002919>.
- Barker, G. (2012). *Adolescents, social support and help-seeking behaviour : an international literature review and programme consultation with recommendations for action / Gary Barker*. <https://apps.who.int/iris/handle/10665/43778>.
- Badan Pusat Statistik. (2022). *Statistik indonesia 2022*. Badan Pusat Statistik Indonesia.

- Bradshaw, M., Ellison, C. G., & 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>.
- Culpepper, R. A. (2016). Jesus as Healer in the Gospel of Matthew, Part II: Jesus as Healer in Matthew 8–9. *In Die Skriflig/in Luce Verbi*, 50(1). <https://doi.org/10.4102/ids.v50i1.2116>
- Chandrasekara. (2016). Help seeking attitudes and willingness to seek psychological help: Application of the theory of planned behavior. *International Journal of Management, Accounting and Economics*, 3(4).
- Creswell, J. W., & Creswell, D. J. (2018). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (5th ed.). SAGE Publications, Inc.
- Çebi, E., & Demir, A. (2019). Help-Seeking Attitudes of University Students in Turkey. *International Journal for the Advancement of Counselling*, 42(1), 37–47. <https://doi.org/10.1007/s10447-019-09385-7>.
- Fairuziana, Mawarpury, M., Lay, A. E., Fitria, Y., & Fitria, Y. (2018). Mental Health Literacy in South East Asia in a Cultural Context: A Systematic Review. *Proceedings of the 3rd International Conference on Psychology in Health, Educational, Social, and Organizational Settings*. <https://doi.org/10.5220/0008591505160524>.
- Field, A. (2017). *Discovering Statistics Using IBM SPSS Statistics* (5th edition). SAGE Publications Ltd.
- Fischer, E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of College Student Development*, 36(4), 368–373.
- Fischer, E. H., & Turner, J. I. (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>.
- Gorczyński, P., Sims-schouten, W., Hill, D., & Wilson, J. C. (2017). Examining mental health literacy, help seeking behaviours, and mental health outcomes in UK university students. *The Journal of Mental Health Training, Education and Practice*, 12(2), 111–120. <https://doi.org/10.1108/jmhtep-05-2016-0027>
- Huenergarde, M. (2018). College Students' Well-Being: Use of Counseling Services. *Volume 15, Issue 3, 15(3)*. <https://doi.org/10.33697/ajur.2018.023>.
- Hoffman, & Buhrow. (2020). The relationship of gender, spirituality, and willingness to seek mental health treatment among students at a Faith-Based institution. *Growth: The Journal of the Association for Christians in Student Development*, 19(19), 4.

- Ikatan Lembaga Mahasiswa Psikologi Indonesia. (2020). *Layanan kesehatan mental di lingkungan kampus: urgensi dan solusi* [Artikel Kajian]. [http:// ilmpi.org/artikel-kajian/artikel/layanan-kesehatan-mental-di-lingkungan-kampus-urgensi-dan-solusi/](http://ilmpi.org/artikel-kajian/artikel/layanan-kesehatan-mental-di-lingkungan-kampus-urgensi-dan-solusi/).
- Ikatan Psikolog Klinis Indonesia. (2022). *Statistik keanggotaan ikatan psikolog klinis indonesia*. IPK Indonesia. <https://data.ipkindonesia.or.id/statistik/keanggotaan-ikatan-psikolog-klinis-indonesia/>.
- Into The Light Indonesia. (2020). *Seri laporan ke-1: Laporan perilaku penggunaan layanan kesehatan mental di indonesia 2021 - hasil awal*.
- Jeffries, V., & Salzer, M. S. (2021). Mental health symptoms and academic achievement factors. *Journal of American College Health*, 1–4. <https://doi.org/10.1080/07448481.2020.1865377>.
- Jorm, A.F. (2012). Mental health literacy:empowering the community to take action for better mental health. *Am.Psychol.* 67(3), 231–243.
- Jung, H., von Sternberg, K., & Davis, K. (2016). Expanding a measure of mental health literacy: Development and validation of a multicomponent mental health literacy measure. *Psychiatry Research*, 243, 278–286. <https://doi.org/10.1016/j.psychres.2016.06.034>
- Karyotaki, E., Cuijpers, P., Albor, Y., Alonso, J., Auerbach, R. P., Bantjes, J., Bruffaerts, R., Ebert, D. D., Hasking, P., Kiekens, G., Lee, S., McLafferty, M., Mak, A., Mortier, P., Sampson, N. A., Stein, D. J., Vilagut, G., & 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. <https://doi.org/10.3389/fpsyg.2020.01759>.
- Kementrian Pendidikan dan Kebudayaan. (2022). *Statistik pendidikan tinggi* (Vol. 5). Sekretaris Direktorat Jendral Pendidikan Tinggi.
- Khodijah, A. Z. S. (2019). Efektivitas akses pelayanan kesehatan mental pada puskesmas sebagai layanan kesehatan primer di indonesia. *Media Penelitian Dan Pengembangan*. <https://doi.org/10.31227/osf.io/6h9uz>
- Kim, J. E., & Zane, N. (2016). Help-seeking intentions among Asian American and White American students in psychological distress: Application of the health belief model. *Cultural Diversity and Ethnic Minority Psychology*, 22(3), 311–321. <https://doi.org/10.1037/cdp0000056>.
- Koenig, H. G. (2018,). *Religion and Mental Health: Research and Clinical Applications* (1st ed.). Academic Press.

- Koenig, H. G. (2005). *Faith and mental health: Religious resources for healing*. Templeton Foundation Press.
- Krause, M. (2002). Social Representations of Psychological Problems: Contents and Transformations. *Social Science Information*, 41(4), 603–623. <https://doi.org/10.1177/0539018402041004006>
- Krause, N. (2008). The Social Foundation of Religious Meaning in Life. *Research on Aging*, 30(4), 395–427. <https://doi.org/10.1177/0164027508316619>
- Lloyd, C. E. M., Mengistu, B. S., & Reid, G. (2022). “His Main Problem Was Not Being in a Relationship With God”: Perceptions of Depression, Help-Seeking, and Treatment in Evangelical Christianity. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.831534>.
- Lukito Setiawan, J. (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>
- Nurdiyanto, F. A., Wulandari, R. M., & 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>.
- Mayers, C., Leavey, G., Vallianatou, C., & Barker, C. (2007). How clients with religious or spiritual beliefs experience psychological help-seeking and therapy: A qualitative study. *Clinical Psychology & Psychotherapy*, 14(4), 317–327. <https://doi.org/10.1002/cpp.542>
- Mofatteh, M. (2021). Risk factors associated with stress, anxiety, and depression among university undergraduate students. *AIMS Public Health*, 8(1), 36–65. <https://doi.org/10.3934/publichealth.2021004>
- 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>
- 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>.
- Mortier, P., Auerbach, R. P., Alonso, J., Axinn, W. G., Cuijpers, P., Ebert, D. D., Green, J. G., Hwang, I., Kessler, R. C., Liu, H., Nock, M. K., Pinder-Amaker, S., Sampson, N. A., Zaslavsky, A. M., Abdulmalik, J., Aguilar-Gaxiola, S., Al-Hamzawi, A., Benjet, C., Demyttenaere, K., . . . Bruffaerts, R. (2018). Suicidal thoughts and behaviors among college students and same-aged peers: results from the World

- Health Organization World Mental Health Surveys. *Social Psychiatry and Psychiatric Epidemiology*, 53(3), 279–288. <https://doi.org/10.1007/s00127-018-1481-6>.
- Mou, Y. (2016). Predicting the Use of Traditional Chinese Medicine Health Maintenance Approach from Cultural and Spiritual Perspectives. *Journal of Religion and Health*, 56(3), 971–985. <https://doi.org/10.1007/s10943-016-0299-3>
- Nam, S. K., Chu, H. J., Lee, M. K., Lee, J. H., Kim, N., & Lee, S. M. (2010). A Meta-analysis of Gender Differences in Attitudes Toward Seeking Professional Psychological Help. *Journal of American College Health*, 59(2), 110–116. <https://doi.org/10.1080/07448481.2010.483714>
- Pheko, M. M., Chilisa, R., Balogun, S. K., & Kgathi, C. (2013). Predicting Intentions to Seek Psychological Help Among Botswana University Students. *SAGE Open*, 3(3), 215824401349465. <https://doi.org/10.1177/2158244013494655>
- Park, S., Jeon, M., Lee, Y., Ko, Y. M., & Kim, C. E. (2018). Influencing factors of attitudes toward seeking professional help for mental illness among Korean adults. *International Journal of Social Psychiatry*, 64(3), 286–292. <https://doi.org/10.1177/0020764018760952>.
- 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. <https://doi.org/10.5172/jamh.4.3.218>.
- Rickwood, D., & Thomas. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 173. <https://doi.org/10.2147/prbm.s38707>.
- Roberts, R. C. (2007). *Spiritual emotions: A psychology of Christian virtues*. Grand Rapids.
- Saroglou, V. (2011). Believing, Bonding, Behaving, and Belonging. *Journal of Cross-Cultural Psychology*, 42(8), 1320–1340. <https://doi.org/10.1177/0022022111412267>.
- Saroglou, Vassilis. (2014). *Religion, Personality and Social Behavior*. Psychology Press.
- 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>.
- Siswanto. (2019). Alkitab dan kesehatan mental. In P. S. Widjaja & W. S. Wibowo, *Meretas Diri, Merengkuh Liyan, Berbagai Kehidupan Bunga Rampai Penghargaan untuk Pdt. Aristarchus Sukarto* (1st ed., pp. 67–81). BPK Gunung Mulia.

- Syafitri, D. U., & Rahmah, L. (2022). 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>.
- Staiger, T., Waldmann, T., Rüscher, N., & Krumm, S. (2017). Barriers and facilitators of help-seeking among unemployed persons with mental health problems: a qualitative study. *BMC Health Services Research*, 17(1). <https://doi.org/10.1186/s12913-017-1997-6>.
- Thomas, J., & Barbato, M. (2020). Positive Religious Coping and Mental Health among Christians and Muslims in Response to the COVID-19 Pandemic. *Religions*, 11(10), 498. <https://doi.org/10.3390/rel11100498>.
- Van Nieuw Amerongen-Meeuse, J. C., Schaap-Jonker, H., Schuhmann, C., Anbeek, C., & Braam, A. W. (2018). The “religiosity gap” in a clinical setting: experiences of mental health care consumers and professionals. *Mental Health, Religion & Culture*, 21(7), 737–752. <https://doi.org/10.1080/13674676.2018.1553029>.
- Vidourek, R. A., King, K. A., Nabors, L. A., & Merianos, A. L. (2014). Students’ benefits and barriers to mental health help-seeking. *Health Psychology and Behavioral Medicine*, 2(1), 1009–1022. <https://doi.org/10.1080/21642850.2014.963586>.
- Village, A., & Francis, L. J. (2021). Wellbeing and perceptions of receiving support among Church of England clergy during the 2020 Covid-19 pandemic. *Mental Health, Religion & Culture*, 1–15. <https://doi.org/10.1080/13674676.2021.1906214>.
- Wardoyo, J. T., & Aditya, Y. (2021). Religiositas versus dukungan sosial: Manakah yang lebih berkontribusi bagi Well-Being mahasiswa? *Jurnal Studi Pemuda*, Vol 10(2). <https://doi.org/10.22146/studipemudaugm.73873>.
- Wamser, R., Vandenberg, B., & Hibberd, R. (2011b). Religious Fundamentalism, Religious Coping, and Preference for Psychological and Religious Treatment. *International Journal for the Psychology of Religion*, 21(3), 228–236. <https://doi.org/10.1080/10508619.2011.581582>
- Wijaya, E. F., Aditya, Y., & Matahari, D. (2018). Hubungan antara religiositas dengan agresivitas pada komunitas pemuda gereja. *Jurnal Psikologi Ulayat*, 5(1), 60–71. <https://doi.org/10.24854/jpu12018-128>.
- Williams, Grajales, & Kurkiewicz. (2013). Assumptions of multiple regression: Correcting two misconceptions. *Practical Assessment, Research & Evaluation*, 18(11). <https://doi.org/10.7275/55hn-wk47>
- Yang, C., Chen, A., & Chen, Y. (2021). College students’ stress and health in the COVID-19 pandemic: The role of academic workload, separation from school, and fears of contagion. *PLOS ONE*, 16(2), e0246676. <https://doi.org/10.1371/journal.pone.0246676>.

Young Gweon You. (2010). The History and Future of Christian(Pastoral) Counseling. *Theological Forum*, 60(null), 93–111. <https://doi.org/10.17301/tf.2010.60..004>.

Yousaf, O., Popat, A., & Hunter, M. S. (2015). An investigation of masculinity attitudes, gender, and attitudes toward psychological help-seeking. *Psychology of Men & Masculinity*, 16(2), 234–237. <https://doi.org/10.1037/a0036241>.

Ysseldyk, R., Matheson, K., & Anisman, H. (2010). Religiosity as identity: Toward an understanding of religion from a social identity perspective. *Personality and Social Psychology Review*, 14(1), 60–71.

Zhang, Y., Chernaik, M., & Hallet, K. (2017). Relationship Issues Among College Nursing Students: Associations With Stress, Coping, Sleep, and Mental Disorders. *Teaching and Learning in Nursing*, 12(4), 246–252. <https://doi.org/10.1016/j.teln.2017.06.00>.

