

DAFTAR PUSTAKA

- Arifin, M., & Wibowo, S. (2019). "Implementasi Self-Compassion dalam Konteks Budaya Indonesia." *Jurnal Psikologi Sosial dan Budaya*, 4(1), 89-102.
- Arimitsu, K., & Hofmann, S. G. (2015). Effects of compassionate thinking on negative emotions. *Cognition and Emotion*, 31(1), 160–167.
- American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). APA Publishing.
- Bandura, A. (1971). *Social learning theory*. Morristown, NJ: General Learning Press.
- Breines, J. G., & Chen, S. (2012). "Self-Compassion Increases Self-Improvement Motivation." *Personality and Social Psychology Bulletin*, 38(9), 1133-1143.
- Chan, L., Wu, J., & Wong, D. (2023). Self-compassion mediates the impact of family support on clinical and personal recovery among people with mental illness. *Mindfulness*.
- Dilianti, D., & Tondok, P. (2022). Dukungan Sosial dan Self-Compassion dalam Proses Pemulihan Gangguan Jiwa. *Jurnal Psikologi Terapan*, 10(3), 250-265.
- Gilbert, P. (2005). *Compassion: Conceptualisations, research and use in psychotherapy*. Routledge.
- Håkansson, E., Lappalainen, P., & Nyström, M. B. T. (2022). The role of self-compassion in mental health and well-being in individuals with psychiatric conditions: A systematic review. *Clinical Psychology & Psychotherapy*, 29(2), 515–531.

- Håkansson, E., Andréasson, K., & Tengelin, E., “Self-compassion as a protective factor for mental health in psychiatric patients: A qualitative study,” *International Journal of Mental Health Nursing* 31, no. 1 (2022): 1–10.
- Hwang, W., Jung, C. E., & Yoshimura, S. (2021). Cultural correlates of self-compassion: A cross-cultural study between Korea and the United States. *Frontiers in Psychology*, 12, 663040.
- Subu, M. A., Wati, D. F., & Saleh, M. (2022). A recovery-oriented approach for people with severe mental illness: A narrative review. *Belitung Nursing Journal*, 8(2), 145–153.
- Svendsen, J. L., Schanche, E., Osnes, B., Vøllestad, J., Visted, E., Dundas, I., ... & Sørensen, L. (2020). Is dispositional self-compassion associated with psychophysiological flexibility beyond mindfulness? An exploratory pilot study. *Frontiers in Psychology*, 11.
- Karinda B F. (2020). Belas Kasih Diri (*Self Compassion*) pada Mahasiswa. 8(2), 234-252.
- Kusuma Sari, D., & Gunawan, D. (2020). Pengaruh Self-Compassion terhadap Pemulihan Psikologis pada Orang dengan Gangguan Jiwa di Panti Rehabilitasi Jiwa Kota Yogyakarta. *Jurnal Psikologi Klinis*, 15(1), 45-58.
- Liu, Y., Zhang, H., & Wang, J. (2022). Age differences in self-compassion and emotional regulation: A cross-sectional study. *BMC Psychology*, 10(1), 18.
- Mak, T., et al. (2023). *Comparing self-esteem and self-compassion: an analysis within the Big Five personality traits framework*. *Frontiers in Psychology*.

- Maharani, I., & Darmawan, A. (2017). Self-Compassion and Psychological Well-Being Among Depressed College Students. *Jurnal Psikologi Indonesia*, 10(2), 123-135.
- Margaretha, T., Cakti, V. A., Sampetoding, V. K., Aulia, F., Halwa Adena, L. S., & Ediyono, S., "Self-compassion untuk meningkatkan kesejahteraan psikologis mahasiswa: Literature review," *Jurnal Psikologi Ulayat* 10, no. 2 (2023): 97–110.
- Meredith, P., Strong, J., & Feeney, J. A. (2013). The role of self-compassion in psychological well-being. *Journal of Social and Clinical Psychology*, 32(6), 527–543.
- Neff, K. D. (2003). *The development and validation of a scale to measure self-compassion. Self and identity*, 2(3), 223-250.
- Neff, K. D., & Germer, C. K. (2020). *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*. New York: Guilford Press.
- Pratiwi, A. C., & Mardhiyah, S. A. (2020). Hubungan antara Resiliensi dengan Self-Compassion pada Family Caregiver Orang dengan Skizofrenia (ODS).
- Prati, I. A. M. G., Wismanto, Y. B., & Rahayu, E. (2024). *Self-Compassion Sebagai Mediator Antara Perceived Stress dan Depresi pada Emerging Adulthood*. Psikodimensia, 23(1), 41–53.
- Prati, M. F., Wibowo, A., & Lestari, S. N., "Self-Compassion sebagai mediator antara perceived stress dan depresi pada emerging adulthood," *Jurnal Psikologi Klinis dan Kesehatan Mental* 13, no. 1 (2024): 45–56.
- Pratama, D. R. P., & Laksmiwati, H. (2022). Perbedaan self-compassion ditinjau dari jenis kelamin pada mahasiswa. *Character: Jurnal Penelitian Psikologi*, 9(7), 73–83.

- Rao, K., et al. (2022). Pengaruh Rehabilitasi Psikososial pada Pemulihan Pasien dengan Gangguan Jiwa Berat. *Jurnal Rehabilitasi Psikososial*, 8(3), 90-102.
- Renggani, A. F., & Wideasavitri, P. N., (2018). Peran Self-Compassion terhadap Psychological Well-Being Pengajar Muda di Indonesia Mengejar. *Jurnal Psikologi Udayana*. 177-186.
- Sari, A., & Permana, H. (2020). "Pengaruh Self-Compassion terhadap Pemulihan Emosional pada Pasien dengan Gangguan Jiwa." *Jurnal Psikologi Indonesia*, 5(2), 130-144.
- Sarie, F.; Sutaguna, I.N.T., Suraoka, I.P., Damanik, D., Efrina, G., Sari, R., Nengsi, A.R., Triansyah, F.A., Masseg, T.W. (2024). *METODOLOGI PENELITIAN*. Yayasan Cendekia Mulia Mandiri.
- Sirois, F., Molnar, D. S., & Hirsch, J. K. (2023). Self-compassion and psychological recovery: A meta-review. *Mindfulness*, 14(1), 33–47.
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Welas Diri dan Stres pada Mahasiswa: Studi Psikometri Skala Welas Diri (SWD) dalam Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 15(2), 45-58.
- Sugiyono. (2022). *Metode Penelitian Kualitatif (Untuk penelitian yang bersifat: eksploratif, enterpretif, interaktif dan konstruktif)*.
- Theresa Margaretha, Cakti, V. A., Sampetoding, V. K., Aulia, F., Adena, L. S. H., & Ediyono, S. (2023). *Self-Compassion untuk Meningkatkan Kesejahteraan Psikologis Mahasiswa. Jurnal Psikologi, Fakultas Psikologi Universitas Sebelas Maret*. Unpublished manuscript via ResearchGate.
- Wahyuningrat, F. D., Puspitasari, D., & Lestari, B. S. (2023). Bagaimana Peran Self-Compassion dan Dukungan Sosial terhadap Kecenderungan Depresi pada Pasien Rehabilitasi Narkoba? *Jiwa: Jurnal Psikologi Indonesia*, 1(2), 500-509.

- Wahyuningrat, F. D., Puspitasari, D., & Lestari, B. S. (2023). The role of self-compassion and social support in reducing depression among substance rehabilitation patients. *Indonesian Journal of Mental Health*, 10(2), 88–97.
- Wardhani, A. (2018). Tantangan dalam Penanganan Kesehatan Mental di Indonesia. *Jurnal Kesehatan Mental Indonesia*, 4(1), 45-52.
- Winurini, S. (2023). Penanganan kesehatan mental di Indonesia. *Info Singkat*, 15(21–25).
- Wei, M., Su, J. C., Carrera, S., Lin, S.-P., & Yi, F. (2022). Perfectionism and self-compassion in Asian cultures: A review of psychological outcomes and cultural influences. *Asian American Journal of Psychology*, 13(2), 97–109.
- Werner, K. M., Jazaieri, H., & Goldin, P. R. (2012). *Self-compassion and psychological functioning in a community sample*. *Journal of Social and Clinical Psychology*, 31(1), 23-48.
- Werner, K. M., Jazaieri, H., & Goldin, P. R. (2012). "Self-Compassion: A Conceptual Framework and Review of Its Implications for Well-Being." *Journal of Clinical Psychology*, 68(2), 226-242.
- Wilson, A. C., Mackintosh, K., Power, K., & Chan, S. W. Y. (2021). Effectiveness of self-compassion related therapies: A systematic review and meta-analysis. *Mindfulness*, 12(6), 1421–1436.
- Wong, C. C. Y., & Mak, W. W. S. (2020). Self-compassion and psychological well-being: The mediating role of resilience among Chinese undergraduates. *Mindfulness*, 11(3), 748–758.
- World Health Organization. (2021). *Mental Health ATLAS 2020*. World Health Organization.

- Van der Gucht, K., Takano, K., Van Broeck, N., Raes, F., & Kuppens, P. (2019). A mindfulness-based intervention for adolescents and young adults after cancer treatment: Effects on emotional distress, quality of life, and self-compassion. *Journal of Adolescent and Young Adult Oncology*, 8(1), 68–74.
- Zhang, Y., Jin, S., & Lu, H. (2021). The role of self-compassion in mental health recovery: A systematic review. *Journal of Affective Disorders*, 294, 70–81.