

DAFTAR PUSTAKA

- Adiputra, I. M. S., Trisnadewi, N. W., & Hulu, V. T. (2021). *Metodologi penelitian kesehatan*. Yayasan Kita Menulis.
- Agus, A. D., & Andromeda. (2014). Perbedaan successful aging pada lansia ditinjau dari jenis kelamin. *Jurnal Ilmiah Psikologi*, 6(2).
- Akin, A. (2010). Self-compassion and loneliness. *International Online Journal of Educational Sciences*, 2(3), 702–718.
- Aldila, M. (2019). Hubungan dukungan sosial terhadap kesepian pada lansia di Kelurahan Campago Bukittinggi. *Jurnal Riset Psikologi*, 2019(4), 1–12.
- Alpin, H. (2016). Hubungan fungsi gerak sendi dengan tingkat kemandirian lansia di Panti Sosial Tresna Werdha Gau Mabaji Kabupaten Gowa. *Jurnal Ilmiah Kesehatan Sandi Husada*, 4(1), 897–903.
<https://doi.org/10.35816/jiskh.v4i1.84>
- Arikunto, S. (2018). *Prosedur penelitian suatu pendekatan praktik*. Riineka Cipta.
<https://irigasi.info/wp-content/uploads/2021/03/PROSEDURPENELITIAN-%0A17-Mar-2021-14-11-12.pdf>
- Astuti, S. Y. (2013). *Analisis faktor-faktor terjadinya kesepian pada lansia di unit rehabilitasi sosial Dewanata Cilacap*. Universitas Muhammadiyah Purwokerto.

Australian Psychological Society. (2018). *Australian loneliness report: A survey exploring the loneliness levels of Australians and the impact on their health and wellbeing*. Swinburne University of Technology: Australia.

Badan Pusat Statistik. (2022a). *Perempuan dan laki-laki di Indonesia*. BPS.

Badan Pusat Statistik. (2022b). *Statistik penduduk lanjut usia*. Jakarta: Badan Pusat Statistik.

Bevinn, S. J. (2011). *Psychology of loneliness*. Nova Science Publishers.
<https://books.google.co.id/books?id=CEnFbwAACAAJ>

Bini' Matillah, U., Susumaningrum, L. A., & A'la, M. Z. (2018). Hubungan spiritualitas dengan kesepian pada lansia di UPT Pelayanan Sosial Tresna Werdha (PSTW). *Pustaka Kesehatan*, 6(3), 438.
<https://doi.org/10.19184/pk.v6i3.11589>

BPS. (2022). *Badan Pusat Statistik Provinsi Sumatera Barat*. Sumbar.Bps.Go.Id.
<https://sumbar.bps.go.id/indicator/40/670/1/-ipg-angka-harapan-hidup-ahh-menurut-jenis-kelamin-dan-kabupaten-kota-.html>

BPS. (2023). *Jumlah penduduk menurut kelompok umur dan jenis kelamin di Provinsi Sumatera Barat (jiwa)*. Sumbar.Bps.Go.Id.
<https://sumbar.bps.go.id/indicator/12/667/1/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin-di-provinsi-sumatera-barat.html>

Budiarti, A., Indrawati, P., & Sabarhun, W. (2020). Hubungan interaksi sosial terhadap tingkat kesepian dan kualitas hidup pada lansia. *Jurnal Ilmiah*

Kesehatan, 13(2), 124–133.

Cosan, D. (2014). An evaluation of loneliness. *The European Proceedings of Sosial & Behavioural Sciences*, 103–110. <https://doi.org/10.15405/epsbs.2014.05.13>

Damayanti, I., HS, I., & Khairani. (2021). Hubungan interaksi sosial dengan kualitas hidup lansia. *Idea Nursing Journal*, 12(1), 33–42.

De Jong Gierveld, J., Van Tilburg, T. G., & Dykstra, P. A. (2018). New ways of theorizing and conducting research in the field of loneliness and social isolation. *The Cambridge Handbook of Personal Relationships, Second Edition*, 1–30. <https://doi.org/10.1017/9781316417867.031>

Devkota, R., Mishra, K., & Shrestha, S. (2019). Loneliness and depression among older people living in a community of Nepal. *Journal of Nepal Health Research Council*, 17(2), 185–192. <https://doi.org/10.33314/jnhrc.v0i0.1561>

Dewi, S. R. (2014). *Buku ajar keperawatan gerontik*. Yogyakarta: Deepublish.

Dewi, S. R. (2015). *Buku ajar keperawatan gerontik*. Deepublish. <https://books.google.co.id/books?id=3FmACAAAQBAJ>

Dinkes Kota Padang. (2023). *Data lansia Kota Padang 2023*.

Donsu, D. T. J. (2017). *Metodologi penelitian keperawatan*. Pustaka Baru Press.

Dreisoerner, A., Junker, N. M., & van Dick, R. (2021). The relationship among the components of self-compassion: A pilot study using a compassionate

writing intervention to enhance self-kindness, common Humanity, and mindfulness. *Journal of Happiness Studies*, 22(1), 21–47. <https://doi.org/10.1007/s10902-019-00217-4>

Dwi Prasetyo, A., & Amalia, N. (2020). Hubungan konsep diri dengan kejadian stress pada lansia di Uptd Sosial Tresna Werdha Nirwana Puri Samarinda 2019. *Borneo Student Research*, 1(3), 1972–1976.

Elfaza, D. F., & Rizal, G. L. (2020). Hubungan self-compassion dengan kesepian pada remaja di boarding school. *Attadib: Journal of Elementary Education*, 4(2), 88–98. <https://doi.org/10.32507/attadib.v4i2.829>

Ewert, C., Vater, A., & Schröder-Abé, M. (2021). Self-compassion and coping: A meta-analysis. *Mindfulness*, 12(5), 1063–1077. <https://doi.org/10.1007/s12671-020-01563-8>

Fachrial, L. A., & Maulydia, N. (2023). Hubungan antara self-compassion dan loneliness pada remaja broken home. *Jurnal Kesehatan Dan Kedokteran*, 2(2), 22–30. <https://doi.org/10.56127/jukeke.v2i2.869>

Fan, Q., Li, Y., Gao, Y., Nazari, N., & Griffiths, M. D. (2022). Self-compassion moderates the association between body dissatisfaction and suicidal ideation in adolescents: A cross-sectional study. *International Journal of Mental Health and Addiction*, 21(4), 2371–2388. <https://doi.org/10.1007/s11469-021-00727-4>

Febriola. (2017). Hubungan antara self-compassion dengan kesepian pada

mahasiswa tahun pertama di STT blessing Indonesia Makassar. In *Seminar Nasional Dies Natalis ke 56 Universitas Negeri Makassar*. Universitas Negeri Makassar.

Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: a meta-analysis of RCTs. *Mindfulness*, *10*(8), 1455–1473. <https://doi.org/10.1007/s12671-019-01134-6>

Finlay-Jones, A., Xie, Q., Huang, X., Ma, X., & Guo, X. (2018). A pilot study of the 8-week mindful self-compassion training program in a Chinese community sample. *Mindfulness*, *9*(3), 993–1002. <https://doi.org/10.1007/s12671-017-0838-3>

Fitriana, E., Sari, R. P., & Wibisono. (2021). Faktor-faktor yang berhubungan dengan tingkat kesepian pada lansia. *Nusantara Hasana Journal*, *1*(5), 97–104.

Geriatricid. (2020). *Studi: Lansia kesepian berisiko terkena penyakit serius*. Geriatricid. <https://www.geriatricid/artikel/294/studi-lansia-kesepian-berisiko-terkena-penyakit-serius>

Germer, C., & Neff, K. (2019). Mindful Self-Compassion (MSC). *Handbook of Mindfulness-Based Programmes: Mindfulness Interventions from Education to Health and Therapy*, 357–367. <https://doi.org/10.4324/9781315265438-28>

Ghezelseflo, M., & Mirza, M. (2020). The role of self-compassion in predicting

loneliness and self-efficacy in the elderly. *Iranian Journal Of Ageing*, 15(2), 212–223. <http://salmandj.uswr.ac.ir/article-1-1453-en.html>

Gierveld, J. D. J., & Tilburg, T. Van. (2006). A 6-item scale for overall, emotional, and social loneliness: Confirmatory tests on survey data. *Research on Aging*, 28(5), 582–598. <https://doi.org/10.1177/0164027506289723>

Hasanah, F. A., & Hidayati, F. (2017). Hubungan antara self-compassion dengan alienasi pada remaja (sebuah studi korelasi pada siswa SMK Negeri 1 Majalengka). *Jurnal EMPATI*, 5(4), 750–756. <https://doi.org/10.14710/empati.2016.15414>

Hidayah, R. N., Romadhon, Y. A., Mahmudah, N., & Agustina, T. (2021). Hubungan tingkat pendidikan dan keaktifan kunjungan terhadap kualitas hidup pada penyandu lansia. *Jurnal Kedokteran*, 1196–1204.

Hidayati, D. S. (2015). Self compassion dan loneliness. *Jurnal Ilmiah Psikologi Terapan*, 03(01), 154–164.

Hidayati, F., & Maharani, R. (2013). *Self compassion (welas asih): Sebuah alternatif konsep transpersonal tentang sehat spiritual menuju diri yang utuh*. Universitas Katolik Soegijapranata Semarang.

Hidayatulloh, A., & Suryani. (2018). Hubungan dukungan keluarga dengan tingkat kesepian pada lansia di Dusun Bulu Jogotirto Berbah Sleman. *Universitas Aisyiyah Yogyakarta*.

Hodgetts, J., McLaren, S., Bice, B., & Trezise, A. (2021). The relationships between self-compassion, rumination, and depressive symptoms among older adults: the moderating role of gender. *Aging and Mental Health*, 25(12), 2337–2346. <https://doi.org/10.1080/13607863.2020.1824207>

Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50(2), 222–227. <https://doi.org/10.1016/j.paid.2010.09.033>

Ilaiha, E. M., & Kartinah. (2023). Hubungan antara self-compassion dengan kualitas hidup pada lanjut usia perempuan di panti jompo aisyiyah sumber Solo. *Universitas Muhammadiyah Surakarta*.

Iswara, T. (2005). *Kesepian pada lanjut usia yang tinggal di panti werdha dan yang tinggal bersama keluarga*. Salatiga: Fakultas Psikologi, Universitas Kristen Satya Wacana.

Juniarti, N., R, S. E., & Damayanti, A. (2008). *Gambaran jenis dan tingkat kesepian pada lansia di Balai Panti Sosial Tresna Werdha Pakutandang Ciparay Bandung tahun 2008*. Universitas Padjadjaran.

Kaplan, D. B., & Berkman, B. (2016). *Social work in health and aging (second edition)*. New York: Oxford University Press.

Kementerian Kesehatan RI. (2013). *Buletin jendela data dan informasi kesehatan: gambaran kesehatan lanjut usia di Indonesia*.

Kholifah, S. N., & Widagdo, W. (2016). *Keperawatan keluarga dan komunitas*. Jakarta Selatan: Kementerian Kesehatan Republik Indonesia.
<https://doi.org/10.1016/j.appet.2017.02.023>

Kistyanti, N. M. R., & Retnowati, S. (2017). Program “lansia sabar” berbasis reminiscence dan art therapy untuk meningkatkan self-compassion pada lanjut usia di Panti Wredha. *Gajah Mada Journal of Professional Psychology (GamaJPP)*, 3(3), 150–163.
<https://doi.org/10.22146/gamajpp.44082>

Lyon, T. A. (2015). Self-compassion as a predictor of loneliness: The relationship between self-evaluation processes and perceptions of social connection part of the personality and social contexts commons, and the sociology of culture commons. *Fire Scholars*. <http://firescholars.seu.edu/honors>

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>

Marsh, I. C., Chan, S. W. Y., & MacBeth, A. (2018). Self-compassion and psychological distress in adolescents: A meta-analysis. *Mindfulness*, 9(4), 1011–1027.

Mauk, K. L. (2006). *Gerontological nursing competencies for care*. Burlington: Jones dan Bartlett.

- Muhammad, Z. A. (2022). Pengalaman kesepian dan strategi koping pada santri lanjut usia lonely experiences and coping strategies for elderly students. *Wacana*, 14(1), 71–88.
- Munandar, I., Hadi, S., & Maryah, V. (2017). Hubungan dukungan keluarga dengan tingkat kesepian pada lansia yang di tinggal pasangan di Desa Mensere. *Jurnal Nursing News*, Vol.2(No.2), 447–457. <https://publikasi.unitri.ac.id/index.php/fikes/article/view/491>
- Narang, D. (2014). Leaving loneliness: A workbook, building relationships with yourself and others. In *os angeles: Stronger Relationships LLC*. In os angeles: Stronger Relationships LLC.
- Neff, K. (2003a). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85–101. <https://doi.org/10.1111/1467-9450.00195>
- Neff, K. (2003b). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223–250. <https://doi.org/10.1080/15298860390209035>
- Neff, K. (2011). *Self compassion: Stop beating yourself up and leave insecurity behind*. New York: Harper Colins Publishers Inc.
- Neff, K. D. (2016). 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., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology, 69*(1), 28–44. <https://doi.org/10.1002/jclp.21923>
- Neff, K. D., Kirkpatrick, K. L., & Rude, S. S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality, 41*(1), 139–154. <https://doi.org/10.1016/j.jrp.2006.03.004>
- Neff, K. D., & Knox, M. C. (2017). Encyclopedia of personality and individual differences. *Encyclopedia of Personality and Individual Differences*. <https://doi.org/10.1007/978-3-319-28099-8>
- 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>
- Neff, K., & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different ways of relating to oneself. *Journal of Personality, 77*(1), 23–50. <https://doi.org/10.1111/j.1467-6494.2008.00537.x>
- NIA. (2019). *Social isolation, loneliness in older people pose health risks*. Nia.Nih.Gov. <https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks#>
- Ningsih, R. W., & Setyowati, S. (2020). Hubungan tingkat kesepian dengan kualitas hidup pada lansia di posyandu lansia Dusun Karet Yogyakarta. *Jurnal Keperawatan, 12*(2), 80–88.

- Notoatmodjo, S. (2018). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta.
- Nova, M., Ibrahim, & Juanita. (2022). *Tingkat belas kasih diri (self-compassion) pada lansia yang kehilangan pasangan di Kota Banda Aceh*. *6*(2), 115–122.
- Nur'aini, M. W., Haryanto, J., & Ulfiana, E. (2020). Hubungan self-compassion dengan kesepian pada lansia yang kehilangan pasangan. *Indonesian Journal of Community Health Nursing*, *5*(2), 80.
<https://doi.org/10.20473/ijchn.v5i2.18734>
- Nuraini, Kusuma, F. H. D., & H., W. R. (2018). Hubungan interaksi sosial dengan kesepian pada lansia di kelurahan Tlogomas Kota Malang. *Nursing News: Jurnal Ilmiah Keperawatan*, *3*(1), 603–611.
https://salmandj.uswr.ac.ir/browse.php?a_id=1453&sid=1&slc_lang=en&html=1
- Nursalam. (2015). *Metodologi penelitian ilmu keperawatan: Pendekatan praktis. 4th edn*. Jakarta: Salemba Medika.
- Oktavina, R., & Aviani, Y. I. (2023). Studi deskriptif kuantitatif: Kesepian pada lansia. *Nusantara: Jurnal Ilmu Pengetahuan Sosial*, *10*(5), 2638–2643.
- Perez-Blasco, J., Sales, A., Meléndez, J. C., & Mayordomo, T. (2016). The effects of mindfulness and self-compassion on improving the capacity to adapt to stress situations in elderly people living in the community. *Clinical Gerontologist*, *39*(2), 90–103.
<https://doi.org/10.1080/07317115.2015.1120253>

Pratiwi, D., Dahlan, T. H., & Damaianti, L. F. (2019). Pengaruh self-compassion terhadap kesepian pada mahasiswa rantau. *Jurnal Psikologi Insight*, 3(2), 88–97. <https://doi.org/10.17509/insight.v3i2.22349>

Primasari, A. (2018). Proses penuaan dari aspek kedokteran gigi. *In USU Press*.

Priyanto, P. H. (2017). *Psikologi berbagi*. Semarang: Universitas Katolik Soegijapranata.

Puskesmas Belimbing. (2023). *Data kunjungan lansia 2023*.

Qasim, M. (2021). *Keperawatan gerontik*. Yayasan Penerbit Muhammad Zaini. <https://books.google.co.id/books?id=KZJCEAAAQBAJ>

Rahmi. (2015). Gambaran tingkat kesepian pada lansia di Panti Tresna Werdha Pandaan. *Seminar Psikologi & Kemanusiaan*, 257–261.

Ramadhani, F., & Nurdibyanandaru, D. (2014). Pengaruh self-compassion terhadap kompetensi emosi remaja akhir. *Jurnal Psikologi Klinis Dan Kesehatan Mental*, 3(03), 120–126.

Ratnawati, E. (2017). *Asuhan keperawatan gerontik*. Yogyakarta: Pustaka Baru.

Rifiyanto, M. A. (2018). Hubungan tingkat kesepian dengan stres pada lansia di Balai Pelayanan Sosial Tresna Werdha Kasongan Bantul Yogyakarta. *Jurnal Keperawatan Unsyiah*, 6(4), 1–5.

Roxas, M. M., David, A. P., & Caligner, E. C. (2014). Examining the relation of compassion and forgiveness among Filipino counsellors. *Asian Journal of*

Social Sciences and Humanities, 3(1), 53–62.

Saputri, N. M. I., & Amri, K. (2018). Kesenian pada lanjut usia. *RISTEKDIK Jurnal Bimbingan Dan Konseling*, 3(1), 1–81.

Sessiani, L. A. (2018). Studi fenomenologis tentang pengalaman kesepian dan kesejahteraan subjektif pada janda lanjut usia. *Sawwa: Jurnal Studi Gender*, 13(2), 203. <https://doi.org/10.21580/sa.v13i2.2836>

Setyowati, S., Sigit, P., & Maulidiyah, R. I. (2021). Spiritualitas berhubungan dengan kesepian pada lanjut usia. *Jurnal Ilmiah Keperawatan Jiwa*, 4(9), 67–78.

Smith, J. L. (2015). Self-compassion and resilience in senior living residents. *Seniors Housing & Care Journal*, 23(1), 16–32.

Smith, J. M. (2012). Portraits of loneliness: emerging themes among community-dwelling older adults. *Journal of Psychological Nursing*, 50(4), 34–39.

Sonderby, L. C., & Wagoner, B. (2013). Loneliness: An integrative approach. *Journal of Integrated Social Sciences*, 3(11), 2013–3. [http://www.jiss.org/documents/volume_3/issue_1/JISS_2013_3\(1\)_1-29_Loneliness.pdf](http://www.jiss.org/documents/volume_3/issue_1/JISS_2013_3(1)_1-29_Loneliness.pdf)

Stevens, L. C., & C C Woodruff. (2018). *The neuroscience of empathy, compassion, and self-compassion*. Academic Press.

Sugianto, D., Sutanto, H., & Suwartono, C. (2020). Self-compassion as a way to

embrace loneliness in University Students. *Psikodimensia*, 19(1), 122–131.
<https://doi.org/10.24167/psidim.v19i1.2643>

Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reabilitas dan validitas self-compassion scale versi bahasa Indonesia. *Jurnal Psikologi Ulayat*.
<https://doi.org/10.24854/jpu02020-337>

Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta:Bandung.

Sunaryo, Wijayanti, R., Kuhu, M. M., Sumedi, T., Widayanti, E. D., Sukrillah, U. A., Riyadi, S., & Kuswati, A. (2015). *Asuhan keperawatan gerontik*. Yogyakarta: ANDI.

Susanti, E., Manurung, A., & Pranata, L. (2018). Hubungan antara dukungan keluarga dengan harga diri lansia di Kelurahan Kebun Bunga Kecamatan Sukarami Palembang. *Jurnal Ilmiah Bakti Farmasi*, 3(1), 17–26.
<https://ejournal.stifibp.ac.id/index.php/jibf/article/view/30>

Susanty, S., Chung, M. H., Chiu, H. Y., Chi, M. J., Hu, S. H., Kuo, C. L., & Chuang, Y. H. (2022). Prevalence of loneliness and associated factors among community-dwelling older adults in Indonesia: A cross-sectional study. *International Journal of Environmental Research and Public Health*, 19(8).
<https://doi.org/10.3390/ijerph19084911>

Tamher, S., & Noorkasiani. (2019). *Kesehatan usia lanjut dengan pendekatan asuhan keperawatan*. Jakarta: Salemba Medika.

Tavares, L. R., Vagos, P., & Xavier, A. (2020). The role of self-compassion in the psychological (mal) adjustment of older adults: A scoping review. *International Psychogeriatrics*, 1–14. <https://doi.org/10.1017/S1041610220001222>

Tranggono, A., Florentina, T., & Aditya, A. M. (2022). Kesejahteraan Psikologis terhadap Kesenjangan pada Mahasiswa Rantau Psychological Well-Being on Loneliness of Migrating Students. *Jurnal Psikologi Karakter*, 2(2), 203–209. <https://doi.org/10.56326/jpk.v2i2.1958>

Ulfah, D. M., & Nisa, Y. F. (2015). Pengaruh kepribadian, kontrol diri, kesepian, dan jenis kelamin terhadap penggunaan internet kompulsif pada remaja. *TAZKIYA: Journal of Psychology*, 3(1). <https://doi.org/10.15408/tazkiya.v20i1.9208>

Verawati, K. P. (2015). *Kesepian pada lansia ditinjau dari tempat tinggal*. Universitas Kristen Satya Wacana.

Viona, R. A. (2023). *Hubungan self-compassion dengan depresi pada lanjut usia di panti sosial tresna werdha kasih sayang ibu Batusangkar Tanah Datar*. Universitas Andalas.

Wardiati, Lutfia, H., Arlianti, N., & Ariscasari, P. (2022). Studi komparatif tingkat stress, kualitas tidur dan interaksi sosial pada lansia yang tinggal di komunitas dan lansia penghuni UPTD Rumoh Sejahtera Geunaseh Sayang Banda Aceh. *Afiasi: Jurnal Kesehatan Masyarakat*, 7(1), 209–217. <https://doi.org/10.31943/afiasi.v7i1.192>

Wibowo, I. S., & Rachma, N. (2014). Studi komparatif : Tingkat kesepian pada lansia di unit rehabilitasi sosial panti Wening Wardoyo Ungaran dan lansia yang tinggal di komunitas. *Jurnal Keperawatan Komunitas*, 2(2), 76–80.

Wiffida, D., Made, I., Dwijayanto, R., Ketut, I., & Priastana, A. (2022). Faktor-faktor yang mempengaruhi self-compassion: Studi literatur. *Indonesian Journal of Health Research*, 2022(1), 19–23.

World Health Organization. (2022). *Ageing and health*. WHO. <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>

Yela, J. R., Gómez-Martínez, M. Á., Crego, A., & Jiménez, L. (2020). Effects of the mindful self-compassion programme on clinical and health psychology trainees' well-being: A pilot study. *Clinical Psychologist*, 24(1), 41–54. <https://doi.org/10.1111/cp.12204>

Yeni, F. (2023). *Self-compassion, kesepian dan depresi*. CV. Mitra Edukasi Negeri.

Zessin, U., Dickhäuser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*, 7(3), 340–364. <https://doi.org/10.1111/aphw.12051>