

DAFTAR PUSTAKA

- Adiwangsa, P. (2024, 10 Januari). Bunuh Diri. *Geotimes*. <https://geotimes.id/opini/bunuh-diri/>
- Ahmad, A., Salve, H. R., Nongkynrih, B., Sagar, R., & Krishnan, A. (2021). Mental health literacy among adolescents: Evidence from a community-based study in Delhi. *International Journal of Social Psychiatry*, 00(0), 1—7. <https://doi.org/10.1177/00207640211006155>
- Ahmed, A., & Stephen, S. (2017). Self-Diagnosis in Psychology Students. *The International Journal of Indian Psychology*, 4(86), 120—139. <https://doi.org/10.25215/0402.035>
- Almanasef, M. (2021). Mental Health Literacy and Help-Seeking Behaviours Among Undergraduate Pharmacy Students in Abha, Saudi Arabia. *Risk Management and Healthcare Policy*, 14, 1281—1286. <https://doi.org/10.2147/RMHP.S289211>
- Andersson, L. M. C., Schierenbeck, I., Strumpher, J., Krantz, G., Topper, K., Backman, G., Ricks, E., & Van Rooyen, D. (2013). Help-seeking behaviour, barriers to care and experiences of care among persons with depression in Eastern Cape, South Africa. *Journal of Affective Disorders*, 151(2), 439—448. <https://doi.org/10.1016/j.jad.2013.06.022>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469—480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Azwar, S. (2015). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Azwar, S. (2022). *Metode Penelitian Psikologi Edisi 2*. Pustaka Belajar.
- Beaton, D.E., Bombardier, C., Guillemin, F., Ferraz, M.B. (2000). Guidelines for the process of cross-cultural adaptation of self-report measures. *SPINE*, 25(24), 3186-3191. <https://doi.org/10.1097/00007632-200012150-00014>
- Blom, S., Lindh, F., Lundin, A., Burström, Bo., Hensing G., & Löve, J. (2024). How gender and low mental health literacy are related to unmet need for mental healthcare: a cross-sectional population-based study in Sweden. *Archives of Public Health*, 82(12), 1—11. <https://doi.org/10.1186/s13690-023-01228-7>
- Boyd, D., & Bee, H. (2015). *Lifespan Development (7th Edition)*. Pearson Education.
- Badan Pusat Statistik. (2024). Jumlah Penduduk Menurut Kelompok Umur di Kota Padang (Ribu Jiwa) 2023-2024. *Badan Pusat Statistik Kota Padang*. <https://padangkota.bps.go.id/indicator/12/693/1/-proyeksi-2020-2035-jumlah-penduduk-menurut-kelompok-umur-di-kota-padang.html>
- Center for Reproductive Health, University of Queensland, & Johns Bloomberg Hopkins School of Public Health. (2022). *Indonesia – National Adolescent Mental Health Survey (I-NAMHS): Laporan Penelitian*. Pusat Kesehatan Reproduksi.
- Chen, J., Hu, J., Yang, R., Li, D., Zhang, Z., Jia, L., Wan, Y., Fang, J., & Zhang, S. (2023). Psychological symptoms and inadequate mental health literacy potentially increase the risks of suicidal behaviors in Chinese middle school

- students. *PREPRINT (Version 1)*, (9 Januari, 2023).
<https://doi.org/10.21203/rs.3.rs-2418600/v1>
- Collier, A. F., Munger, M., & Moua, Y. K. (2011). Hmong mental health needs assessment: A community-based partnership in a small midwestern community. *American Journal of Community Psychology*, 49(1-2), 73—86.
<https://doi.org/10.1007/s10464-011-9436-z>
- Corrigan, P. W., Morris, S. B., Michaels, P. J., Rafacz, J. D., & Rüsch, N. (2012). Challenging the public stigma of mental illness: A meta-analysis of outcome studies. *Psychiatric Services*, 63(10), 963—973.
<https://doi.org/10.1176/appi.ps.201100529>
- Cotton, S. M., Wright, A., Harris, M. G., Jorm, A. F., & McGorry, P. D. (2006). Influence of gender on Mental health literacy in young Australians. *Australian and New Zealand Journal of Psychiatry*, 40(9), 790—796.
<https://doi.org/10.1080/j.1440-1614.2006.01869.x>
- Creswell, J. W. (2014). *Research Design Qualitative, Quantitative, and Mixed Methods Approaches*. SAGE.
- Fakhriyani, D. V. (2022). *Mental health literacy: Konsep, Strategi, & Pengaruhnya terhadap Kesehatan Mental*. Madza Media.
- Furnham, A., & Swami, V. (2018). Mental health literacy: A review of what it is and why it matters. *International Perspectives in Psychology: Research, Practice, Consultation*, 7(4), 240—257. <https://doi.org/10.1037/ipp0000094>
- Gianesini, G., & Brighi, A. (2015). Cyberbullying in the Era of Digital Relationships: The Unique Role of Resilience and Emotion Regulation on Adolescents' Adjustment. *Technology and Youth: Growing Up in a Digital World Sociological Studies of Children and Youth*, 19, 1—46.
<https://doi.org/10.1108/S1537-466120150000019001>
- Gobel, S. A. M., Lusiana, E. & Dida, S. (2023). Mental Health Promotion: Stop Self-Diagnosing Through Social Media. *Jurnal Promkes: The Indonesian Journal of Health Promotion and Health Education*, 11(1), 71—81.
<https://doi.org/10.20473/jpk.V11.I1.2023.71-81>
- Gravetter, F. J., & Forzano, L. B. (2018). *Research methods for the behavioral science (6th ed)*. Cengage Learning Inc
- Handayani, T., Ayubi, D., & Anshari, D. (2020). Mental health literacy orang dewasa dan penggunaan pelayanan kesehatan mental. *Perilaku dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 2(1): 9—17. <https://doi.org/10.47034/ppk.v2i1.3905>
- Hurlock, E. B. (2015). *Psikologi perkembangan suatu pendekatan sepanjang rentang kehidupan*. Erlangga.
- Idham, A. F., Rahayu, P., As-Sahih, A. A., Muhiddin, S., & Sumantri M. A. (2019). Trend Literasi Kesehatan Mental. *Analitika*, 11(1), 12—20.
<http://dx.doi.org/10.31289/analitika.v11i1.2294>
- Ihsan, H. (2016). Validitas Isi Alat Ukur Penelitian Konsep Dan Panduan Penilaiannya. *PEDAGOGIA Jurnal Ilmu Pendidikan*, 13(2), 266.
<https://doi.org/10.17509/pedagogia.v13i2.3557>
- Irfansyah, & Surya, D. (2021). Membangun budaya literasi perdesaan di Desa Pondok Kemuning Kota Langsa. *Connection: Jurnal Pengabdian Kepada*

- Masyarakat*, 1(1).
<https://doi.org/https://doi.org/10.32505/connection.v1i1.2823>
- Jarvis, M. (2000). *Theoretical Approaches in Psychology*. London: Routledge.
- Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P. (1997). "Mental health literacy": a survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. *MJA*, 166, 182—186. <https://doi.org/10.5694/j.1326-5377.1997.tb140071.x>
- Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., & Henderson, S. (2006). Help-seeking for mental health problems: The impact of beliefs about the usefulness of treatments. *Social Psychiatry and Psychiatric Epidemiology*, 41(8), 637—644. <https://doi.org/10.1007/s00127-006-0127-5>.
- Jorm A. F. (2012). Mental health literacy empowering the community to take action for better mental health. *American Psychologist Association*, 67(3), 231—243. <https://doi.org/10.1037/a0025957>
- Kartono. (2007). *Psikologi Anak*. CV. Mandar Mansur.
- Kemendikbudristek. (2024). Sehat Jiwa. UKS. <https://uks.kemdikbud.go.id/sekolah-sehat/sehat-jiwa>
- Komala, C., Faozi, A., Rahmat, D. Y., & Sopiha, P. (2023). Hubungan literasi kesehatan mental dengan trend self-diagnosis pada remaja akhir. *Holistik Jurnal Kesehatan*, 1(3), 206—213. <https://doi.org/https://doi.org/10.33024/hjk.v1i3.10125>
- Kurniawan, A. W., & Puspitaningtyas, Z. (2016). *Metode penelitian kuantitatif*. Pandiva Buku.
- Kurniawati, R. (2023, 15 Oktober). Ikatan Psikolog Klinis Indonesia Wilayah Sumbar Kampanyekan Kesehatan Mental Saat CFD di Padang. *Padang Tribun News*. <https://padang.tribunnews.com/2023/10/15/ikatan-psikolog-klinis-indonesia-wilayah-sumbar-kampanyekan-kesehatan-mental-saat-cfd-di-padang>
- Kutcher, S., Bagnell, A., & Wei Y. Mental health literacy in secondary schools: a Canadian approach. (2015). *Child Adolesc Psychiatr Clin N Am*, 24(2), 233—244. <https://doi.org/10.1016/j.chc.2014.12.002>
- Martinez, M. S., Perez, C. F. N., Ardanaz, B. P., & Garcia, C. M. (2023). Conceptual framework of mental health literacy: Results from a scoping review and a Delphi survey. *International Journal of Mental Health Nursing*, 33(2), 281—296. <https://doi.org/10.1111/inm.13086>
- Naslund JA, Gonsalves PP, Gruebner O, Pendse SR, Smith SL, Sharma A, Raviola G. (2019). Digital Innovations for Global Mental Health: Opportunities for Data Science, Task Sharing, and Early Intervention. *Curr Treat Options Psychiatry*, 6(4), 337—351. <https://doi.org/10.1007/s40501-019-00186-8>.
- Nobre, J., Oliveira, A. P., Monteiro, F., Sequeira, C., & Ferré-Grau, C. (2021). Promotion of Mental Health Literacy in Adolescents: A Scoping Review. *International Journal of Environmental Research and Public Health*, 18(9500), 1—15. <https://doi.org/10.3390/ijerph18189500>

- Nugroho, I. P., Kurniawan, M. W., Anggia, R. D., Safira, A., & Rezkyandar, M. (2020). Gambaran Literasi Kesehatan Mental Anak Jalanan Ditinjau dari Tingkat Pendidikan. *PROSIDING NASCA*, 1(1), 1—7. <https://doi.org/10.47387/nasca.v1i1.1>
- O'Connor, M., & Casey, L. (2015). The Mental Health Literacy Scale (MHLS): A new scale-based measure of Mental health literacy. *Psychiatry Research*, 229(1-2), 511—516. <https://doi.org/10.1016/j.psychres.2015.05.064>
- Organisation for Economic Co-operation and Development (OECD). (2022). *PISA 2022 Result the State of Learning and Equity in Education Insight and Interpretations*. OECD Publishing.
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2007). *Human Development (10th ed.)*. McGraw-Hill Education.
- Pusiknas Polri. (2023, 21 Juni). Kasus penemuan mayat dan bunuh diri meningkat di 2023. *Pusiknas Polri*. https://pusiknas.polri.go.id/detail_artikel/kasus_penemuan_mayat_dan_bunuh_diri_meningkat_di_2023
- Rachmayani, D., & Kurniawati, Y. (2017). Studi awal: Gambaran mental health literacy pada remaja pengguna teknologi. Dalam *Prosiding SEMNAS Penguatan Individu di Era Revolusi Informasi* (hlm. 91-100). Muhammadiyah University Press. ISBN: 978-602-361-068-6
- Rahmawaty, F., Silalahiv, R. P., Berthiana, T., Mansyah, B. (2022). Faktor-faktor yang mempengaruhi kesehatan mental pada remaja. *Jurnal Surya Medika*, 8(3), 276—281. <https://doi.org/10.33084/jsm.v8i3.4522>
- Rickwood, D., Deane, F. P., & Wilson, C. J. (2007). When and how do young people seek professional help for mental health problems?. *Medical Journal of Australia*, 187(7), 35—39. <https://doi.org/10.5694/j.1326-5377.2007.tb01334.x>.
- Rickwood, D., Paraskakis, M., Quin, D., Hobbs, N., Ryall, V., Trethowan, J., & McGorry, P. (2019). Australia's innovation in youth mental health care: The headspace centre model. *Early Intervention in Psychiatry*, 13(1), 159—166. <https://doi.org/10.1111/eip.12604>
- Santika, E. F. (2023, 20 Januari). Hanya sedikit masyarakat Indonesia yang berkonsultasi ke profesional saat menangani gejala gangguan kesehatan mental. *Katadata*. <https://databoks.katadata.co.id/datapublish/2023/01/20/hanya-sedikit-masyarakat-indonesia-yang-berkonsultasi-ke-profesional-saat-menangani-gejala-gangguan-kesehatan-mental>
- Santrock, J. W. (2012). *Life Span Development: Perkembangan Masa Hidup (13th Ed)*. Penerbit Erlangga.
- Sarwono, S. W. (2006). *Psikologi Remaja*. RajaGrafindo Persada.
- Sirisena, K. D. S. (2022). Psychiatrists on social media – new frontiers: Four years into my YouTube channel, “Mental Health Round Table”. *SL J Psychiatry*, 13(1): 54—55. <https://doi.org/10.4038/sljspx.v13i1.8236>
- Steinberg, L. (2014). *Adolescence (10th ed.)*. McGraw-Hill Education.
- Supraktiknya, A. (2014). *Pengukuran Psikologis*. Universitas Satana Darma

- Supriyanto, A., Hartini, S., Irdasari, W. N., Miftahul, A., Oktapiana, S., & Mumpuni, S. D. (2020). Teacher professional quality: Counselling services with technology in Pandemic Covid-19. *Counsellia: Jurnal Bimbingan dan Konseling*, 10(2), 999–1007. <https://doi.org/10.25273/counsellia.v10i2.7768>
- Swerdlik, C. (2009). *Psychological Testing and Assessment: An Introduction to Tests and Measurement 7th Edition*. McGraw-Hill.
- Tenny., Nisa, A. K., & Murtaplah. (2022). *Pengembangan literasi dan numerasi dalam proses belajar dan mengajar berbagai mata pelajaran*. Direktorat Sekolah Menengah Atas.
- Umubyeyi, A., Mogren, I., Ntaganira, J., & Krantz, G. (2016). Help-seeking behaviours, barriers to care and self-efficacy for seeking mental health care: A population-based study in Rwanda. *Social Psychiatry and Psychiatric Epidemiology*, 51(1), 81—92. <https://doi.org/10.1007/s00127-015-1130-2>
- Wei, Y., McGrath, P. J., Hayden, J., & Kutcher, S. (2018). The quality of mental health literacy measurement tools evaluating the stigma of mental illness: a systematic review. *Epidemiology and Psychiatric Sciences*, 27(5), 433—462. <https://doi.org/10.1017/S2045796018000140>
- WHO. (2019). *Suicide worldwide in 2019: Global Health Estimates*. World Health Organization.
- Widayani, N., Widiyanto, M., Rahayu, E. S., & Kusumo, H. (2016). *Panduan Gerakan Literasi Sekolah di Sekolah Menengah Kejuruan*. Direktorat Pembinaan Sekolah Menengah Kejuruan Direktorat Jenderal Pendidikan Dasar dan Menengah Kementerian Pendidikan dan Kebudayaan.
- Yusuf, A. M. (2014). *Metode Penelitian Kuantitatif, Kualitatif, & Penelitian Gabungan*. Kencana.

