

DAFTAR PUSTAKA

- American Educational Research Association, American Psychological Association, & National Council on Measurement in Education. (2014). Standards for educational and psychological testing. *American Educational Research Association*.
- Andresen, S., Diehm, I., Sander, U., & Ziegler, H. (Eds.). (2010). *Children and the good life: New challenges for research on children* (Vol. 4). Springer Science & Business Media.
- Anwar, Z. (2015). Penerapan konseling kelompok untuk meningkatkan happiness pada remaja panti asuhan. *Jurnal ilmiah psikologi terapan*, 3(1), 144-153.
- Appel, M. (2012). *Topics in Cognitive Development: Equilibration: Theory, Research, and Application* (Vol. 1). Springer Science & Business Media.
- Aqila, F. Y., Prihartanti, N., & Asyanti, S. (2021). Peningkatan penyesuaian diri remaja panti asuhan melalui pelatihan regulasi emosi. *Psympathic: Jurnal Ilmiah Psikologi*, 8(2), 297-306.
- Aulia, C. N., & Rahayu, M. N. M. (2022). Apakah Terdapat Kaitan Antara Self Compassion dan Life Satisfaction Pada Remaja Panti Asuhan?. *Psikoborneo: Jurnal Ilmiah Psikologi*, 10(4), 732-740.
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2020). *Penyusunan Skala Psikologi (Edisi 2)*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2017). *Metode Penelitian Psikologi (2th ed)*. Pustaka Belajar Offset.
- Baer, R. A., Lykins, E. L., & Peters, J. R. (2012). Mindfulness and self-compassion as predictors of psychological wellbeing in long-term meditators and matched nonmeditators. *The Journal of Positive Psychology*, 7(3), 230-238.
- Barber, B. K. (1996). Parental psychological control: Revisiting a neglected construct. *Child development*, 67(6), 3296-3319.
- Bar-On, R. (2010). Emotional intelligence: An integral part of positive psychology. *South African Journal of Psychology*, 40(1), 54-62.
- Berk, L. E. (2018). Development through the lifespan Seventh Edition. In USA: *Pearson Education*.
- Bhat, R. H., & Khan, S. M. (2018). *Emotional competence : Review*. 3(1), 44–49.
- Brasseur, S., Grégoire, J., Bourdu, R., & Mikolajczak, M. (2013). The Profile of Emotional Competence (PEC): Development and Validation of a Self-Reported Measure that Fits Dimensions of Emotional Competence Theory. *PLoS ONE*, 8(5). <https://doi.org/10.1371/journal.pone.0062635>

- Breines, J. G. & Chen, S. (2012). Self-Compassion Increases Self- Improvement Motivation. *Personality and Social Psychology Bulletin*. 38(9), 1133-1143.
- Budiastuti, D., & Bandur, A. (2018). *Validitas dan reliabilitas penelitian*. Jakarta: Mitra Wacana Media.
- Bronfenbrenner, U. (1981). *The ecology of human development: Experiments by nature and design*. Harvard university press.
- Creswell, John. (2010). *Research Design: Pendekatan Kualitatif, Kuantitatif, dan Mixed*. Yogyakarta: PT Pustaka Pelajar.
- Cochran, W. G. (1977). *Sampling techniques*. John wiley & sons.
- Culver, D. (1998). A review of Emotional Intelligence by Daniel Goleman: implications for technical education. In FIE'98, 28th Annual Frontiers in Education Conference. Moving from 'Teacher-Centered' to 'Learner-Centered' Education. Conference Proceedings (Cat. No. 98CH36214) (Vol. 2, pp. 855-860). IEEE.
- Currie, C. (2019). Development is not the same as ageing: the relevance of puberty to health of adolescents. *International journal of public health*, 64(2), 149-150.
- Dacey, J. S., Travers, J. F., & Fiore, L. (2008). *Human Development: Across the Lifespan*. McGraw-Hill Education
- Duraisamy, P., Raman, R., Kashyap, R. S., DM, K., & TN, M. (2022). A Comparative Study on Depression, Anxiety, Stress, and Psychological Wellbeing Among Orphan and Non-Orphan Adolescents. *International Journal of Health and Allied Sciences*, 11(3), 6.
- Erismadewi, P. P. A., Swedarma, K. E., & Antari, G. A. A. (2022). Hubungan welas asih diri dengan citra tubuh pada remaja di SMA Negeri 2 Semarang. *Community of Publishing in Nursing (COPING)*, 10(1), 38-45.
- Farih, Y. N., & Wulandari, P. Y. (2022). Pengaruh keberfungsian keluarga terhadap regulasi emosi pada remaja awal. *Buletin Penelitian Psikologi dan Kesehatan Mental (BRPKM)*, 2(1), 445-455.
- Febrianti, L. D., Fasikhah, S. S., & Prasetyaningrum, S. (2023). Pengaruh Kompetensi Emosi Terhadap Kualitas Persahabatan Pada Mahasiswa. *Journal of Islamic and Contemporary Psychology*, 3(1s), 269-279.
- Germer, C. K. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: The Guilford Press.
- Atau kalau ndk nemu pakai germer di dalam Karinda, F. B. (2020). Belas kasih diri (self compassion) pada mahasiswa. *Cognicia*, 8(2), 234-252.
- Ghanawat, G. M., Muke, S. S., Suprakash Chaudhury, S. C., & Manisha Kiran, M. K. (2016). Relationship of family functioning and emotional intelligence in adolescents. *Prawara Med Rev*, 8(2), 10-14.

- Haryanti, D., Pamela, E. M., & Susanti, Y. (2016). Perkembangan Mental Emosional Remaja Di Panti Asuhan. *Jurnal Keperawatan Jiwa*, 4(2), 97–104.
- Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39(3), 281-291.
- Hasmarlin, H., & Hirmaningsih, H. (2019). Self-compassion dan regulasi emosi pada remaja. *Jurnal Psikologi*, 15(2), 148-156.
- Hurlock, E.B. (1999). *Psikologi Perkembangan anak*. Jakarta: Erlangga.
- Hupp, S., & Jewell, J. D. (2020). *The encyclopedia of child and adolescent development*. Wiley-Blackwell.
- Illahi, S. P. K., & Akmal, S. Z. (2018). Hubungan kelekatan dengan teman sebaya dan kecerdasan emosi pada remaja yang tinggal di panti asuhan. *Psikohumaniora: Jurnal Penelitian Psikologi*, 2(2), 171-181.
- Isnaeni, Y., Hartini, S., & Marchira, C. R. (2021). Intervention model for orphan's emotional and behavioral problems: A scoping review. *Open Access Macedonian Journal of Medical Sciences*, 9(F), 211-218.
- Ivtzan, I., & Lomas, T. (2016). *Mindfulness in positive psychology: The science of meditation and wellbeing*. Routledge.
- Kawitri, A. Z., Listiyandini, R. A., & Rahmatika, R. (2020). Peran self-compassion terhadap dimensi-dimensi Kualitas hidup kesehatan pada remaja panti asuhan. *Psympathic: Jurnal Ilmiah Psikologi*, 7(1), 01-18.
- Kim, H. Y. (2013). Statistical notes for clinical researchers: assessing normal distribution (2) using skewness and kurtosis. *Restorative dentistry & endodontics*, 38(1), 52-54.
- Manalu, D., & Berlianti, B. (2024). Model Pelayanan Sosial Panti dan Non Panti di Lembaga Kesejahteraan Sosial Anak (LKSA) Anak Gembira. *SOSMANIORA: Jurnal Ilmu Sosial dan Humaniora*, 3(1), 99-113.
- Mayer, J. D., DiPaolo, M., & Salovey, P. (1990). Perceiving affective content in ambiguous visual stimuli: A component of emotional intelligence. *Journal of personality assessment*, 54(3-4), 772-781.
- Mazaya, K. N., & Supradewi, R. (2011). Konsep diri dan kebermaknaan hidup pada remaja di panti asuhan. *Proyeksi*, 6(2), 103-112.
- Mikolajczak, M. (2009). *Les compétences émotionnelles : historique et conceptualisation. Dans J. Quoidbach., & D. Nelis (Ed.). Les compétences émotionnelles*. Dunod. 308 p.
- Mikolajczak, M., Avalosse, H., Vancorenland, S., Verniest, R., Callens, M., Van Broeck, N., ... & Mierop, A. (2015). A nationally representative study of emotional competence and health. *Emotion*, 15(5), 653.

- Moreno-Manso, J. M., García-Baamonde, M. E., Guerrero-Barona, E., Godoy-Merino, M. J., Blázquez-Alonso, M., & Gonzalez-Rico, P. (2016). Perceived emotional intelligence and social competence in neglected adolescents. *Journal of Youth Studies*, 19(6), 821-835.
- Múzquiz, J., Pérez-García, A. M., & Bermúdez, J. (2023). Relationship between direct and relational bullying and emotional well-being among adolescents: The role of Self-compassion. *Current Psychology*, 42(18), 15874-15882.
- Neff, K. D. (2003a). The development and validation of a scale to measure self-compassion. *Self and identity*, 2(3), 223-250.
- Neff, K. D. (2003b). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and identity*, 2(2), 85-101.
- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and personality psychology compass*, 5(1), 1-12.
- Neff, K. D. (2011). *Self-compassion: The proven power of being kind to yourself*. Hachette UK.
- Neff, K. D., & Dahm, K. A. (2015). Self-compassion: What it is, what it does, and how it relates to mindfulness. *Handbook of mindfulness and self-regulation*, 121-137.
- 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.
- Neff, K. D., & Germer, C. (2018). *The mindful self-compassion workbook A proven way to accept yourself, build inner strength, and thrive*. Guilford Publications.
- Neff, K. D., & McGehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and identity*, 9(3), 225-240.
- Neff, K. D., Pisitsungkagarn, K., & Hsieh, Y. P. (2008). Self-compassion and self-construal in the United States, Thailand, and Taiwan. *Journal of cross-cultural psychology*, 39(3), 267-285.
- Neff, K. D., Rude, S. S., & Kirkpatrick, K. L. (2007b). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of research in personality*, 41(4), 908-916.
- Neff, K. D., Tóth-Király, I., Yarnell, L. M., Arimitsu, K., Castilho, P., Ghorbani, N., ... & Mantzios, M. (2019). Examining the factor structure of the Self-Compassion Scale in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological assessment*, 31(1), 27.
- Nikolaeva, A. A., Savchenko, I. A., & Stepanova, O. S. (2022). Teenagers in the system of primary and secondary prevention of orphanhood. *Perspectives of Science and Education*, 56 (2), 361-380.

- Novita, S. A., Suprihatin, T., & Fitriani, A. (2021). Kecerdasan Emosional dan Kecenderungan Alexithymia pada Remaja yang tinggal di Panti Asuhan. *PSISULA : Prosiding Berkala Psikologi*, 3, 326–335.
- Nyiagani, P. W., & Kristinawati, W. (2021). Kecerdasan Emosi dengan Resiliensi Berdasarkan Jenis Kelamin pada Remaja di Panti Asuhan. *Philanthropy Journal of Psychology*, 5(2), 295–305.
- Papalia, D. E., Olds, S. W., & Feldman, R. D. (2009). *Human development eleventh edition*. McGraw-Hill.
- Philips, A. S. (1973). *Adolescence in Jamaica*. Red Globe Press: London
- Priatini, W., Latifah, M., & Guhardja, S. (2008). Pengaruh tipe pengasuhan, lingkungan sekolah, dan peran teman sebaya terhadap kecerdasan emosional remaja. *Jurnal Ilmu Keluarga dan Konsumen*, 1(1), 43-53.
- Priyatno, D. (2014). *SPSS 22 Pengolahan Data Terpraktis*. Yogyakarta: CV Andi
- Putri, Y. A., Mulyana, N., & Resnawaty, R. (2015). Program Kesejahteraan Sosial Anak (PKSA) Dalam Memenuhi Kesejahteraan Anak Jalanan. *Prosiding Penelitian dan Pengabdian kepada Masyarakat*, 2(1).
- Ramadhani, F., & Nurdibyanandaru, D. (2014). Pengaruh self-compassion terhadap kompetensi emosi remaja akhir. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 3(03), 121.
- Raws, P. (2016). Understanding adolescent neglect: Troubled teens. *A study of the links between parenting and adolescent neglect*. The Children's Society.
- Rodhiyah, I., & Djuwita, E. (2023). Difficulty Emotion Regulation as a Predictor of Adolescent Depressive Symptoms Kesulitan Regulasi Emosi sebagai Prediktor Gejala Depresi Remaja. *Jurnal Psikologi*, 12(2), 218-223.
- Safitri, N., & Munawaroh, E. (2022). Pengaruh Self Compassion dan Dukungan Sosial Terhadap Resiliensi Remaja Panti Asuhan. *Jurnal Bimbingan dan Konseling Indonesia*, 7(2), 289-299.
- Santrock, J. W. (2003). *Adolescence edisi keenam*. Jakarta: Erlangga
- Schachter, S., & Singer, J. (1962). Cognitive, social, and physiological determinants of emotional state. *Psychological review*, 69(5), 379.
- Schore, A. N. (2015). *Affect regulation and the origin of the self: The neurobiology of emotional development*. Routledge.
- Septiyani, D. A., & Novitasari, R. (2017). Peran self compassion terhadap kecerdasan emosi pada remaja tunadaksa. *Indigenous: Jurnal Ilmiah Psikologi*, 2(1).
- Steinberg, L. (2005). Cognitive and affective development in adolescence. *Trends in cognitive sciences*, 9(2), 69-74.

- Supratiknya. (2014). *Pengukuran Psikologis*. Yogyakarta: Universitas Sanata Dharma.
- Sugianto, D., Suwartono, C., Sutanto, S. H. (2020). Reliabilitas dan Validitas Self-Compassion Scale Versi Bahasa Indonesia, *Jurnal Psikologi Ulayat*, 7(2). 177-191.
- Ulfah, U., & Fourianalistyawati, E. (2024). Peran Trait Mindfulness terhadap Regulasi Emosi pada Remaja Panti Asuhan. *Majalah Sainstekes*, 11(2), 075-087.
- Ushanandini, N., & Gabriel, M. (2017). A study on mental health among the adolescent orphan children living in orphanages. *Research on humanities and social sciences*, 7(17), 187-190.
- Ungar, M. (2013). Resilience, trauma, context, and culture. *Trauma, violence, & abuse*, 14(3), 255-266.
- Urbina, S. (2004). *Essentials of Psychological testing*. John Wiley & Sons
- Wiffida, D., Dwijayanto, I. M. R., & Priastana, I. K. A. (2022). Faktor-faktor yang Mempengaruhi Self-Compassion: Studi Literatur. *Indonesian Journal of Health Research*, 5(1), 19-23.
- Wijayanti, N. T., & Fasikhah, S.S. (2021). Kompetensi emosi pada remaja. *Psychological Journal: Science and Practice*, 1(1), 16-22.
- Winarsunu, T. (2002). *Statistik dalam Penelitian Psikologi dan Pendidikan*. Malang: UMM Press.
- 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