

DAFTAR PUSTAKA

- AbdAllah, A. M., & El Maghawry, H. A. (2023). Effect of health education program on improving knowledge and attitude towards mental health stigma and professional help-seeking among adolescents. *Middle East Current Psychiatry*, 30(1), 32. DOI: 10.1186/s43045-023-00298-1
- Adefuye, A. O., Butler, M., & Adeola, H. A. (2020). The need to combat stigmatizing dogmas in the midst of the novel coronavirus disease (COVID-19) pandemic. *Journal of Public Health in Africa*, 12(2), 1419. DOI: 10.4081/JPHIA.2021.1419
- Aiyub, A., Jannah, S. R., Marthoenis, M., Abdullah, A., & Sofyan, H. (2023). Peer stigma, consequences, and anti-stigma strategies in adolescents with mental disorders: a qualitative investigation. *Journal of Public Mental Health*, 22(2), 60-72. DOI: 10.1108/JPMH-09-2022-0095
- Andersen, M. M., Varga, S., & Folker, A. P. (2022). On the definition of stigma. *Journal of evaluation in clinical practice*, 28(5), 847-853. DOI: 10.1111/jep.13684
- Ansell, M. E., Finlay-Jones, A. L., Bayliss, D. M., & Ohan, J. L. (2024). "It Just Makes You Feel Horrible": A Thematic Analysis of the Stigma Experiences of Youth with Anxiety and Depression. *Journal of Child and Family Studies*, 33(7), 2121-2133. DOI: 10.1007/s10826-024-02877-0
- Azwar, S. (2011). *Sikap Manusia Teori dan Pengukurannya*. Yogyakarta: Pustaka Pelajar.

Badan Pusat Statistik Provinsi Sumatera Barat. (2024). Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin di Provinsi Sumatera Barat, 2023 - Tabel Statistik. Diakses pada 7 November 2024, dari website: <https://sumbar.bps.go.id/id/statistics-table/3/WVc0MGEyMXBkVFUxY25KeE9HdDZkbTQzWkVkb1p6MDkjMw==/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin-di-provinsi-sumatera-barat--2023.html?year=2023>

Beukema, L., de Winter, A. F., Korevaar, E. L., Hofstra, J., & Reijneveld, S. A. (2024). Investigating the use of support in secondary school: the role of self-reliance and stigma towards help-seeking. *Journal of Mental Health*, 33(2), 227-235. DOI: 10.1080/09638237.2022.2069720

Bhagavathi, P., & Vitone, T. (2022). Analysis of Adolescent Barriers in Seeking Help for Mental Health Issues. *Journal of Student Research*, 11(3). DOI: 10.47611/jsrhs.v11i3.2670

Calear, A. L., Batterham, P. J., Torok, M., & McCallum, S. (2021). Help-seeking attitudes and intentions for generalised anxiety disorder in adolescents: the role of anxiety literacy and stigma. *European child & adolescent psychiatry*, 30(2), 243-251. DOI: 10.1007/s00787-020-01512-9

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 : <https://qcmhr.org/~teoqngfi/outputs/reports/12-i-namhs-report-bahasa-indonesia/file#page=1.00&gsr=0>

- Clark, L. H., Hudson, J. L., & Haider, T. (2020). Anxiety specific mental health stigma and help-seeking in adolescent males. *Journal of Child and Family Studies*, 29, 1970-1981. DOI: 10.1007/s10826-019-01686-0
- Dinas Kesehatan Kota Padang. (2024). Laporan Tahunan dan Profil Kesehatan Kota Padang Tahun 2023 Edisi 2024.
- Diwan, V., Sharma, M., Sahoo, K. C., Negi, S., Kalyanasundaram, M., & Tiwari, R. R. (2022). The perspectives of community members on COVID-19-related social stigma and mitigation strategies: A qualitative study in Madhya Pradesh, India. *Journal of Family Medicine and Primary Care*, 11(11), 7406-7411. DOI: 10.4103/jfmprc.jfmprc_526_22
- Efendy, R. (2024). Hubungan Antara Sikap Mencari Bantuan Dengan Self Diagnose Terkait Kesehatan Mental Pada Mahasiswa Pengguna Tiktok Prodi Pgsd Fakultas Ilmu Pendidikan Di Universitas X Semarang (Doctoral Dissertation, Universitas Islam Sultan Agung Semarang). Diakses dari: <http://repository.unissula.ac.id/id/eprint/36611>
- Engelhardt, E. C., Bicknell, G., Oliver, M., Flaherty, C., Line, K., & King, E. (2023). Theory of planned behavior and active duty Air Force members' mental health help-seeking. *Military medicine*, 188(7-8), e2217-e2222. DOI: <https://www.doi.org/10.1093/milmed/usac326>
- Fahmi, R., Fahmi, D. M., Aswirna, P., & Fahmi, F. A. (2023). Relationships Between Domestic Violence and Aqidah the Converted Youth. In *The 1st Annual Conference of Islamic Education* (pp. 18-28). Atlantis Press. DOI: 10.2991/978-2-38476-044-2_4

Fang, L., Tong, Y., Li, M., Wang, C., Li, Y., Yuan, M., ... & Su, P. (2024). Anxiety in adolescents and subsequent risk of suicidal behavior: A systematic review and meta-analysis. *Journal of affective disorders*. DOI: 10.1016/j.jad.2024.05.005

Fatih, O. R. D. U. (2023). Evaluation of Stigma of Mental Illnesses: A Review. *Psikiyatride Güncel Yaklaşımlar*, 15(1), 38-49. DOI: <https://doi.org/10.18863/pgy.1079332>

Fatonah, N. S., Siddiq, T. B., & Makaginsar, C. (2023). Pengaruh Tingkat Kecemasan terhadap Kualitas Tidur pada Mahasiswa yang Sedang Menyusun Skripsi. *Jurnal Riset Kedokteran*, 83-90. DOI: 10.29313/jrk.v3i2.2957

Ghosh, D., & Kumar, A. (2024). Anxiety and Depression-Related Problems Associated with Adolescents. In *Lifestyle Diseases in Adolescents: Addressing Physical, Emotional, and Behavioral Issues* (pp. 158-178). Bentham Science Publishers. DOI: 10.2174/97898152744001240101

Hanlon, H. R., & Swords, L. (2020). Adolescent endorsement of the “weak-not-sick” stereotype for generalised anxiety disorder: associations with prejudice, discrimination, and help-giving intentions toward peers. *International Journal of Environmental Research and Public Health*, 17(15), 5415. DOI: <https://doi.org/10.3390/ijerph17155415>

Hardi, N., Natalia, N., & Theresia, F. (2024). Understanding Help-Seeking Behavior from Mental Health Literacy and Mental Health Belief

Perspectives: Analysis. *Cermin Dunia Kedokteran*, 51(12), 707–713. DOI: <https://doi.org/10.55175/cdk.v51i12.1260>

Hodes, M., & Gau, S. S. F. (2016). Positive Mental Health, Fighting Stigma and Promoting Resiliency for Children and Adolescents. In *Positive Mental Health, Fighting Stigma and Promoting Resiliency for Children and Adolescents* (pp. 1 288). DOI: 10.1016/C2015-0-00449-X

Huque, R., Azad, A. K., Islam, K., Ahmed, H. U., & Amin, M. R. (2023). Mental health care seeking behavior in Bangladesh: Evidence from the National Mental Health Survey 2019. DOI: <https://www.doi.org/10.21203/rs.3.rs-2736863/v1>

Institute for Health Metrics and Evaluation (IHME). (2024). GBD Results - DALYs: Mental Disorders and Anxiety in 10-19 year olds in West Sumatra. Diakses pada 15 Oktober 2024, dari website: <https://vizhub.healthdata.org/gbd-results/>

Iswanto, E. D., & Ayubi, D. (2023). The relationship of mental health literacy to help-seeking behavior: systematic review. *Journal of Social Research*, 2(3), 755-764. DOI: <https://www.doi.org/10.55324/josr.v2i3.726>

Isyah, K. M., & Elly, M. (2023). Pola Asuh Orang Tua Tidak Berhubungan dengan Tingkat Kecemasan pada Siswa SMPN Satu Atap Tukdana Indramayu. In *Bandung Conference Series: Medical Science* (Vol. 3, No. 1). DOI: <https://doi.org/10.29313/bcsms.v3i1.5972>

Jindal, S., Budhraj, M., & Ghosh, S. (2024). Help-Seeking Behavior for Mental Health Concerns among Indian young adults. DOI: <https://doi.org/10.31234/osf.io/gavuw>

Jonsdottir, S. K. Stigma and attitude towards help-seeking behavior in relation to mental health (Doctoral dissertation). Diakses dari: <http://hdl.handle.net/1946/36450>

Karakus, O., Altinel, B., & Kocak Uyaroglu, A. (2023). The relationship between peer bullying, loneliness, and social support in refugee adolescents. *Journal of child and adolescent psychiatric nursing*, 36(3), 228-236. DOI: 10.1111/jcap.12417

Kaththiriarachchi, L. S., Hewage, D. C., Wimalasekera, S. W., Rajan, R., & Mendis, A. L. S. (2022). Factors contributing to stress amongst adolescents in Colombo District, Sri Lanka: A cross sectional study. *Galle Medical Journal*, 27(3). DOI: 10.4038/gmj.v27i3.8129

Krzyż, E. Z., & Lin, H. R. (2024). Health-seeking behavior in older immigrants: a concept analysis. *Educational Gerontology*, 50(5), 386-401. DOI: 10.1080/03601277.2024.2303556

Kumar, P.M., & Gopalakrishnan, S. (2020). Health seeking behaviour among construction workers in Kancheepuram district, Tamil Nadu: a descriptive study. *International Journal Of Community Medicine And Public Health*, 7(8), 3171–3177. DOI: 10.18203/2394-6040.ijcmph20203396

- Kumar, V. (2023). Stigma and Discrimination Related HIV-AIDS. *Journal of Research in Social Science and Humanities*, 2(9), 20-28. DOI: <https://www.doi.org/10.56397/jrsssh.2023.09.05>
- Kumar, V. (2024). Problems, Issues and Concerns in Mental Health. *Studies in Psychological Science*, 2(1), 1-10. DOI: 10.56397/sps.2024.03.01
- Kurniawati, R., Suraning, T., & Lusmiati, R. (2021). Analisa tingkat kecemasan siswa SMK 17 Temanggung dalam menghadapi ujian nasional. *Jurnal Keperawatan Karya Bhakti*, 7(1), 1-10. DOI: <https://doi.org/10.56186/jk kb.77>
- Kusumawardani, R., Paek, S. C., Ratanawijitrasin, S., & Phukao, D. (2023). Exploring the implementation of the school-based mental health program for adolescents in Indonesia: A mixed-methods study. *Public Health of Indonesia*, 9(4), 164-176. DOI: 10.36685/phi.v9i4.751
- Lama, T., Baskota, S., Gurung, M., Poudel, L., Bhandari, N., & Lama, S. D. (2020). Health seeking behaviour among elderly in Nason Rural Municipality, Manang. *Journal of General Practice and Emergency Medicine of Nepal*, 7(9), 1-5. DOI: 10.59284/jgpeman87
- Lavilla, R. (2020). Young Adult Mental Health Difficulties: Obstacles to Seeking Help. *The Boller Review*, 5. DOI: 10.18776/tcu/br/5/132
- Li, J., Zhou, S., & Zhu, M. (2021). The Causes, Prevention and Treatment of Adolescent Depression: A Review. In 2021 4th International Conference on Humanities Education and Social Sciences (ICHESS 2021) (pp. 48-54). Atlantis Press. DOI: 10.2991/assehr.k.211220.009

- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour research and therapy*, 33(3), 335-343. DOI: 10.1016/0005-7967(94)00075-U
- Manea, M., Ciobanu, A. M., & Manea, M. C.(2023). Anxiety - therapeutic options from past to present. DOI: 10.35630/2022/12/psy.ro.28
- McLaren, T., Peter, L. J., Tomczyk, S., Muehlan, H., Schomerus, G., & Schmidt, S. (2023). The Seeking Mental Health Care model: prediction of help-seeking for depressive symptoms by stigma and mental illness representations. *BMC Public Health*, 23(1), 69. DOI: 10.1186/s12889-022-14937-5
- Mera-Posligua, M. J., & Márquez-Fernández, L. (2021). Niveles de ansiedad en los ancianos durante la crisis sanitaria del COVID-19. *Revista Científica Arbitrada en Investigaciones de la Salud GESTAR*. ISSN: 2737-6273., 4(8 Ed. esp.), 60-72. DOI: 10.46296/gt.v4i8edesp.0031
- Mustikawati, E. I., & Ernawaty, E. (2021). Differences in Help-Seeking Behavior in Adolescents with Anxiety Disorder During the COVID-19 Pandemic. *Media Kesehatan Masyarakat Indonesia*, 17(3), 110-115. DOI: <https://doi.org/10.30597/mkmi.v17i3.13827>
- Muyasaroh, H., Baharudin, Y. H., Fadjarin, N. N., Pradana, T. A., & Ridwan, M. (2020). Kajian Jenis Kecemasan Masyarakat Cilacap dalam menghadapi Pandemi Covid 19. *Lp2m Unugha Cilacap*, 3.

- Nadila, S. S., & Fahariyah, N. (2023). Faktor-Faktor Yang Berhubungan dengan Tingkat Kecemasan dalam menghadapi Menarche pada Siswi di SDI Teladan Al-Hidayah 1 Jakarta Selatan (Doctoral dissertation, Universitas Nasional). DOI: 10.33024/mahesa.v3i2.9419
- Narmandakh, A., Roest, A. M., de Jonge, P., & Oldehinkel, A. J. (2021). Psychosocial and biological risk factors of anxiety disorders in adolescents: a TRAILS report. *European child & adolescent psychiatry*, 30(12), 1969-1982. DOI: 10.1007/s00787-020-01669-3
- Novianty, A., & Hadjam, M. N. R. (2017). Literasi kesehatan mental dan sikap komunitas sebagai prediktor pencarian pertolongan formal. *Jurnal Psikologi*, 44(1), 50-65. DOI: 10.22146/jpsi.22988
- 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), 256-274. DOI: 10.22146/jpsi.65541
- Oetomo, N. W., & ILHAM NUR ALFIAN, N. (2024). Pengaruh Stigma dalam Intensi Mencari Bantuan Kesehatan Mental pada Generasi Z (Doctoral dissertation, Universitas Airlangga). Diakses dari: <https://repository.unair.ac.id/133593/1/ARTIKEL.pdf>
- Pal, A., Taneja, P., Yadav, M. K., & Mohanty, P. C. (2024). Health seeking behavior during high health-risk period: a bibliometric analysis. *Informatics for Health and Social Care*, 49(3-4), 227-245. DOI: 10.1080/17538157.2024.2412563

- Pal, A., Taneja, P., Yadav, M. K., & Mohanty, P. C. (2024). Health seeking behavior during high health-risk period: a bibliometric analysis. *Informatics for Health and Social Care*, 49(3-4), 227-245. DOI: 10.1080/17538157.2024.2412563
- Pangandaheng, N. D., Medea, G., Hinonaung, J., & Mahihody, A. (2023). Pengalaman Keluarga Menghadapi Stigma Masyarakat Pada Penderita Gangguan Jiwa. *Jurnal Ilmiah Sesebanua*, 7(1), 15-22. DOI: <https://www.doi.org/10.54484/jis.v7i1.554>
- Picco, L., Lau, Y. W., Pang, S., Abdin, E., Vaingankar, J. A., Chong, S. A., & Subramaniam, M. (2017). Mediating effects of self-stigma on the relationship between perceived stigma and psychosocial outcomes among psychiatric outpatients: Findings from a cross-sectional survey in Singapore. *BMJ Open*, 7(8), 1–10. <https://doi.org/10.1136/bmjopen-2017-018228>
- Pinheiro, M.C., Cabral, M.E., Coutinho, M.C., Oliveira, A.T., Varge, H.M., Almeida, G.F., Fonseca, F.O., Calheiros, L.S., Silva, J.R., Rodrigues, A.T., Magalhães, Y.R., & Oliveira, K.E. (2024). Anxiety Disorder In Adolescence: A Narrative Review Of The Literature. *International Journal of Health Science*. DOI:10.22533/at.ed.1594502405067
- Poudel, S., Poonam, K. C., Mandal, R., & Rana, S. (2023). Health Seeking Behaviour of Community People in Lalitpur District of Nepal. *International Journal of Health Sciences and Research*, 13(4):97-105. DOI: 10.52403/ijhsr.20230413

- Pratama, D., dan Sari, Y. P. (2021). Karakteristik perkembangan remaja. *Jurnal Edukasimu*, 1(3). Diakses dari: <http://edukasimu.org/index.php/edukasimu/article/download/49/48>
- Proskurnia, A. (2023). Overprotection as a Factor of Anxiety in Adolescents. *Revista de Cercetare și Intervenție Socială*, (81), 194-210. DOI: 10.33788/rcis.81.12
- Przyborski, A., & Wohlrab-Sahr, M. (2020). Goffman, Erving: Stigma: Notes on the Management of Spoiled Identity. In *Kindlers Literatur Lexikon (KLL)* (pp. 1-2). Stuttgart: JB Metzler. DOI: https://doi.org/10.1007/978-3-476-05728-0_9208-1
- Putri, A. K., Gustriawanto, N., Rahapsari, S., Sholikhah, A. R., Prabaswara, S., Kusumawardhani, A. C., & Kristina, S. A. (2021). Exploring the perceived challenges and support needs of Indonesian mental health stakeholders: a qualitative study. *International Journal of Mental Health Systems*, 15, 1-9. DOI: 10.1186/s13033-021-00504-9
- Raghuvanshi, P., & Singh, S. (2024). The phenomenon of academic stress among adolescents attending private schools in the field of social science. *International Journal for Multidisciplinary Research (IJFMR)*, 6(3). DOI: <https://doi.org/10.36948/ijfmr.2024.v06i03.22273>
- Rahmani, M., Ivbijaro, G., & Pumariega, A. J. (2023). Definition of Stigma. *The WASP Textbook on Social Psychiatry: Historical, Developmental, Cultural, and Clinical Perspectives*, 449. DOI: 10.1093/med/9780197521359.003.0034

- Rasyid, N. A (2024). Perilaku Bunuh Diri dan Menyakiti Diri Sendiri pada Remaja Indonesia - GoodStats Data. Diakses dari: <https://data.goodstats.id/statistic/perilaku-bunuh-diri-dan-menyakiti-diri-sendiri-pada-remaja-indonesia-7g2HA>
- Reistrup, H., Fonnes, S., & Rosenberg, J. (2024). No Reason to Use Mesh in Groin Hernia Repair in Adolescents. *Journal of Abdominal Wall Surgery*, 2, 12336. DOI: 10.3389/jaws.2023.12336
- Sabilla, R. A. (2024). Pengaruh Stigma Diri Terhadap Preferensi Sumber Bantuan Remaja Akhir (Doctoral dissertation, Universitas Airlangga). Diakses dari: <https://repository.unair.ac.id/133624/1/Naskah%20Final%20Artikel%20Penelitian%20-%20111911133180%20-%20Rizka%20Arista%20Sabilla.pdf>
- Sarfika, R., Effendi, N., Malini, H., & Nurdin, A. E. (2021). Personal and perceived stigmas in adolescents toward peers with mental disorders in West Sumatra Indonesia. *Open Access Macedonian Journal of Medical Sciences*, 9(E), 1010-1016. DOI: 10.3889/oamjms.2021.6583
- Sarfika, R., Malini, H., Wicaksana, A. L., Wenny, B. P., & Saifudin, I. M. M. Y. (2024). Cross cultural adaptation and psychometric evaluation of the Indonesian version of the depression anxiety stress scales for youth (IDASS-Y). *Heliyon*, 10(19). DOI: 10.1016/j.heliyon.2024.e38830
- Sarfika, R., Saifudin, I. M. M. Y., Malini, H., Putri, D. E., Wicaksana, A. L., Mahathir, M., & Novrianda, D. (2024). Factors associated with anxiety and depressive symptoms among Indonesian adolescents during the COVID-19

- pandemic: a cross-sectional study. *Healthcare in Low-resource Settings*, 12(1). DOI: 10.4081/hls.2023.11931
- Sari, I. (2020). Analisis dampak pandemi COVID-19 terhadap kecemasan masyarakat: Literature review. *Bina Generasi: Jurnal Kesehatan*, 12(1), 69-76. DOI: 10.35907/bgjk.v12i1.161
- Shabrina, A., Prathama, A. G., & Ninin, R. H. (2021). Persepsi stigmatisasi dan intensi pencarian bantuan kesehatan mental pada mahasiswa S1. *Jurnal Psikologi*, 17(1), 80-92. DOI: 10.24014/jp.v17i1.11399
- Sheikhan, N. Y., Henderson, J. L., Halsall, T., Daley, M., Brownell, S., Shah, J., ... & Hawke, L. D. (2023). Stigma as a barrier to early intervention among youth seeking mental health services in Ontario, Canada: a qualitative study. *BMC Health Services Research*, 23(1), 86. DOI: 10.1186/s12913-023-09075-6
- Smith, A. R., Jones, E. L., Subar, A. R., Do, Q. B., Kircanski, K., Leibenluft, E., ... & Silk, J. S. (2022). The role of anxiety and gender in anticipation and avoidance of naturalistic anxiety-provoking experiences during adolescence: An ecological momentary assessment study. *JCPP advances*, 2(3), e12084. DOI: 10.1002/jcv2.12084
- Song, N., Hugh-Jones, S., West, R. M., Pickavance, J., & Mir, G. (2023). The effectiveness of anti-stigma interventions for reducing mental health stigma in young people: A systematic review and meta-analysis. *Cambridge Prisms: Global Mental Health*, 10, e39. DOI: <https://doi.org/10.1017/gmh.2023.34>

- Stear, T., Muñoz, C. G., Sullivan, A., & Lewis, G. (2023). The association between academic pressure and adolescent mental health problems: A systematic review. *Journal of affective disorders*, 339, 302-317. DOI: <https://doi.org/10.56186/jkjb.77>
- Stuart, G. W. (2016). *Prinsip dan Praktik Keperawatan Kesehatan Jiwa* Stuart.. Indonesia: Elsevier Singapore.
- Sugiyono. (2024). *Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D*. Bandung: ALFABETA
- Suswati, W. S. E., Budiman, M. E. A., & Yuhbaba, Z. N. (2023). Kesehatan Mental Pada Remaja Di Lingkungan Sekolah Menengah Atas Wilayah Urban Dan Rural Kabupaten Jember. *Jurnal Keperawatan Jiwa*, 11(3), 537-544. Diakses dari: <https://jurnal.unimus.ac.id/index.php/JKJ/article/view/11121>
- Szabo, M., & Lovibond, P. F. (2022). Development and psychometric properties of the DASS-youth (DASS-Y): an extension of the depression anxiety stress scales (DASS) to adolescents and children. *Frontiers in Psychology*, 13, 766890. DOI: 10.3389/fpsyg.2022.766890
- Tjandrarini, D. H., Hidayangsih, P. S., & Mubasyiroh, R. (2020). Barriers to treatment-seeking behavior among adolescents with anxiety in Indonesia. *Global Journal of Health Science*, 12(8), 185-195. DOI: 10.5539/gjhs.v12n8p185
- Trusty, W. T., Swift, J. K., & Higgins, H. J. (2023). Stigma and Intentions to seek psychotherapy among primary care providers during the COVID-19 pandemic: a mediational analysis. *International Journal of Behavioral*

Medicine, 30(4), 572-577. DOI: <https://doi.org/10.1007/s12529-022-10119-0>

Varcarolis, E., & Halter, M. J. (2013). *Essentials of psychiatric mental health nursing: A communication approach to evidence-based practice*. Missouri (MO): Elsevier.

Villatoro, A. P., DuPont-Reyes, M. J., Phelan, J. C., & Link, B. G. (2022). “Me” versus “them”: How mental illness stigma influences adolescent help-seeking behaviors for oneself and recommendations for peers. *Stigma and health*, 7(3), 300. DOI: <https://doi.org/10.1037/sah0000392>

Vivi, R. (2022). *Perbedaan Tingkat Stres dan Tingkat Kecemasan pada Mahasiswa Angkatan 2020 dan 2021 yang Melakukan Perkuliahan Secara Daring di Masa Pandemi Covid-19* (Doctoral dissertation, Universitas Andalas).

Vogel, D. L., & Wade, N. G. (Eds.). (2022). *The Cambridge handbook of stigma and mental health*. Cambridge University Press. DOI: [10.1017/9781108920995](https://doi.org/10.1017/9781108920995)

Vogel, D. L., Wade, N. G., & Aschman, P. L. (2009). Measuring perceptions of stigmatization by others for seeking psychological help: Reliability and validity of a new stigma scale with college students. *Journal of counseling psychology*, 56(2), 301. DOI: [doi/10.1037/a0014903](https://doi.org/10.1037/a0014903)

WHO. (2019). Adolescent health. Diakses pada 15 Oktober 2024, dari website: https://www.who.int/health-topics/adolescent-health#tab=tab_1

WHO. (2023). Maternal, newborn, child and adolescent health and ageing - Adolescent population. Diakses pada 7 November 2024, dari website:

[https://platform.who.int/data/maternal-newborn-child-adolescent-ageing/indicator-explorer-new/MCA/adolescent-population-\(thousands\)](https://platform.who.int/data/maternal-newborn-child-adolescent-ageing/indicator-explorer-new/MCA/adolescent-population-(thousands))

WHO. (2024). Mental health of adolescents. Diakses pada 15 Oktober 2024, dari website: <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

Wong, D. T. L., Tong, S. F., Daud, T. I. M., Aziz, S. A., & Midin, M. (2020). Factors influencing professional help-seeking behavior during first episode psychosis in schizophrenia: an exploratory study on caregivers' perspective. *Frontiers in Psychiatry*, 10, 962. DOI: <https://doi.org/10.3389/fpsy.2019.00962>

Yusuf, A. (2017). Stigma masyarakat Indonesia tentang gangguan jiwa. Surabaya: Graha Widya Mandala.

