

## DAFTAR PUSTAKA

- Adinda, S. T., & Prastuti, E. (2021). Regulasi Emosi dan Dukungan Sosial: Sebagai Prediktor Ide Bunuh Diri Mahasiswa. *Journal An-Nafs: Kajian Penelitian Psikologi*, 6(1), 135–151. <https://doi.org/10.33367/psi.v6i1.1520>
- Alexandra, & Raharjo. (2025). Hubungan kecemasan akademik dengan ide bunuh diri pada mahasiswa rantau Universitas Muria Kudus. *Jurnal Psikologi Pendidikan*, 12(1), 45–57.
- Amaranggani, A. P., Prana, T. T., Arsari, N. M. C. D., Surbakti, A. M., & Rahmandani, A. (2021). Self-Compassion dan Negative Emotional States Pada Mahasiswa Kedokteran Umum: Hubungan dan Prevalensi. *Journal An-Nafs: Kajian Penelitian Psikologi*, 6(2), 215–230. <https://doi.org/10.33367/psi.v6i2.1623>
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). American Psychiatric Publishing.
- Angkatan, S. A., & Kedokteran, F. (2025). *pISSN:2355-7583 | eISSN:2549-4864* <http://ejournalmalahayati.ac.id/index.php/kesehatan>. 12(8), 1639–1646.
- Angraini, D., & Rahardjo, A. (2023). Adaptasi mahasiswa rantau di lingkungan kampus baru: Perspektif psikologis dan akademik. *Jurnal Ilmu Pendidikan*, 10(2), 101–115
- Angraini, U. Y., & Rahardjo, W. (2025). Psychological well-being mahasiswa rantau: Peran resiliensi dan optimisme. *Psycho Idea*, 21(2). <https://doi.org/10.30595/psychoidea.v21i2.17901>
- Apriani, D., Vidyastuti, & Ramadhan, R. (2024). Hubungan dukungan sosial

dengan psychological well being pada mahasiswa rantau di Universitas Muhammadiyah Pontianak. *Psikodinamika: Jurnal Literasi Psikologi*, 5(1).

<https://doi.org/10.36636/psikodinamika.v5i1.5865>

Arikunto, S. (2020). *Prosedur penelitian: Suatu pendekatan praktik (Edisi Revisi)*.

Jakarta: Rineka Cipta

Arnett, J. J. (2015). *Emerging Adulthood: The Winding Road From The Late Teens Through The Twenties (2nd ed.)*. New York: Oxford University Press

Artissy, P., & Siswadi, A. G. P. (2022). Adaptasi Dan Validasi Revised Suicide Ideation Scale (R-SIS) Versi Bahasa Indonesia Pada Populasi Mahasiswa.

*Jurnal Psikologi*, 19(2), 145–158

Asia Suicide Prevention Initiative. (2020). *Suicide prevention in Asia: Regional report 2020*. Tokyo: Asia Suicide Prevention Initiative (ASPI). Retrieved from <https://aspi.who.int>

Aulia, N., Fortinash, R., & Worret, D. (2019). Ide bunuh diri: Konsep dan ekspresi pada remaja. *Jurnal Psikologi Klinis*, 8(1), 12–21

Beck, A. T. (1967). *Depression: Clinical, experimental, and theoretical aspects*. University of Pennsylvania Press

Beck, A. T., Steer, R. A., & Ranieri, W. F. (1988). Scale for Suicide Ideation: Psychometric properties of a self-report version. *Journal of Clinical Psychology*, 44(4), 499–505. [https://doi.org/10.1002/1097-4679\(198807\)44:4<499::AID-JCLP2270440404>3.0.CO;2-6](https://doi.org/10.1002/1097-4679(198807)44:4<499::AID-JCLP2270440404>3.0.CO;2-6)

Bergmann, C., Muth, T., & Loerbroks, A. (2019). Medical students' perceptions of stress due to academic studies and its interrelationships with other domains

of life: a qualitative study. *Medical Education Online*, 24(1).  
<https://doi.org/10.1080/10872981.2019.1603526>

Berry, J. W. (2005). Acculturation: Living successfully in two cultures. *International Journal of Intercultural Relations*, 29(6), 697–712.

Borges, Guilherme; Nock, Matthew K.; Kessler, R. C. . et al. (2022). Twelve-month prevalence of suicidal behaviors and treatment among adults: Findings from the WHO World Mental Health Surveys. *Psychological Medicine*, 52(5), 893–904. <https://doi.org/10.1017/S0033291720003210>

Chen T, Huang F, Chang C, Chung H. Using the PHQ-9 for depression screening and treatment monitoring for Chinese Americans in primary care. *Psychiatr Serv*. 2006;57(7):976–81

Chen, Li; Lee, Wei; Chiu, Yu; Jhoo, Jae Hoon; Lee, Sung Yoon; Lin, Y. (2020). Prevalence of suicidal ideation and associated factors among adolescents and young adults in Asia: A systematic review and meta-analysis. *BMC Psychiatry*, 20(1), 234. <https://doi.org/10.1186/s12888-020-02646-7>

Desalegn, G. T., Wondie, M., Dereje, S., & Addisu, A. (2020). Suicide ideation, attempt, and determinants among medical students Northwest Ethiopia: An institution-based cross-sectional study. *Annals of General Psychiatry*, 19(1), 1–8. <https://doi.org/10.1186/s12991-020-00295-2>

Dian, Cut N., Elmeida Effendy, and Mustafa M. Amin. (2022). The Validation of Indonesian Version of Patient Health Questionnaire-9. *Open Access Macedonian Journal of Medical Sciences* 10 (T7):193-98. [doi:10.3889/oamjms.2022.9293](https://doi.org/10.3889/oamjms.2022.9293)

Febrianti Rahayu, A., Aidi, B., Mega Rizki, M., & Miftayanti Mandagi, A. (2021).

Hubungan kemampuan adaptasi dan tempat tinggal dengan tingkat depresi pada mahasiswa baru. *Journal of Community Mental Health and Public Policy*, 6(2), 45–58.

Fitriana, E., Putra, F. D., Sabdalla, S. P., Damanik, F. S., Ariandi, I., Tanjar, R., Ichsan, A., & Pandia, V. (2022). Psychometric properties of the suicidal ideation scale in the Indonesian language. *Journal of Primary Care & Community Health*, 13, 1–9.

World Health Organization. (2023). Global health estimates: Leading causes of death and disability 2000–2023. <https://www.who.int/data/gho/data/themes/mortality-and-global-health-estimates>

Guilford, J. P. (1950). *Fundamental statistics in psychology and education*. New York: McGraw-Hill.

Hidayat, A. A. A. (2020). *Metode penelitian kesehatan: Paradigma kuantitatif*. Jakarta: Salemba Medika.

Hutabrat, E., & Nugraha, N. (2023). Penyesuaian diri mahasiswa rantau. *Character: Jurnal Penelitian Psikologi*, 8(7).

Ibrahim, A. K., Kelly, S. J., Adams, C. E., & Glazebrook, C. (2013). A systematic review of studies of depression prevalence in university students. *Journal of Psychiatric Research*, 47(3), 391–400.

Idham, F., et al. (2019). Tahap-tahap bunuh diri: Dari ide hingga percobaan. *Jurnal Psikologi Klinis*, 9(2), 77–85.

Jamaiko, L., et al. (2021). Faktor-Faktor Yang Mempengaruhi Ide Bunuh Diri Pada Mahasiswa. *Jurnal Psikologi Sosial*, 12(1), 33–46

Jordans, M. J. D.; Rathod, S. D.; Fekadu, A.; Medhin, G.; Kigozi, F.; Kohrt, B. A.; Luitel, N. P.; Patel, V.; Lund, C. (2020). Suicidal ideation and behaviour among community and health service populations in low- and middle-income countries: A systematic review and meta-analysis. *EClinicalMedicine*, 20, 100283. <https://doi.org/10.1016/j.eclinm.2020.100283>

Karisma, R., & Fridari, N. (2021). Teori Tiga Langkah Bunuh Diri (3ST) Dan Aplikasinya Pada Mahasiswa. *Jurnal Psikologi Pendidikan*, 11(2), 89–102.

Katon, W. (2011). Epidemiology and treatment of depression in patients with chronic medical illness. *Dialogues in Clinical Neuroscience*, 13(1), 7–23.

Khadijah, A., et al. (2024). Faktor-Faktor Yang Mempengaruhi Gejala Depresi Pada Mahasiswa. *Jurnal Kesehatan Mental*, 14(1), 55–70

Kroenke K, Spitzer RL, Williams JB. The PHQ-9: Validity of a brief depression severity measure. *J Gen Intern Med*. 2001;16(9):606-  
<https://doi.org/10.1046/j.1525-1497.2001.016009606.x> PMID:11556941

Kuhn, Christian; Müller, Julia; Lehmann, Fabian; Berberat, Pascal O.; Loda, T. (2023). Suicidal ideation and related factors among medical students in Germany: A multicenter cross-sectional study. *BMC Medical Education*, 23(1), 100. <https://doi.org/10.1186/s12909-023-04066-5>

Levis B, Benedetti A, Thombs B. Accuracy of Patient Health Questionnaire-9 (PHQ-9) for screening to detect major depression: individual participant data meta-analysis. *BMJ*. 2019;

Le Suicide (Durkheim, 1897), dikutip dalam Biroli, P. (2018). Teori Bunuh Diri

Klasik Dan Modern. *Jurnal Psikologi Sosial*, 10(1), 25–40

Li, Z.; Li, Y.; Lei, X.; Zhang, D.; Liu, L.; Tang, W.; Chen, L. (2019). Prevalence of suicidal ideation among college students in China: A systematic review and meta-analysis. *PLOS ONE*, 14(2), e0212021.

<https://doi.org/10.1371/journal.pone.0212021>

Lubis, N. L., Siregar, A. Y., & Rasyidin. (2020). Stres akademik dan depresi pada mahasiswa di Indonesia. *Jurnal Psikologi*, 17(2), 115–126.

Lusianti, B., Minarni, M., & Taibe, P. (2025). Homesickness pada mahasiswa perantau di Makassar: Sebuah tinjauan deskriptif. *Jurnal Psikologi Karakter*, 5(1), 51–57.

Magdalena, S. M., Sudagijono, J., & Mulya, H. C. (2024). Hubungan family functioning dan kesepian pada mahasiswa perantau. *Experientia: Jurnal Psikologi Indonesia*.

Malau, J. L., & Abdullah, M. N. A. (2024). Peran migrasi dalam proses akulturasi dan dampaknya terhadap homesickness pada mahasiswa rantau. *SABANA: Jurnal Sosiologi, Antropologi, dan Budaya Nusantara*.

<https://doi.org/10.55123/sabana.v3i2.3323>

Mann, J. J., Waternaux, C., Haas, G. L., & Malone, K. M. (1999). Toward a clinical model of suicidal behavior in psychiatric patients. *The American Journal of Psychiatry*, 156(2), 181–189. <https://doi.org/10.1176/ajp.156.2.181>

Maslim, R. (2019). *Diagnosis gangguan jiwa: Rujukan ringkas dari PPDGJ-III dan DSM-5*. Jakarta: Nuh Jaya.

Mortier, P., Cuijpers, P., Kiekens, G., Auerbach, R. P., Demyttenaere, K., Green, J. G., Kessler, R. C., Nock, M. K., & Bruffaerts, R. (2018). The prevalence of suicidal thoughts and behaviours among college students: A meta-analysis. *Psychological Medicine*, 48(4), 554–565.

<https://doi.org/10.1017/S0033291717002215>

Masturoh, I., & Anggita, N. (2018). Metodologi Penelitian Kesehatan. Kementerian Kesehatan Republik Indonesia

Mayasari N. Gambaran Umum Depresi. *J Mater Process Technol*. 2018;1(1):1–8.

Musak, W. A. L. (2025). Hubungan antara kesepian dan adaptasi sosial pada mahasiswa rantau. *Phronesis: Jurnal Ilmiah Psikologi Terapan*, 14(1).

Notoatmodjo, S. (2018). Metodologi penelitian kesehatan. Rineka Cipta.

Park, S.; Lee, Y.; Youn, T.; Kim, B. S.; Park, J.; Kim, H. (2020). Prevalence and correlates of suicidal ideation among Korean college students: A nationwide cross-sectional study. *International Journal of Environmental Research and Public Health*, 17(12), 4364. <https://doi.org/10.3390/ijerph17124364>

Pengpid, S.; Peltzer, K. (2017). Suicidal ideation and associated factors among university students in ASEAN countries: A multi-country cross-sectional study. *Risk Management and Healthcare Policy*, 10, 81–88. <https://doi.org/10.2147/RMHP.S141516>

Putri, D. Y. A., et al. (2025). Adaptasi mahasiswa perantau dalam menghadapi perbedaan budaya. *Jurnal Pendidikan Tambusai*, 9(1), 4214–4224.

Rahman, M. E.; Saiful Islam, M.; Mamun, M. A.; Moonajilin, M. S.; Yi, S.; Griffiths, M. D. (2022). Prevalence and risk factors of suicidal behaviors

among university students in Southeast Asia: A systematic review. *International Journal of Mental Health and Addiction*, 20(5), 2642–2663. <https://doi.org/10.1007/s11469-020-00436-y>

Riera-Serra, P., Navarra-Ventura, G., Castro, A., Gili, M., Salazar-Cedillo, A., Ricci-Cabello, I., Roldán-Espínola, L., Coronado-Simsic, V., García-Toro, M., Gómez-Juanes, R., & Roca, M. (2024). Clinical predictors of suicidal ideation, suicide attempts and suicide death in depressive disorder: a systematic review and meta-analysis. *European Archives of Psychiatry and Clinical Neuroscience*, 274(7), 1543–1563. <https://doi.org/10.1007/s00406-023-01716-5>

Rotenstein, Lucy S.; Ramos, Maria A.; Torre, Meghan; Segal, Jeffrey B.; Peluso, Matthew J.; Guille, Constance; Sen, Srijan; Mata, D. A. (2016). Prevalence of depression, depressive symptoms, and suicidal ideation among medical students: A systematic review and meta-analysis. *JAMA*, 316(21), 2214–2236. <https://doi.org/10.1001/jama.2016.17324>

Sadock, B. J., Sadock, V. A., & Ruiz, P. (2018). *Kaplan & Sadock's synopsis of psychiatry* (12th ed.). Wolters Kluwer

Salsabilla, R. (2023). Penyesuaian Diri Mahasiswa Rantau Dan Implikasinya Terhadap Kesehatan Mental. *Jurnal Psikologi Indonesia*, 13(1), 75–87

Santrock, J. W. (2019). *Life-span development* (17th ed.). McGraw-Hill Education.

Saputri, N., Setiawan, R., & Hayat, N. (2023). Proses adaptasi culture shock pada mahasiswa rantau. *Edu Sociata: Jurnal Pendidikan Sosiologi*, 7(2).

Sari, D. P., Wulandari, R., & Putri, N. A. (2020). Hubungan dukungan sosial dengan depresi pada mahasiswa rantau di Yogyakarta. *Jurnal Psikologi Udayana*, 7(2), 88–97

Sastroasmoro, S., & Ismael, S. (2014). *Dasar-dasar metodologi penelitian klinis* (Edisi ke-5). Jakarta: Sagung Seto

Scott, T., et al. (2015). Suicidal ideation in young adults: Definitions and risks. *Clinical Psychology Review*, 35, 25–35

Setia, M. S. (2016). Methodology series module 5: Sampling strategies. *Indian Journal of Dermatology*, 61(5), 505–509.

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

*Suicide data and statistics*. (2022). <https://www.cdc.gov/suicide/suicide-data-statistics.html>

Suicide worldwide in 2019: Global health estimates. (2021). <https://www.who.int/publications/i/item/9789240026643>

World Health Organization. (2014). *Social determinants of mental health*.

Zulaikha, A., & Febriyana, R. (2018). Pengertian Ide Bunuh Diri Dan Tahapan Perilaku Bunuh Diri. *Jurnal Psikologi Klinis*, 7(2), 45–52.

