

## DAFTAR PUSTAKA

- Ahyani, L. N. (2018). *Buku ajar psikologi perkembangan anak dan remaja*. Kudus: Universitas Muria Kudus.
- American Academy of Pediatrics. (2019). Stages of adolescence. Retrieved from <https://www.healthychildren.org/English/ages-stages/teen/Pages/Stages-of-Adolescence.aspx>
- Aprilia, S., Furqon, M. T., & Fauzi, M. A. (2018). Klasifikasi penyakit skizofrenia dan episode depresi pada gangguan kejiwaan dengan menggunakan metode support vector machine (SVM). *Jurnal Pengembangan Teknologi Informasi Dan Ilmu Komputer*, 2(11), 5611–5618.
- Association, A. P. (2021). *Diagnostic and statistical manual of mental disorders* (4, Text Re). Washington DC: American Psychiatric Press, Inc.
- Aznar-Lou, I., Serrano-Blanco, A., Fernández, A., Luciano, J. V., & Rubio-Valera, M. (2016). Attitudes and intended behaviour to mental disorders and associated factors in catalan population, Spain: Cross-sectional population-based survey. *BMC Public Health*, 16(1), 1–12. <https://doi.org/10.1186/s12889-016-2815-5>
- Badan Penelitian dan Pengembangan Kesehatan. (2018). Laporan provinsi Sumatera Barat riskesdas 2018. In *Laporan Riskesdas Nasional 2018*.
- Badan Penelitian dan Pengembangan Kesehatan. (2019). Laporan nasional riskesdas 2018. *Badan Penelitian Dan Pengembangan Kesehatan*, p. 198. Retrieved from [http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan\\_Nasional\\_RKD2018\\_FINAL.pdf](http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf)
- Bariyyah Hidayati, K., & M.Farid. (2016). Konsep diri, adversity quotient dan penyesuaian diri pada remaja. *Persona: Jurnal Psikologi Indonesia*, 5(02),

137–144. <https://doi.org/10.30996/persona.v5i02.730>

Boyd, C., Francis, K., Aisbett, D., Newnham, K., Sewell, J., Dawes, G., & Nurse, S. (2007). Australian rural adolescents' experiences of accessing psychological help for a mental health problem. *Australian Journal of Rural Health, 15*(3), 196–200. <https://doi.org/10.1111/j.1440-1584.2007.00884.x>

Brohan, E., Gauci, D., Sartorius, N., & Thornicroft, G. (2011). Self-stigma , empowerment and perceived discrimination among people with bipolar disorder or depression in 13 European countries : The GAMIAN – Europe study. *Journal of Affective Disorders, 129*(1-3), 56–63. <https://doi.org/10.1016/j.jad.2010.09.001>

Calear, A. L., Grif, K. M., & Christensen, H. (2011). *Personal and perceived depression stigma in Australian adolescents : Magnitude and predictors.* *129*, 104–108. <https://doi.org/10.1016/j.jad.2010.08.019>

Çebi, E., & Demir, A. (2020). Help-seeking attitudes of University Students in Turkey. *International Journal for the Advancement of Counselling, 42*(1), 37–47. <https://doi.org/10.1007/s10447-019-09385-7>

Chen, P., Liu, X. J., Wang, X. Q., Yang, B. X., Ruan, J., & Liu, Z. (2020). *Attitude toward seeking professional psychological help among community-dwelling population in China.* *11*(May), 1–10. <https://doi.org/10.3389/fpsy.2020.00417>

Conceição, V. da, Rothes, I., & Gusmão, R. (2020). *Depression stigma effects on help-seeking attitudes in college students: Baseline results of a randomized controlled trial* Short running title: *Mental health stigma in college students.* 1–18.

Copeland, V. C., Ph, D., Grote, N. K., Ph, D., Koeske, G., Ph, D., ... Ph, D. (2010). Mental health treatment seeking among older adults with depression: The impact of stigma and race. *American Journal of Geriatric Psychiatry, 18*(6), 531–543. <https://doi.org/10.1097/JGP.0b013e3181cc0366>

- Corrigan, P. W. (2015). Challenging the stigma of mental illness: Different agendas, different goals. *Psychiatric Services*, *66*(12), 1347–1349. <https://doi.org/10.1176/appi.ps.201500107>
- da Conceição, V., Rothes, I., & Gusmão, R. (2020). Depression stigma effects on help-seeking attitudes in college students: Baseline results of a randomized controlled trial. *medRxiv*, 1–18. <https://doi.org/10.1101/2020.07.20.20157644>
- Dardas, L. A., Silva, S. G., Smoski, M. J., Noonan, D., & Simmons, L. A. (2017). Personal and Perceived Depression Stigma among Arab Adolescents: Associations with Depression Severity and Personal Characteristics. *Archives of Psychiatric Nursing*, *31*(5), 499–506. <https://doi.org/10.1016/j.apnu.2017.06.005>
- Dardas, L. A., Silva, S., Noonan, D., & Simmons, L. A. (2016). A pilot study of depression , stigma , and attitudes towards seeking professional psychological help among Arab adolescents. <https://doi.org/10.1515/ijamh-2016-0070>
- Desi, Felita, A., & Kinasih, A. (2020). Gejala depresi pada remaja di Sekolah Menengah Atas. *8487*(1), 30–38.
- Dinas Kesehatan Kota Padang. (2019). *Rekap laporan kunjungan kesehatan jiwa tahun 2019*.
- Elhai, J. D., Schweinle, W., & Anderson, S. M. (2008). Reliability and validity of the attitudes toward seeking professional psychological help scale-short form. *Psychiatry Research*, *159*(3), 320–329. <https://doi.org/10.1016/j.psychres.2007.04.020>
- Fang, K., Pieterse, A. L., Friedlander, M., & Cao, J. (2011). Assessing the Psychometric Properties of the Attitudes Toward Seeking Professional Psychological Help Scale-Short Form in Mainland China. *International Journal for the Advancement of Counselling*, *33*(4), 309–321. <https://doi.org/10.1007/s10447-011-9137-1>

- Fischer, E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of College Student Development*, 368–373.
- Fung, E., Lo, T. L., Chan, R. W. S., Woo, F. C. C., Ma, C. W. L., & Mak, B. S. M. (2016). Outcome of a knowledge contact-based antistigma programme in adolescents and adults in the Chinese population. *East Asian Archives of Psychiatry*, 26(4), 129–136.
- Health, N. I. of M. (2020). Transforming the understanding and treatment of mental illnesses. Retrieved from <https://www.nimh.nih.gov/health/statistics/persistent-depressive-disorder-dysthymic-disorder.shtml>
- Infodatin Kesehatan Jiwa. (2019). Situasi kesehatan jiwa di Indonesia. *InfoDATIN*, p. 12.
- Junaidi, I. (2012). *Anomali jiwa*. Yogyakarta: Andi.
- Kaplan, H. ., Saddock, B. ., & Grebb, J. . (2010). *Sinopsis psikiatri*. Jakarta: Binarupa Aksara.
- Kartikasari, N., & Ariana, A. D. (2019). Hubungan antara literasi kesehatan mental, stigma diri terhadap intensi mencari bantuan pada dewasa awal. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 4(2), 64. <https://doi.org/10.20473/jpkm.v4i22019.64-75>
- Kim, J. E., Saw, A., & Zane, N. (2015). The influence of psychological symptoms on mental health literacy of college students. *American Journal of Orthopsychiatry*, 85(6), 620–630. <https://doi.org/10.1037/ort0000074>
- Lally, J., Conghaile, A. O., Quigley, S., Bainbridge, E., & McDonald, C. (2013). Stigma of mental illness and help-seeking intention in university students. *Psychiatrist*, 37(8), 253–260. <https://doi.org/10.1192/pb.bp.112.041483>
- Li, J., Guo, Y. B., Huang, Y. G., Liu, J. W., Chen, W., Zhang, X. Y., ...



- Thornicroft, G. (2017). Stigma and discrimination experienced by people with schizophrenia living in the community in Guangzhou, China. *Psychiatry Research*, 255(36), 225–231. <https://doi.org/10.1016/j.psychres.2017.05.040>
- McCann, T. V., Renzaho, A., Mugavin, J., & Lubman, D. I. (2018). Stigma of mental illness and substance misuse in sub-Saharan African migrants: A qualitative study. *International Journal of Mental Health Nursing*, 27(3), 956–965. <https://doi.org/10.1111/inm.12401>
- Mendoza, H., Masuda, A., & Swartout, K. M. (2015). Mental health stigma and self-concealment as predictors of help-seeking attitudes among Latina/o college students in the United States. *International Journal for the Advancement of Counselling*, 37(3), 207–222. <https://doi.org/10.1007/s10447-015-9237-4>
- National Institute of Mental Health. (2016). Depression Basics. *National Institutes of Health*, 6.
- Nearchou, F. A., Bird, N., Costello, A., Duggan, S., Gilroy, J., Long, R., ... Hennessy, E. (2018). Personal and perceived public mental-health stigma as predictors of help-seeking intentions in adolescents. *Journal of Adolescence*, 66(July 2017), 83–90. <https://doi.org/10.1016/j.adolescence.2018.05.003>
- Notoatmodjo, S. (2018). *Metodologi penelitian kesehatan*. Cetakan ketiga. Jakarta: Rineka Cipta.
- Nurhayati, S. R. (2013). Sikap dan intensi mencari bantuan dalam menghadapi masalah. *Jurnal Penelitian Humaniora*, 18(1), 92–100. Retrieved from <https://media.neliti.com/media/publications/18175-ID-sikap-dan-intensi-mencari-bantuan-dalam-menghadapi-masalah.pdf>
- 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>
- Potter, A., & Perry, A. . (2010). *Buku ajar fundamental keperawatan : konsep, proses, praktik* (7th ed.). Jakarta: EGC.
- Przyborski, A., & Wohrab-Sahr, M. (2020). Goffman, Erving: Stigma. *Kindlers Literatur Lexikon (KLL)*, 1–2. [https://doi.org/10.1007/978-3-476-05728-0\\_9208-1](https://doi.org/10.1007/978-3-476-05728-0_9208-1)
- Pusdatin Kemenkes RI. (2019). *Infodatin situasi dan pencegahan bunuh diri*.
- Rasyida, A. (2019). *Faktor yang menjadi hambatan untuk mencari bantuan psikologis formal di kalangan mahasiswa*. 8(2), 193–207.
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australian E-Journal for the Advancement of Mental Health*, 4(3), 218–251. <https://doi.org/10.5172/jamh.4.3.218>
- Rickwood, D., & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 5, 173–183. <https://doi.org/10.2147/PRBM.S38707>
- Rickwood, D., Thomas, K., & Bradford, S. (2012). Help-seeking measures in mental health: a rapid review. *Sax Institute*, (August), 1–35. Retrieved from [https://www.saxinstitute.org.au/wp-content/uploads/02\\_Help-seeking-measures-in-mental-health.pdf](https://www.saxinstitute.org.au/wp-content/uploads/02_Help-seeking-measures-in-mental-health.pdf)
- Rnic, K., & Dozois, D. J. A. (2020). *The wiley encyclopedia of personality and individual differences: Personality processes and individual differences, Volume III, First Edition*. University of Western Ontario: John Wiley & Sons, Ltd.
- Rose, D., Thornicroft, G., Pinfold, V., & Kassam, A. (2007). 250 Labels used to stigmatise people with mental illness. *BMC Health Services Research*, 7, 1–7. <https://doi.org/10.1186/1472-6963-7-97>

- Saputro, Z. khamim. (2017). Memahami ciri dan tugas perkembangan masa remaja). *Jurnal Aplikasi Ilmu Ilmu Agama, Volume 17*(No 1), 25–32.
- Schomerus, G., Matschinger, H., & Angermeyer, M. C. (2009). The stigma of psychiatric treatment and help-seeking intentions for depression. *European Archives of Psychiatry and Clinical Neuroscience*, 259(5), 298–306. <https://doi.org/10.1007/s00406-009-0870-y>
- Scott, S., & Walter, F. (2010). Studying help-seeking for symptoms: The challenges of methods and models. *Social and Personality Psychology Compass*, 4(8), 531–547. <https://doi.org/10.1111/j.1751-9004.2010.00287.x>
- Seera, G., Arya, S., Sethi, S., Nimmawitt, N., & Ratta-apha, W. (2020). Help-seeking behaviors for mental health problems in medical students: Studies in Thailand and India. *Asian Journal of Psychiatry*. <https://doi.org/10.1016/j.ajp.2020.102453>
- Shives, L. R. (2012). *Basic concept of psychiatric mental health nursing* (8th ed.; J. R. Brandon, Ed.). China: Wolters Kluwer Health | Lippincott Williams & Wilkins.
- Stuart, G. W. (2016). *Prinsip dan praktik keperawatan kesehatan jiwa stuart* (B. A. K. & J. Pasaribu, Ed.). Indonesia: Elsevier Singapore.
- Topkaya, N. (2021). Predictors of attitudes toward seeking professional psychological help among Turkish college students. *Children and Youth Services Review*, 120(September 2020), 105782. <https://doi.org/10.1016/j.childyouth.2020.105782>
- Varcarolis, E. M. (2013). *Essentials of psychiatric mental health nursing: A communication approach to evidence-based care rrevised reprint* (2nd ed.). St. Louis, Missouri: Elsevier Saunders.
- WHO. (2014). *Preventing suicide: a global imperative*. Geneva.
- WHO. (2017a). *Depression and other common mental disorders : Global health*

*estimates*. Geneva.

WHO. (2017b). Mental health status of adolescents in South-East Asia : Evidence for action. In *Searo*. Retrieved from <https://apps.who.int/iris/bitstream/handle/10665/254982/9789290225737-eng.pdf>

WHO. (2019). Mental disorders. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>

WHO. (2021a). Adolescent health. Retrieved from [https://www.who.int/health-topics/adolescent-health#tab=tab\\_1](https://www.who.int/health-topics/adolescent-health#tab=tab_1)

WHO. (2021b). *Coming of age : Adolescent health*. Retrieved from <https://www.who.int/news-room/spotlight/coming-of-age-adolescent-health>

Wolpert, L. (2001). *Stigma of depression – a personal view*. 221–224.

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(February), 1–12. <https://doi.org/10.3389/fpsyt.2019.00962>

Wulandari, A. (2014). Karakteristik pertumbuhan perkembangan remaja dan implikasinya terhadap masalah kesehatan dan keperawatannya. *Jurnal Keperawatan Anak*, 2, 39–43. Retrieved from <https://jurnal.unimus.ac.id/index.php/JKA/article/view/3954>

Yang, F., Yang, B. X., Stone, T. E., Wang, X. Q., Zhou, Y., Zhang, J., & Jiao, S. F. (2020). Stigma towards depression in a community-based sample in China. *Comprehensive Psychiatry*, 97, 152152. <https://doi.org/10.1016/j.comppsy.2019.152152>

Yu, Y., Liu, Z. W., Hu, M., Liu, H. M., Yang, J. P., Zhou, L., & Xiao, S. Y. (2015). Mental health help-seeking intentions and preferences of rural



Chinese adults. *PLoS ONE*, 10(11), 1–16.  
<https://doi.org/10.1371/journal.pone.0141889>

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

Zhu, H. (2020). Research on depression literacy, perceived stigma and help-seeking intentions of teenagers from first and second tiered cities in China. *Psychology*, 11(08), 1153–1169. <https://doi.org/10.4236/psych.2020.118076>

Zhu, L., Yao, J., Wu, L., Wang, J., Qiu, M., Zhang, C., ... Schroevers, M. (2019). Psychometric properties of the Depression Stigma Scale (DSS) in Chinese cancer patients: a cross-sectional study. *BMJ Open*, 9(7), e028429. <https://doi.org/10.1136/bmjopen-2018-028429>

