Daftar Pustaka

Ajzen, I. (2005). Attitudes, Personality and Behaviour. UK: McGraw-Hill Education.

Andoh-Arthur, J., Asante, K. O., & Osafo, J. (2015). Determinant of Psychological Help-Seekin Intentions of University Students in Ghana. *International Journal for The Advancement of Counselling, 37 (4)*, 330-345.

Atik, G., & Yalçin, I. (2011). Help-seeking attitudes of university students: The role of personality traits and demographic factors. South African Journal of Psychology, 41(3), 328–338.

Badan Pusat Statistik. (2021, Januari 21). *Hasil sensus penduduk 2020*. Retrieved from Badan Pusat Statistik Kabupaten Demak: https://demakkab.bps.go.id/news/2021/01/21/67/hasil-sensus-penduduk-2020.html

Banerjee, R. (2015). Personality Traits: Their Relationship with Depression and the Intention to Seek Psychological Help among Depressed Indian Young Adults. Indian Journal of Health and Wellbeing; Hisar vol. 6, Iss 3, 254-259.

Barańczuk, Urszula. (2019). The Five Factor Model of Personality and Social Support: A Meta-Analysis. Journal of Research in Personality. 81.

Bird, B. (1988). Implementing entrepreneurial ideas: The case for intention. *Academy of Management Review 13 (3)*, 442-453.

Bishop, R. M., & Bieschke, K. J. (1998). Applying Social Cognitive Theory to Interest in Research among Counselling Psychology Doctoral Students: A Path Analysis. *Journal of Counselling Psychology 45 (2)*, 182.

Bonnie, R. J., Stroud, C., & Breiner, H. (2015). Young Adults in the 21st Century. In *Investing in the Health and Well Being of Young Adults*. National Academic Press.

Cornally, N., & McCarthy, G. (2011). Help-seeking behaviour: A concept analysis. *International journal of nursing practice*, *17*(3), 280-288.

Costa, P. T., & McCrae, R. R. (1992). The five-factor model of personality and its relevance to personality disorders. *Journal of Personality Disorders, 6*(4), 343–359.

Cuvalo, N. (2021). Exploring the Role(s) of Trait Emotional Intelligence & Personality in Help Seeking Behaviour Among Undergraduates Students. Electronic Thesis and Disertation Repository 8196.

Daryudi, M. S. (2019). PERILAKU MENCARI BANTUAN DALAM MENGHADAPI MASALAH PSIKOLOGIS MAHASISWA LAKI-LAKI TINGKAT AKHIR. *Skripsi Thesis*, UIN Sunan Kalijaga Yogyakarta.

David, J. P., & Suls, J. (1999). Coping Efforts in Daily Life: Role of Big Five Traits and Problem Appraisaals. Journal of Personality 67(2), 265-294.

Drapeu, C. W., Cerel, J., & Moore, M. (2016). How Personality, Coping Styles, and Perceived Closeness Influence Help-Seeking Attitudes in Suicide-Bereaved Adults. Death Studies.

Erikson, E.H. (1968). *Identity: youth and crisis.* Norton & Co..

Feist, J. and Feist, G., 2008. *Theories of personality.* 7th ed. McGraw Hill, pp.99-132.

Francis, T., & Hoefel, F. 2018. 'True Gen': Generation Z and its implications for companies McKinsey & Company, New York.

Goldberg, L. R. (1992). The Development of Markers for The Big Five Factor Structure. Psychological Assesment 4(1), 26-42.

Gregory D. Zimet , Nancy W. Dahlem , Sara G. Zimet & Gordon K. Farley 1988 The Multidimensional Scale of Perceived Social Support, Journal of Personality Assessment, 52:1, 30-41,

Gulliver, A., Griffiths, K. M., & Christensen, H. (2012). Barriers and Facilitators to Mental Health Help Seeking for Young Elite Athletes: A Qualitative Studi. BMC Psychiatry 12, 157.

Kakhnovets, R. (2011), Relationships Among Personality, Expectations About Counseling, and Help-Seeking Attitudes. Journal of Counseling & Development, 89: 11-19.

Lazányi, Kornélia. (2017). Social Support of Young Adults in the Light of Trust. Economics and Sociology. 10. 140-152.

Lent, R. W., Brown, S. D., & Hackett, G. (1994). Toward a Unifying Social Cognitive Theory of Career and Academic Interest, Choice, and Performance. *Journal of Vocational Behavior 45 (1)*, 79-122.

Li, J., Tian, M., Fang, H., Xu, M., Li, H., & Liu, J. (2010). Extraversion Predicts Individual Differences in Face Recognition. Communicative & Integrative Biology, 295-298.

McCrae, R. R., & Costa, P. T. (1986). Personality, Coping, and Coping Effectiveness in an Adult Sample. Journal of Personality, 385-404.

Nam, S. K., Choi, S. I., Lee, J. H., Lee, M. K., Kim, A. R., & Lee, S. M. (2013). Psychological factors in college students' attitudes toward seeking professional psychological help: A meta-analysis. *Professional Psychology: Research and Practice, 44*(1), 37–45.

Nam, S. K., Chu, H. J., Lee, M. K., Lee, J. H., Kim, N., & Lee, S. M., (2010) A Meta-analysis of Gender Differences in Attitudes Toward Seeking Professional Psychological Help, Journal of American College Health, 59:2, 110-116.

Nurdiyanto, F. A., & Subandi. (2021). I'am not Alone: A Phenomenological Study of Psychological Help Sources in Suicide Crisis. *Gadjah Mada Journal of Psychology*, 245-258.

Orlofsky, J. L., Marcia, J. E., & Lesser, I. M. (1973). Ego Identity Status and the Intimacy versus Isolation Crisis of Young Aduts. *Journal of Personality and Social Psychology. 27(2),* 211-219.

Parnell, K. J., Scheel, M. J., Davis, C. K., & Black, W. W. (2017). An Investigation of Couples Help-Seeking: A Multiple Case Study. Contemporary Family Therapy, 1-8.

Ramdhani, N. (2012). Adaptasi Bahasa dan Budaya dari Skala Kepribadian Big Five. *Jurnal Psikologi*, *39*(2), 189-205–205.

Rickwood D., Deane F.P., Wilson C.J. & Ciarrochi J. 2005. Young people's help-seeking for mental-health problems. Advances in Mental Health 4, 218–251.

Rickwood, D., & Thomas, K. (2012). Conceptual Measuremen Framework for Help-Seeking for Mental Health Problems. Psychology Research and Behavior Management, 173-183.

Salaheddin, K., & Mason, B. (2016). Identifying barriers to mental health help-seeking among young adults in the UK: a cross-sectional survey. *The British journal of general practice : the journal of the Royal College of General Practitioners*, *66*(651), e686–e692.

Schomerus, G., Schwan, C., Holzinger, A., Corrigan, P. W., Grabe, H. J., Carta, M. G., & Angermeyer, M. C. (2012). Evolution of Public Attitudes about Mental Illness: A Systematic Rreview and Meta Analysis. Acta Psychiatrica Scandinavica 125(6), 440-452.

Siegel, S., Dors, S., Brants, L., Schuy, K., & Rau, H. (2018). Understanding health care avoidance and initial help-seeking behavior in German veterans: a theory of planned behavior. *Psychology research and behavior management*, *11*, 243–248.

Steel, Z., Marnane, C., Iranpour, C., Chey, T., Jackson, J. W., Patel, V., & Silove, D. (2014). The global prevalence of common mental disorders: A systematic review and meta-analysis 1980-2013. *International journal of epidemiology*, *43*(2), 476-493.

Tan, C.-S., Low, S.-K. and Viapude, G.N. (2018), Extraversion and happiness: The mediating role of social support and hope. Psych J, 7: 133-143.

Tari, A. 2011. Z generation. Budapest: Tericum Könyvkiadó.

Toronto, E. (2009). Time out of mind: Dissociation in the virtual world. Psychoanalytic Psychology, 26(2), 117–133. doi:10.1037/a0015485

Tulin, M., Lancee, B., & Volker, B. (2018). Personality and Social Capital. Social Psychology Quarterly, 295-318.

Twenge, J. M. (2017). iGen: Why today's super-connected kids are growing up less rebellious, more tolerant, less happy – and completely unprepared for adulthood. New York, NY: Atria Books.

Wilson, C.J., Deane, F.P., Ciarrochi, J. & Rickwood, D. (2005). Measuring help-seeking intentions: Properties of the General Help-Seeking Questionnaire. Canadian Journal of Counselling, 39(1), 15-28.

Yun, K., Paul, P., Subedi, P., Kuikel, L., Nguyen, G., & Barg, F. (2016). Help-Seeking Bhaviour and Health Care Navigation by Bhutanese Refugees. Journal of Community Health 4 (3), 526-534.