

DAFTAR PUSTAKA

- Afrashteh, M. Y., & Hasani, F. (2022). Mindfulness and psychological well-being in adolescents: the mediating role of self-compassion, emotional dysregulation and cognitive flexibility. *Borderline Personality Disorder and Emotion Dysregulation*, 9(1), 22.
- Ahyani, L. N., & Astuti, D. (2018). *Buku Ajar Psikologi Perkembangan Anak dan Remaja* (1st ed.). Universitas Muria Kudus.
- Akin, A. (2008). The Scales of Psychological Well-being: A Study of Validity and Reliability. *Educational Sciences: Theory & Practice*, 8(3), 741–750.
- Allen, B., & Waterman, H. (2019). *Stages of Adolescence*. American Academy of Pediatrics. <https://www.healthychildren.org/English/ages-stages/teen/Pages/Stages-of-Adolescence.aspx>
- Almeida, R. S., Trigueiro, M. J., Paula, P., de Sousa, S., Simões-Silva, V., Campos, F., Silva, M., & Marques, A. (2023). Mental Health Literacy and Stigma in a Municipality in the North of Portugal: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 20(4), 3318.
- Alsaraireh, F., Al-Oran, H., Althnaibat, H., & Leimoon, H. (2023). The Determinants of Mental Health Literacy among Young Adolescents in South of Jordan . *ASEAN Journal of Psychiatry*, 24(1).
- Aluh, D. O., Anyachebelu, O. C., Anosike, C., & Anizoba, E. L. (2018). Mental health literacy: what do Nigerian adolescents know about depression? *International Journal of Mental Health Systems*, 12(8).
- Amin, N. F., Gerancang, S., & Abunawas, K. (2023). Konsep Umum Populasi dan Sampel dalam Penelitian. *Jurnal Kajian Islam Kontemporer*, 14(1).
- Azedarach, M. R., & Ariana, A. D. (2022). Hubungan Literasi Kesehatan Mental dengan Intensi Mencari Bantuan pada Mahasiswa. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 640–651.
- Beltre, G., & Mendez, M. D. (2023). Child Development. In StatPearls. StatPearls Publishing.
- BinDhim, N., Althumiri, N., Ad-Dab'bagh, Y., Alqahtani, M., Alshayea, A., Al-Luhaidan, S., Al-Duraihem, R., & Alhabeeb, A. (2024). Exploring Mental Health Literacy and Its Associated Factors: A National Cross-Sectional Study in Saudi Arabia, 2023. *Risk Management and Healthcare Policy*, Volume 17, 355–363.

- Bjørnsen, H. N., Eilertsen, M. B., Ringdal, R., Espnes, G. A., & Moksnes, U. K. (2017). Positive mental health literacy: development and validation of a measure among Norwegian adolescents. *BMC Public Health*, 17(1), 717.
- BPK RI. (2014). Peraturan Menteri Kesehatan Republik Indonesia No 25 Tahun 2014.
- Bradburn N.M.(1969). The structure of psychological well-being. Chicago: Aldine.
- Buratta, L., Delvecchio, E., & Mazzeschi, C. (2023). Environmental Mastery and Self-Acceptance during Emerging Adulthood: A Study of the Determinant Factors in College Students. *Journal of Positive Psychology & Wellbeing*, 7(4), 407–418.
- Charry, C., Goig, R., & Martínez, I. (2020). Psychological Well-Being and Youth Autonomy: Comparative Analysis of Spain and Colombia. *Frontiers in psychology*, 11, 564232.
- Center For Public Mental Health. (2020). Literasi Kesehatan Mental di Masyarakat, Apa Urgensinya?. Fakultas Psikologi Universitas Gadjah Mada. <https://cpmh.psikologi.ugm.ac.id/2020/09/29/literasi-kesehatan-mental-di-masyarakat-apa-urgensinya/>
- CDC. (2023). *Increase Students' Mental Health Literacy*. Centers for Disease Control and Prevention.
- Dahlan, S. (2010). *Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan* (3rd ed.). Salemba Medika.
- Dil, L., Mérelle, S., Lommerse, N., Peen, J., So, P., Van, R., Zoeteman, J., & Dekker, J. (2024). Gender-specific pathways in mental health crisis in adolescents, from consultation to (in)voluntary admission: a retrospective study. *BMC psychiatry*, 24(1), 235.
- Diyana, K. P., & Jatnika, R. (2022). Meta-Analysis Studies: The Relationship between Social Support and Psychological Well-Being among Adolescents in Indonesia. *European Journal of Humanities and Social Sciences*, 2(1), 64–71.
- Feldman, I. L., Agapov, V. S., Feoktistova, S. V., & Griboyedova, O. I. (2021). Factors of psychological well-being of adolescents in the aspect of self-knowledge. *SHS Web of Conferences*, 122.
- Fiedler, S., Pfaff, H., Soellner, R., & Pfortner, T.-K. (2018). Exploring the Association Between Health Literacy and Psychological Well-Being Among Industry Managers in Germany. *Journal of Occupational & Environmental Medicine*, 60(8), 743–753.
- Gloriabarbus. (2022). *Hasil Survei I-NAMHS: Satu dari Tiga Remaja Indonesia Memiliki Masalah Kesehatan Mental*. <https://ugm.ac.id/id/berita/23086-hasil->

survei-i-namhs-satu-dari-tiga-remaja-indonesia-memiliki-masalah-kesehatan-mental/

Grossi, E., Groth, N., Mosconi, P., Cerutti, R., Pace, F., Compare, A., & Apolone, G. (2006). Development and validation of the short version of the Psychological General Well-Being Index (PGWB-S). *Health and Quality of Life Outcomes*, 4(1), 88.

Handayani, R., Wahyuni, E., & Marjo, H. K. (2021). Gambaran Tingkat Literasi Kesehatan Mental pada Peserta Didik Sekolah Menengah Pertama. *Jurnal Ilmu Pendidikan Indonesia*, 9(2).

Ikmar, N. (2022). *Literasi Kesehatan Mental dan Dampaknya pada Kesehatan Jiwa Masyarakat*. Kementerian Kesehatan Direktorat Jenderal Pelayanan Kesehatan. https://yankes.kemkes.go.id/view_artikel/1510/literasi-kesehatan-mental-dan-dampaknya-pada-kesehatan-jiwa-masyarakat

Jorm, A. F. (2019). The concept of mental health literacy. In O. Okan, U. Bauer, D. Levin-Zamir, P. Pinheiro, & K. Sørensen (Eds.), *International handbook of health literacy: Research, practice and policy across the life-span* (pp. 53–66). Policy Press.

Khan, Y., Taghdisi, M. H., & Nourijelyani, K. (2015). Psychological Well-Being (PWB) of School Adolescents Aged 12-18 yr, its Correlation with General Levels of Physical Activity (PA) and Socio-Demographic Factors In Gilgit, Pakistan. *Iranian journal of public health*, 44(6), 804–813.

Kemenkes RI. (2018). Hasil Utama RISKESDAS 2018. https://kesmas.kemkes.go.id/assets/upload/dir_519d41d8cd98f00/files/Hasil-riskesdas-2018_1274.pdf

Komite Etik Penelitian dan Pengembangan Kesehatan Nasional Kementerian Kesehatan RI. (2021). Pedoman dan Standar Etik Penelitian dan Pengembangan Kesehatan Nasional (pp. 11–13). Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB).

Krisnani, H., & Farakhiah, R. (2017). Meningkatkan Kemampuan Pengambilan Keputusan Pada Remaja Akhir Dengan Menggunakan Metode Realty Therapy. *Share : Social Work Journal*, 7(2), 28.

Kutcher, S., Wei, Y., & Coniglio, C. (2016). Mental Health Literacy: Past, Present, and Future. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 61(3), 154–158.

Legault, L. (2016). The Need for Autonomy. In *Encyclopedia of Personality and Individual Differences* (pp. 1–3). Springer International Publishing.

- Mahardika, H. F. K. (2021). Hubungan Antara Literasi Kesehatan Mental dengan Stigma Gangguan Jiwa di Masyarakat Desa Soko Kecamatan Bagelen Kabupaten Purworejo. <http://repository.stikesdrsoebandi.ac.id/158/>
- Mardliyyah, K., & Asyanti, S. (2022). The Association between Mental Health Literacy and Perception of Community Stigma with Help-Seeking Behavior among Final Year University Students. *International Summit on Science Technology and Humanity (ISETH)*, 289–299. <https://proceedings.ums.ac.id/index.php/iseth/article/view/2670>
- Mardhiyah, S. A. (2021). Mental health literacy and psychological distress as predictors of psychological well-being in Sriwijaya University students. *Mental Health: Global Challenges Journal*, 49–60.
- Mihara, K., Okamura, H., Shoji, Y., Tashiro, K., Kinoshita, Y., & Tsuda, A. (2020). Personal Growth and Psychobiological Stress Responsiveness to the Trier Social Stress Test in Students. *Sustainability*, 12(11), 4497.
- Mitskidou, P., Mertika, A., Pezirkianidis, C., & Stalikas, A. (2021). Positive Relationships Questionnaire (PRQ): A Pilot Study. *Psychology*, 12(07), 1039–1057.
- Mubarok, S. (2020). Hubungan Parenting Style Dengan Psychological Well Being Pada Remaja. <https://eprints.umm.ac.id/66400/>
- Nobre, J., Calha, A., Luis, H., Oliveira, A. P., Monteiro, F., Ferré-Grau, C., & Sequeira, C. (2022). Mental Health Literacy and Positive Mental Health in Adolescents: A Correlational Study. *International Journal of Environmental Research and Public Health*, 19(13), 8165.
- Novianty, A. (2017). Literasi Kesehatan Mental: Pengetahuan dan Persepsi Publik mengenai Gangguan Mental. *Analitika*, 9(2). <https://ojs.uma.ac.id/index.php/analitika/article/view/1136>
- O'Connor, M., & Casey, L. (2015). The Mental Health Literacy Scale (MHLS): A new scale-based measure of mental health literacy. *Psychiatry Research*, 229(1–2), 511–516.
- Oskrochi, G., Bani-Mustafa, A., & Oskrochi, Y. (2018). Factors affecting psychological well-being: Evidence from two nationally representative surveys. *PLOS ONE*, 13(6), e0198638. <https://doi.org/10.1371/journal.pone.0198638>
- Özbiçakçı, Ş., & Salkim, Ö. Ö. (2024). The predictors of mental health literacy among adolescents students. *Archives of Psychiatric Nursing*, 50, 1–4.
- Permatasari, V., & Gamayanti, W. (2016). Gambaran Penerimaan Diri (Self-Acceptance) pada Orang yang Mengalami Skizofrenia. *Psymphathic, Jurnal Ilmiah Psikologi*, 3(1), 139–152.

- Prabowo, A. (2017). Gratitude dan Psychological Wellbeing pada Remaja. *Jurnal Ilmiah Psikologi Terapan*, 05(02).
- Pramitha, R. (2018). Hubungan Kesejahteraan Psikologis dengan Kesepian pada Mahasiswa yang Merantau di Yogyakarta. https://dspace.uii.ac.id/bitstream/handle/123456789/13606/SKRIPSI_RAIS_A_14320236.pdf?sequence=2&isAllowed=y
- Pusvitasari, P., Viyani, A. O., & Heryadi, A. (2023). Strategi Menjaga Kesejahteraan Psikologis Remaja Melalui Mental Health Literacy Intervention. *Resona: Jurnal Ilmiah Pengabdian Masyarakat*, 7(2).
- Rahmizani, S. D. (2019). *Determinan Literasi Kesehatan Mental pada Remaja Sekolah Menengah Atas/Sederajat di Kecamatan Bogor Utara 2019*.
- Ridhowati, I. R. (2019). *Kesejahteraan Psikologis Remaja Di SMA Muhammadiyah 2 Kertosono Ditinjau Dari Kelekatan Terhadap Orang Tua*.
- Ramadhani, T., Djunaedi, D., & Sismiati S., A. (2016). Kesejahteraan Psikologis (Psychological Well-Being) Siswa yang Orangnya Bercerai (Studi Deskriptif yang Dilakukan pada Siswa di SMK Negeri 26 Pembangunan Jakarta). *Insight Jurnal Bimbingan Dan Konseling*, 5(1), 108.
- Rizkyanto, S. R. (2018). Konformitas dan Kenakalan Remaja Pada Pelajar Yang Terlibat Klithih di Daerah Istimewa Yogyakarta. <https://dspace.uii.ac.id/handle/123456789/11657>
- Ryff C. D. (2014). Psychological well-being revisited: advances in the science and practice of eudaimonia. *Psychotherapy and psychosomatics*, 83(1), 10–28.
- Sahir, S.H. (2021). *Metodologi Penelitian*. Penerbit IKM Indonesia
- Sampaio, F., Gonçalves, P., & Sequeira, C. (2022). Mental Health Literacy: It Is Now Time to Put Knowledge into Practice. *International journal of environmental research and public health*, 19(12), 7030.
- Santoso, O. R., & Satwika, Y. W. (2019). Hubungan antara Harga Diri dengan Kesejahteraan Psikologis pada Wanita Menikah yang Bekerja. *Character: Jurnal Penelitian Psikologi*, 06(03). <https://ejournal.unesa.ac.id/index.php/character/article/view/29494>
- Sarwono, A. E., & Handayani, A. (2021). *Metode Kuantitatif (1st ed.)*. UNISRI Press.
- Setyawati, I., Fahiroh, S. A., & Poerwanto, A. (2022). Hubungan antara Dukungan Sosial dengan Kesejahteraan Psikologis pada Remaja di UPT PRSMP Surabaya. *Archetype*, 5(1).
- Sesillia. (2020). *Kesejahteraan Psikologis pada Masyarakat Miskin*. <http://repository.uin-suska.ac.id/29398/>

- Sibuea, R. K. (2019). Hubungan antara Kesejahteraan Psikologis (Psychological Well- Being) dengan Kontrol Diri pada Anggota Paskibra SMA Kemala Bhayangkari 1 Medan.<https://repository.uma.ac.id/jspui/bitstream/123456789/11348/1/158600061%20-%20Ratna%20Kurniati%20Sibuea%20-%20Fulltext.pdf>
- Singh, S., Zaki, R. A., Farid, N. D. N., & Kaur, K. (2022). The Determinants of Mental Health Literacy among Young Adolescents in Malaysia. *International journal of environmental research and public health*, 19(6), 3242.
- Sørensen, K., van den Broucke, S., Fullam, J., Doyle, G., Pelikan, J., Slonska, Z., & Brand, H. (2012). Health literacy and public health: A systematic review and integration of definitions and models. *BMC Public Health*, 12(1), 80.
- Sriwichai, N., Boonchiang, W., & Kreausukon, P. (2021). The Correlation Between Mental Health Literacy, Mental Well-Being, And Loneliness Among the Student at Chiang Mai University. *Chiang Mai University Journal of Humanities*, 22(1), 143–161.
- Suherlin, G. H., Mamat Supriatna, & Suherman. (2024). Gambaran Kesejahteraan Psikologis Siswa Sekolah Menengah Atas (SMA). *G-Couns: Jurnal Bimbingan Dan Konseling*, 8(2), 1168–1174.
- Sugiyono. (2011). Metode Penelitian Kuantitatif Kualitatif dan R&D. In Alfabeta (2nd ed.). Alfabeta.
- Suryana, E., & Hasdikurniati, A. (2022). *Perkembangan Remaja Awal, Menengah Dan Implikasinya Terhadap Pendidikan*. 8(3).
- Tambling, R. R., D’Aniello, C., & Russell, B. S. (2021). Mental Health Literacy: a Critical Target for Narrowing Racial Disparities in Behavioral Health. *International Journal of Mental Health and Addiction*, 1–15.
- Tang, Y.-Y., Tang, R., & Gross, J. J. (2019). Promoting Psychological Well-Being Through an Evidence-Based Mindfulness Training Program. *Frontiers in Human Neuroscience*, 13.
- Tay, J. L., Tay, Y. F., & Klainin-Yobas, P. (2018). Mental health literacy levels. *Archives of psychiatric nursing*, 32(5), 757–763.
- Tokuda, *et al.* (2009). Health literacy and physical and psychological wellbeing in Japanese adults.
- Umami, I. (2019). *Psikologi Remaja* (1st ed., pp. 3–4). Idea Press Yogyakarta.
- UNICEF. (2021). Mental Health. <https://data.unicef.org/topic/child-health/mental-health/>

- Viejo, C., Gómez-López, M., & Ortega-Ruiz, R. (2018). Adolescents' Psychological Well-Being: A Multidimensional Measure. *International journal of environmental research and public health*, 15(10), 2325.
- Widyana, N.D.R., (2019). Hubungan antara Literasi Kesehatan Mental dengan Mental Illness Stigma pada Mahasiswa Keperawatan Universitas Muhammadiyah Surabaya. <http://digilib.uinsa.ac.id/35298/1/Nikmah%20Dwi%20Noer%20Widyana.J01215026pdf.pdf>
- Widyawati, dkk. (2022). Studi Deskriptif : Gambaran Kesejahteraan Psikologis pada Remaja. *Jurnal Psibernetika* Vol.15 (No.1) : 59 - 65. <https://journal.ubm.ac.id/index.php/psibernetika/article/download/3336/2332>
- Widyawati, S., Asih, M. K., & Utami, R. R. (2022). Studi Deskriptif : Gambaran Kesejahteraan Psikologis pada Remaja. *Psibernetika*, 15(1), 59–65.
- World Health Organization. (2021). *Mental Health of Adolescent*. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- World Health Organization. (2023). *Adolescent Health*. https://www.who.int/health-topics/adolescent-health#tab=tab_1
- Yoon, Y., Eisenstadt, M., Lereya, S. T., & Deighton, J. (2023). Gender difference in the change of adolescents' mental health and subjective wellbeing trajectories. *European child & adolescent psychiatry*, 32(9), 1569–1578.
- Yu, Y., Liu, Z., Hu, M., Liu, X., Liu, H., Yang, J. P., Zhou, L., & Xiao, S. (2015). Assessment of mental health literacy using a multifaceted measure among a Chinese rural population. *BMJ Open*, 5(10), e009054.
- Zhang, X., Yue, H., Hao, X., Liu, X., & Bao, H. (2023). Exploring the relationship between mental health literacy and psychological distress in adolescents: A moderated mediation model. *Preventive medicine reports*, 33, 102199.
- Zhang, J.-Y., Ji, X.-Z., & Zhou, Y.-Q. (2023). The Mediating Effect of Mental Health Literacy on Psychological Resilience and Psychological Distress of Medical College Students. *Perspectives in Psychiatric Care*, 2023, 1–7.