

## Daftar Pustaka

- Abdollahi, A., Allen, K. A., & Taheri, A. (2020). Moderating the role of self-compassion in the relationship between perfectionism and depression. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 38(4), 459-471. <https://doi.org/10.1007/s10942-020-00346-3>
- Aiken, L. S., & West, S. G. (1991). *Multiple regression: Testing and interpreting interactions*. Sage.
- Allen, J., Balfour, R., Bell, R., & Marmot, M. (2014). Social determinants of mental health. *International review of psychiatry*, 26(4), 392-407. <https://doi.org/10.3109/09540261.2014.928270>
- Alsamman, S., Dajani, R., & Al-Delaimy, W. K. (2024). Self-compassion and association with distress, depression, and anxiety among displaced Syrians: A population-based study. *PLoS ONE*, 19(9), e0309051. <https://doi.org/10.1371/journal.pone.0309051>
- Andel, S. A., Shen, W., & Arvan, M. L. (2021). Depending on your own kindness: The moderating role of self-compassion on the within-person consequences of work loneliness during the COVID-19 pandemic. *Journal of Occupational Health Psychology*, 26(4), 276. <https://psycnet.apa.org/doi/10.1037/ocp0000271>
- Arnett, J. J. (2007). Emerging adulthood: What is it, and what is it good for? *Child Development Perspectives*, 1(2), 68-73. <https://doi.org/10.1111/j.1750-8606.2007.00016.x>
- Arnett, J. J. (2023). *Emerging adulthood: The winding road from the late teens through the twenties* (3rd ed.). Oxford University Press. <https://doi.org/10.1093/oso/9780197695937.001.0001>
- Arnett, J. J., Žukauskienė, R., & Sugimura, K. (2014). The new life stage of emerging adulthood at ages 18-29 years: implications for mental health. *The lancet. Psychiatry*, 1(7), 569-576. [https://doi.org/10.1016/S2215-0366\(14\)00080-7](https://doi.org/10.1016/S2215-0366(14)00080-7)
- Auerbach, R. P., Mortier, P., Bruffaerts, R., Alonso, J., Benjet, C., Cuijpers, P., ... & Kessler, R. C. (2018). WHO world mental health surveys international college student project: Prevalence and distribution of mental disorders. *Journal of abnormal psychology*, 127(7), 623.
- Ausie, R. K., & Poerwandari, K. (2021). The Role of loneliness and self-compassion as predictors of depressive symptoms in college students. *Jurnal Psikologi*, 20(2), 178-186. <https://doi.org/10.14710/jp.20.2.178-186>
- Awadalla, S., Davies, E. B., & Glazebrook, C. (2024). The Impact of Depressive and Anxiety Symptoms on Academic Achievement among Undergraduate



- University Students: A Systematic Review. *Obm Neurobiology*, 8(4), 1-36.  
<http://dx.doi.org/10.21926/obm.neurobiol.2404261>
- Barreto, M., Victor, C., Hammond, C., Eccles, A., Richins, M. T., & Qualter, P. (2021). Loneliness around the world: Age, gender, and cultural differences in loneliness. *Personality and individual differences*, 169, 110066.  
<https://doi.org/10.1016/j.paid.2020.110066>
- Beck, A. T. (2011). *Cognitive therapy of depression*. Guilford Press.
- Bennett, P. (2015). *Clinical psychology: Psychopathology through the lifespan*. McGraw-Hill Education.
- Berry, D. (2004). The relationship between depression and emerging adulthood: Theory generation. *Advances in Nursing Science*, 27(1), 53-69.
- Brito, A. D., & Soares, A. B. (2023). Well-being, character strengths, and depression in emerging adults. *Frontiers in psychology*, 14, 1238105.  
<https://doi.org/10.3389/fpsyg.2023.1238105>
- Butcher, J. N., Hooley, J. M., & Mineka, S. (2014). *Abnormal psychology* (16th ed.). Pearson Education.
- Cacioppo, J. T., & Hawkley, L. C. (2009). Perceived social isolation and cognition. *Trends in cognitive sciences*, 13(10), 447-454.  
<https://doi.org/10.1016/j.tics.2009.06.005>
- Cacioppo, J. T., Cacioppo, S., Capitano, J. P., & Cole, S. W. (2015). The neuroendocrinology of social isolation. *Annual review of psychology*, 66(1), 733-767. doi:10.1146/annurev-psych-010814-015240
- Cui, L., Li, S., Wang, S., Wu, X., Liu, Y., Yu, W., Wang, Y., Tang, Y., Xia, M., & Li, B. (2024). Major depressive disorder: hypothesis, mechanism, prevention and treatment. *Signal transduction and targeted therapy*, 9(1), 30. <https://doi.org/10.1038/s41392-024-01738-y>
- de Oliveira, C., Saka, M., Bone, L., & Jacobs, R. (2023). The role of mental health on workplace productivity: a critical review of the literature. *Applied health economics and health policy*, 21(2), 167-193.  
<https://doi.org/10.1007/s40258-022-00761-w>
- Erzen, E., & Çikrikci, Ö. (2018). The effect of loneliness on depression: A meta-analysis. *International Journal of Social Psychiatry*, 64(5), 427-435.  
<https://doi.org/10.1177/0020764018776349>
- Field, A. P. (2009). *Discovering statistics using SPSS: And sex, drugs and rock "n" roll* (3rd ed). SAGE Publications.
- Gao, P., Mosazadeh, H., & Nazari, N. (2024). The buffering role of self-compassion in the association between loneliness with depressive

- symptoms: A cross-sectional survey study among older adults living in Residential Care Homes during COVID-19. *International Journal of Mental Health and Addiction*, 22(5), 2706-2726. <https://doi.org/10.1007/s11469-023-01014-0>
- Gilbert, P. (2014). The origins and nature of compassion focused therapy. *British journal of clinical psychology*, 53(1), 6-41. <https://doi.org/10.1111/bjc.12043>
- Hadi, S. (2016). *Metodologi riset*. Yogyakarta: Pustaka Pelajar.
- Hames, J. L., Hagan, C. R., & Joiner, T. E. (2013). Interpersonal processes in depression. *Annual review of clinical psychology*, 9(1), 355-377. <https://doi.org/10.1146/annurev-clinpsy-050212-185553>
- Han, A., & Kim, T. H. (2023). Effects of self-compassion interventions on reducing depressive symptoms, anxiety, and stress: A meta-analysis. *Mindfulness*, 14(7), 1553-1581. <https://doi.org/10.1007/s12671-023-02148-x>
- Hayes, A. F. (2013). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach*. New York: Guilford Press.
- Hayes, A. F. (2018). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (2nd ed.). New York: Guilford Press.
- Hayes, A. F. (2022). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (3rd ed.). New York: Guilford Press.
- Hejazi Moughari, E., Yousefi, M. M., Salehi, S., & Hojat, M. (2025). Loneliness in Emerging Adults: A Meta-synthesis. *Clinical Psychology Studies*, 16(58), 76–92. <https://doi.org/10.22054/jcps.2025.88352.3282>
- Inwood, E., & Ferrari, M. (2018). Mechanisms of change in the relationship between self-compassion, emotion regulation, and mental health: A systematic review. *Applied Psychology: Health and Well-Being*, 10(2), 215-235. <https://doi.org/10.1111/aphw.12127>
- Johnson, D. P., & Whisman, M. A. (2013). Gender differences in rumination: A meta-analysis. *Personality and Individual Differences*, 55(4), 367–374. <https://doi.org/10.1016/j.paid.2013.03.019>
- Kementerian Kesehatan, Badan Penelitian dan Pengembangan Kesehatan. (2018). *Laporan Nasional Riskesdas 2018*. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan. ISBN 978-602-373-118-3



- Kementerian Kesehatan. (2023). *Laporan Tematik Survei Kesehatan Indonesia tahun 2023, Potret Indonesia Sehat*. Jakarta: Badan Kebijakan Pembangunan Kesehatan, Kemenkes.
- Kirwan, E. M., Burns, A., O'Súilleabháin, P. S., Summerville, S., McGeehan, M., McMahon, J., & Gowda, A. (2025). Loneliness in emerging adulthood: A scoping review. *Adolescent Research Review*, *10*(1), 47–67. DOI:10.1007/s40894-024-00240-4
- Kirwan, E. M., O'Súilleabháin, P. S., Burns, A., Ogoro, M., Allen, E., & Creaven, A. M. (2023). Exploring loneliness in emerging adulthood: A qualitative study. *Emerging Adulthood*, *11*(6), 1433-1445. <https://doi.org/10.1177/21676968231194380>
- Korner, A., Coroiu, A., Copeland, L., Gomez-Garibello, C., Albani, C., Zenger, M., & Brähler, E. (2015). The role of self-compassion in buffering symptoms of depression in the general population. *PLoS one*, *10*(10), e0136598. <https://doi.org/10.1371/journal.pone.0136598>
- Kring, A. M., & Johnson, S. L. (2018). *Abnormal psychology: The science and treatment of psychological disorders* (14th ed.). John Wiley & Sons.
- Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The PHQ-9: validity of a brief depression severity measure. *Journal of general internal medicine*, *16*(9), 606-613. <https://doi.org/10.1046/j.1525-1497.2001.016009606.x>
- Kupferberg, A., & Hasler, G. (2023). The social cost of depression: Investigating the impact of impaired social emotion regulation, social cognition, and interpersonal behavior on social functioning. *Journal of Affective Disorders Reports*, *14*, 100631. <https://doi.org/10.1016/j.jadr.2023.100631>
- Liu, C. H., Stevens, C., Wong, S. H., Yasui, M., & Chen, J. A. (2019). The prevalence and predictors of mental health diagnoses and suicide among US college students: Implications for addressing disparities in service use. *Depression and anxiety*, *36*(1), 8-17. <https://doi.org/10.1002/da.22830>
- Liu, X., Yang, Y., Wu, H., Kong, X., & Cui, L. (2022) The roles of fear of negative evaluation and social anxiety in the relationship between self-compassion and loneliness: A serial mediation model. *Current Psychology*, *41*, 5249–5257. <https://doi.org/10.1007/s12144-020-01001-x>
- Lund, C., Brooke-Sumner, C., Baingana, F., Baron, E. C., Breuer, E., Chandra, P., ... & Saxena, S. (2018). Social determinants of mental disorders and the sustainable development goals: A systematic review of reviews. *The lancet psychiatry*, *5*(4), 357-369. [https://doi.org/10.1016/S2215-0366\(18\)30060-9](https://doi.org/10.1016/S2215-0366(18)30060-9)
- Loades, M. E., Chatburn, E., Higson-Sweeney, N., Reynolds, S., Shafran, R., Brigden, A., Linney, C., McManus, M. N., Borwick, C., & Crawley, E. (2020). Rapid systematic review: the impact of social isolation and



- loneliness on the mental health of children and adolescents in the context of COVID-19. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(11), 1218-1239. <https://doi.org/10.1016/j.jaac.2020.05.009>
- MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical psychology review*, 32(6), 545-552. <https://doi.org/10.1016/j.cpr.2012.06.003>
- Mann, F., Wang, J., Pearce, E., Ma, R., Schlieff, M., Lloyd-Evans, B., ... & Johnson, S. (2022). Loneliness and the onset of new mental health problems in the general population. *Social psychiatry and psychiatric epidemiology*, 57(11), 2161-2178. <https://doi.org/10.1007/s00127-022-02261-7>
- Marvianto, R., Kusrohmaniah, S. (2023). *PHQ-9 validation and investigation response format using nominal response model* (Tesis). <https://etd.repository.ugm.ac.id/penelitian/detail/227867>
- Ménard, C., Hodes, G. E., & Russo, S. J. (2016). Pathogenesis of depression: Insights from human and rodent studies. *Neuroscience*, 321, 138-162. <https://doi.org/10.1016/j.neuroscience.2015.05.053>
- Moreno-Agostino, D., Wu, Y. T., Daskalopoulou, C., Hasan, M. T., Huisman, M., & Prina, M. (2021). Global trends in the prevalence and incidence of depression: a systematic review and meta-analysis. *Journal of affective disorders*, 281, 235-243. <https://doi.org/10.1016/j.jad.2020.12.035>
- Muris, P., Fernández-Martínez, I., & Otgaar, H. (2024). On the edge of psychopathology: strong relations between reversed self-compassion and symptoms of anxiety and depression in young people. *Clinical child and family psychology review*, 27(2), 407-423. <https://doi.org/10.1007/s10567-024-00471-w>
- Neff, K. D. (2003a). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101. <https://doi.org/10.1080/15298860309032>
- Neff, K. D. (2003b). The development and validation of a scale to measure self compassion. *Self and Identity*, 2 (3), 223-250. <https://doi.org/10.1080/15298860309027>
- Neff, K. D. (2023). Self-compassion: Theory, method, research, and intervention. *Annual review of psychology*, 74(1), 193-218. <https://doi.org/10.1146/annurev-psych-032420-031047>
- Neff, K. D., & McGehee, P. (2010). Self-compassion and Psychological Resilience Among Adolescents and Young Adults. *Self and Identity*, 9(3), 225–240. <https://doi.org/10.1080/15298860902979307>



- Oltmanns, T. F., & Emery, R. E. (2019). *Abnormal psychology* (9th ed.). Pearson Education.
- Palmeroni, N., Claes, L., Verschueren, M., Bogaerts, A., Buelens, T., & Luyckx, K. (2020). Identity Distress Throughout Adolescence and Emerging Adulthood: Age Trends and Associations With Exploration and Commitment Processes. *Emerging Adulthood*, 8(5), 333-343. <https://doi.org/10.1177/2167696818821803>
- Patel, V., Saxena, S., Lund, C., Thornicroft, G., Baingana, F., Bolton, P., ... & Unützer, J. (2018). The Lancet Commission on global mental health and sustainable development. *The lancet*, 392(10157), 1553-1598.
- Peltzer, K., & Pengpid, S. (2015). Depressive symptoms and social demographic, stress and health risk behaviour among university students in 26 low-, middle- and high income countries. *International Journal of Psychiatry in Clinical Practice*, 19(4), 259-265. <https://doi.org/10.3109/13651501.2015.1082598>
- Perlman, D., & Peplau, L. A. (1981). Toward a social psychology of loneliness. *Personal relationships*, 3, 31-56.
- Rahimmatussalisa, R., & Rinaldi, M. R. (2025). Validity Test of UCLA Loneliness Scale Version 3 Using the Rasch Model. *Gadjah Mada Journal of Psychology (GamaJoP)*, 11(1), 55-61. <https://doi.org/10.22146/gamajop.95060>
- Ridley, M., Rao, G., Schilbach, F., & Patel, V. (2020). Poverty, depression, and anxiety: Causal evidence and mechanisms. *Science*, 370(6522), eaay0214. <https://doi.org/10.1126/science.aay0214>
- Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of personality assessment*, 66(1), 20-40. [https://doi.org/10.1207/s15327752jpa6601\\_2](https://doi.org/10.1207/s15327752jpa6601_2)
- Salk, R. H., Hyde, J. S., & Abramson, L. Y. (2017). Gender differences in depression in representative national samples: Meta-analyses of diagnoses and symptoms. *Psychological Bulletin*, 143(8), 783-822. <https://doi.org/10.1037/bul0000102>
- Son, H., Cho, H. J., Cho, S., Ryu, J., & Kim, S. (2022). *The Moderating Effect of Social Support between Loneliness and Depression: Differences between the Young-Old and the Old-Old*. *International Journal of Environmental Research and Public Health*, 19(4), 2322. <https://doi.org/10.3390/ijerph19042322>
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas self-compassion scale versi Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 7(2), 177-191. <https://doi.org/10.24854/jpu02020-337>



- Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif dan R&D*. Bandung: Alfabeta.
- Sundqvist, A. J. E., Nyman-Kurkiala, P., Ness, O., & Hemberg, J. (2024). The influence of educational transitions on loneliness and mental health from emerging adults' perspectives. *International Journal of Qualitative Studies on Health and Well-being*, *19*(1), 2422142. <https://doi.org/10.1080/17482631.2024.2422142>
- Umberson, D., & Thomeer, M. B. (2020). Family matters: Research on family ties and health, 2010–2020. *Journal of Marriage and Family*, *82*(1), 404–419. <https://doi.org/10.1111/jomf.12640>
- Vigo, D., Thornicroft, G., & Atun, R. (2016). Estimating the true global burden of mental illness. *The Lancet Psychiatry*, *3*(2), 171-178.
- von Känel, R., Weilenmann, S., & Spiller, T. R. (2021). Loneliness is associated with depressive affect, but not with most other symptoms of depression in community-dwelling individuals: a network analysis. *International journal of Environmental Research and Public health*, *18*(5), 2408. <https://doi.org/10.3390/ijerph18052408>
- Wang, J., Drossaert, C. H., Knevel, M., Chen, L., Bohlmeijer, E. T., & Schroevers, M. J. (2025). The Mechanisms Underlying the Relationship Between Self-Compassion and Psychological Outcomes in Adult Populations: A Systematic Review. *Stress and Health*, *41*(4), e70090. <https://doi.org/10.1002/smi.70090>
- Wang, S., Tang, Q., Lv, Y., Tao, Y., Liu, X., Zhang, L., & Liu, G. (2023). The temporal relationship between depressive symptoms and loneliness: the moderating role of self-compassion. *Behavioral Sciences*, *13*(6), 472. <https://doi.org/10.3390/bs13060472>
- Wispe, L. (1991). *The Psychology of Sympathy*. New York: Plenum Press.
- World Health Organization. (2023). *Depression*. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/depression>