UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Daftar Pustaka

Afiatin, T., Putri Istianda, I., Yuliarahma, A., Ulfa, W. L., & Bulo, F. M. (2016). Happiness of Working Mothers Through Family Life Stages. In *Anima Indonesian Psychological Journal* (Vol. 31, Number 3).

Akin, A., & Akin, U. (2015). Examining the predictive role of self-compassion on flourishing in Turkish university students. *Anales de Psicologia*, *31*(3), 802–807. https://doi.org/10.6018/analesps.31.3.192041

Alimi, R., & Darwis, R. S. (2022). Kualitas Interaksi Keluarga Dengan Kondisi Ibu Bekerja. *Focus : Jurnal Pekerjaan Sosial*, *5*(1), 27. https://doi.org/10.24198/focus.v5i1.39609

Altintas, E., & Sullivan, O. (2016). Fifty years of change updated: Cross-national gender convergence in housework. *Demographic Research*, *35*(1), 455–470. https://doi.org/10.4054/DemRes.2016.35.16

Azwar, S. (2017). *Metode penelitian psikologi (Edisi ke II)*. Pustaka Pelajar.

Balogun, A. G. (2019). *Work-family conflict and burnout among working mothers: The role of work-family conflict self-efficacy*. *Gender & Behaviour, 17*(4), 14224–14236.

Bernhardt, J., & Recksiedler, C. (2022). Work-to-family conflict and parenting practices: Examining the role of working from home among lone and partnered working mothers. *Journal of Family Research*, *34*(4), 1072–1100. https://doi.org/10.20377/jfr-709

Bolier, L., Haverman, M., Westerhof, G. J., Riper, H., Smit, F., & Bohlmeijer, E. (2013). *Positive psychology interventions: A meta-analysis of randomized controlled studies*. *BMC Public Health, 13*, Article 119. https://doi.org/10.1186/1471-2458-13-119

Burns, R. A., Windsor, T., Butterworth, P., & Anstey, K. J. (2022). *The protective effects of wellbeing and flourishing on long-term mental health risk*. *SSM – Mental Health, 2*, Article 100052. https://doi.org/10.1016/j.ssmmh.2021.100052

Butler, J., & Kern, M. L. (2016). The PERMA-Profiler: A brief multidimensional measure of flourishing. *International Journal of Wellbeing*, *6*(3), 1–48. https://doi.org/10.5502/ijw.v6i3.526

Carter, J. W., & Youssef-Morgan, C. M. (2022). Psychological capital development effectiveness of face-to-face, online, and micro-learning interventions. *Education and Information Technologies, 27*(5), 6553–6575. https://doi.org/10.1007/s10639-021-10824-5

Cebral-Loureda, M., Tamés-Muñoz, E., & Hernández-Baqueiro, A. (2022). The Fertility of a Concept: A Bibliometric Review of Human Flourishing.

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

International Journal of Environmental Research and Public Health, *19*, 15. https://doi.org/10.3390/ijerph

Chan, K. K. S., Lee, J. C.-K., Yu, E. K. W., Chan, A. W. Y., Leung, A. N. M., Cheung, R. Y. M., Li, C. W., Kong, R. H.-M., Chen, J., Wan, S. L. Y., Tang, C. H. Y., Yum, Y. N., Jiang, D., Wang, L., & Tse, C. Y. (2022). *The impact of compassion from others and self-compassion on psychological distress, flourishing, and meaning in life among university students*. *Mindfulness, 13*(6), 1490–1498. https://doi.org/10.1007/s12671-022-01891-x

Cohen, Jacob. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Lawrence Erlbaum Associates.

Conway, A. M., Tugade, M. M., Catalino, L. I., & Fredrickson, B. L. (2013). *The Broaden-and-Build Theory of Positive Emotions: Form, Function, and Mechanisms*. Oxford University Press. https://doi.org/10.1093/oxfordhb/9780199557257.013.0003

Cooklin, A. R., Westrupp, E. W., Strazdins, L., Giallo, R., Martin, A., & Nicholson, J. M. (2015). *Mothers' work–family conflict and enrichment: Associations with parenting quality and couple relationship*. *Child: Care, Health and Development, 41*(2), 266–277. https://doi.org/10.1111/cch.12137

Crego, A., Yela, J. R., Gómez-Martínez, M. Á., Sánchez-Zaballos, E., & Vicente-Arruebarrena, A. (2025). Long-term effectiveness of the Mindful Self-Compassion programme compared to a Mindfulness-Based Stress Reduction intervention: a quasi-randomised controlled trial involving regular mindfulness practice for 1 year. *Frontiers in Psychology*, *16*. https://doi.org/10.3389/fpsyg.2025.1597264

Daemen, J. A. M. (2024). Being Sure and Living Well: How Security Affects Human Flourishing. *Journal of Value Inquiry*, *58*(1), 93–110. https://doi.org/10.1007/s10790-021-09870-6

Dean, L., Churchill, B., & Ruppanner, L. (2022). The mental load: building a deeper theoretical understanding of how cognitive and emotional labor overload women and mothers. *Community, Work and Family*, *25*(1), 13–29. https://doi.org/10.1080/13668803.2021.2002813

Dimitriou, L., Chiu, M., & Carson, J. (2023). Flourishing, psychological distress and internalized stigma among parents of an adult son or daughter with schizophrenia. *International Journal of Social Psychiatry*, *69*(6), 1481–1489. https://doi.org/10.1177/00207640231166630

Dijkstra, M., Pieterse, M. E., Drossaert, C. H. C., Westerhof, G. J., de Graaf, R., ten Have, M., Walburg, J. A., & Bohlmeijer, E. T. (2016). What factors are associated

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

with flourishing? Results from a large representative national sample. *Journal of Happiness Studies, 17*(4), 1351–1370. https://doi.org/10.1007/s10902-015-9647-3

Doğutaş, A. (2024). Between the Motherhood and Career Gripper: A Case Study of First-Time Mother. *Sosyal ve Kültürel Araştırmalar Dergisi (SKAD)*, *10*(20), 19–38. https://doi.org/10.25306/skad.1418444

El Keshky, M. E. S., & Sarour, E. O. A. (2024). The relationships between work-family conflict and life satisfaction and happiness among nurses: a moderated mediation model of gratitude and self-compassion. *Frontiers in Public Health*, *12*. https://doi.org/10.3389/fpubh.2024.1340074

Elfida, D., Milla, M. N., Mansoer, W. W. D., & Takwin, B. (2021). Adaptasi dan uji properti psikometrik The PERMA-Profiler pada orang Indonesia. *Persona:Jurnal Psikologi Indonesia*, *10*(1), 81–103. https://doi.org/10.30996/persona.v10i1.4986

Erden, S. (2015). Awareness: The effect of group counseling on awareness and acceptance of self and others. Procedia - Social and Behavioral Sciences, 174, 1465–1473. https://doi.org/10.1016/j.sbspro.2015.01.776

Fredrickson, B. L. (2001). The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions Perspectives on Emotions and Affect NIH Public Access. In *Am Psychol* (Vol. 56, Number 3).

Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society B: Biological Sciences*, *359*(1449), 1367–1377. https://doi.org/10.1098/rstb.2004.1512

Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, *13*(2), 172–175. https://doi.org/10.1111/1467-9280.00431

Galovan, A. M., Osorio, J. Z., Crapo, J. S., Schramm, D. G., & Drebit, E. (2022). A Strong Relationality View of Mindfulness and Flourishing I–Thou Relations: A Dyadic Analysis. *Journal of Family Psychology*, *36*(7), 1249–1261. https://doi.org/10.1037/fam0000997

Garland, E. L., Fredrickson, B., Kring, A. M., Johnson, D. P., Meyer, P. S., & Penn, D. L. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. In *Clinical Psychology Review* (Vol. 30, Number 7, pp. 849–864). https://doi.org/10.1016/j.cpr.2010.03.002

Garvey, N., Hankey, J., Bohr, Y., & Barnhardt, J. (2025). Self-Kindness, Mindfulness, and Common Humanity: Effects of Self-Compassion on Well-Being for

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Indigenous Participants in Self-Compassion–Related Interventions. *American Indian Culture and Research Journal*, *48*(2), 1–38. https://doi.org/10.17953/A3.1482

Gastwirth, J. L., Gel, Y. R., & Miao, W. (2009). The Impact of Levene's Test of Equality of Variances on Statistical Theory and Practice. *Statistical Science*, *24*(3), 343–360. https://doi.org/10.1214/09-STS301

Germer, C., & Neff, K. D. (2019). Mindful Self-Compassion (MSC). In I. Itvzan (Ed.), *The Handbook of Mindfulness-based Programs: Every Established Intervention, From Medicine to Education* (pp. 357–367). Routledge.

Hairina, Y., & Hartini, N. (2024). *Exploring consequences of guilt in working mothers: A scoping review*. Psikologika, 29(2), 263–280. https://doi.org/10.20885/psikologika.vol29.iss2.art6

Halamová, J., Kanovský, M., Jakubcová, K., & Kupeli, N. (2020). *Short online compassionate intervention based on Mindful Self-Compassion program*. *Československá psychologie, 64*(2), 236–250. https://discovery.ucl.ac.uk/id/eprint/10102823/

Hammill, J., Nguyen, T., & Henderson, F. (2023). The impact of mindfulness interventions in higher education to enhance engagement. *Journal of Further and Higher Education*, *47*(5), 619–632. https://doi.org/10.1080/0309877X.2023.2175652

Hastjarjo, D. T. (2014). Rancangan Eksperimen Acak. *Buletin Psikologi*, *22*(2), 73–86. https://doi.org/10.22146/bpsi.11455

Ho, H. C. Y., & Chan, Y. C. (2022). Flourishing in the workplace: A one-year prospective study on the effects of perceived organizational support and psychological capital. *International Journal of Environmental Research and Public Health, 19*(2), Article 922. https://doi.org/10.3390/ijerph19020922

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

Jain, M. K. (2024). Exploring The Interplay of Self Compassion, Perceived Social Support and Work Life Harmony In Working Mothers Residing In Mumbai. *Journal of Nonlinear Analysis and Optimization*, *15*(5), 2024.

Jazan, H. F., & Mohammed, S. H. (2025). Role of Mindfulness-Based Cognitive Therapy in Enhancing Critical Care Nurses' Sense of Personal Accomplishment. *Medical Forum Monthly*, *36*(10), 59–64. https://doi.org/10.60110/medforum.361012

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Jesus, S., Antunes, J. P., Andretta, I., Russel, T., Mello, L., & Chiodelli, R. (2025). Comparison of face-to-face and synchronous online mindfulness-based interventions: a quasi-experimental study. Health Psychology Report, 13(4), 354–365. https://doi.org/10.5114/hpr/208641

Johnson, L. K., Nadler, R., Carswell, J., Paul Minda, J., & Johnson ljohn, L. K. (2021). Using the Broaden-and-Build Theory to Test a Model of Mindfulness, Affect, and Stress. *Mindfulness*, 1696–1707. https://doi.org/10.1007/s12671-021-01633-5/Published

Johnstone, M., & Mulherin, K. (2020). From distress to flourishing: towards a strengths-based approach for young mothers. *Journal of Reproductive and Infant Psychology*, *38*(2), 166–183. https://doi.org/10.1080/02646838.2019.1621277

Keyes, C. L. M. (2016). Why Flourishing? In D. Harward (Ed.), *Well-Being and Higher Education* (1st ed., p. 99). Brining Theory to Practice. https://www.researchgate.net/publication/315665278

Kim, H. Y., & Choi, E. (2025). Self-compassion as a replenishing resource for working parents during crisis: How being kind to self supports safety compliance. *Australian Journal of Management*, *50*(3 Special Issue: Managing with Compassion in a Complex, Changing World: New Resarch and Application), 706–727. https://doi.org/10.1177/03128962251329147

Kong, F., Heller, A. S., van Reekum, C. M., & Sato, W. (2020). Editorial: Positive Neuroscience: the Neuroscience of Human Flourishing. In *Frontiers in Human Neuroscience* (Vol. 14). Frontiers Media S.A. https://doi.org/10.3389/fnhum.2020.00047

Laakso, M., Fagerlund, Å., Westerlund-Cook, S., & Eriksson, J. G. (2023). Enhancing Mindfulness, Emotional Well-being and Strengths in Parenting via an Eight-week Flourishing Families Intervention. *Journal of Child and Family Studies*, *32*(8), 2375–2393. https://doi.org/10.1007/s10826-023-02618-9

LaFreniere, L. S., & Lord, S. E. (2023). *Flourishing mindfully: Mindfulness moderates the associations of stress, psychopathology, and grit with flourishing*. *Journal of Positive Psychology & Wellbeing, 7*(2), 53–67.

Lau, M. A., Bishop, S. R., Segal, Z. V., Buis, T., Anderson, N. D., Carlson, L., Shapiro, S., Carmody, J., Abbey, S., & Devins, G. (2006). The toronto mindfulness scale: Development and validation. *Journal of Clinical Psychology*, *62*(12), 1445–1467. https://doi.org/10.1002/jclp.20326

Leavitt, C. E., & Karremans, J. C. (2023). Mindfulness and Relationships: A Special Issue on Recent Developments. *Journal of Social and Personal Relationships*, *40*(5), 1319–1331. https://doi.org/10.1177/02654075231166711

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Liu, C., Lin, P., & Xiong, Z. (2024). *Self-compassion and psychological flourishing among college students: The mediating role of hope and the moderating role of emotion regulation*. *Behavioral Sciences, 14*(12), Article 1149. https://doi.org/10.3390/bs14121149

Liu, S., Xin, H., Shen, L., He, J., & Liu, J. (2020). The Influence of Individual and Team Mindfulness on Work Engagement. *Frontiers in Psychology*, *10*. https://doi.org/10.3389/fpsyg.2019.02928

Lindsay, E. K., & Creswell, J. D. (2019). Mindfulness, acceptance, and emotion regulation: Perspectives from Monitor and Acceptance Theory (MAT). *Current Opinion in Psychology, 28*, 120–125. https://doi.org/10.1016/j.copsyc.2018.12.004

Lucchetti, G., Badanta, B., de Diego-Cordero, R., Vallada, H., & Gonçalves, J. P. B. (2025). Editorial: The influence of flourishing and its associated factors on the mental health and well-being of individuals. *Frontiers in psychiatry*, *16*, 1734470. https://doi.org/10.3389/fpsyt.2025.1734470

McGill, J., & Adler-Baeder, F. (2020). Exploring the Link between Mindfulness and Relationship Quality: Direct and Indirect Pathways. *Journal of Marital and Family Therapy*, *46*(3), 523–540. https://doi.org/10.1111/jmft.12412

Mishra, P., Pandey, C. M., Singh, U., Gupta, A., Sahu, C., & Keshri, A. (2019). Descriptive statistics and normality tests for statistical data. *Annals of Cardiac Anaesthesia*, *22*(1), 67–72. https://doi.org/10.4103/aca.ACA_157_18

Muis, M., Nai'em, M. F., Arsin, A. A., Darwis, A. M., Thamrin, Y., & Hans, N. A. P. (2021). The effect of multiple role conflicts and work stress on the work performance of female employees. *Gaceta Sanitaria*, *35*, S90–S93. https://doi.org/10.1016/j.gaceta.2020.12.025

Nadeau, M. M., Caporale-Berkowitz, N. A., & Rochlen, A. B. (2021). Improving women's self-compassion through an online program: A randomized controlled trial. *Journal of Counseling & Development, 99*(1), 47–60. https://doi.org/10.1002/jcad.12353

Nadler, R., Carswell, J. J., & Minda, J. P. (2020). Online mindfulness training increases well-being, trait emotional intelligence, and workplace competency ratings: A randomized waitlist-controlled trial. *Frontiers in Psychology, 11*, Article 255. https://doi.org/10.3389/fpsyg.2020.00255

Neff, K. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity*, *2*(2), 85–101. https://doi.org/10.1080/15298860309032

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Neff, K. D., & Germer, C. K. (2013). A Pilot Study and Randomized Controlled Trial of the Mindful Self-Compassion Program. *Journal of Clinical Psychology*, *69*(1), 28–44. https://doi.org/10.1002/jclp.21923

Neff, K. D., & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different ways of relating to oneself. *Journal of Personality*, *77*(1), 23–50. https://doi.org/10.1111/j.1467-6494.2008.00537.x

Neff, K., & Germer, C. (2022). The role of self-compassion in psychotherapy. In *World Psychiatry* (Vol. 21, Number 1, pp. 58–59). John Wiley and Sons Inc. https://doi.org/10.1002/wps.20925

Noughabi, H. A. (2018). A Comprehensive Study on Power of Tests for Normality. *Journal of Statistical Theory and Applications*, *17*(4), 647. https://doi.org/10.2991/jsta.2018.17.4.7

O'Dea, M. K., Igou, E. R., van Tilburg, W. A. P., & Kinsella, E. L. (2022). Self-compassion predicts less boredom: The role of meaning in life. *Personality and Individual Differences*, *186*. https://doi.org/10.1016/j.paid.2021.111360

Odou, N., & Brinker, J. (2015). Self-compassion, a better alternative to rumination than distraction as a response to negative mood. *Journal of Positive Psychology*, *10*(5), 447–457. https://doi.org/10.1080/17439760.2014.967800

Pertiwi, T. L. (2025). *Systematic review of psychological well-being among working mothers: Challenges, protective factors, and recommendations*. *Journal of Social and Industrial Psychology, 14*(1).

Putri, D. T. M., Hijrianti, U. R., & Syafitri, D. U. (2024). Social support and self-compassion: Their influence on work-family conflict among mothers employed as nurses. *Jurnal Ilmiah Psikologi Terapan*, *12*(2), 127–132. https://doi.org/10.22219/jipt.v12i2.28660

Portnoy, S., Korchak, G., Foxall, A., & Hurlston, R. (2023). Are mindfulness groups more mindful face to face or online? A comparison of delivering a mindfulness based well-being group for parents of children with a chronic health condition. Clinical child psychology and psychiatry, 28(1), 56–69. https://doi.org/10.1177/13591045221125617

Rachmanie, A.S.L., & Retnowati, S. (2021). Validasi Modul *Mindful Self-Compassion* Berbasis Daring untuk Meningkatkan *Flourishing* pada Remaja Perempuan [Tesis, Universitas Gadjah Mada]

Ratu, R. D., & Tondok, M. S. (2022). Efektivitas Program Mindful Self-Compassion : Tinjauan Pustaka Sistematis. *Psycho Idea*, *20*(2), 153–164.

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Romdhoni, P. P., & Ardani, T. A. (2026). Peran Peer Counselor dalam Membangun Penerimaan Diri Klien yang Merasa Tidak Layak Dicintai. *Jurnal Konseling Dan Psikologi Indonesia*, *2*(1). https://doi.org/10.58472/jkpi.v2i1.151

Rule, A., Abbey, C., Wang, H., Rozelle, S., & Singh, M. K. (2024). Measurement of flourishing: a scoping review. In *Frontiers in Psychology* (Vol. 15). Frontiers Media SA. https://doi.org/10.3389/fpsyg.2024.1293943

Schutte, N., & Malouff, J. (2025). The Link between Mindfulness and Self-Compassion: A Meta-Analysis. In *International Journal of Applied Positive Psychology* (Vol. 10, Number 2). Springer Nature. https://doi.org/10.1007/s41042-025-00228-y

Sekarini, A., Hidayah, N., & Hayati, E. N. (2020). Konsep Dasar Flourishing Dalam Psikologi Positif The Basic Concept Of Flourishing In Positive Psychology. *Psycho Idea*, *18*(2), 1693–1076

Seligman, M. E. P. (2011). What is Well-Being? In *Flourish: A Visionary New a Understanding of Happiness and Well-Being* (1st ed., Vol. 27, pp. 5–28). Simon & Schuster, Inc.

Selma, A. Q. M., Sami, S., & Shauna, L. S. (2018). Health Benefits of (Mindful) Self-Compassion Meditation and the Potential Complementarity to Mindfulness-Based Interventions: A Review of Randomized-Controlled Trials. *OBM Integrative and Complementary Medicine*, *4*(1), 1–1. https://doi.org/10.21926/obm.icm.1901002

Shah, S. S., Chaudhry, S., & Shinde, S. (2025). Supermoms—Tired, admired, or inspired? Decoding the impact of supermom beliefs: A study on Indian employed mothers. *PLoS ONE*, *20*(4 APRIL). https://doi.org/10.1371/journal.pone.0321665

Siddiqi, N., Liss, M., & Ullah, F. I. (2025). Exploring the Effects of Maternal Employment Guilt on the Personal and Professional Well-Being of Working Moms: A Cross-Cultural Investigation. *Gender Issues*, *42*(4). https://doi.org/10.1007/s12147-025-09377-5

Sirois, F. M., Bögels, S., & Emerson, L. M. (2019). Self-compassion Improves Parental Well-being in Response to Challenging Parenting Events. *Journal of Psychology: Interdisciplinary and Applied*, *153*(3), 327–341. https://doi.org/10.1080/00223980.2018.1523123

Smith, B. W., Guzman, A., & Erickson, K. (2018). The Unconditional Self-Kindness Scale: Assessing the Ability to Respond with Kindness to Threats to the Self. *Mindfulness*, *9*(6), 1713–1722. https://doi.org/10.1007/s12671-018-0912-5

Stanley, P. J., & Schutte, N. S. (2023). Merging the Self-Determination Theory and the Broaden and Build Theory through the nexus of positive affect: A macro theory

UNIVERSITAS
GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

of positive functioning. *New Ideas in Psychology*, *68*. https://doi.org/10.1016/j.newideapsych.2022.100979

Sugianto, D., Suwartono, C., & Sutanto, S. (2020). *RELIABILITAS DAN VALIDITAS SELF-COMPASSION SCALE VERSI BAHASA INDONESIA*. https://doi.org/10.24854/jpu02020-337

Sugiyanto. (2009). Manipulasi: Karakteristik Eksperimen. *Buletin Psikologi*, *17*(2), 98–108.

Suh, H., & Chong, S. S. (2022). What Predicts Meaning in Life? The Role of Perfectionistic Personality and Self-Compassion. *Journal of Constructivist Psychology*, *35*(2), 719–733. https://doi.org/10.1080/10720537.2020.1865854

Sukumaran, Dr. S., Chakkambath, Dr. R. S., & C. K., I. N. (2024). The Double Burden: A Study on Women's Dual Roles in the Workplace and Household Responsibilities in Kerala. *Journal of Women Empowerment and Studies*, (45), 48–60. https://doi.org/10.55529/jwes.45.48.60

Tran, M. A. Q., Vo-Thanh, T., Soliman, M., Ha, A. T., & Van Pham, M. (2024). Could mindfulness diminish mental health disorders? The serial mediating role of self-compassion and psychological well-being. *Current Psychology*, *43*(15), 13909–13922. https://doi.org/10.1007/s12144-022-03421-3

Tsukada, Y. (2021). Gender Differences in the Effect of Job Characteristics on Work-to-Family Conflict in Japan: Application of the Job Demands-Resources Model into Japanese Population1. *International Journal of Japanese Sociology*, *30*(1), 163–181. https://doi.org/10.1111/ijjs.12118

Tukang, A., & Novianty, A. (2022). Work-Family Conflict Pada Ibu yang Bekerja di Sektor Formal dan Memiliki Anak Balita Selama Masa Pandemi COVID-19. *Jurnal Sudut Pandang*, (12), 2798–5962. https://doi.org/10.55314/jsp.v2i12

Umandap, J. D., & Teh, L. A. (2020). Self-Compassion as a Mediator Between Perfectionism and Personal Growth Initiative. *Psychological Studies*, *65*(3), 227–238. https://doi.org/10.1007/s12646-020-00566-8

Utami, D. A., Wahyuningnsih, S., Putu, N., & Kesumaningsari, A. (2021). Hubungan self-compassion dan work-family conflict pada ibu pekerja. *Calyptra: Jurnal Ilmiah Mahasiswa Universitas Surabaya*, *9*(2). https://journal.ubaya.ac.id/index.php/jimus/article/view/5016/3596

Valdez, C. E., & Lilly, M. M. (2019). Modes of Processing Trauma: Self-Compassion Buffers Affective Guilt. *Mindfulness*, *10*(5), 824–832. https://doi.org/10.1007/s12671-018-1035-8

Vanderweele, T. J. (2017). On the promotion of human flourishing. In *Proceedings of the National Academy of Sciences of the United States of America* (Vol. 114,

UNIVERSITAS GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Number 31, pp. 8148–8156). National Academy of Sciences. https://doi.org/10.1073/pnas.1702996114

Wasson, R. S., Barratt, C., & O'Brien, W. H. (2020). Effects of Mindfulness-Based Interventions on Self-compassion in Health Care Professionals: a Meta-analysis. *Mindfulness*, *11*(8), 1914–1934. https://doi.org/10.1007/s12671-020-01342-5

Wong, F., Ashtiani, N., Cuomo, R., Shirazi, A., Herbert, M., Chu, G., Lewis, R., & Shapiro, D. (2025). The impact of a mindful compassion program for medical trainees. *BMC Medical Education*, *25*(1). https://doi.org/10.1186/s12909-025-07439-6

Wu, G., Wu, Y., Li, H., & Dan, C. (2018). Job burnout, work-family conflict and project performance for construction professionals: The moderating role of organizational support. *International Journal of Environmental Research and Public Health*, *15*(12). https://doi.org/10.3390/ijerph15122869

Wulantika, W. (2025). The Effectiveness of group-based interventions in enhancing self-compassion: a systematic literature review. *COUNSENESIA: Indonesia Journal of Guidance and Counseling*, *6*(2). https://doi.org/10.36728/cijgc.v6i1.5701

Yela, J. R., Gómez-Martínez, M. Á., Crego, A., & Jiménez, L. (2020). Effects of the Mindful Self-Compassion programme on clinical and health psychology trainees' well-being: A pilot study. *Clinical Psychologist*, *24*(1), 41–54. https://doi.org/10.1111/cp.12204

Yildirim, M., Ahmad Aziz, I., Nucera, G., Ferrari, G., & Chirico, F. (2022). Self-compassion mediates the relationship between mindfulness and flourishing. *Journal of Health and Social Sciences*, *7*(1), 89–98. https://doi.org/10.19204/2022/SLFC6

Yusainy, C., & Wicaksono, W. (2019). Post-Depletion Aggression Restrained: Replicabily of Brief Mindfulness Induction In Indonesian Sample. *Jurnal Psikologi*, *46*(1), 1. https://doi.org/10.22146/jpsi.36103

Zhang, W., Yan, S., Tian, B., & Fei, D. (2022). Statistical Assumptions and Reproducibility in Psychology: Data Mining Based on Open Science. *Frontiers in Psychology*, *13*. https://doi.org/10.3389/fpsyg.2022.905977

Zheng, C., & Gunasekara, A. (2022). Sustaining Workforce Engagement: From Mindfulness to Psychological Flourishing. *Sustainability (Switzerland)*, *14*(21). https://doi.org/10.3390/su142114413

Zipagan, F. B., & Galvez Tan, L. J. T. (2023). From Self-Compassion to Life Satisfaction: Examining the Mediating Effects of Self-Acceptance and Meaning

UNIVERSITAS
GADJAH MADA
Pengaruh Program Mindful Self-Compassion (MSC) Berbasis Daring dalam Meningkatkan Flourishing Pada Ibu yang Bekerja
Atrasina Aulia Rahmadani, Dr. rer. pol. Bhina Patria, M.A.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

in Life. *Mindfulness*, *14*(9), 2145–2154. https://doi.org/10.1007/s12671-023-02183-8