

- Abdullah, T., & Brown, T. L. (2011). Mental illness stigma and ethnocultural beliefs, values, and norms: An integrative review. *Clinical Psychology Review, 31*(6), 934–948. <https://doi.org/10.1016/j.cpr.2011.05.003>
- 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*(1), 4–9. <https://doi.org/10.1186/s13033-018-0186-2>
- Amarasuriya, S. D., Jorm, A. F., & Reavley, N. J. (2018). *Predicting intentions to seek help for depression among undergraduates in Sri Lanka*. 1–12.
- Burns, J. R., & Rapee, R. M. (2006). Adolescent mental health literacy: Young people's knowledge of depression and help seeking. *Journal of Adolescence, 29*(2), 225–239. <https://doi.org/10.1016/j.adolescence.2005.05.004>
- Calear, A. L., Griffiths, K. M., & Christensen, H. (2011). Personal and perceived depression stigma in Australian adolescents: Magnitude and predictors. *Journal of Affective Disorders, 129*(1–3), 104–108. <https://doi.org/10.1016/j.jad.2010.08.019>
- Clement, S., Schauman, O., Graham, T., Maggioni, F., Evans-Lacko, S., Bezborodovs, N., ... Thornicroft, G. (2015). What is the impact of mental health-related stigma on help-seeking? A systematic review of quantitative and qualitative studies. *Psychological Medicine, 45*(1), 11–27. <https://doi.org/10.1017/S0033291714000129>
- Coates, D., Saleeba, C., & Howe, D. (2018). Mental Health Attitudes and Beliefs in a Community Sample on the Central Coast in Australia: Barriers to Help Seeking. *Community Mental Health Journal, 0*(0), 1–11. <https://doi.org/10.1007/s10597-018-0270-8>
- Coles, M. E., & Coleman, S. L. (2010). Barriers to treatment seeking for anxiety disorders: Initial data on the role of mental health literacy. *Depression and Anxiety, 27*(1), 63–71. <https://doi.org/10.1002/da.20620>
- Coles, M. E., Ravid, A., Gibb, B., George-Denn, D., Bronstein, L. R., & McLeod, S. (2016). Adolescent Mental Health Literacy: Young People's Knowledge of Depression and Social Anxiety Disorder. *Journal of Adolescent Health, 58*(1), 57–62. <https://doi.org/10.1016/j.jadohealth.2015.09.017>
- Corrigan, P. (2004). How stigma interferes with mental health care. *American Psychologist, 59*(7), 614–625. <https://doi.org/10.1037/0003-066X.59.7.614>
- Costello, E. Jane; Mustillo, Sarah; Erkanli, Alaatiin; Keeler, Gordon; Angold, A. (2003). Prevalence and Development of Psychiatric Disorders in Childhood and Adolescence. *Arch Gen Psychiatry, 60*, 837–844.
- 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>
- Eisenberg, D., Downs, M. F., Golberstein, E., & Zivin, K. (2009). Stigma and Help Seeking College Students. *Medical Care Research and Review, 66*(5), 522–541. <https://doi.org/10.1177/1077558709335173>
- Ellen, S. (2012). Slovin's Formula: What is it and When do I use it? - Statistics How To. Retrieved October 25, 2019, from May 29, 2018 website: <https://sciencing.com/slovin-formula-sampling-techniques-5475547.html>
- Ellison, C. G. (1995). *Religious Involvement, Stress, and Mental Health: Findings from the 1995*

- Fishbein, M., & Ajzen, I. (2010). *Predicting and Changing Behavior: The Reasoned Action Approach*. New York: Psychology Press Taylor & Francis Group.
- Fleischmann, A., Bertolote, J. M., Belfer, M., & Beautrais, A. (2005). Complete Suicide and Psychiatric Diagnoses in Young People: A Critical Examination of the Evidence. *American Journal of Orthopsychiatry*, 75(4), 676–683. <https://doi.org/10.1037/0002-9432.75.4.676>
- Garber, J., & Weersing, V. R. (2010). Comorbidity of Anxiety and Depression in Youth: Implications for Treatment and Prevention. *Clin Psychol*, 17(4), 294–306. <https://doi.org/10.1111/j.1468-2850.2010.01221.x>.
- Garson, G. D. (2012). *Testing Statistical Assumptions*. Retrieved from <http://www.statisticalassociates.com/assumptions.pdf>
- Goffman, E. (1963). *Stigma: Notes on the Management of Spoiled Identity*. London: Penguin.
- Gondek, D., & Kirkbride, J. B. (2018). Predictors of mental health help-seeking among polish people living the United Kingdom. *BMC Health Services Research*, 18(1), 1–13. <https://doi.org/10.1186/s12913-018-3504-0>
- Gorczyński, P., Sims-schouten, W., Hill, D., & Wilson, J. C. (2017). Examining mental health literacy, help seeking behaviours, and mental health outcomes in UK university students. *Journal of Mental Health Training, Education and Practice*, 12(2), 111–120. <https://doi.org/10.1108/JMHTEP-05-2016-0027>
- Gould, M. S., Velting, D., Kleinman, M., Lucas, C., Thomas, J. G., & Chung, M. (2004). Teenagers' attitudes about coping strategies and help-seeking behavior for suicidality. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43(9), 1124–1133. <https://doi.org/10.1097/01.chi.0000132811.06547.31>
- Griffiths, K. M., Nakane, Y., Christensen, H., Yoshioka, K., Jorm, A. F., & Nakane, H. (2006). *Stigma in response to mental disorders: a comparison of Australia and Japan*. 12, 1–12. <https://doi.org/10.1186/1471-244X-6-21>
- Gulliver, A., Griffiths, K. M., & Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people: a systematic review. *BMC Psychiatry*, 113(10), 1–9. <https://doi.org/10.1186/1471-244X-10-113>
- Henderson, C., Evans-Lacko, S., & Thornicroft, G. (2013). Mental illness stigma, help seeking, and public health programs. *American Journal of Public Health*, 103(5), 777–780. <https://doi.org/10.2105/AJPH.2012.301056>
- Hughes, R., & Huby, M. (2004). The construction and interpretation of vignettes in social research. *Social Work and Social Sciences Review*, 11(1), 36–51. <https://doi.org/10.1921/17466105.11.1.36>
- Jorm, A. F. (2000). Mental health literacy: Public knowledge and beliefs about mental disorders. *British Journal of Psychiatry*, 177, 396–401. Retrieved from https://www.cambridge.org/core/services/aop-cambridge-core/content/view/5563369643662EC541F33D1DD307AD35/S000712500022730Xa.pdf/mental_health_literacy.pdf
- Jorm, Anthony F., & Wright, A. M. (2008). Influences on young people's stigmatising attitudes towards peers with mental disorders: National survey of young Australians and their parents. *British Journal of Psychiatry*, 192(2), 144–149. <https://doi.org/10.1192/bjp.bp.107.039404>
- Jorm, Anthony F., Wright, A., & Morgan, A. J. (2007). Beliefs about appropriate first aid for young people with mental disorders: findings from an Australian national survey of youth and parents. *Early Intervention in Psychiatry*, 1(1), 61–70.

- Jorm, Anthony F, & Anthony, F. (2012). *Mental Health Literacy*. 67(3), 231–243. <https://doi.org/10.1037/a0025957>
- Jorm, Anthony F, Blewitt, K. A., Griffiths, K. M., Kitchener, B. A., & Parslow, R. A. (2005). Mental health first aid responses of the public: results from an Australian national survey. *BMC Medicine*, 5(9), 1–9. <https://doi.org/10.1186/1741-7015-3-12>
- Jorm, Anthony F, Wright, A., & Morgan, A. J. (2007). *National survey of the beliefs of Australian youth and their parents*. 187(10), 10–14.
- Joshi, S., Kumari, S., & Jain, M. (2008). *Religious Belief and Its Relation to Psychological Well-being*. 34(2), 345–354.
- Kamata, A., Turhan, A., & Darandari, E. (2003). *Estimating Reliability for Multidimensional Composite Scale Scores*. Chicago.
- Kementrian Kesehatan Republik Indonesia. (2018). *Laporan Nasional Riset Kesehatan Dasar 2018*. Jakarta.
- Kessler, R. C., Amminger, G. P., Aguilar-Gaxiola, S., Alonso, J., Lee, S., & Ustun, T. B. (2007). Age of onset of mental disorders: A review of recent literature. *Curr Opin Psychiatry*, 20(4), 359–364. <https://doi.org/10.1007/BF02908771>
- Lawrence, D., Johnson, S., Hafekost, J., Haan, K. B. de, Sawyer, M., Ainley, J., & Zubrick, S. R. (2015). *The Mental Health of Children and Adolescents. Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing*. Canberra.
- Link, B. G., & Phelan, J. C. (2001). Conceptualizing Stigma. *Annual Review of Sociology*, 27, 363–385. Retrieved from <https://www.jstor.org/stable/2678626>
- Loureiro, L., Jorm, A., Mendes, A., Santos, J., Ferreira, R., & Pedreiro, A. (2013). Mental health literacy: keyword for health promotion and prevention of mental disorders. A study in a portuguese sample of young and adolescents. *BMC Psychiatry*, 13(129), doi:10.1186/1471-244X-13-129.
- Lubman, D. I., Cheetham, A., Jorm, A. F., Berridge, B. J., Wilson, C., Blee, F., ... Proimos, J. (2017). Australian adolescents' beliefs and help-seeking intentions towards peers experiencing symptoms of depression and alcohol misuse. *BMC Public Health*, 17(1), 1–13. <https://doi.org/10.1186/s12889-017-4655-3>
- MAslim, R. (2013). *Diagnosa Gangguan Jiwa: Rujukan Ringkasan dari PPDGJ III dan DSM 5*. Jakarta: PT Nuh Jaya.
- McCann, T. V., Mugavin, J., Renzaho, A., & Lubman, D. I. (2016). Sub-Saharan African migrant youths' help-seeking barriers and facilitators for mental health and substance use problems: A qualitative study. *BMC Psychiatry*, 16(1), 1–10. <https://doi.org/10.1186/s12888-016-0984-5>
- Mckeague, L., Hennessy, E., O'Driscoll, C., & Heary, C. (2015). Peer Mental Health Stigmatization Scale: Psychometric properties of a questionnaire for children and adolescents. *Child and Adolescent Mental Health*, 20(3), 163–170. <https://doi.org/10.1111/camh.12088>
- Ndyanabangi, S., Basangwa, D., Lutakome, J., & Mubiru, C. (2004). Uganda mental health country profile. *International Review of Psychiatry (February/May)*, 16(1–2), 54–62. <https://doi.org/10.1080/09540260310001635104>
- 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>



- Novianty, A., & Rochman Hadjam, M. N. (2017). Literasi Kesehatan Mental dan Sikap Komunitas sebagai Prediktor Pencarian Pertolongan Formal. *Jurnal Psikologi*, 44(1), 50. <https://doi.org/10.22146/jpsi.22988>
- Picco, L., Abdin, E., Pang, S., Vaingankar, J. A., Jeyagurunathan, A., Chong, S. A., & Subramaniam, M. (2018). Association between recognition and help-seeking preferences and stigma towards people with mental illness. *Epidemiology and Psychiatric Sciences*, 27(1), 84–93. <https://doi.org/10.1017/S2045796016000998>
- Piper, S. E., Bailey, P. E., Lam, L. T., & Kneebone, I. I. (2018). Predictors of mental health literacy in older people. *Archives of Gerontology and Geriatrics*, 79(January 2017), 52–56. <https://doi.org/10.1016/j.archger.2018.07.010>
- Quinn, N., & Knifton, L. (2014). Beliefs , stigma and discrimination associated with mental health problems in Uganda : Implications for theory and practice. *International Journal of Social Psychiatry*, 60(6), 554–561. <https://doi.org/10.1177/0020764013504559>
- Ratnayake, P., & Hyde, C. (2019). *Mental Health Literacy , Help-Seeking Behaviour and Wellbeing in Young People : Implications for Practice*. <https://doi.org/10.1017/edp.2019.1>
- Reavley, N. J., & Jorm, A. F. (2011). Recognition of mental disorders and beliefs about treatment and outcome: Findings from an Australian National Survey of Mental Health Literacy and Stigma. *Australian and New Zealand Journal of Psychiatry*, 45(11), 947–956. <https://doi.org/10.3109/00048674.2011.621060>
- Reavley, N. J., McCann, T. V., & Jorm, A. F. (2012). Mental health literacy in higher education students. *Early Intervention in Psychiatry*, 6(1), 45–52. <https://doi.org/10.1111/j.1751-7893.2011.00314.x>
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. V. (2005). Young people' s help-seeking for mental health problems. Publication Details. *Australian E-Journal for the Advancement of Mental Health*, 4(3), 1–34. Retrieved from www.auseinet.com/journal/vol4iss3suppl/rickwood.pdf
- Rickwood, D. J., Deane, F. P., & Wilson, C. J. (2007). *When and how do young people seek professional help for mental health problems?* 187(7), 35–39.
- 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>
- Smith, C. L., & Shochet, I. M. (2011). *The Impact of Mental Health Literacy on Help-Seeking Intentions : Results of a Pilot Study with First Year Psychology Students* *The Impact of Mental Health Literacy on Help- Seeking Intentions : Results of a Pilot Study with First Year Psychology Students*. (October 2014), 37–41. <https://doi.org/10.1080/14623730.2011.9715652>
- Ta, T. M. T., Böge, K., Cao, T. D., Schomerus, G., Nguyen, T. D., Dettling, M., ... Hahn, E. (2018). Public attitudes towards psychiatrists in the metropolitan area of Hanoi , Vietnam. *Asian Journal of Psychiatry*, 32, 44–49. <https://doi.org/10.1016/j.ajp.2017.11.031>
- Vaus, D. de. (2002). *Analyzing Social Science Data: 50 Key Problems in Data Analysis* (First Edit). London: SAGE Publications Ltd.
- Vogel, D. L., Wade, N. G., & Hackler, A. H. (2007). Perceived public stigma and the willingness to seek counseling: The mediating roles of self-stigma and attitudes toward counseling. *Journal of Counseling Psychology*, 54(1), 40–50. <https://doi.org/10.1037/0022-0167.54.1.40>
- Widhiarso, W. (2010). Estimate Reliability Measurement for Multidimensional Scales. In *Available at SSRN 1597532*.
- Wilson, C. J. (2010). General psychological distress symptoms and help-avoidance in young Australians. *Advances in Mental Health*, 9(1), 63–72. <https://doi.org/10.5172/jamh.9.1.63>



**Peran Literasi dan Stigma Gangguan Depresi dan Kecemasan Terhadap Intensi Pencarian
Pertolongan
Remaja**

Rofanny Haznatu Parwa Karunia, Ariana Marastuti, S.Psi., MSW.

UNIVERSITAS
GADJAH MADA

Universitas Gadjah Mada, 2019 | Diunduh dari <http://etd.repository.ugm.ac.id/>

- 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. <https://doi.org/10.5172/jamh.4.3.218>
- Wilson, C. J., Rickwood, D. J., Bushnell, J. A., Caputi, P., & Thomas, S. J. (2011). The effects of need for autonomy and preference for seeking help from informal sources on emerging adults' intentions to access mental health services for common mental disorders and suicidal thoughts. *Advances in Mental Health, 10*(1), 29–38. <https://doi.org/10.5172/jamh.2011.10.1.29>
- World Health Organization. (2017). Depression and Other Common Mental Disorders: Global Health Estimates. In *Who*. <https://doi.org/CC BY-NC-SA 3.0 IGO>
- World Health Organization. (2018). Adolescent Mental Health. Retrieved April 29, 2019, from <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- Wright, A., Jorm, A. F., & Mackinnon, A. J. (2012). *Labels used by young people to describe mental disorders: which ones predict effective help-seeking choices?* 917–926. <https://doi.org/10.1007/s00127-011-0399-z>
- Yap, H. M. B., Wright, A., & Jorm, A. F. (2011). First aid actions taken by young people for mental health problems in a close friend or family member : Findings from an Australian national survey of youth. *Psychiatry Research, 188*(1), 123–128. <https://doi.org/10.1016/j.psychres.2011.01.014>
- Yap, M. B. H., & Jorm, A. F. (2012). Young people's mental health first aid intentions and beliefs prospectively predict their actions: Findings from an Australian National Survey of Youth. *Psychiatry Research, 196*(2–3), 315–319. <https://doi.org/10.1016/j.psychres.2011.10.004>
- Yap, M. B. H., Reavley, N., & Jorm, A. F. (2012). Young people's beliefs about preventive strategies for mental disorders: Findings from two Australian national surveys of youth. *Journal of Affective Disorders, 136*(3), 940–947. <https://doi.org/10.1016/j.jad.2011.09.003>