

## Daftar Pustaka

- Addington, J., Cornblatt, B. A., Cadenhead, K. S., Cannon, T. D., McGlashan, T. H., Perkins, D. O., ... Heinssen, R. (2011). At clinical high risk for psychosis: Outcome for nonconverters. *The American Journal of Psychiatry*, 168(08), 800-805
- Addington, J., Marshall, C., & French, P. (2012). Cognitive Behavioral Therapy in Prodromal Psychosis. *Current Pharmaceutical Design*, 18(4), 558-565.
- Anggreni, N. M. D. A. (2019). Pelatihan manajemen distres berbasis mindfulness (MDMB) terhadap self compassion pada orang dengan hiv/aids (odha). *Tesis (Tidak Diterbitkan)*. Yogyakarta: Fakultas Psikologi Universitas Gadjah Mada.
- Arcinegas. (2015). Psikosis Review. *Artikel Continuum (Minneapolis Minn)*. 21(3):715-736
- Astuti, N. B. (2017). Program intervensi berbasis mindfulness untuk meningkatkan kesejahteraan psikologis caregiver pasien kanker anak. *Tesis (Tidak Diterbitkan)*. Yogyakarta: Fakultas Psikologi Universitas Gadjah Mada
- Azwar, S. (2010). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar
- Azwar, S. (2017). *Metode Penelitian Psikologi*. Yogyakarta: Pustaka Pelajar
- Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. (2018). Riset Kesehatan Dasar 2018  
[https://www.depkes.go.id/resources/download/info-terkini/materi\\_rakorpop\\_2018/Hasil%20Risikesdas%202018.pdf](https://www.depkes.go.id/resources/download/info-terkini/materi_rakorpop_2018/Hasil%20Risikesdas%202018.pdf) diakses agustus 2019
- Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report. *Assessment*, 11(03), 191-206.
- Bechdolf, A., Thompson, A., Nelson, B., Cotton, S., Simmons, M. B., Amminger, G. P., Francey SM, ... & Yung, A. R. (2010). Experience of trauma and conversion to psychosis in an ultra-high-risk (prodromal) group. *Acta Psychiatrica Scandinavica*: 121: 377-384
- Bluth K, Gaylord S. A., Campol R.A., Mullarkey M. C & Hobbs L. (2015). Making Friends with Yourself: A Mixed Methods Pilot Study of a Mindful Self-Compassion Program for Adolescents. *Springer Science & Business Media New York*
- Bluth K. & Blanton P. W (2013) Mindfulness and Self-Compassion: Exploring Pathways to Adolescent Emotional Well-Being. *Journal Child Family Study*

- Bluth K. & Eisenlohr-Moul T. A.. (2017) Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes. *Journal of Adolescence* 57: 108-118
- Ciarrochi J., Kashdan T., Leeson P., Heaven P., & Jordan C. (2011). On being aware and accepting: A one-year longitudinal study into adolescent well-being. *Journal of Adolescence*, 695–703.
- Coholic D. (2010). *Arts Activities for Children and Young People in Need: Helping Children to Develop Mindfulness, Spiritual Awareness, and Self Esteem*. Philadelphia : Jessica Kingsley Publisher
- Corcoran, C., Walker, E., Huot, R., Mittal, V., Tessner, K., Kestler, L., & Malaspina, D. (2003). The Stress Cascade and Schizophrenia. *Schizophrenia Bulletin*, 671-692
- David, A. (2017). Self-reflection in illness and health: literal and metaphorical? *Palgrave Communication*, 1-6.
- Departemen Kesehatan (2016). Profil Kesehatan Provinsi di Yogyakarta. [https://www.depkes.go.id/resources/download/profil/PROFIL\\_KES\\_PROVINSI\\_2016/14\\_DIY\\_2016.pdf](https://www.depkes.go.id/resources/download/profil/PROFIL_KES_PROVINSI_2016/14_DIY_2016.pdf) diakses Agustus 2019
- Duval, T. S., & Wicklund, R. A. (1972). *A theory of objective self-awareness*. New York:Academic.
- Eriksson, T., Germundsjö, L., Åström, E., & Rönnlund, M. (2018). Mindful Self-Compassion Training Reduces Stress and Burnout Symptoms Among Practicing Psychologists: A Randomized Controlled Trial of a Brief Web-Based Intervention. *Frontiers in Psychology*, 9.
- Fenigstein, A., Scheier, M. F. & Buss, A. H. (1975). Public and private self-consciousness: Assessment and theory. *Journal of Consulting and Clinical Psychology*, 43, 522-527.
- Fenigstein. (1979). Self consciousness, self attention and social interaction. *Journal of personality and social psy* vol36 no 11 1241-1250
- Field, Andy. (2013). *Discovering Statistics Using IBM SPSS Statistics : 4 Edition*. London: Sage Publications Ltd.
- Friis, A. M., Johnson, M. H., Cutfield, R. G., and Consedine, N. S. (2016). Kindness matters: a randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and Hba1c among patients with diabetes. *Diabetes Care*. 39, 1963–1971.

- Furlong, M. J., Dowdy, E., & Nylund-Gibson, K. (2018). *Social Emotional Health Survey-Secondary Manual*. Santa Barbara, CA: UC Santa Barbara International Center for School-Based Youth Development. Available from, <http://www.project-covitality.info/> SEHS-Secondary Manual
- Furlong, M. J., You, S., Renshaw, T. L., Smith, D. C., & O'Malley, M. D. (2013). Preliminary development and validation of the social and emotional health survey for secondary school students. *Social Indicators Research*, 117(03), 1011-1032
- Fusar-Poli P, Bonoldi M. P. I., M., Yung A. R., & Borgwardt, S. (2012). Predicting Psychosis : Meta-analysis of Transition Outcomes in Individuals at High Clinical Risk. *ARCH GEN PSYCHIATRY*, 220-229.
- Fusar-Poli P, Borgwardt S., Bechdolf A., & Addington, J. (2013). The Psychosis High-Risk State : A Comprehensive State-of-the-Art Review. *JAMA PSYCHIATRY*, 107-120.
- Fusar-Poli, P., McGorry, P. D., & Kane, J. M. (2017). Improving outcomes of first-episode psychosis: an overview. *World Psychiatry*, 16(3), 251–265.
- Gaebel W & Zielaesek J. (2015). Focus On Psychosis. *Dialogues Clinical Neuroscience*. Vol.17. No 1 : 9-18
- Gauntlett-Gilbert, M. T. & Thompson M (2008). Mindful with Children and Adolescents : Effective Clinical Application. *Clinical Child Psychology and Psychiatry*, 395-407.
- Germer C. (2013). Mindful self-compassion <sup>TM</sup>. Available from <https://chrisgermer.com/mindful-self-compassion-msctm/> diakses Agustus 2019
- Germer C. & Neff K. (2013). Self-Compassion in Clinical Practice. *Journal of Clinical Psychology*. Vol. 69(8), 856–867
- Gilbert, P. (2014). The origin and nature of compassion focused therapy. *British Journal of Clinical Psychology*. Vol 53 : 6-41
- Gilleen, J., Greenwood, K., & David, A. S. (2010). Domains of Awareness in Schizophrenia. *Schizophrenia Bulletin*, 61-72.
- Good, B.J., Machira C. R., Subandi, Mediola F., Tyas T. H & Good M-J D. (2019). Early Psychosis In Indonesia: Reflections on Illness and Treatment. *International Review of Psychiatry*.
- Goodwin, James. (2005). *Research in Psychology Methods and Design*. United State of America: Wiley International Edition

- Greco & Smith. (2011). Assessing Mindfulness in Children and Adolescents: Development and Validation of the Child and Adolescent Mindfulness Measure (CAMP). *Psychological Assessment America Psychological Association* 2011, Vol. 23, No. 3, 606 – 614
- Hajjar, S. T., & Alkanaizi, M. S. (2018). Exploring the Factors That Affect Employee Training Effectiveness: A Case Study in Bahrain. *Sage Journals*, 1-12
- Haug E, Øiea M, Andreassenc A. O, Bratliena U, Nelson B, Aas M, Møller P & Melle I. (2015). Anomalous self-experience and childhood trauma in first-episode schizophrenia. *Comprehensive Psychiatry* .56 : 35–41
- Haukaas R. B, Gjerde I. B., Varting G., Hallan H. E., & Solem S. (2018). A Randomized Controlled Trial: Comparing the Attention Training Technique and Mindful Self-Compassion for Students With Symptoms of Depression and Anxiety. *Frontiers in Psychology*. Volume 9. Article 827
- Hayes, S. C., Wilson, K. G., Gifford, E. V., Follette, V. M., & Strosahl, K. (1996). Experiential avoidance and behavioral disorders: A functional dimensional approach to diagnosis and treatment. *Journal of Consulting and Clinical Psychology*, 64, 1152–1168.
- Heinssen, R.K., Goldstein, A.B., & Azrin, S.T. (2014). *Evidence-based treatments for first episode psychosis: Components of Coordinated Specialty Care*. Bethesda, Md.: National Institute of Mental Health.
- Hickey T., Nelson B., & Meadows G. (2017). Application of a mindfulness and compassion-based approach to the at-risk mental state. *Journal of Clinical Psychologist*. Vol 21: 104–115
- Jain R. B., Kumar A. K., & Khanna P.A. K. (2013). Assessment of self-awareness among rural adolescents: A cross-sectional study. *Indian Journal of Endocrinology and Metabolism*, 367-372.
- Jaya, E. S. (2017). Confirmatory factor analysis of the Indonesian version of community assessment of psychic experiences. *Makara Hubs-Asia*, 21(01), 1-12.
- Jones F, Xie A, Huang Q, Ma X., X., & Guo, X. (2017). A Pilot Study of the 8-Week Mindful Self-Compassion Training Program in a Chinese Community Sample. *Mindfulness*, 9(3), 993–1002.
- Kabat-Zinn J (2003). Mindfulness-Based Interventions in Context: Past, Present, and Future, *University of Massachusetts Medical School For Francisco Varela*, 1945–2001

- Kalaiyaran & Solomo. (2015). Effectiveness of Psychological Intervention on Self-Awareness of Adolescents. *Journal Of Humanities And Social Science*, 28-32.
- Kaligis, F., Marsubrin, R. I. I., Wiguna, T., Noorhana, S. W., & Almasyhur, A. F. (2018). Translation and validation study of the prodromal questionnaire brief version into Indonesian language. *Asian Journal of Psychiatry*, 39: 96-101.
- Keng, Smoski, Robbins. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*. Vol 31: 1041-1056
- Kimhy, D., Gill, K. E., Brucato, G., Vakhrusheva, J., Arndt, L., Gross, J. J., & Girgis, R. R. (2016). The impact of emotion awareness and regulation on social functioning in individuals at risk of psychosis. *Psychological Medicine*, 46(14), 2907–2918.
- Latipun. (2015). *Psikologi Eksperimen*. Malang: UMM Press
- Leary, M. R., & Buttermore, N. R. (2003). The Evolution of the Human Self: Tracing the Natural History of Self-Awareness. *Journal for the Theory of Social Behaviour*, 33(4), 365–404.
- Leitel V. F., & Araújo A. (2016). A psychotic experience during adolescence: reasoning about differential diagnosis. Case report. *Sao Paulo Med J*, 1-5.
- Lynch, Margaret McCoy. (2012). Factors Influencing Successful Psychotherapy Outcomes. *School of Social Work*
- Machmudhati, A. & Diana, R. (2017). Efektivitas Pelatihan Berpikir Positif Untuk Menurunkan Kecemasan Mengerjakan Skripsi Pada Mahasiswa. *Journal of Intervention Psychology Ull*. Vol. 9: 107-12
- Marsh, I. C., Chan, S. W. Y., & MacBeth, A. (2017). Self-compassion and Psychological Distress in Adolescents—a Meta-analysis. *Mindfulness*, 9(4), 1011–1027
- Maxwell, S. E., & Delaney, H. D. (2003). *Designing experiments and analyzing data: A model comparison perspective* (2nd ed.). New Jersey: Lawrence Erlbaum Associates, Inc.
- McGehee, Germer, & Neff. (2017). Core Values in Mindful Self-Compassion. *Springer International Publishing*
- McGorry P. D., Nelson B., Phillips L. J., Yuen H. P., Francey S. M., Thampi A., Berger G. E., Amminger P. G.,.... & Yung A. R. (2013). Randomized Controlled

Trial of Interventions for Young People at Ultra-High Risk of Psychosis. *Journal Clinical Psychiatry: Twelve-Month Outcome*;74(4):349–356

McGorry P. D., Nelson B., Amminger P., Bechdolf A., Francey S., Berger G., Riecher-Rössler A., Klosterkötter J., Ruhrmann S., Schultze-Lutter F., Nordentoft M., Hickie I., McGuire P., Berk M., Chen E., Keshavan M. S., & Yung, A. R. (2009). Intervention in individuals at ultra-high risk for psychosis: A review and future directions. *Journal of Clinical Psychiatry*, 70(9), 1206–1212

McGrath, J., Saha, S., Chant, D., & Welham, J. (2008). Schizophrenia: A concise overview of incidence, prevalence, and mortality. *Epidemiologic Reviews*, 30, 67-76.

McGuire, P., Selvaraj, S., & Howes, O. (2011). Is clinical intervention in the ultra high risk phase effective? *Revista Brasileira de Psiquiatria*, 33(suppl 2), s161–s174

Moningka, C. (2013). Pemaknaan Self-Compassion Terhadap Tenaga Kesehatan di Jakarta Utara Melalui Pendekatan Psikologi Ulayat. *Psibernetika*. Vol 6 (2) : 29-43

Morrison A. P, Suzanne P.F, French P, Stewart L.K, Birchwood M, Fowler D., ...& Dunn G. (2012). Early detection and intervention evaluation for people at risk of psychosis: multisite randomised controlled trial. *BMJ*, 344 : 1-14

Nachar, N. (2008). The Mann-Whitney U: A Ttest for Assessing Whether Two Independent Samples Come from the Same Distribution. *Tutorials in Quantitative Methods for Psychology*, Vol. 4(1) : 13-20

Neff K. & Dahm K D. (2003). *Self-Compassion: What it is, what it does, and how it relates to mindfulness*. New York: Springer.

Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, hlm.85-101

Neff, K. & Germer, C. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28-44

\_\_\_\_\_. (2018). *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive..*

\_\_\_\_\_. (2019). *Mindful Self-Compassion (MSC). The handbook of mindfulness-based programs: Every established intervention, from medicine to education*. London: Routledge

Noble, T., McGrath W. T., Roffey, H. S., & Rowling, L. (2008). Scoping Study into Approaches to Student Wellbeing: Final Report.



<https://docs.education.gov.au/documents/scoping-study-approaches-student-wellbeing-final-report> diakses Agustus 2019

Olvett, D. M., Carrión, R. E., Auther, A. M., & Cornblatt, B. A. (2013). Self-awareness of functional impairment in individuals at clinical high-risk for psychosis. *Early Intervention in Psychiatry*, 9(2), 100–107.

Pedrero E. F., Giradlez S. L., Paino M & Beigrie S. S (2011). Psychotic-like Experiences in Nonclinical Adolescents. *Nova Science Publishers*, 131-146.

Russel, J. D., & Johanningsmeier, K. A. (1981). *Improving competence through modular instruction*. USA: Kendall/Hunt Publishing Company

Rockman P & Hurley A. (2015). *Self-Compassion and Mindfulness*. The center of mindfulness.

Safaria Triantoro, 2002. Kesadaran diri pada kelompok meditasi dan kelompok non meditasi. *Thesis (Tidak diterbitkan)*. Universitas Gadjah Mada

Sale T., Fetzer P., Humensky J., Baker M., Hardy K., Noordsy D., Adelsheim S. (2018). *The Integration of Early Psychosis Service in a System of Framework : Opportunities, Issues, and Recommendations*.

Sandu C. M, Pânișoară G, & Pânișoară I. O. (2015). Study on the development of self-awareness in teenagers. *Procedia - Social and Behavioral Sciences* 180: 1656 – 1660

Santoso, A. (2010). Studi Deskriptif Effect Size Penelitian. *Jurnal Penelitian*. Vol 14 (1)

Seniati, L. (2011). *Psikologi Eksperimen*. Jakarta: Indeks

Shadish, W. R., Cook, T. D., & Campbell, D. T. (2002). *Experimental and quasi experimental design for generalized causal inference*. United States of America: Houghton Mifflin Company.

Silvia P. J & Duval S. (2001) Objective Self-Awareness Theory: Recent Progress and Enduring Problems. *Personality and Social Psychology Review*, Vol. 5, No. 3, 230–241

Silvia, P. J., & O'Brien, M. E. (2004). Self-Awareness and Constructive Functioning: Revisiting "the Human Dilemma." *Journal of Social and Clinical Psychology*, 23(4), 475–489.

- Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). Meeting suffering with kindness: Effects of a brief self-compassion intervention for female college students. *Journal of Clinical Psychology*, 70(9), 794-807
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta
- Susilowati (2015) Efektivitas Bimbingan Kelompok Melalui Teknik Role Playing untuk Peningkatan Self Awareness Peserta Didik. *Skripsi*. Universitas Pendidikan Indonesia
- Van Os, J., Verdoux, H., & Hanssen, M., 1999. *CAPE (community assessment of psychic experiences)*. <http://cape42.homestead.com/index.html>. Diakses Agustus 2019
- Weare, K. (2012). Evidence for The Impact of Mindfulness on Children and Young People. *The Mindfulness In Schools Project*
- Weiss, A. (2004). *Beginning mindfulness: Learning the way of awareness*. Novato, CA: New World Library.
- Wijayati M. F. 2017. Hubungan Antara Kesadaran Diri dan Pengaruh Teman Sebaya dengan Matrealisme. *Skripsi (Tidak diterbitkan)*. Universitas Gadjah Mada.
- Winkel, W.S. (2009). *Psikologi Pengajaran*. Jakarta : Gramedia.
- Wulandari, Nanda Y. (2018). Content Validation Test of The Psikoesukasi Tutorial Membaca Permulaan Module for Elementary School Teacher. *InSight Journal*, Vol. 20 No. 1
- Wolfgang G. & Zielasek (2015). Schizophrenia in 2020: Trends in diagnosis and therapy. *Psychiatry and Clinical Neurosciences*, 1-13.
- Xiao, Q., Yue C., He W., & Yu Jia-yuan. (2017). The Mindful Self : Mindfulness-Enlightened Self View. *Frontier in psychology*. Vol 8 : 175
- Yung, A. R. & Nelson B. (2011). People at ultra high risk for psychosis: research from the PACE clinic. Orygen Youth Health Research Centre, Centre for Youth Mental Health, University of Melbourne. *Revista Brasileira de Psiquiatria*, 33(supl 2), s143–s160
- Yung, A. R & Nelson B. (2013). The Ultra-High Risk Concept—A Review. *The Canadian Journal of Psychiatry*, Vol 58, No 1
- Zielasek, W. G. (2015). Focus on psychosis. *Dialogues in clinical neuroscience*, 9-18.