

DAFTAR PUSTAKA

- Al-Ghabban, A. (2018). *A compassion framework: the role of compassion in schools in promoting well-being and supporting the social and emotional development of children and young people*. *Pastoral Care in Education*, 1–13. <https://doi.org/10.1080/02643944.2018.1479221>
- Alitani, M. B., *Self Compassion* pada Mahasiswa yang pernah Mengalami Perundungan. *Jurnal Cahaya Mandalika*
- Anggraeni, M. D., dkk. (2024). Analisis Perkembangan Sosial Emosional Korban *Bullying* Pada Siswa SMA. *Bimbingan dan Konseling*, 1(3)
- Arimitsu, K., & Hofmann, S. G. (2017). *Effects of compassionate thinking on negative emotions*. *Cognition and Emotion*, 31(1), 160–167. <https://doi.org/10.1080/02699931.2015.1078292>
- Aziz, A. N., Rahmatullah, A. S., Khilmiyah, A., (2023), *Effects of Self Compassion and Self Disclosure on Mental Health through Spirituality: A Study on Adolescents in Orphanages*. *Islamic Guidance and Counseling Journal*, 6(2) <https://doi.org/10.25217/0020236395700>
- Azwar, S., (2015), *Penyusunan Skala Psikologi*. Pustaka Belajar
- Batubara, J. R., (2016). *Adolescent Development* (Perkembangan Remaja). Sari Pediatri, 12(1), 21. <https://doi.org/10.14238/sp12.1.2010.21-9>
- Chung, M. S., (2016). *Relation Between Lack of Forgiveness and Depression*. *Psychological Reports*, 119(3), 573-585. <https://doi.org/10.1177/0033294116663520>
- Elmasri, Y. M., Lawend, A. J., Hamed, W. E., (2021), *Perceived Parenting Style, Self Compassion, Resiliency and Bullying Behavior among Early Adolescents*. *Tanta Scientific Nursing Journal*, 20(1)
- Febriana, B., dkk. (2016). Pengaruh Terapi Kognitif Terhadap Harga Diri Remaja Korban *Bullying*. *Jurnal Ilmu Keperawatan*, 4(1)
- Febrieta, D., Zahroo, S., (2024), *Self Compassion* di Masa Remaja: Perbedaan Berdasarkan Jenis Kelamin, Usia, dan Budaya. *Journal of Social Science Research*, 4(4) 4997-5006
- Hidajat, H. G., dkk, (2022), Motivasi Akademik dalam *Self Compassion* untuk Meminimalisir Perilaku *Bullying*. *Jurnal Flourishing*, 2(9), 605-615. DOI: 10.17977/10.17977/um070v2i92022p605-615
- Hirmaningsih, hasmarlin, H., (2019), *Self Compassion* dan Regulasi Emosi pada Remaja. *Jurnal Psikologi*, 15(2)

- Hurlock, E. B., (2006). Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan. Jakarta: Erlangga
- Lahtinen, O., Jarvinen, E., Kumlander, S., & Salmivalli, C., (2020), *Does Self-Compassion Protect Adolescents who are Victimized or Suffer from Academic difficulties from Depression?* *European Journal of Developmental Psychology*, 17(3), 432-446. <https://doi.org/10.1080/17405629.2019.1662290>
- Leary, M. R., Tate, E. B., Alhadeff, A. L., & Henderson, L. (2014). "Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly." *Journal of Personality and Social Psychology*, 107(6), 1003-1014
- Ma'arif, T. N., (2022). Pengaruh *Self Compassion* Terhadap Penyesuaian diri Pada Santri Remaja Pondok Pesantren Al Hamidiyyah Jombang
- Monks, F.J., Knoers, A.M.P., & Haditono, S.R, (2008). Psikologi Perkembangan: Pengantar dalam Berbagai Bagiannya. Yogyakarta: Gadjah Mada University Press
- Monks, F.J., dkk. 2014. Psikologi Perkembangan Pengantar dalam Berbagai Bagiannya. Yogyakarta: Gadjah Mada University Press
- Mustianah, dkk, (2023), Pengaruh *Self Compassion* terhadap Korban *Bullying* pada Siswa SMA Negeri 14 Semarang. *Quanta Journal (Kajian Bimbingan dan Konseling dalam Pendidikan)*, 8(1), 46-56
- Naichiendami, H. R., Sartika, D., (2022), Hubungan *Self Compassion* dengan *Psychological Well Being* pada Remaja Korban Perundungan di Kota Bandung. *Bandung Conference Series: Psychology Science*, 2(1), 249-255. <https://doi.org/10.29313/bcsps.v2i1.981>
- Neff, K. D, (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>
- 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>
- Neff, K., (2011), *Self Compassion The Proven Power of being Kind to Yourself*
- Notoatmodjo, S, (2012), Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta
- Olweus, D., (1993), *Bullying at School: What We Know and What We Can Do*. USA: Blackwell Publishing

- Pommier, E., Neff, K. D., & Tóth-Király, I. (2020). *The Development and Validation of the Compassion Scale. Assessment*, 27(1), 21–39. <https://doi.org/10.1177/1073191119874108>
- Priyatno, D., (2011), Buku Saku Analisis Statistik Data SPSS. Mediakom
- Santrock, J. W., (2003), *Adolescence Perkembangan Remaja*. Jakarta: Erlangga
- Rahmat, H. K, dkk, (2022), *The Influenced Factors of Spiritual Well-Being a Systematic Review. Sociocouns: Journal of Islamic Guidance and Counseling*, 2(1), 43-58
- Randall, Peter, (1997), *Adult Perundungan; Prepetrator and victim*. New York: Routledge
- Rigby, K., (207), *Bullying in Schools: and what to do about it*. Australia: ACER press
- Saputri, N. R., Rakhmawati, D., Mustianah, (2024), Pengaruh *Self Compassion* terhadap Korban *Bullying* pada Siswa SMA Negeri 14 Semarang. *Jurnal Kajian Bimbingan dan Konseling dalam Pendidikan*, 8(1), 46-56
- Sebayang, A. A., (2020), Santri Sebagai Remaja: Kajian Psikologi Pendidikan. *Jurnal Pendidikan Islam*, 01(01)
- Sugiyono, (2019), *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta
- Sugiyono, (2018), *Metode Penelitian Kuantitatif*
- Sullivan, K., Cleary, M., & Sullivan, G., (2004), *Bullying in Secondary School*. California: Corwin press
- Susanti, I. G & Wulanyani, N.M.S., (2019), Pengaruh Dukungan Sosial Teman Sebaya dan Kontrol Diri terhadap Perundungan (*Bullying*) Pada Remaja Awal Di Denpasar. *Jurnal Psikologi Udayana*, 6(1), 182-192
- Triana, M. M., dkk, (2021), Gambaran Kesejahteraan Psikologis pada Remaja yang Terlibat *Bullying*. *Jurnal Ilmu Keperawatan Jiwa*, 4(4)
- Ubaidillah, M. I., (2022), Faktor-Faktor Penyebab Perilaku *Bullying* Santri di Pondok Pesantren Tubagus Pangeling Kota Depok