

## DAFTAR PUSTAKA

1. Gemini S & dkk. Keperawatan Gerontik [Internet]. Aceh: Yayasan Penerbit Muhammad Zaini; 2021 [cited 2022 Sep 9]. 1–197 p. Available from:  
[https://www.google.co.id/books/edition/Keperawatan\\_Gerontik/KZJCEAAQBAJ?hl=id&gbpv=1&dq=keperawatan+lansia&printsec=frontcover](https://www.google.co.id/books/edition/Keperawatan_Gerontik/KZJCEAAQBAJ?hl=id&gbpv=1&dq=keperawatan+lansia&printsec=frontcover)
2. Senja A & Prasetyo T. Perawatan lansia oleh keluarga dan care giver [Internet]. Jakarta: Bumi Medika; 2019 [cited 2022 Sep 9]. 1–119 p. Available from:  
[https://www.google.co.id/books/edition/Perawatan\\_Lansia\\_Oleh\\_Keluarga\\_dan\\_Care/tc\\_EAAAQBAJ?hl=id&gbpv=1&dq=keperawatan+lansia&printsec=frontcover](https://www.google.co.id/books/edition/Perawatan_Lansia_Oleh_Keluarga_dan_Care/tc_EAAAQBAJ?hl=id&gbpv=1&dq=keperawatan+lansia&printsec=frontcover)
3. Badan Pusat Statistik. Analisis Profil Penduduk Indonesia Mendeskripsikan Peran Penduduk dalam Pembangunan [Internet]. 2022 [cited 2022 Sep 9]. 81–85 p. Available from:  
<https://www.bps.go.id/publication/2022/06/24/ea52f6a38d3913a5bc557c5f/analisis-profil-penduduk-indonesia.html>
4. Badan Pusat Statistik. Statistik Penduduk Lanjut Usia 2021 [Internet]. 2021 [cited 2022 Sep 9]. 1–289 p. Available from:  
<https://semarangkota.bps.go.id/publication/2021/11/02/1531ed8c98e49b1fff32617f/profil-lansia-kota-semarang-2020.html>
5. Badan Pusat Statistik Provinsi Jawa Tengah. Profil Lansia Provinsi Jawa Tengah 2021 [Internet]. 2022 [cited 2022 Sep 3]. 13–18 p. Available from:  
<https://jateng.bps.go.id/publication/2022/08/25/3407d6176c121b6e9c5e7bfa/profil-lansia-provinsi-jawa-tengah-2021.html>
6. Badan Pusat Statistik Kota Semarang. Profil Lansia Kota Semarang 2020 [Internet]. 2021 [cited 2022 Sep 3]. Available from:  
<https://semarangkota.bps.go.id/publication/2021/11/02/1531ed8c98e49b1fff32617f/profil-lansia-kota-semarang-2020.html>
7. Chalise HN. Aging: Basic Concept. Am J Biomed Sci Res. 2019 Jan 2;1(1):8–10.
8. Özsungur F. Gerontechnological factors affecting successful aging of elderly. The Aging Male. 2020 Dec 4;23(5):520–32.
9. Zahroh C, Ekawati L, Munjidah A, Afridah W, Noventi I, Winoto PMP. Quality of Life pada Lansia. Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing). 2020 Sep 30;6(2):248–51.

10. Olena Hryhorivna OH, Spivak LM. Psychological well-being of elderly people: the social factors. *Social welfare : interdisciplinary approach*. 2018 Jun 25;8(1):163–76.
11. Neff KD. Self-Compassion: Theory, Method, Research, and Intervention. *Annu Rev Psychol*. 2023 Jan 4;74(1).
12. Akmal Rizal A & Febriani Arum. Peran Self Compassion terhadap Wellbeing Lansia [Skripsi]. [Yogyakarta]: Universitas Gadjah Mada; 2020.
13. Cestin Nalle N, Soetjningsih CH, Universitas FP, Satya K, Salatiga W. Gambaran Psychological Well-Being pada Lansia Berstatus Janda. *Jurnal Psikologi Konseling*. 2020;16(1):624–32.
14. Estebsari F, Dastoorpoor M, Khalifehkandi ZR, Nouri A, Mostafaei D, Hosseini M, et al. The Concept of Successful Aging: A Review Article. *Curr Aging Sci*. 2020 Apr 25;13(1):4–10.
15. Amelia F & Akbar A. Studi komparatif psychological well-being pada lansia yang tinggal bersama keluarga dengan lansia yang tinggal di panti sosial tresna wredha. *Ranah Research : Journal of Multidisciplinary Research and Development*. 2022 Aug;4(4):347–55.
16. Hapsari S, Yek R. JIBK UNDIKSHA Hubungan antara Psychological Well Being dan Kesepian pada Lansia. *Jurnal Ilmiah Bimbingan Konseling Undiksha [Internet]*. 2022;13:pp XX-XX. Available from: <https://ejournal.undiksha.ac.id/index.php/JIBK/index>
17. Rafique H, Masood S, Ahmad M. Role of Self-Compassion in Work-Family Conflict and Psychological Well-Being among Working Men and Women [Internet]. Islamabad; 2018. Available from: <https://www.researchgate.net/publication/333385549>
18. Masoumi S, Amiri M, Yousefi Afrashteh M. Self-Compassion: The Factor that Explains a Relationship between Perceived Social Support and Emotional Self-Regulation in Psychological Well-Being of Breast Cancer Survivors. *Iran J Psychiatry*. 2022 Jun 19;17(3):341–9.
19. Renggani AF, Wideasavitri PN. Peran Self-Compassion terhadap Psychological Well-Being Pengajar Muda di Indonesia Mengajar. *Jurnal Psikologi Udayana*. 2018 Oct 30;5(2):400–9.
20. Neff KD, Tóth–Király I, Colosimo K. Self–Compassion is Best Measured as a Global Construct and is Overlapping with but Distinct from Neuroticism: A Response to Pfattheicher, Geiger, Hartung, Weiss, and Schindler (2017). *Eur J Pers*. 2018 Jul 1;32(4):371–92.

21. Pommier E, Neff KD, Tóth-Király I. The Development and Validation of the Compassion Scale. *Assessment*. 2020 Jan 13;27(1):21–39.
22. Nadya Nova M, Program Studi Ilmu Keperawatan Fakultas Keperawatan Universitas Syiah Kuala Banda Aceh M, Keilmuan Keperawatan Gerontik Fakultas Keperawatan Universitas Syiah Kuala Banda Aceh B. Tingkat Belas Kasih Diri (Self-Compassion) pada Lansia yang Kehilangan Pasangan di Kota Banda Aceh Levels of Self-Compassion Among the Elderly Who Lost Their Spouse in Banda Aceh. Vol. VI. 2022.
23. Yarnell LM, Neff KD, Davidson OA, Mullarkey M. Gender Differences in Self-Compassion: Examining the Role of Gender Role Orientation. *Mindfulness (N Y)*. 2019 Jun 27;10(6):1136–52.
24. Klingen KE, van Vliet KJ. Self-Compassion From the Adolescent Perspective: A Qualitative Study. *J Adolesc Res*. 2019 May 14;34(3):323–46.
25. Miyagawa Y, Taniguchi J, Niiya Y. Can self-compassion help people regulate unattained goals and emotional reactions toward setbacks? *Pers Individ Dif*. 2018 Nov;134:239–44.
26. Thammarongpreechachai P, Teerapong T, Wongpinpech V, Weinstein B. Effects of self-compassion on The Four Immeasurables and happiness of volunteers in the Bangkok Metropolitan Region. *Ment Health Relig Cult*. 2021 Oct 21;24(9):918–30.
27. Handayani TP & Mustopo WI. Perbedaan psychological well-being (PWB) pada lansia yang tinggal di panti wredha dan yang tidak tinggal di panti. *Jurnal Psikologi*. 2022;2:48–59.
28. Maulidhea PQA. Gambaran Penerimaan Diri pada Lansia yang Dititipkan oleh Keluarga di Panti Sosial. Surabaya; 2022.
29. Utomo T & Prasetyo E. Well-being pada lansia yang tinggal di panti wredha atas dasar keputusan sendiri. *Jurnal Psikologi Indonesia*. 2012;1(1):57–69.
30. Yenni Ferawati Sitanggang, Sanny Frisca, Riama Marlyn Sihombing, Dheni Koerniawan, Peggy Sara Tahulending, Cory Febrina, et al. Keperawatan Gerontik [Internet]. Medan: Yayasan Kita Menulis; 2021 [cited 2022 Sep 20]. 1–174 p. Available from: [https://www.google.co.id/books/edition/Keperawatan\\_Gerontik/6bAfEAA AQBAJ?hl=id&gbpv=0](https://www.google.co.id/books/edition/Keperawatan_Gerontik/6bAfEAA AQBAJ?hl=id&gbpv=0)
31. Gubernur Jawa Tengah. rad-sdgs-2019-2023-ok-fix-final-siap-cetak-17-3-20-1. Semarang: Sekda Provinsi Jawa Tengah; 2020.

32. Helminen EC, Scheer JR, Felver JC. Gender Differences in the Associations Between Mindfulness, Self-Compassion, and Perceived Stress Reactivity. *Mindfulness* (N Y). 2021 Sep 6;12(9):2173–83.
33. Allen LM, Roberts C, Zimmer-Gembeck MJ, Farrell LJ. Exploring the relationship between self-compassion and body dysmorphic symptoms in adolescents. *J Obsessive Compuls Relat Disord*. 2020 Apr;25:100535.
34. di Fabio A, Saklofske DH. The relationship of compassion and self-compassion with personality and emotional intelligence. *Pers Individ Dif*. 2021 Feb;169:110109.
35. Piechurska-Kuciel E. *The Big Five in SLA*. Cham: Springer International Publishing; 2020. 2036.
36. Jefferson FA, Shires A, McAloon J. Parenting Self-compassion: a Systematic Review and Meta-analysis. *Mindfulness* (N Y). 2020 Sep 18;11(9):2067–88.
37. Berryhill MB, Smith J. College Student Chaotically-Disengaged Family Functioning, Depression, and Anxiety: The Indirect Effects of Positive Family Communication and Self-Compassion. *Marriage Fam Rev*. 2021 Jan 2;57(1):1–23.
38. Keller S, Huppert FA. The Virtue of Self-Compassion Ethical Theory and Moral Practice. *Ethical Theory and Moral Practice*. 2021 Apr 26;24(2):443–58.
39. Barczak N, Eklund RC. The moderating effect of self-compassion on relationships between performance and subsequent coping and motivation. *Int J Sport Exerc Psychol*. 2020 Mar 3;18(2):256–68.
40. Guerra-Bustamante J, León-Del-Barco B, Yuste-Tosina R, López-Ramos VM, Mendo-Lázaro S. Emotional intelligence and psychological well-being in adolescents. *Int J Environ Res Public Health*. 2019 May 2;16(10).
41. Purba EP, Veronika A, Ambarita B, Sinaga D. Tingkat Kemandirian Lansia Dalam Pemenuhan Activity Daily Living (ADL) di Panti Pemenang Jiwa. *Healthcaring: Jurnal Ilmiah Kesehatan*. 2022 Jan 10;1(1):27–35.
42. Ardhani AN, Kurniawan Y. Kebermaknaan Hidup pada Lansia Di Panti Wreda. *Jurnal Psikologi Integratif Prodi Psikologi UIN Sunan Kalijaga*. 2020 Jan;8(1):2020–85.
43. Almira L, Hanum L, Menaldi A. Relationship with children and the psychological well-being of the elderly in Indonesia. *SAGE Open Med*. 2019 Jan 12;7:205031211983602.

44. Supriyadi S, Saifudin IMMohY, Hartono B. Faktor-Faktor yang Berhubungan dengan Psychological Well-Being Remaja SMP Negeri 1 Banguntapan Bantul Yogyakarta. *Jurnal Perawat Indonesia*. 2020 Dec 25;4(3):437–45.
45. Hardani., Auliya NH, Andriani H, Fardani RA, Ustiawaty J, Utami EF, et al. *Metode Penelitian Kualitatif dan Kuantitatif*. 1st ed. Abadi H, editor. Yogyakarta: Pustaka Ilmu; 2020.
46. Neliwati, Banurea OK. *Metodologi penelitian kuantitatif (Kajian Teori dan Praktek)*. Medan: CV Widya Puspita; 2018.
47. Firdaus MM. *Metodologi Penelitian Kuantitatif Dilengkapi Analisis Regresi IMB SPSS Statistic Version 26.0*. Riau: CV. DOTPLUS Publisher; 2021.
48. Prasetyo B, Jannah LM. *Metode penelitian kuantitatif: teori dan aplikasi*. 10th ed. Jakarta: Rajawali Pers; 2016. 1–252 p.
49. Sugiyono. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta; 2015.
50. Neff KD, Tóth-Király I, Yarnell LM, Arimitsu K, Castilho P, Ghorbani N, et al. Examining the factor structure of the Self-Compassion Scale in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychol Assess*. 2019 Jan;31(1):27–45.
51. Saifuddin Azwar. *PENYUSUNAN SKALA PSIKOLOGI EDISI 2*. 2nd ed. Yogyakarta: Pustaka Pelajar; 2012. xviii–213.
52. Ryff CD. Ryff's Scales of Psychological Well-Being (PWB). *J Pers Soc Psychol* [Internet]. 57(6):1069–81. Available from: <http://www.midus.wisc.edu/findings/index.php>
53. Hadipranoto H, Satyadi H. GAMBARAN KUALITAS HIDUP LANSIA YANG TINGGAL DI PANTI SOSIAL TRESNA WREDA X JAKARTA. *Versi Cetak* [Internet]. 2020;4(1):119–27. Available from: <https://doi.org/10.24912/jmishumsen.v4i1.7535>
54. Kurniawan W, Agustini A. *Metodologi Penelitian Kesehatan dan Keperawatan*. Cirebon: CV. Rumah Pustaka; 2021.
55. Setiana HA, Nuraeni R. *Riset Keperawatan*. Cirebon: LovRinz Publishing; 2021. 1–147 p.
56. Heryana A. *Buku Ajar Metodologi Penelitian pada Kesehatan Masyarakat* [Internet]. Jakarta; 2020. Available from: <https://www.researchgate.net/publication/342144107>

57. Kementerian Kesehatan RI, Komite Etik Penelitian dan Pengembangan Kesehatan Nasional. Pedoman dan Standar Etik Penelitian dan Pengembangan Kesehatan Nasional. 2021. 1–113 p.
58. Amemiya R, Sakairi Y. The role of self-compassion in athlete mindfulness and burnout: Examination of the effects of gender differences. *Pers Individ Dif*. 2020 Nov;166:110167.
59. Nur'aini MW, Haryanto J, Ulfiana E. Hubungan Self-Compassion engan Kesepian Pada Lansia Yang Kehilangan Pasangan. *Indonesian Journal of Community Health Nursing*. 2020 Sep 9;5(2):80.
60. Karinda FB. Belas Kasih Diri (Self Compassion) pada Mahasiswa. *Journal Universitas Muhammadiyah Malang [Internet]*. 2020;8(2):234–52. Available from: <http://ejournal.umm.ac.id/index.php/cognicia>
61. Afrizal. Permasalahan Yang Dialami Lansia dalam Menyesuaikan Diri Terhadap Penguasaan Tugas-Tugas Perkembangannya. *Jurnal Bimbingan dan Konseling Islam*. 2018;2(2):91–106.
62. Pratiwi WP, Noviekayati I, Saragih S. Pengaruh Terapi Musik Tradisional Keroncong untuk Meningkatkan Psychological Well-Being pada lanjut Usia di Panti Werdha Ditinjau Berdasarkan Jenis Kelamin. [Surabaya]: Universitas 17 Agustus 1945 ; 2021.
63. Laeli F. Hubungan Antara Self-Compassion dengan Kualitas Hidup Lanjut Usia di Posyandu Lansia Barokan I di Desa Dresi Kulon, Kecamatan Kaliori, Kabupaten Rembang. 2022.
64. Valikhani A, Ahmadnia F, Karimi A, Mills PJ. The relationship between dispositional gratitude and quality of life: The mediating role of perceived stress and mental health. *Pers Individ Dif*. 2019 Apr 15;141:40–6.
65. Susyanti S, Lukman Nurhakim D. Karakteristik dan Tingkat Kemandirian Lansia di Panti Sosial Rehabilitasi Lanjut Usia (RSLU) Pemerintah Provinsi Jawa Barat. *Jurnal Medika Cendikia*. 2019;6(01):21–32.