

DAFTAR PUSTAKA

- Barnard, Laura K., Curry, John F. 2011. *Self Compassion: Conceptualizations, Correlates, & Interventions*. American Psychological Association.
- Brown, K. W., Ryan, R. 2003. *The benefits of being present: Mindfulness and its role in psychological well-being*, 822-848. *Journal of Personality and Social Psychology*.
- Dryden, Windy, 2012, *Dealing with Emotional Problem Using Rational Emotive Cognitive Behavior Therapy, A Client's Guide*. NewYork: Routledge.
- Desmita. 2010. *Psikologi Perkembangan*. Bandung: PT Remaja Rosdakarya.
- Ellis, Albert, Bernard, Michael. 1985. *Clinical Applications of Rational Emotive Therapy*. NewYork: Plenum Press.
- Feist, Jeff., Gregory J. Feist. 2006. *Theories of Personality*. NewYork: McGraw-Hill.
- Munawaroh, Dr., M. Kes. 2013. *Panduan Memahami Metodologi Penelitian*. Malang: Intimedia.
- Nazir, Ph.D. Moh. 1999. *Metode Penelitian*. Jakarta: Ghalia Indonesia.
- Neff, K. 2011. *Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. NewYork: HarperCollins Publishers.
- _____. 2009. Self-Compassion. In M. R. Leary & R. H. Hoyle (Eds.), *Handbook of Individual Differences in Social Behavior*, 561-573. New York: Guilford Press.
- Neff.Pommier. 2012. *The Relationship between Self-compassion and Other-focused Concern among College Undergraduates, Community Adults, and Practicing Meditators*. Austin: Educational Psychology Department, University of Texas at Austin.
- Neff, Kristin D, Rude, Stephanie S., Kirkpatrick, Kristin L. 2006. *An Examination of Self-Compassion in Relation to Positive Psychological Functioning and Personality Traits*. Austin: Educational Psychology Departement, University of Texas.
- _____. 2006. *Self-Compassion and Adaptive Psychological Functioning*. Austin: Educational Psychology Departement, University of Texas.
- Neff, Kristin., Lamb, Lindsay M., Self-Compassion. In S. Lopez (Ed.), *The Encyclopedia of Positive Psychology*, 864-867. Blackwell Publishing.
- Papalia, Diane E. 2007. *Adult Development and Aging*. NewYork: McGraw-Hill

Podina, Ilona., Jucan, Andrada., David, Daniel. 2015. *Self-Compassion: A Buffer In The Pathway From Maladaptive Beliefs To Depression. An Exploratory Study*. ResearchGate.

Riyanto, Agus. 2010. *Aplikasi Metodologi Penelitian Kesehatan*. Yogyakarta: Nuha Medika.

_____. 2010. *Pengolahan dan Analisis Data Kesehatan*. Yogyakarta: Nuha Medika.

Santrock, John. W. 2002. *Life-Span Development* ed.5. Jakarta: Erlangga. (AB: Juda Damanik Achmad Chusairi.)

Sudjana. 2006. *Metoda Statistika* (Edisi 6). Bandung: Penerbit Tarsito.

Sugiyono. 2010. *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.

Syukur, Abdul. 2011. *Beragam Cara Terapi Gangguan Emosi Sehari-hari*. Yogyakarta: Diva Press.



DAFTAR RUJUKAN

- Andri, dr, Sp.KJ, FAPM., 2015. Kesehatan Jiwa Lansia. *Kompasiana*. (Online). (www.kompasiana.com/psikosomatik_andri/kesehatan-jiwa-lansia_550f465ca33311ae2dba83af, diakses tgl. 2 Januari 2016, pk. 15.30)
- Fakultas Psikologi Universitas Kristen Maranatha. (2015). *Panduan Penulisan Skripsi Sarjana*. Bandung: Universitas Kristen Maranatha.
- Femina. (20 November 2012). *Panti Werdha, Pilihan Merawat Orang Tua*. (<http://pesona.co.id>, diakses: 31 Mei 2015, pk. 15.30)
- Maulana, Razi, dr., 2015. Depresi pada Lansia. (<http://razimaulana.wordpress.com>, diakses tanggal 4 Januari 2016, pk. 14.00)
- Tempo. (27 Juni 2015). *Lansia Rentan Depresi, Ini Penyebabnya*. (<http://tempo.co>, diakses: 4 Januari 2016, pk. 17.30).

