


Self-Compassion as an Innovative Approach to Maintaining the Mental Well-Being of Adolescents Living in Dormitory

Elisa Br Ginting*, Johannes Sohorimon Lumbanbatu, Petrus Simarmata
Sekolah Tinggi Pastoral Santo Bonaventura KAM, Indonesia, Indonesia
✉ elisaginting56@gmail.com*

<p>Submitted: 2024-05-19</p> <p>Published: 2024-06-28</p> <p>Keywords: Resilience, Psychological Empowerment, Self-Compassion</p> <p>Copyright holder: Ginting, E. B., Lumbanbatu, Johannes S., & Simarmata, P. (2024)</p> <p>This article is under: </p> <p>How to cite: Ginting, E. B., Lumbanbatu, Johannes S., & Simarmata, P. (2024). Self-Compassion as an Innovative Approach to Maintaining the Mental Well-Being of Adolescents Living in Dormitory. <i>Bulletin of Counseling and Psychotherapy</i>, 6(2). https://doi.org/10.51214/00202406957000</p> <p>Published by: Kuras Institute</p> <p>E-ISSN: 2656-1050</p>	<p>ABSTRACT: Teenagers should seek parental assistance because adolescence is a time of transition from childhood to adulthood and is frequently characterized by the emergence of issues. However, for teenagers living in dormitories, things are different. For this reason, self-compassion is crucial when addressing the mental health issues of young people living in dormitories. The purpose of this study is to examine how self-compassion affects the mental health of adolescents who live in dormitories. This study's methodology blends qualitative and quantitative methods, with 43 participants between the ages of 12 and 18. The Kabanjahe Dormitory in the Karo Regency of North Sumatra served as the site of this study. Research data was gathered through the distribution of questionnaires, in-depth interviews, and observational studies. Multiple linear regression is used in quantitative data analysis, while reduction, presentation, and conclusion-making are the processes used in qualitative data analysis. The study's findings indicate that teens living in dorms have a 21.9% better mental health when they practice self-compassion. Other factors such as parental style, environment, degree of self-disclosure, and education impact the remaining 78.1%. Adolescents living in dorms may be susceptible to mental health issues due to various factors, including exposure to pornographic media, a family history of domestic violence, and inadequate parenting.</p>
--	--

INTRODUCTION

Adolescence is a stage of human development, both physically and psychologically, that bridges childhood and adulthood. In the field of Developmental Psychology, adolescence is defined as ranging from the ages of 12 to 18 years (Aziz et al., 2023). At this age, adolescents begin to face various life challenges, such as conflicts with their surrounding environment, which can impact their mental health (Ahiruddin et al., 2023). In addition to physical development, hormonal changes also influence adolescent development, leading to rapidly changing emotions during their search for identity (Elon & Malinti, 2019). These changes during adolescence are influenced by body shape development, hormones, environmental factors, and mindset (Blakemore, 2019). Therefore, adolescents are vulnerable to mental health disturbances when facing life's problems (Muhyani & Yusup, 2022). It is crucial for parents to educate and care for their adolescents well during this developmental process (Rahmawati et al., 2019).

Not all adolescents receive proper care from their parents, as some parents are busy with work, or the adolescents are left behind by parents who have passed away (Jemimut, 2021). The arrival of the Covid-19 pandemic in early 2020 in Indonesia resulted in many deaths, increasing the number of orphans (Setiawan, 2021). Some adolescents from economically disadvantaged families also rely on

dormitory care to ease the economic burden (Aziz et al., 2023).

Dormitories are residential facilities that support formal education without a special focus on any particular religion (Armis, 2015). According to data from the Ministry of Social Affairs of the Republic of Indonesia, as of July 2021, the Covid-19 pandemic increased the number of orphans in Indonesia by 11,045, totaling 4 million orphans (Prameswari, 2022). Imperial College London reported 51,104 cases of children abandoned by their parents due to Covid-19 as of September 2021 (Prameswari, 2022). Research by Vharensie (2021) found that some adolescents felt a difference in the love they received while living in a dormitory, which can impact their mental health. Windu (2021) found that adolescents in dormitories experience emotional and behavioral problems.

Mental health issues in adolescents living in dormitories can lead to feelings of depression and excessive anxiety (Collishaw & Sellers, 2020). Therefore, fast and effective preventive measures are needed to prevent mental health disorders among dormitory youth. If not addressed, these mental health disorders can become a significant problem and harm many people (Wibowo & Zen, 2020). The World Health Organization (WHO) defines a mentally healthy person as someone who can use their potential to the maximum, overcome problems, and work productively (WHO, 2014). Rianti and Hidayat (2020) describe mental health as the full pursuit of mental functions to work productively, establish good connections with the environment, adapt quickly, and solve problems well. Mental health disorders can affect a person's mood and interfere with their daily activities and interactions with their environment (Huang et al., 2020).

Maintaining good mental health is essential for adolescents to avoid disrupting activities in the dormitory. Mentally healthy dormitory youth are actively engaged in daily activities such as praying, studying, and reciting the Koran (Rianti & Hidayat, 2020). Adolescents with positive attitudes can solve problems more easily and avoid self-judgment (Faristiana & Yudhistira, 2022).

One preventive measure for mental health problems in dormitory adolescents is fostering self-compassion. This means that when faced with a problem, adolescents do not blame themselves, avoiding anxiety, fear, or restlessness (Puspita, 2019). Self-compassion for dormitory adolescents is necessary to help them appreciate the supportive people around them.

Self-compassion is a valuable asset for adolescents in dealing with mental problems in dormitories. Maintaining mental health is essential to prevent deeper feelings of anxiety and depression (Collishaw & Sellers, 2020). In psychology, Neff defines self-compassion as the ability to be kind and positive towards oneself during failures, misfortunes, or mistakes, without harsh self-judgment, and recognizing that others also experience similar situations (Neff, 2003).

Neff (2003) added that self-compassion begins to develop in adolescents aged 14–18 years. Arslan (Wardi & Ningsih, 2021) describes self-compassion as a response to suffering by being attentive and loving towards oneself, intending to help, and understanding one's failures without judgment. Murfield et al. (2020) define self-compassion as acknowledging one's suffering and committing to alleviating and preventing the problem. From these definitions, self-compassion can be concluded as feeling compassion or love for oneself in every misfortune or problem, with a positive attitude and without excessive judgment. Dormitory adolescents need self-compassion to develop calm, empathetic, sensitive, and patient characteristics in solving problems. When faced with misfortune, dormitory youth should not blame themselves but instead work towards improvement (Hidayati, 2015). Self-compassion fosters kindness and compassion for oneself and helps face environmental threats without judgment, serving as a way to avoid mental health disorders in adolescents (Ferreira et al., 2013).

Previous studies have explored similar themes, such as the role of self-compassion on health quality of life dimensions in dormitory adolescents (Kawitri et al., 2020), self-compassion and psychological distress in adolescents (Marsh et al., 2018), and the buffering effect of self-compassion on the relationship between attachment dimensions and life satisfaction of female adolescents living in orphanages (Menon & Mohan, 2020). However, these studies have not specifically examined the role of self-compassion on the mental health of adolescents in dormitories. Therefore, this research has novelty

value by adopting a new approach through self-compassion to improve the mental health of adolescents in dormitories. This study aims to analyze the role of self-compassion in improving the mental health of adolescents in dormitories.

METHODS

This research is a field study using a mixed-method approach (quantitative and qualitative) with a sequential exploration model. The first stage involves qualitative studies, conducting in-depth interviews and observations with adolescents and Mrs. Saraswana, the dormitory administrator, to collect initial data on how individuals understand and experience self-compassion. Following this, the existing literature is reviewed to understand definitions, theories, and previous research on self-compassion, aiming to build a theoretical foundation and identify research gaps.

Next, a questionnaire is prepared using a self-compassion scale, and instrument validation is carried out (testing the validity and reliability of the instrument). After validation, a survey using the validated instruments is conducted to collect quantitative data from a larger sample. This data can provide an overview of the level of self-compassion among adolescents in dormitories and its relationship with mental health variables.

The data analysis stage follows, using statistical techniques such as regression to test hypotheses. Data for this research was collected from a dormitory in Kabanjahe, with 43 adolescents participating. The dormitory was chosen because it houses adolescents from poor families and children who are victims of domestic violence, sparking researchers' interest in this setting.

For the research instruments on mental health variables, instruments from previous research were used. These were developed by The Mental Health Inventory with a Cronbach's Alpha reliability coefficient of 0.888 (Aziz, 2015). There are six assessment indicators for mental health variables: anxiety [C], depression [D], loss of control [HK], emotions [E], love [C], and satisfaction [K]. The indicators and examples of statement items are as presented in Table 1.

Table 1. The indicators and examples of statement.

Indicator	Sample item
Anxiety	How often do you become 'nervous' when faced with an unexpected situation? How often do you find yourself struggling and trying to calm down?
Depression	How often do you feel like you are at your lowest point? How often do you feel like you have nothing to look forward to in the future?
Loss of control	How often do you feel like you have lost control of your thoughts, feelings and behavior? How often do you feel like crying when faced with problems?
Emotion	How often do you feel that the future looks hopeful and promising? How often is your daily life full of interesting things?
Love	How often do you feel loved and wanted? How often do you feel that loving and being loved feels full and perfect?
Satisfaction	How often do you feel enthusiastic in carrying out daily activities? How often do you feel satisfied in carrying out daily activities?

The research instrument for the self-compassion variable, researchers used instruments from previous research developed by Neff, namely the Self-Compassion Scale by Neff with a Cronbach's Alpha coefficient value of 0.95 in the test. reliability (Jiao & Segrin, 2022). There is 6 indicator evaluation, between other: Self-Kindness [SK], Common Humanities [CH], Mindfulness [MF], Self-Judgment [SJ], Isolation [I], and Over Identification [OI]. The indicators and examples of statement items are presented in Table 2.

Research data was obtained by distributing questionnaires, conducting direct observations at dormitory and conducting in-depth interviews with dormitory administrator. The research instrument assessment used a Likert scale with 4 alternative answers aimed at adolescents in dormitory.

The data analysis stage of this research was divided into two, namely: The field data results from

the distributed questionnaires (quantitative data) using survey methods. The results of the survey that has been carried out will then be analyzed using SPSS were analyzed using SPSS version 20 software using a simple regression test to find out how much influence self-compassion has on the mental health of adolescents in dormitory. Meanwhile, data from observations and interviews (qualitative data) is analyzed using research data reduction techniques, then the data is displayed to sort out the necessary data and then draw conclusions. The results of the qualitative data help explain the qualitative research data to find factors and ways to overcome mental health disorders of adolescents in dormitory.

Table 2. The indicators and examples of statement.

Indicator	Sample item
Self-Kindness	I try to be kind and supportive to myself when I'm having a hard time. I'm kind to myself when things go wrong and I'm feeling bad.
Common Humanity	When I notice things about myself that I don't like, I get really frustrated. I get mad at myself for not being better at some things.
Mindfulness	When something upsetting happens, I try to see things as they are without blowing it out of proportion. When something difficult happens, I try to see things clearly without exaggerations
Self-judgment	When I notice things about myself that I don't like, I get really frustrated I get mad at myself for not being better at some things.
Isolation	When I feel sad or down, it seems like I'm the only one who feels that way. When I feel bad or upset, I tend to feel most other people are probably happier than I am.
Over identification	When I feel frustrated or disappointed, I think about it over and over again. When I'm feeling bad or upset, I can't think of anything else at the time.

RESULTS AND DISCUSSION

Results

Analysis Mental health Adolescents

Based on data which obtained from figure 1, can be known that of the 6 indicators that measure adolescents' mental health, the "satisfied" indicator has the highest score, namely 383. This shows that adolescents feel relieved and satisfied with themselves and their ability to solve the problems they face. In contrast, the "loss of control" indicator has the lowest score, namely 292, which This means that adolescents in this institution can control their problems they face. This difference could be caused by several factors, as stated by Mrs. Saraswana, administrator of the dormitory. She said that in this dormitory there is a program to instill Sufism values in studies after morning and evening prayers, led by foster parents or *musrif/musrifah* (helper for foster parents). Apart from that, the parenting style provided by the dormitory administrators and foster parents also provides sufficient needs for adolescents in this dormitory.

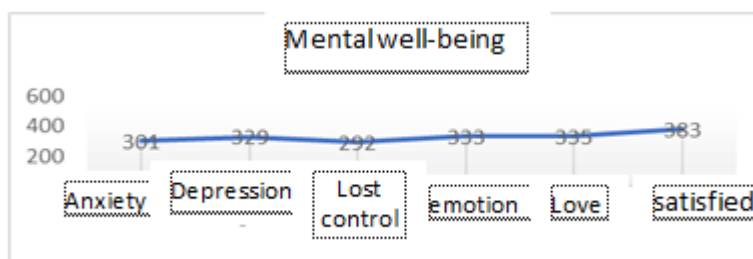


Figure 1. Results of the total score of Adolescents Mental Health indicators

Analysis Descriptive Self- Compassion

Based on the assessment carried out on the Self-Compassion variable, the results were obtained presented in figure 2.

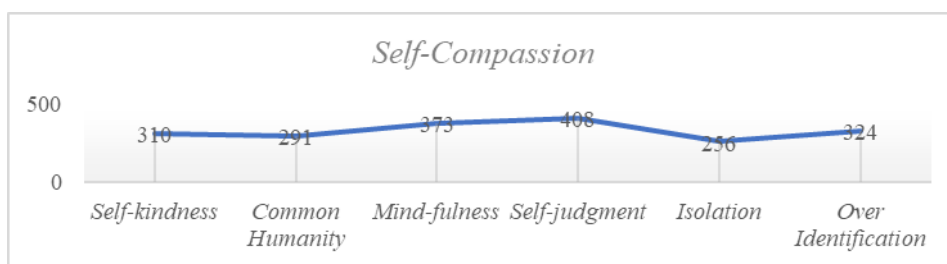


Figure 2. Results amount score indicator self- compassion

Based on the data in the image above, it is known that of the five indicators in the self-compassion variable, the self-judgment indicator has the highest score, namely 408, this shows that adolescents tend to be resistant, have low self-esteem and respond excessively to problems. Meanwhile indicators isolation has amount score Lowest namely 256. That matter shows that adolescents are embarrassed to reveal problems and are less able to take responsibility for the problems they experience. According to the explanation, Mrs. Saraswana, administrator of the dormitory, explained that the Isolation indicator factor that got the lowest score on the self-compassion variable was that the openness of the dormitory adolescents was still low in expressing their problems, apart from that, the trauma experienced by the dormitory adolescents had not completely disappeared. Where several dormitory adolescents experience trauma such as unpleasant treatment, victims of domestic violence (KDRT) and victims of children who were abandoned by their parents.

Test Regression Linear Simple Variable Self-Compassion to Mental Health

Based on exercise data scale measurement variable Self-Compassion, then the results are obtained and presented in Table 3.

Table 3. Calculation Anova Self- Compassion

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	183,048	1	183,048	11,522	.002 b
1 Residual	651,370	41	15,887		
Total	834,419	42			

a. Dependent Variables: Mental Health. b. Predictors: (Constant), Self- Compassion

Based on the Anova table above, it is known that the calculated F value is 11.522 with a significance level of 0.002 > 0.05, so the regression model can be used to identify participation variables or in other words there is an influence of the Self-Compassion variable on adolescents’ mental health variables. Next, to find out how much influence Self-Compassion has on mental health, it is described in the table 4.

Table 2. Calculation Model Summary Self-Compassion

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.468 a	.219	.200	3,986

a. Predictors: (Constant), Self- Compassion, b. Dependent Variables: Mental health

Based on the calculation results in table 4, it is known that the correlation/relationship value (R) is equal to 0.468. Furthermore, the result of the coefficient of determination (R Square) is 0.219, which means that the influence of the self-compassion variable on mental health by 21.9%.

Discussion

Analysis Self-Compassion Adolescents in Dormitory

Instilling the value of Self-Compassion in the youth of the Dormitory is carried out through studies

or education at the dormitory. According to the results of an interview on July 17 2022 with Mrs. Saraswana as administrator of the Dormitory, she explained that adolescents are always given the understanding that life in a dormitory is certainly different from other adolescents who still have complete parents and live together at home, apart from that they are given motivation that dormitory adolescents can also live the same as other adolescents, such as having the opportunity to have an education up to a bachelor's degree, academic and non-academic achievements as well as having the opportunity to be successful. All these things are instilled in dormitory youth through studies carried out every morning. Therefore, adolescents are expected to be able to develop an attitude of self-compassion within themselves.

Adolescents at dormitory are generally aware that their lives in the dormitory must comply with the dormitory rules. However, the dormitory administrators try to fulfill their needs, such as education, health, daily needs and guidance until they can graduate from the dormitory to live independently. Even though some dormitories come from poor families, a strong sense of self-compassion can maintain their health. Mentally adolescents House Which stand slam, which motivating self For rise from the situation and live an independent life. Self-Compassion can It has a positive impact on orphaned youth by loving themselves and not blaming their fate, instead making it a spirit to live life with gratitude and peace.

Role Self-Compassion to Mental Health Adolescents House Care

Self-compassion is very important for the mental health of adolescents living in dormitory because they often face various kinds of life challenges and problems (Zaharuddin & Wahyuni, 2021). Self-compassion is an important concept in maintaining mental health, especially in adolescents who often face social pressure, academic demands, and major emotional changes (Aziz et al., 2023). Self-compassion for adolescents in dormitory can be meaningful make peace with the problems they are experiencing, especially problems that can disrupt their mental health.

Some of the roles of self-compassion in overcoming mental health disorders of adolescents living in dormitory are: First, reducing feelings of isolation. Several adolescents in the dormitory upbringing felt atmosphere isolated or No loved. Self-compassion can help them to feel more connected to themselves and develop a sense of compassion for themselves, which can be a source of support when they feel lonely (Kawitri et al., 2020). Second, reduce feelings of guilt and shame. Adolescents often experience feelings This when they make error or face a difficult situation. Self-compassion can help them to accept themselves more and understand that everyone makes mistakes and experiences difficulties (Kawitri et al., 2019).

Third, overcome feelings of inferiority. Some adolescents in foster care experience feelings of low self-esteem due to past experiences or a feeling that they are less worthy. Self-compassion helps them to develop feelings price self Which more positive and understand that they proper get happiness and success (Aziz & Rahmatullah, 2022). Fourth, managing trauma and negative experiences. There are adolescents in dormitory who have experienced trauma or negative experiences. Self-compassion can help them to deal with this trauma in a healthier way, by acknowledging their feelings without judging themselves (Beaton et al., 2022).

Fifth, increase resilience. Self-compassion helps adolescents to develop higher levels of resilience to stress and adversity. They learn to provide support to themselves when facing challenges, which can help them to recover more quickly and continue fighting despite difficulties (Zaharuddin & Wahyuni, 2021). Sixth, improving social relationships, by developing self-compassion, adolescents in dormitory can learn to understand and manage their own emotions, which can help them build healthier social relationships with fellow dormitory and other people in their lives (Lea et al., 2020).

Seventh, increase self-esteem. Self-compassion helps teens feel better about themselves. When they have a deeper understanding of their self-worth and treat themselves well, their self-esteem can increase (Shaikh et al., 2020). Lastly, develop positive hopes and goals. Self-compassion can help teens in foster care to dream big and develop positive goals in their lives. They can feel more confident in

pursuing their dreams without being hindered by feelings of unworthiness or fear of failure (Novitasari, 2018).

In a foster care environment, it is important to involve a counselor or therapist who is experienced in helping adolescents develop self-compassion. Practices such as compassion meditation, talking therapy, and self-development programs can help them in this process. In addition, support from a sensitive and caring dormitory can also play a role important in helping adolescents develop self-compassion.

Analysis of Factors of Mental Health Disorders of Adolescents in Dormitory

The mental well-being of adolescents living in dormitory can be affected by various factors, as mentioned by Zakiyah et al. (2017), this research indicates that bullying, whether occurring in the dormitory environment or outside the dormitory, can increase the risk of mental health disorders in adolescents. For example, in November 2021, there was viral news about a teenage girl living in an dormitory in Malang City. He experienced harassment by ten of his friends, including sexual harassment, which caused serious psychological distress (Daulay, 2021).

Apart from bullying, Dormitory also faces other factors that influence adolescents' mental health, such as problematic family backgrounds, such as divorce, domestic violence, or even being victims of action porn. The results of observations and interviews with Mrs. Saraswana on March 23, 2024, who is the administrator of the dormitory, revealed that one of the significant factors is children who are victims of domestic violence. Domestic violence can occur as a result of seeing parents fighting or as a result of a broken home situation, and this can have a negative impact on the mental health and behavior of adolescents (Yulianingsih, 2020). Children from broken homes tend to feel disappointed, sad, inferior, and lose their sense of security from their family, and may become more aggressive (Harahap et al., 2021). They can also find it difficult to socialize and become more introverted (Desmana, 2022).

Apart from that, the phenomenon of action porn, which is increasingly common, especially in the Special Region of Yogyakarta, also has a traumatic impact on adolescents who become victims (Mariyona, 2020). Cases such as the sexual harassment at Zero Kilometer reported in July 2022 are a clear example of the negative impacts that can arise (Palupi, 2022). Therefore, it is important to provide sex education to adolescents living in dormitory so that they understand their own sexual development and can maintain their privacy and safety from potential sexual harassment in the dormitory environment.

Lastly, parenting style is also an important factor in the mental health of adolescents living in dormitory. Parents must ensure that the parenting style provided is appropriate and focuses on good communication between parents and children (Rahmatullah & Diana, 2022). The goal of good parenting is to maintain the safety and health of children and prepare them to grow into productive individuals. However, unhealthy parenting patterns, such as toxic parenting, can damage children's mental health and affect their daily behavior (Oktariani, 2021). Therefore, it is important to ensure that a positive relationship between parents and children is maintained well, so this can have a positive impact on children's mental health.

Analysis Method Cope Disturbance Mental Health Adolescents House Care

Efforts to overcome mental health disorders for adolescents at the dormitory involve providing counseling. At this dormitory, there are special facilities in the form of a counseling room provided for adolescents who want to talk about the problems they face, whether problems inside the institution or outside the institution. The counseling process at this dormitory receives support from psychiatrists who are specialists in child growth and development through collaboration with the Indonesian Doctors Association (IDI). However, observation results show that adolescents rarely use this counseling service. One of the main reasons is because this counseling program is still relatively new, running for less than a year, and Most adolescents prefer to talk directly to foster parents or dormitory administrators. Mrs.

Saraswana, an administrator at the Dormitory, in an interview revealed that adolescents tend to be more trusting and comfortable talking about their problems to adults they consider to be emotionally close to.

Despite this, counseling rooms are still used to help adolescents who experience mental health problems due to trauma, such as victims of domestic violence or bullying. The observation results also indicate there is adolescents which experience disturbance mental health such as decreased appetite, inability to socialize with the environment, or even fear of sleeping on the floor due to traumatic experiences. To deal with cases like this, the dormitory collaborates with psychiatrists from IDI who provide therapy until the adolescents recovers.

Apart from providing counseling, the dormitory also approaches religious values every morning and evening. This approach aims to provide calm to the hearts of adolescents, teach the importance of being grateful, obeying worship, and absorbing the meaning of love and awareness that everything comes from God and will return to Him. Apart from that, this approach also aims to form adolescents who are religious, full of love, and willing to pray for their parents, even though they may not know who their biological parents.

CONCLUSION

Self-compassion can be an innovative approach to maintaining the mental well-being of adolescents living in foster care. Based on the results of simple linear regression analysis, revealed that self-compassion own impact as big as 21.9% to mental health of adolescents in foster care environments. Meanwhile, the remaining 78.1% is influenced by other factors such as parenting style, environment, level of self-disclosure, education, and so on. Thus, it is proven that self-compassion has a significant influence on the mental well-being of adolescents in dormitory.

ACKNOWLEDGMENT

Thank you to the Catholic Bimas Ministry of Religion of the Republic of Indonesia for funding this research and thank you to the authors who collaborated in completing this manuscript and the participants in this research. Hopefully this research can be used as a reference for further research.

REFERENCES

- Ahiruddin, A., Rasyid, H., & Prasetyo, R. D. (2023). Pengaruh Layanan Konseling Kelompok pada Perilaku Korban Perundungan di SMK Negeri 1 Bogor. *Journal on Education*, 5(2), 5095–5101. <https://doi.org/10.31004/joe.v5i2.1246>
- Arini, M. (2018). *Memilih Desain Penelitian Mixed-Methods*. <http://merita.staff.umy.ac.id/2018/04/21/memilih-desain-penelitian-mixed-methods>
- Armis. (2015). Manajemen Panti Asuhan At- Taqwa Muhammadiyah dalam Membina Kepribadian Siswa Mts Muhammadiyah Padang. *Al Fikrah*, 3(2), 137–145. <https://doi.org/http://dx.doi.org/10.31958/jaf.v3i2.397>
- Ayu Rianti, S., & Hidayat, N. (2020). Peran Agama dalam Membentuk Kesehatan Mental Remaja. *Jurnal Manthiq*, V(1), 25–31. <https://doi.org/http://dx.doi.org/10.29300/mtq.v5i1.3240>
- Aziz, A. N., Rahmatullah, A. S., & Khilmayah, A. (2023). Penguatan Kesehatan Mental Melalui Peran Self-Disclosure Bagi Remaja Panti Asuhan. *G-Couns: Jurnal Bimbingan Dan Konseling*, 7(3), 414–428. <https://doi.org/10.31316/gcouns.v7i03.4646>
- Aziz, Akbar Nur & Rahmatullah, A. S. (2022). Cutting Behavior in the Perspective of Islamic Psychology. *Psikis: Jurnal Psikologi Islami*, 8(2), 209–219. <https://doi.org/10.19109/psikis.v8i2.11465>
- Aziz, A. N., Rahmatullah, A. S., & Khilmayah, A. (2023). Strengthening Mental Toughness through Self-Compassion, Self-Disclosure and Spirituality for Dormitory Adolescents. *Indigenous: Jurnal Ilmiah Psikologi*, 8(2), 161–182. <https://doi.org/10.23917/indigenous.v7i3.21784>
- Aziz, R. (2015). Aplikasi Model RASCH dalam Pengujian Alat Ukur Kesehatan Mental di Tempat Kerja. *Jurnal Psikoislamika*, 12(2), 29–39. <https://doi.org/https://doi.org/10.18860/psi.v12i2.6402>
- Beaton, D. M., Sirois, F., & Milne, E. (2022). The role of self-compassion in the mental health of adults with ADHD. *Journal of Clinical Psychology*, 2497–2512. <https://doi.org/10.1002/jclp.23354>

- Blakemore, S. J. (2019). Adolescence and mental health. *The Lancet*, 393(10185), 2030–2031. [https://doi.org/10.1016/S0140-6736\(19\)31013-X](https://doi.org/10.1016/S0140-6736(19)31013-X)
- Collishaw, S., & Sellers, R. (2020). Trends in Child and Adolescents Mental Health Prevalence, Outcomes, and Inequalities. In E. Taylor (Ed.), *Mental Health and Illness of Children and Adolescents* (pp. 63–73). Springer Singapore. https://doi.org/10.1007/978-981-10-2348-4_9
- Daulay, F. (2021). Motif Anak Panti Asuhan di Malang Dibully Usai Diperkosa, Korban Begitu Terpukul. Indozone.Id. <https://www.indozone.id/news/L9s8Qo7/motif-anak-panti-asuhan-di-malang-dibully-usai-diperkosa-korban-begitu-terpukul/read-all>
- Desmana, R. C. (2022). *Ladung, Kesehatan Mental Remaja Korban Kekerasan Verbal di Desa Lubuk Ladung Kecamatan Kedurang Ilir Kabupaten Bengkulu Selatan* [UIN Fatmawati Sukarno Bengkulu]. <http://repository.iainbengkulu.ac.id/8947/>
- Elon, Y., & Malinti, E. (2019). Fenomena Merokok Pada Anak Usia Remaja: Studi Kualitatif. *Klabat Journal of Nursing*, 1(1), 78. <https://doi.org/10.37771/kjn.v1i1.385>
- Faristiana, A. R., & Yudhistira, N. E. (2022). Sikap Pesimis Remaja terhadap Orientasi Masa Depan. *Rosyada: Islamic Guidance and Counseling*, 3(1), 61–74. <https://doi.org/doi.org/10.21154/rosyada.v3i1.4685>
- Ferreira, C., Pinto-Gouveia, J., & Duarte, C. (2013). Self-compassion in the face of shame and body image dissatisfaction: Implications for eating disorders. *Eating Behaviors*, 14(2), 207–210. <https://doi.org/https://doi.org/10.1016/j.eatbeh.2013.01.005>
- Harahap, E., Sukatno, S., & Warzuqni, A. (2021). Kesehatan Mental Remaja Putri Korban Perceraian Orang Tua. *Ristekdik: Jurnal Bimbingan Dan Konseling*, 6(2). <https://doi.org/10.31604/ristekdik.2021.v6i2.268-272>
- Hidayati, D. S. (2015). Self-compassion dan loneliness. *Jurnal Ilmiah Psikologi Terapan*, 3(1), 154-164. <https://doi.org/https://doi.org/10.22219/jipt.v3i1.2136>
- Huang, Y., He, M., Li, A., Lin, Y., Zhang, X., & Wu, K. (2020). Personality, behavior characteristics, and life quality impact of children with dyslexia. *International Journal of Environmental Research and Public Health*, 17(4), 1–14. <https://doi.org/10.3390/ijerph17041415>
- Jemimut, Y. (2021). Peranan Orang Tua Asuh dalam Pembinaan Moral Anak Usia Remaja di Panti Asuhan Panjura Kota Malang Yustina. *Konstruksi Sosial: Jurnal Penelitian Ilmu Sosial*, 1(1), 9–15. <https://conference.unikama.ac.id/artikel/index.php/fip/article/view/42>
- Jiao, J., & Segrin, C. (2022). The Development and Validation of the Overparenting Scale – Short Form. *Emerging Adulthood*, 10(3), 744–751. <https://doi.org/10.1177/21676968211052783>
- Kawitri, A. Z., Listiyandini, R. A., & Rahmatika, R. (2020). Peran Self-Compassion terhadap Dimensi-dimensi Kualitas Hidup Kesehatan pada Remaja Panti Asuhan. *Psymphatic: Jurnal Ilmiah Psikologi*, 7(1), 01–18. <https://doi.org/10.15575/psy.v7i1.4406>
- Kawitri, A. Z., Rahmawati, B. D., Arruum, R., & Rahmatika, R. (2019). Self-Compassion and Resilience among Adolescents Living at Social Shelters. *Jurnal Psikogenesis*, 7(1), 76–83.
- KBBI. (2022). *Kamus Besar Bahasa Indonesia*. <https://kbbi.kemdikbud.go.id>
- Lea, C. S., Littleton, H., Allen, A. B., & Beasley, C. (2020). Resilience, Self-compassion, and Mental Health Outcomes: Rebuilding Eastern North Carolina After Natural Disasters. *North Carolina Medical Journal*, 81(5), 315–319. <https://www.ncmedicaljournal.com/content/81/5/315.short>
- Mariyona, K. (2020). Dampak Kekerasan Seksual Pada Remaja Putri Dalam Proses Pembelajaran Di Smps Psm Kota Bukittinggi. *MIKIA: Mimbar Ilmiah Kesehatan Ibu Dan Anak*, 4(2), 16–21. <https://doi.org/10.36696/mikia.v4i2.13>
- Marsh, I. C., Chan, S. W. Y., & Macbeth, A. (2018). Self-compassion and Psychological Distress in Adolescents – a Meta-analysis. *Mindfulness*, 9(4), 1011–1027. <https://doi.org/https://doi.org/10.1007/s12671-017-0850-7>
- Menon, R., & Mohan, S. (2020). The Buffering Effect of Self-Compassion on the Relationship between Attachment Dimensions and Life Satisfaction of Female Adolescents Living in Dormitory. *Indian Journal of Health and Well-Being*, 11(4), 293–299. http://www.iahrw.com/index.php/home/journal_detail/19#list
- Muhyani, A. H., & Yusup, Y. (2022). Hubungan Peran Guru PAI dengan Kesehatan Mental Siswa di SMK Negeri 1 Cibinong Selama Covid-19. *Pendidikan Islam*, 11, 279–296. <https://doi.org/10.30868/ei.v11i02.2360>
- Murfield, J., Moyle, W., & O’Donovan, A. (2020). Self-compassion as an applicable intervention target for family carers of older adults: A conceptual commentary. *International Journal of Geriatric Psychiatry*, 35(4), 376–383. <https://doi.org/10.1002/gps.5257>
- Neff, K. D. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself.

Journal of Self and Identity, 2(2), 85–101. <https://doi.org/10.1080/15298860390129863>

- Novitasari, D. (2018). Hubungan antara Self-Compassion dan Penyesuaian Diri pada Remaja yang Tinggal di Panti Asuhan [Universitas Islam Indonesia]. <https://dspace.uui.ac.id/handle/123456789/5906>
- Oktariani, O. (2021). Dampak Toxic Parents dalam Kesehatan Mental Anak. *Jurnal Penelitian Pendidikan, Psikologi Dan Kesehatan (J-P3K)*, 2(3), 215–222. <https://doi.org/10.51849/j-p3k.v2i3.107>
- Palupi, P. A. (2022). Videonya Sempat Viral, Korban Pelecehan Seksual di Nol Kilometer Laporkan Pelaku ke Polresta Yogyakarta. *Suarajogja.id*. <https://jogja.suara.com/read/2022/07/07/171526/videonya-sempat-viral-korban-pelecehan-seksual-di-nol-kilometer-laporkan-pelaku-ke-polresta-yogyakarta>
- Puspita, S. M. (2019). Kemampuan Mengelola Emosi Sebagai Dasar Kesehatan Mental Anak Usia Dini. *Seling: Jurnal Program Studi PGRA*, 5(1), 85–92. <https://doi.org/doi.org/10.29062/seling.v5i1.434>
- Rahmatullah, S. A., & Diana, W. (2022). Super Parenting untuk Orang Tua Dalam Menyikapi dan Mendidik Anak Dalam Tumbuh Kembangnya. *Society: Jurnal Pengabdian Masyarakat*, 01(3), 143–153. <https://doi.org/10.55824/jpm.v1i3.100>
- Rahmawati, D. B., Listiyandini, R. A., & Rahmatika, R. (2019). Resiliensi Psikologis dan Pengaruhnya terhadap Kualitas Hidup terkait Kesehatan pada Remaja di Panti Asuhan. *Analitika: Jurnal Magister Psikologi UMA*, 11(1), 21–30. <https://doi.org/http://dx.doi.org/10.31289/analitika.v11i1.2314>
- Setiawan, K. (2021). Kemensos Berikan Perlindungan kepada 4 Jutaan Anak Yatim-Piatu. Kementrian Sosial Republik Indonesia. <https://kemensos.go.id/kemensos-berikan-perlindungan-kepada-4-jutaan-anak-yatim-piatu>
- Shaikh, Q., Aljasser, D. S., & Albalawi, A. M. (2020). Parenting behaviors, marital discord and the mental health of young females: a cross-sectional study from Saudi Arabia. *Annals of Saudi Medicine*, 40(1), 49–54. <https://doi.org/10.5144/0256-4947.2020.49>
- Vharensie, A. (2021). Konsep Pendidikan Remaja untuk Menanamkan Akhlak dalam Perspektif Islam [UIN RadenIntan Lampung]. <http://repository.radenintan.ac.id/15971/>
- Wardi, R. A., & Ningsih, Y. T. (2021). Kontribusi Self Compassion terhadap Pembentukan Psychological Well-Being (Kesejahteraan Psikologis) : Sebuah Studi Literatur. *Jurnal Riset Psikologi*, 2021(1), 1–12. <http://dx.doi.org/10.24036/jrp.v2021i1.10754>
- WHO. (2014). Mental health: a state of well-being. http://www.who.int/features/f%0Aactfiles/mental_health/en/
- Wibowo, D. A., & Zen, D. N. (2020). Pentingnya Pengetahuan Masyarakat Tentang Kesehatan Jiwa di Dusun Cimamut Kabupaten Ciamis. *Abdimas Galuh*, 2(1), 65. <https://doi.org/10.25157/ag.v2i1.3344>
- Windu, G. A. (2021, December). Kesehatan Mental bagi Anak-anak Panti Asuhan Taqwa Al-Qolbi. *Kompasiana.Com*. <https://www.kompasiana.com/gheardywindututunineke6071/61c5ac319bdc4054f342bf63/kesehatan-mental-bagi-anak-anak-panti-asuhan-taqwa-al-qolbi>
- Yulianingsih, D. (2020). Kesehatan Mental Remaja pada Komunitas Broken Home di Kota Semarang [Universitas Muhammadiyah Semarang]. <http://repository.unimus.ac.id/4371/>
- Zaharuddin, Z., & Wahyuni, R. N. (2021). Hubungan antara Self-Compassion dengan Resiliensi pada Remaja Panti Asuhan Bunda Pangkalan Balai. *Indonesian Journal of Behavioral Studies*, 1(4), 419–434. <https://doi.org/10.19109/ijobs.v1i4.11922>
- Zakiah, E. Z., Humaedi, S., & Santoso, M. B. (2017). Faktor Yang Mempengaruhi Remaja Dalam Melakukan Bullying. *Prosiding Penelitian Dan Pengabdian Kepada Masyarakat*, 4(2), 324–330. <https://doi.org/10.24198/jppm.v4i2.14352>