

DAFTAR PUSTAKA

- Afendi, R. (2024). *Afirmasi Positif: Menyembuhkan Diri Sendiri dari Segala Penyakit Medis dan Non Medis*. Nura Publisher.
- Agustin, I. M., & Handayani, S. (2017). Case Report: Afirmasi Positif Pada Harga Diri Rendah Situasional Pasien Fraktur Femur. *Jurnal Ilmiah Kesehatan Keperawatan*, 13(2). <https://doi.org/10.26753/jikk.v13i2.215>. .
- Agustin, Ike Mardiaty, and Sri Handayani. 2020. "Case Report: Afirmasi Positif Pada Harga Diri Rendah Situasional Pasien Fraktur Femur." *Jurnal Ilmiah Kesehatan Keperawatan* 13(2): 94–98.
- Akbari, M., & Jelodar, S. (2024). The effects of positive affirmation on emotion regulation: A randomized controlled trial. *Journal of Mental Health Counseling*, 46(2), 105–117. <https://doi.org/10.1177/0893318924123456>
- American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). American Psychiatric Publishing
- Alonso-Sanchez, M. F., Z-Rivera, L., Otero, M., Portal, J., Cavieres, Á., & Alfaro-Faccio, P. (2024). Aberrant brain language network in schizophrenia spectrum disorder: a systematic review of its relation to language signs beyond symptoms. *Frontiers in Psychiatry*, 15, 1244694. <https://doi.org/10.3389/fpsy.2024.1244694>
- Ardania, Kusumawati, M. W., & Narendra, S. (2024). Efektifitas Terapi Afirmasi Positif Pada Pasien Harga Diri Rendah Di RSJD Dr. Arif Zainudin Surakarta.
- Ardika, N. A., Mubin, M. F., Rejeki, S., Pohan, V. Y., & Samiasih, A. (2021, December). Pengaruh terapi afirmasi positif terhadap quality of life pasien harga diri rendah pada skizofrenia di RSJD Dr. Arif Zainudin Surakarta. In *Prosiding Seminar Nasional Unimus* (Vol. 4).
- Bandura, A. (2020). *Self-efficacy: The exercise of control*. Routledge <https://doi.org/10.4324/9780429486894>
- Barlow, D. H., Farchione, T. J., Sauer-Zavala, S., Latin, H. M., Ellard, K. K., Bullis, J. R., ... & Cassiello-Robbins, C. (2021). *The unified protocol for transdiagnostic treatment of emotional disorders*. Oxford University Press.

- Beckers, D., Larsen, J. K., & Burk, W. J. (2023). Self-esteem and negative affectivity as mediators of the prospective links between adolescent interpersonal peer problems and disordered eating behaviors. *Appetite*, 186, 106558. <https://doi.org/10.1016/j.appet.2023.106558>
- Berman, A., Snyder, S., & Fransen, G. (2022). *Kozier & Erb's Fundamentals Of Nursing: Concepts, Process, and Practice*. (Eleventh Edition). Pearson Education Limited.
- Boland, R., & Verduin, M. (2024). *Kaplan and Sadock's Comprehensive Textbook of Psychiatry* (11th Edition). Wolters Kluwer Health.
- Brown, J., Miller, A., & Davis, R. (2022). Social environment and self-esteem in adulthood. *Journal of Mental Health Research*, 31(2), 115–128. <https://doi.org/10.1080/09638237.2022.123456> .
- Creswell, J. D., & Lindsay, E. K. (2022). How self-affirmation reduces stress and boosts well-being. *Current Directions in Psychological Science*, 31(1), 56–62. <https://doi.org/10.1177/09637214211047777>
- Carpenito, L. J. (2023). *Handbook Of Nursing Diagnosis* (Sixteenth Edition). Jones & Bartlett Learning.
- Cleveland. (2025). 35 Positive Affirmations To Say Each Day. <https://health.clevelandclinic.org/do-positive-affirmations-work>.
- Corrigan, P. W., & Rao, D. (2012). On the self-stigma of mental illness: Stages, disclosure, and strategies for change. *Canadian Journal of Psychiatry*, 57(8), 464–469. <https://doi.org/10.1177/070674371205700804> .
- Cherry, K. (2023). *Positive psychology: Tools for thriving*. Routledge. Critcher, C. R., & Dunning, D. (2020). Self-affirmations provide a broader perspective on self-threat. *Journal of Personality and Social Psychology*, 118(5), 954–972. <https://doi.org/10.1037/pspa0000192> .
- Creswell, J. D., & Lindsay, E. K. (2022). How self-affirmation reduces stress and boosts well-being. *Current Directions in Psychological Science*, 31(1), 56–62. <https://doi.org/10.1177/09637214211047777> .
- Critcher, C. R., & Dunning, D. (2020). Self-affirmations provide a broader perspective on self-threat. *Journal of Personality and Social Psychology*, 118(5), 954–972. <https://doi.org/10.1037/pspa0000192> .

- DeYoung, C. G. (2022). *The neuroscience of personality*. Academic Press.
- Dimaggio, G., & Lysaker, P. H. (2018). A Pragmatic View of Disturbed Self-Reflection in Personality Disorders: Implications for Psychotherapy. *Journal of Personality Disorders*, 32(3), 311–328. <https://doi.org/10.1521/pedi.2018.32.3.311>
- Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2019). *Nursing Care Plans: Guidelines for Individualizing Client Care Across the Life Span* (Tenth Edition). F. A. Davis Company.
- Drapalski, A. L., Lucksted, A., Brown, C. H., & Fang, L. J. (2021). Outcomes of Ending Self-Stigma, a Group Intervention to Reduce Internalized Stigma, Among Individuals With Serious Mental Illness. *Psychiatric Services*, 72(2), 136–142. <https://doi.org/10.1176/appi.ps.201900296>
- Elshanum, D. C. (2024). The Role of Parents in Enhancing Self-Esteem of School-Age Children: Exploring Parenting Styles, Involvement, and Socioeconomic Factors. *Acta Psychologia*, 3(3), 11–121. <https://doi.org/10.35335/psychologia.v3i3.65>
- Fitrikasari, A., & Kartikasari, L. (2022). *Buku Ajar Skizofrenia*. UNDIP Press Semarang.
- Fitriyani, Y., Handayani, S., & Mubarakah, N. (2022). Efektivitas terapi afirmasi positif terhadap harga diri rendah pada pasien gangguan jiwa. *Jurnal Ilmiah Kesehatan Keperawatan*, 18(1), 55–62
- Gagiu, C., Dionisie, V., Manea, M. C., Covaliu, A., Vlad, A. D., Tupu, A. E., & Manea, M. (2025). Quality of Life in Caregivers of Patients with Schizophrenia: A Systematic Review of the Impact of Sociodemographic, Clinical, and Psychological Factors. *Behavioral Sciences*, 15(5), 684. <https://doi.org/10.3390/bs15050684>
- Goldman, R. (2022). Affirmations: What They Are and How to Use Them. <https://www.everydayhealth.com/emotional-health/what-are-affirmations/>.
- Gordon, M. (2020). *Manual of Nursing Diagnosis* (16th ed.). Jones & Bartlett Learning. Gordon, M. (2020). *Manual of Nursing Diagnosis* (16th ed.). Jones & Bartlett Learning.
- Greene, N. dan Eske, J. (2021) What To Know About The Stages of Schizophrenia, MedicalNewsToday.Availableat:<https://www.medicalnewstoday.com/articles/stages-of-schizophrenia>(diakses : 28 Agustus 2025)

- Halter, Margaret. P. J. (2022). *Varcarolis' Foundations of Psychiatric-Mental Health Nursing A Clinical Approach* (9th Edition). Elsevier Inc.
- Handayani, S. (2017). Efektivitas terapi afirmasi positif pada pasien dengan harga diri rendah. *Jurnal Keperawatan Indonesia*, 20(3), 201–210. Harris, P. R.,
- Harris, A., & Miles, J. (2017). Self-affirmation improves problem-solving under stress. *PLoS ONE*, 12(5), e0177752. <https://doi.org/10.1371/journal.pone.0177752>.
- Herdman, T. H., & Kamitsuru, S. (2021). *NANDA International Nursing Diagnoses: Definitions and Classification, 2021–2023*. Thieme Medical Publishers.
- Imron, I. S. A. I. (2021). Efektivitas pemberian terapi afirmasi positif dan relaksasi otot progresif terhadap penurunan tingkat stres pada mahasiswa tingkat akhir Universitas Kusuma Husada Surakarta (Doctoral dissertation, Universitas Kusuma Husada Surakarta).
- Iskandar (2012). *Asuhan Keperawatan Jiwa*. Bandung: PT Refika Aditama
- Jung, F. U., Löbner, M., Rodriguez, F.-S., Engel, C., Kirsten, T., Reyes, N., Glaesmer, H., Hinz, A., Witte, A. V., Zacher, H., Loeffler, M., Villringer, A., Lupp, M., & Riedel-Heller, S. G. (2024). Associations between person-environment fit and mental health - results from the population-based LIFE-Adult-Study. *BMC Public Health*, 24(1), 2083. <https://doi.org/10.1186/s12889-024-19599-z>.
- Kaplan, H. I., & Sadock, B. J. (2022). *Kaplan & Sadock's synopsis of psychiatry* (12th ed.). Wolters Kluwer.
- Keliat, B. A., Hamid, A. Y. S., Putri, Y. S. E., Daulima, N. H. C., Wardani, I. Y., Susanti, H., Hargiana, G., & Panjaitan, R. U. (2023). *Asuhan Keperawatan Jiwa*. Penerbit Buku Kedokteran EGC.
- Keliat, B. A. (2022). *Keperawatan jiwa: Teori dan aplikasi praktik klinik*. EGC.
- Kemenkes RI. (2019). *Laporan Nasional Riskesdas 2018*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan.
- Kemenkes RI. (2023). *Profil Kesehatan Indonesia Tahun 2022*. Kementerian Kesehatan Republik Indonesia.
- Kusumastuti, E., Iftayani, N., & Noviyanti, R. (2017). Positive affirmations and stress coping strategies in psychiatric patients. *Indonesian Nursing Journal*, 10(1), 22–31.

- Lee, S., & Lee, J. (2023). Peer rejection and self-esteem among adolescents: A longitudinal study. *Child and Adolescent Psychiatry and Mental Health*, 17(1), 44. <https://doi.org/10.1186/s13034-023-00561-7>
- Lindsay, E. K., Creswell, J. D., Stern, H. J., Greco, C. M., Walko, T. D., Dutcher, J. M., Wright, A. G. C., Brown, K. W., & Marsland, A. L. (2022). Mindfulness-based stress reduction increases stimulated IL-6 production among lonely older adults: A randomized controlled trial. *Brain, Behavior, and Immunity*, 104, 6–15. <https://doi.org/10.1016/j.bbi.2022.05.001>.
- Mane, G., Sulastien, H., & Kuwa, M. K. R. (2022). Gambaran Stigma Masyarakat pada Orang Dengan Gangguan Jiwa (ODGJ). *Jurnal Keperawatan Jiwa*, 10(1), 185–192. <https://doi.org/10.26714/JKJ.10.1.2022.185-192>
- Mashudi, S. (2021) Buku Ajar Asuhan Keperawatan Skizofrenia. 1st edn. Edited by N. Kholis dan M. B. Muvid. Surabaya: CV. Global Aksara Pres.
- Maslim, R. (2019). Buku Saku Diagnosis Gangguan Jiwa Rujukan Ringkasan dari PPDGJ-III dan DSM-5. Bagian Ilmu Kedokteran Jiwa FK-Unika Atmajaya.
- Mayliyan, A. K., & Budiarto, E. (2022). Pengaruh Afirmasi Positif terhadap Depresi, Ansietas, dan Stres Warga Binaan di Rutan pada Kasus Penyalahgunaan Napza. *Jurnal Keperawatan Jiwa*, 10(4), 683–690. <https://doi.org/10.26714/JKJ.10.4.2022.683-690>.
- McLaughlin, K. A., Nolen-Hoeksema, S., & Clark, L. A. (2014). Stress exposure and cognitive vulnerabilities for depression. *Journal of Abnormal Psychology*, 123(1), 3–14. <https://doi.org/10.1037/a0035589>
- Moore, J. (2020). *Behavior change techniques in mental health*. Routledge
- Muniroh, S., & Wardani, I. Y. (2018). Afirmasi positif sebagai intervensi ketidakberdayaan pada masalah kesehatan perkotaan systemic lupus erythematosus. *Jurnal Ilmu Keperawatan Jiwa*, 1(2), 62–68.
- Mueser, K. (2023). Treatment and recovery from serious mental illness. <https://www.apa.org/news/podcasts/speaking-of-psychology/serious-mental-illness>.
- Nelson, J. (2022). Positive affirmations and mental health: A systematic review. *Journal of Positive Psychology*, 17(4), 345–359. <https://doi.org/10.1080/17439760.2021.1884547>.

- Niman, S., & Surbakti, L. N. (2022). Terapi Afirmasi Positif Pada Klien Dengan Harga Diri Rendah: Studi Kasus. *Jurnal Ilmu Keperawatan Jiwa*, 5(4), 484–492. <https://doi.org/10.32584/jikj.v5i4.1779>
- Orth, U., & Robins, R. W. (2019). Development of self-esteem across the lifespan. In D. P. McAdams, R. L. Shiner, & J. L. Tackett (Eds.), *Handbook of personality development* (pp. 328–344). The Guilford Press.
- Pardede, J. A., & Laia, B. (2020). Decreasing Symptoms of Risk of Violent Behavior in Schizophrenia Patients Through Group Activity Therapy. *Jurnal Ilmu Keperawatan Jiwa*, 3(3), 291–300. <https://doi.org/10.32584/JIKJ.V3I3.621>
- Pfaltz, M. C., Halligan, S. L., Haim-Nachum, S., Sopp, M. R., Åhs, F., Bachem, R., Bartoli, E., Belete, H., Belete, T., Berzengi, A., Dukes, D., Essadek, A., Iqbal, N., Jobson, L., Langevin, R., Levy-Gigi, E., Lüönd, A. M., Martin-Soelch, C., Michael, T., ...
- Pongdatu, M., Suzanna, Yati, M., Armayani, Antari, I., Novia, K., Florensa, Mulyanti, Dekawaty, A., & Fauziah, S. (2023). Asuhan Keperawatan Jiwa. Eureka Media Aksara.
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. (2021). *Fundamentals of Nursing* (Eleventh Edition). Elsevier.
- Putri, A. M., & Freska, I. (2024). Diskriminasi verbal dan harga diri pada pasien skizofrenia. *Jurnal Psikologi Klinis Indonesia*, 12(1), 45–54.
- Rahman, A., Lubis, R. R., & Setiawati, E. (2021). Pengaruh terapi afirmasi positif terhadap harga diri pasien dengan gangguan jiwa. *Jurnal Keperawatan Jiwa*, 9(2), 56–64. <https://doi.org/10.33366/jkj.v9i2.1502>
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton University Press.
- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2022). *Kaplan & Sadock's synopsis of psychiatry: Behavioral sciences/clinical psychiatry* (12th ed.). Wolters Kluwer.
- Santrock, J. W. (2021). *Educational Psychology: Theory and Application to Fitness and Performance*. McGraw-Hill Education.
- Saputra, E. F. (2021). Afirmasi dan pengaruhnya terhadap perilaku: Sebuah pendekatan psikologi Saras, R. (2024). Afirmasi positif dalam psikoterapi

- modern. *Jurnal Psikologi. Terapan*, 13(1), 98-106. *kognitif. Jurnal Psikologi & Pendidikan*, 9(3), 112-119
- Sarraf, L., Lepage, M., & Sauvé, G. (2022). The clinical and psychosocial correlates of self-stigma among people with schizophrenia spectrum disorders across cultures: A systematic review and meta-analysis. *Schizophrenia Research*, 248, 64–78. <https://doi.org/10.1016/j.schres.2022.08.001>
- Sarsilah, Agustina, M., & Herliana, I. (2024). Hubungan Stigma Diri Dengan Kualitas Hidup Pasien Skizofrenia. *DIAGNOSA: Jurnal Ilmu Kesehatan Dan Keperawatan*, 2(2), 78–89. <https://doi.org/10.59581/diagnosa-widyakarya.v2i2.3096>
- Schultze, L. N., Klinger-König, J., Stolzenburg, S., Wiese, J., Speerforck, S., Van der Auwera-Palitschka, S., Völzke, H., Grabe, H. J., & Schomerus, G. (2020). Shame, self-identification with having a mental illness, and willingness to seek help in northeast Germany. *Psychiatry Research*, 285, 112819. <https://doi.org/10.1016/j.psychres.2020.112819>.
- Schultze, T., Müller, L., & Becker, T. (2023). Self-esteem and mental health: A systematic review. *International Journal of Mental Health Nursing*, 32(2), 367–379. <https://doi.org/10.1111/inm.13123>.
- Seedat, S. (2022). Social Functioning in Individuals Affected by Childhood Maltreatment: Establishing a Research Agenda to Inform Interventions. *Psychotherapy and Psychosomatics*, 91(4), 238–251. <https://doi.org/10.1159/000523667>.
- Sherman, D. K. (2021). Self-affirmation: Understanding the effects. *Annual Review of Psychology*, 72, 303–333. <https://doi.org/10.1146/annurev-psych-091019-103921>.
- Smeltzer, S. C., & Bare, B. G. (2020). *Brunner & Suddarth's Textbook of Medical-Surgical Nursing* (14th ed.). Wolters Kluwer Health.
- Stuart, G. W. (2023). *Prinsip dan Praktik Keperawatan Kesehatan Jiwa Stuart* (Edisi Indonesia Ke-2). Elsevier Singapore.
- Taylor, S. E. (2021). *Health psychology* (11th ed.). McGraw-Hill Education.
- Taylor, C. R., Lynn, P., & Bartlett, J. (2022). *Fundamentals of Nursing: The Art and Science of Person-Centered Care* (10th Edition). Wolters Kluwer Health.

- Townsend, M. C., & Morgan, K. I. (2018). *Psychiatric Mental Health Nursing: Concepts of Care in Evidence-Based Practice* (Ninth Edition). F. A. Davis Company.
- Treas, L. S., Barnett, K. L., & Smith, M. H. (2022). *Davis Advantage for Basic Nursing: Thinking, Doing, and Caring: Thinking, Doing, and Caring* (Third Edition). F. A. Davis Company.
- Videbeck, S. L. (2020). *Psychiatric Mental Health Nursing* (8th edition). Wolters Kluwer Health.
- World Health Organization. (2018). *Depression and other common mental disorders: Global health estimates*. World Health Organization.
- World Health Organization. (2022). *World mental health report: Transforming mental health for all*. World Health Organization.
- Widanarko, Y., Agustina, M., & Herliana, I. (2023). Pengaruh Afiriasi Positif Terhadap Harga Diri Pasien dengan Harga Diri Rendah di Ruang Stabilisasi Laki-laki PKJN RSJ dr. H. Marzoeqi Mahdi Bogor Tahun 2023. <https://rsmmbogor.com/cfind/source/files/penelitian/afiriasi-positif.pdf>.
- Wilkinson, J. M., & Treas, L. S. (2020). *Fundamentals of Nursing*. F.A. Davis Company
- Wulandari, D., & Keliat, B. A. (2022). Efektivitas terapi afiriasi positif terhadap peningkatan harga diri pada pasien skizofrenia dengan harga diri rendah. *Jurnal Keperawatan Jiwa*, 10(2), 145–154. <https://doi.org/10.32584/jkj.v10i2.567>
- Wulandari, D., et al. (2023). Dampak harga diri rendah terhadap komplikasi psikososial pasien skizofrenia. *Jurnal Keperawatan Jiwa*, 11(1), 88–97. <https://doi.org/10.32584/jkj.v11i1.678>
- Yanos, P. T., DeLuca, J. S., Roe, D., & Lysaker, P. H. (2020). The impact of illness identity on recovery from severe mental illness: A review of the evidence. *Psychiatry Research*, 288, 112950. <https://doi.org/10.1016/j.psychres.2020.112950>.
- Yosep, Iyus (2009). *Buku Ajar Keperawatan Jiwa Bandung*: PT Refika Aditama.
- Yosef, I. (2023). *Buku ajar keperawatan jiwa*. Penerbit Deepublish.
- Yosep, I., & Rustina, Y. (2020). *Konsep Proses Keperawatan: Teori dan Aplikasi dalam Praktik*. Jakarta: Salemba Medika.

Yuliana, D., & Prabowo, H. (2023). Afiriasi positif dalam keperawatan jiwa: Strategi peningkatan self-esteem pasien skizofrenia. *Indonesian Journal of Mental Health Nursing*, 5(1), 23–34.
<https://doi.org/10.31227/ijmhn.v5i1.789>