

DAFTAR PUSTAKA

- Ajzen, I. (1985). From intentions to actions: A theory of planned behavior. In J. Kuhl & J. Beckmann (Eds.), *Action-control: From cognition to behavior* (pp. 11–39). Heidelberg: Springer
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50, 179–211.
- Ajzen, I., & Fishbein, M. (2005). The influence of attitudes on behavior. In D. Albarracin, B. T. Johnson, & M. P. Zanna (Eds.), *Handbook of attitudes and attitude change: Basic principles* (pp. 173–221). Mahwah, NJ: Erlbaum
- Aldalaykeh, M., Al-Hammouri, M. M., & Rababah, J. (2019). Predictors of mental health services help-seeking behavior among university students. *Cogent Psychology*, 6(1), 1660520.
- Anderson, M. (2015, April). 6 facts about Americans and their smartphones. Pew Research Center; Pew Research Center. <https://www.pewresearch.org/fact-tank/2015/04/01/6-facts-about-americans-and-their-smartphones/>
- Aisa, A. (2 C.E.). LAYANAN CYBERCOUNSELINGPADA MASA PANDEMI Covid -19. *Edu Consilium: Jurnal BK Pendidikan Islam*, 1(2), 35–47. <https://doi.org/10.1905/ec.v1i2.3715>
- Apriliana, A., & Nafiah, H. (2021, November). Stigma Masyarakat Terhadap Gangguan Jiwa: Literature Review. In Prosiding Seminar Nasional Kesehatan (Vol. 1, pp. 207-216).
- Awabil, G., & Akosah, J. C. (2018). Attitude of Ghanaian university students towards online counselling. *Journal of Education and Practice*, 9(11), 10-16.

Badan Pusat Statistik. (2021). [Www.bps.go.id.](http://www.bps.go.id/indicator/2/840/1/-persentase-penduduk-usia-5-tahun-ke-atas-yang-pernah-mengakses-internet-dalam-3-bulan-terakhir-menurut-kelompok-umur.html)

<https://www.bps.go.id/indicator/2/840/1/-persentase-penduduk-usia-5-tahun-ke-atas-yang-pernah-mengakses-internet-dalam-3-bulan-terakhir-menurut-kelompok-umur.html>

Barak, A., Hen, L., Boniel-Nissim, M., & Shapira, N. (2008). A Comprehensive Review and a Meta-Analysis of the Effectiveness of Internet-Based Psychotherapeutic Interventions. *Journal of Technology in Human Services*, 26(2-4), 109–160. <https://doi.org/10.1080/15228830802094429>

Bencsik, A., Horváth-Csikós, G., & Juhász, T. (2016). Y and Z Generations at Workplaces. *Journal of competitiveness*, 8(3).

Bloom, J. W., Garry Richard Walz, Caps, I., & American Counseling Association. (2004). *Cybercounseling and cyberlearning : an encore*. Caps Press ; Alexandria, Va.

Bohon, L. M., Cotter, K. A., Kravitz, R. L., Cello Jr, P. C., & Fernandez y Garcia, E. (2016). The theory of planned behavior as it predicts potential intention to seek mental health services for depression among college students. *Journal of American college health*, 64(8), 593-603.

Call, J. B. and Shafer, K. (2018) ‘Gendered manifestations of depression and help seeking among men’, *American Journal of Men’s Health*, 12(1), pp. 41–51. doi: 10.1177/1557988315623993.

Chandrasekara, W. S. (2016). Help seeking attitudes and willingness to seek psychological help: Application of the theory of planed behavior. *International journal of management, accounting and economics*, 3(4), 233-245

Change. (4, August 2021). *Banyak Yang Sedang Kesepian dan Berpikiran Menyakiti Diri Sendiri? Cek Hasil Survei Kita Yuk!* Change.org.

<https://www.change.org/l/id/surveiapakabarmu>

Christensen, L. B., Johnson, B., & Lisa Anne Turner. (2011). Research methods, design, and analysis. Pearson.

Conner, M. (2020). Theory of planned behavior. Handbook of sport psychology, 1-18.

Coe, E., Cordia, J., Enomoto, K., Jacobson, R., Mei, S., & Seshan, N. (2022, January 14). *Addressing the unprecedented behavioral-health challenges facing Generation Z / McKinsey.* [Www.mckinsey.com.](http://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/addressing-the-unprecedented-behavioral-health-challenges-facing-generation-z)

<https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/addressing-the-unprecedented-behavioral-health-challenges-facing-generation-z>

Dami, Z., & Waluwandja, P. (2019). COUNSELEE SATISFACTION IN FACE-TO-FACE AND CYBER-COUNSELING APPROACH TO HELP CYBER-BULLYING VICTIMS IN THE ERA OF INDUSTRIAL REVOLUTION 4.0: COMPARATIVE ANALYSIS. European Journal of Education Studies, 0. doi:<http://dx.doi.org/10.46827/ejes.v0i0.2536>

Erdem, A., Bardakci, S., & Erdem, S. (2016). Receiving Online Psychological Counseling and its Causes: A Structural Equation Model. *Current Psychology*, 37(3), 591–601. <https://doi.org/10.1007/s12144-016-9542-z>

Fishbein, M., & Ajzen, I. (1975). Belief, attitude, intention, and behavior: An introduction to theory and research. Reading, MA: Addison-Wesley.

- Fishbein, M., & Ajzen, I. (2010). *Predicting and changing behavior : the reasoned action approach*. Routledge.
- Francis, J., Eccles, M. P., Johnston, M., Walker, A. E., Grimshaw, J. M., Foy, R., Bonetti, D. (2004). Constructing questionnaires based on the theory of planned behavior: A manual for health services researchers. Newcastle upon Tyne. UK: Centre for Health Services Research, University of Newcastle upon Tyne.
- Guilford, J. P. (1956). Fundamental Statistics in Psychology and Education. McGraw-Hill.
- Goodwin, C. J., & Goodwin, K. A. (2013). Research in psychology: Methods and design seventh ed. Wiley.
- Hacimusalar, Y., Kahve, A. C., Yasar, A. B., & Aydin, M. S. (2020). Anxiety and hopelessness levels in Covid-19 pandemic: A comparative study of healthcare professionals and other community sample in Turkey. *Journal of Psychiatric Research*, 129, 181–188. <https://doi.org/10.1016/j.jpsychires.2020.07.024>
- Hagger, M. S., & Chatzisarantis, N. L. D. (2005). First- and higher-order models of attitudes, normative influence, and perceived behavioural control in the theory of planned behaviour. *British Journal of Social Psychology*, 44(4), 513–535. <https://doi.org/10.1348/01446604x16219>
- Harahap, N. M. (2021). Konseling Online sebagai Solusi di Masa Pandemi Covid 19. *Jurnal Bimbingan Konseling Islam*, 3(1), 51–64.
- Hartini, N., Fardana, N. A., Ariana, A. D., & Wardana, N. D. (2018). Stigma toward people with mental health problems in Indonesia. *Psychology research and behavior management*, 535-541.

Hamidi, E. (2014). Using the Theory of Planned Behavior to Predict International Students' Help-Seeking Intentions and Behaviors (Doctoral dissertation, Virginia Tech).

Hofstede, Geert. 2011. "Dimensionalizing Cultures : The Hofstede Model in Context Dimensionalizing Cultures : The Hofstede Model in Context." *Journal of Psychology And Culture*, Vol. 2, pp. 1–26

Høie, M., Moan, I. S., Rise, J., & Larsen, E. (2011). Using an extended version of the theory of planned behaviour to predict smoking cessation in two age groups. *Addiction Research & Theory*, 20(1), 42–54.
<https://doi.org/10.3109/16066359.2011.557165>

Hohenshil, T. H., Amundson, N. E., & Niles, S. G. (2015). *Counseling Around the World : an International Handbook*. Wiley.

Jung, H., von Sternberg, K., & Davis, K. (2017). The impact of mental health literacy, stigma, and social support on attitudes toward mental health help-seeking. *International Journal of Mental Health Promotion*, 19(5), 252–267.
doi:10.1080/14623730.2017.1345687

Kaligis, F., Indraswari, M. T., & Ismail, R. I. (2020). Stress during Covid-19 pandemic: mental health condition in Indonesia. *Medical Journal of Indonesia*, 29. <https://doi.org/10.13181/mji.bc.204640>

Kaplan, D. M., & Gladding, S. T. (2011). A Vision for the Future of Counseling: The 20/20Principles for Unifying and Strengthening the Profession. *Journal of Counseling & Development*, 89(3), 367–372. <https://doi.org/10.1002/j.1556-6678.2011.tb00101.x>

Kemp, S. (2022, February 15). *Digital 2022: Indonesia*. DataReportal – Global Digital Insights. <https://datareportal.com/reports/digital-2022-indonesia>

Khamelia, & Terry, K. (2022). Masalah Psikologis 2 Tahun Pandemi Covid-19 di Indonesia.

In [pdskji.org.](https://www.pdskji.org/img_lain/Masalah%20Psikologis%201.jpg)

https://www.pdskji.org/img_lain/Masalah%20Psikologis%201.jpg

Koydemir-Özden, S., & Erel, Ö. (2010). Psychological help-seeking: Role of socio-demographic variables, previous help-seeking experience and presence of a problem. *Procedia-Social and Behavioral Sciences*, 5, 688-693.

Mak, H. W., & Davis, J. M. (2014). The application of the theory of planned behavior to help-seeking intention in a Chinese society. *Social psychiatry and psychiatric epidemiology*, 49, 1501-1515.

Mesidor, J. K., & Sly, K. F. (2014). Mental health help-seeking intentions among international and African American college students: An application of the theory of planned behavior. *Journal of International Students*, 4(2), 137-149.

McEachan, R. R. C., Sutton, S., & Myers, L. (2010). Mediation of Personality Influences on Physical Activity within the Theory of Planned Behaviour. *Journal of Health Psychology*, 15(8), 1170–1180.

<https://doi.org/10.1177/1359105310364172>

McEachan, R., Taylor, N., Harrison, R., Lawton, R., Gardner, P., & Conner, M. (2016). Meta-Analysis of the Reasoned Action Approach (RAA) to Understanding Health Behaviors. *Annals of Behavioral Medicine*, 50(4), 592–612. <https://doi.org/10.1007/s12160-016-9798-4>

- Nurdyiyanto, F., Wodong, G., & Wulandari, R. (2023). Analysis On the Attitude Towards Seeking Professional Psychological Help. *Unnes Journal of Public Health*, 12(1), 38-45. <https://doi.org/10.15294/ujph.v12i1.51157>
- Nystul, M. S. (2011). *Introduction to counseling : an art and science perspective*. Pearson.
- O'Loughlin , R., Duberstein, P., Veazie, P., Bell, R., Rochlen, A., Fernandez , Y., et al. (2011). Role of gender-linked norm of toughness in the decision to engage in treatment for depression . *Psychiatric Services* , 62, 740–746
- Pescosolido, Bernice A. 2013. “The Public Stigma of Mental Illness: What Do We Think; What Do We Know; What Can We Prove?” *Journal of Health and Social Behavior* 54(1):1–21. Retrieved January 17, 2017. (<http://dx.doi.org/10.1177/0022146512471197>).
- Prensky, M. (2001). Digital natives, digital immigrants. *On the Horizon*, 9(5), 1–6. <https://doi.org/10.1108/10748120110424816>
- Putra, Y. S. (2017). Theoretical review: Teori perbedaan generasi. *Among makarti*, 9(2).
- Rhodes, R. E., Hunt Matheson, D., & Mark, R. (2010). Evaluation of Social Cognitive Scaling Response Options in the Physical Activity Domain. *Measurement in Physical Education and Exercise Science*, 14(3), 137–150. <https://doi.org/10.1080/1091367x.2010.495539>
- Rise, J., Kovac, V., Kraft, P., & Moan, I. S. (2008). Predicting the intention to quit smoking and quitting behaviour: Extending the theory of planned behaviour.

- British Journal of Health Psychology*, 13(2), 291–310.
<https://doi.org/10.1348/135910707x187245>
- Ruggieri, S., Ingoglia, S., Bonfanti, R. C., & Lo Coco, G. (2020). The role of online social comparison as a protective factor for psychological wellbeing: A longitudinal study during the Covid-19 quarantine. *Personality and Individual Differences*, 171, 110486. <https://doi.org/10.1016/j.paid.2020.110486>
- Ryder, N. B. (1985). The Cohort as a Concept in the Study of Social Change. *Cohort Analysis in Social Research*, 9–44. https://doi.org/10.1007/978-1-4613-8536-3_2
- Sari, R. okta. (2021). CYBER COUNSELING SERVICES IN Covid-19 PANDEMIC. *Al-Isyrof: Jurnal Bimbingan Konseling Islam*, 3(1), 8–21. <https://doi.org/10.51339/isyrof.v3i1.226>
- Saurabh, K., & Ranjan, S. (2020). Compliance and Psychological Impact of Quarantine in Children and Adolescents due to Covid-19 Pandemic. *The Indian Journal of Pediatrics*, 87(7), 532–536. <https://doi.org/10.1007/s12098-020-03347-3>
- Seemiller, C., & Grace, M. (2016). *Generation Z Goes to College*. John Wiley & Sons.
- Seemiller, C., & Grace, M. (2019). *Generation Z : a century in the making*. Routledge.
- Seidler, Z. E. et al. (2016) ‘The role of masculinity in men’s help-seeking for depression: A systematic review’, *Clinical Psychology Review*, 49, pp. 106–118. doi: 10.1016/j.cpr.2016.09.002.

- Shabrina, A., Siswadi, A. G. P., & Ninin, R. H. (2022). Mental health help-seeking intentions: The role of personality traits in a sample of college students. *Psikohumaniora: Jurnal Penelitian Psikologi*, 7(2), 169-182.
- Situmorang, D. D. B. (2020). Online/Cyber Counseling Services in the Covid-19 Outbreak: Are They Really New? *Journal of Pastoral Care & Counseling: Advancing Theory and Professional Practice through Scholarly and Reflective Publications*, 74(3), 166–174. <https://doi.org/10.1177/1542305020948170>
- Sugiyono. (2011). Metode penelitian kuantitatif, kualitatif, dan R&D. Afabeta.
- Teo, T., Shi, W., Huang, F., & Hoi, C. K. W. (2020). Intergenerational differences in the intention to use psychological cybercounseling: A Chinese case study. *Patient Education and Counseling*, 103(8), 1615–1622. <https://doi.org/10.1016/j.pec.2020.02.035>
- Tsan, J. Y., & Day, S. X. (2007). Personality and gender as predictors of online counseling use. *Journal of technology in human services*, 25(3), 39-55.
- Turner, A. (2015). Generation Z: Technology and Social Interest. *The Journal of Individual Psychology*, 71(2), 103–113. <https://doi.org/10.1353/jip.2015.0021>
- Unicef. (n.d.). *ON MY MIND THE STATE OF THE WORLD'S CHILDREN 2021*.
- Retrieved April 5, 2022, from <https://www.unicef.org/indonesia/media/11186/file/The%20State%20of%20the%20World>
- Wang, X. (Romy), Joyce, N., & Namkoong, K. (2020). Investigating College Students' Intentions to Seek Online Counseling Services. *Communication Studies*, 71(4), 550–567. <https://doi.org/10.1080/10510974.2020.1750448>

- Widati, S., & Siddiq Amer Nordin, A. (2021). Mental Health During Covid-19: An Overview in Online Mass Media Indonesia. *Asia Pacific Journal of Public Health*, 101053952110631. <https://doi.org/10.1177/10105395211063169>
- Yurayat, P., & Seechaliaso, T. (2022). Undergraduate Students' Attitudes towards Online Counseling since the COVID-19 Pandemic. *Higher Education Studies*, 12(1), 72-83
- Zainudin, Z. N., & Yusop, Y. M. (2018). Clientâs Satisfaction in Face-To-Face Counselling and Cyber Counseling Approaches: A Comparison. *International Journal of Academic Research in Business and Social Sciences*, 8(3). <https://doi.org/10.6007/ijarbss/v8-i3/3992>
- Zeren, S. G., Erus, S. M., Amanvermes, Y., Genc, A. B., Yilmaz, M. B., & Duy, B. (2020). The Effectiveness of Online Counseling for University Students in Turkey: A Non-Randomized Controlled Trial. *European Journal of Educational Research*, 9(2). <https://doi.org/10.12973/eu-jer.9.2.825>
- Zorrilla, M. M., Modeste, N., Gleason, P. C., Sealy, D. A., Banta, J. E., & Trieu, S. L. (2019). Depression and help-seeking intention among young adults: The theory of planned behavior. *American journal of health education*, 50(4), 236-244.