

DAFTAR PUSTAKA

- Aggarwal, S., Wright, J., Morgan, A., Patton, G., & Reavley, N. (2023). Religiosity and spirituality in the prevention and management of depression and anxiety in young people: a systematic review and meta-analysis. *BMC Psychiatry*, 23(1), 729. <https://doi.org/10.1186/s12888-023-05091-2>
- AlBedah, E., Wallace, V., & Chadwick, P. (2025). Barriers and Facilitators of Mindfulness-Based Interventions for Muslims in the UK. *Mindfulness*, 16(5), 1364–1375. <https://doi.org/10.1007/s12671-025-02572-1>
- Aldbyani, A., Alhadoor, Z., Chuanxia, Z., & Sheng, Z. (2025). The role of motivation in the association of dispositional mindfulness with self-learning and academic achievement. *Frontiers in Psychology*, 16, 1–8. <https://doi.org/10.3389/fpsyg.2025.1541128>
- Alrashdi, D. H., Meyer, C., & Gould, R. L. (2025). Facilitators, Barriers, and Cultural Appropriateness of Mindfulness-Based Interventions Among Saudi Female University Students: Qualitative Study. *JMIR Formative Research*, 9, 1–18. <https://doi.org/10.2196/78532>
- Ardiansyah, S., Tribakti, I., Suprpto, S., Yunike, Y., Febriani, I., Saripah, E., Kuntoadi, G. B., Zakiyah, Z., Kusumawaty, I., Rahayu, M., Putra, E. S., Kurnia, H., Narulita, S., Juwariah, T., & Akhriansyah, M. (2023). *KESEHATAN MENTAL*. PT GLOBAL EKSEKUTIF TEKNOLOGI.
- Arikunto, S. (2019). *Prosedur Penelitian Suatu Pendekatan Praktik*. Rineka Cipta.
- Arts-de Jong, M., Geurts, D. E. M., Spinhoven, P., Ruhé, H. G., & Speckens, A. E. M. (2025). Mindfulness-Based Interventions for Mental Health Outcomes in Frontline Healthcare Workers During the COVID-19 Pandemic: A Randomized Controlled Trial. *Journal of General Internal Medicine*, 40(15), 3705–3714. <https://doi.org/10.1007/s11606-025-09529-z>
- Arulsamy, K., Effendy, E., Mardhiyah, S., Amin, M. M., Husada, M. S., Camellia, V., Stona, A.-C., & Finkelstein, E. A. (2025). The economic burden of anxiety and depression in Indonesia: evidence from a cross-sectional web panel survey. *Frontiers in Public Health*, 13, 1–9. <https://doi.org/10.3389/fpubh.2025.1667726>
- Ashta, A. (2024). Harnessing Meditation for Workplace Well-Being: Advancing UN Sustainable Development Goal 8. *SMARATUNGGA: JURNAL OF*

EDUCATION AND BUDDHIST STUDIES, 4(1), 13–24.
<https://doi.org/10.53417/sjeb.v4i1.120>

- Astuti, D., & Surya, J. (2024). Meta-Analisis Praktik Meditasi Untuk Kesehatan Mental. *JERUMI: Journal of Education Religion Humanities and Multidiciplinary*, 2(1), 423–429. <https://doi.org/10.57235/jerumi.v2i1.1991>
- Azfaruddin, M. F., & Rini, A. S. (2023). Psychological Well-Being In People With Chronic Diseases. *Academic Journal of Psychology and Counseling*, 4(2), 177–204. <https://doi.org/10.22515/ajpc.v4i2.7454>
- Batiari, N. M. P., Adiningsih, L. Y., Putri, P. C. S., Putra, I. G. N. M. D., & Darani, A. A. A. S. (2025). Komiks Bali: Pengembangan Komik Digital Kesehatan Mental Berbahasa Bali Sebagai Media Promosi Kesehatan Inovatif Berbasis Kearifan Lokal Daerah Bali. *Jurnal Ilmu Kesehatan Masyarakat*, 14(06), 619–631. <https://doi.org/10.33221/jikm.v14i06.4080>
- Behr, S., Martinez Garcia, L., Lucas, J., Kohlhase, E., Puetz, M., Boettcher, J., Schaeuffele, C., & Knaevelsrud, C. (2025). The role of self-efficacy in internet-based interventions for mental health: A systematic review and meta-analysis. *Internet Interventions*, 40, 100821. <https://doi.org/10.1016/j.invent.2025.100821>
- Beshai, S. (2024). Mindfulness and CBT: a conceptual integration bridging ancient wisdom and modern cognitive theories of psychopathology. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1489798>
- Bhikkhu Bodhi. (2010a). *Khotbah-khotbah Berkelompok Sang Buddha Buku 3 Khandhavagga*. DhammaCitta Press.
- Bhikkhu Bodhi. (2010b). *Khotbah-khotbah Berkelompok Sang Buddha Buku 5 Mahāvagga*. DhammaCitta Press.
- Bhikkhu Bodhi. (2015a). *Āṅguttara Nikāya Khotbah-Khotbah Numerikal Sang Buddha Jilid 3*. DhammaCitta Press.
- Bhikkhu Bodhi. (2015b). *Āṅguttara Nikāya Khotbah-Khotbah Numerikal Sang Buddha Jilid I*. DhammaCitta Press.
- Bhikkhu Dhammadhīro Mahāthera (Trans). (2018). *Dhammapada*. (n.d.). *PUSTAKA DHAMMAPADA PĀLI – INDONESIA*. Yayasan Sammāsayambhū.
- Bhikkhu Ñāṇamoli, & Bhikkhu Bodhi. (2013). *Khotbah-khotbah Menengah Sang Buddha Majjhima Nikāya*. DhammaCitta Press.

- Broncano-Bolzoni, M., González-Carrasco, M., Juvinyà-Canal, D., & Lluch-Canut, Mt. (2022). The Mental Health of Patients With Psychotic Disorder From a Positive, Multidimensional and Recovery Perspective. *Frontiers in Psychology*, 13, 1–13. <https://doi.org/10.3389/fpsyg.2022.857598>
- Bronkhorst, J. (2025). Integration of Spiritual Techniques and Memory Reconsolidation: A Study of Buddhist Meditation and Yoga in the Context of Contemporary Mental Health. *Subhasita: Journal of Buddhist and Religious Studies*, 3(1), 67–82. <https://doi.org/10.53417/subhasita.106>
- Caldirolì, C. L., Procaccia, R., Negri, A., Mangiatordi, A., Sarandacchi, S., Antonietti, A., & Castiglioni, M. (2024). Mindfulness and mental health: the importance of a clinical intervention to prevent the effects of a traumatic event. A pilot study. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1449629>
- Caprara, G. V., Corbelli, G., Caprara, M., Contreras, A., Paciello, M., & Zuffianò, A. (2025). Phenomenology of Positivity: Understanding the Joint Dynamics of Self-esteem, Life Satisfaction, and Optimism. *Journal of Happiness Studies*, 26(8), 1–24. <https://doi.org/10.1007/s10902-025-00972-7>
- Carapeto, M. J., Agostinho, I., Grácio, L., & Santos, D. (2025). Between Support and Risk: The Dual Role of Peer Relationships in Adolescents' Mental Health. *Children*, 12(11), 1–14. <https://doi.org/10.3390/children12111569>
- Carlén, K., Suominen, S., & Augustine, L. (2023). The association between adolescents' self-esteem and perceived mental well-being in Sweden in four years of follow-up. *BMC Psychology*, 11(413), 1–11. <https://doi.org/10.1186/s40359-023-01450-6>
- Chems-Maarif, R., Cavanagh, K., Baer, R., Gu, J., & Strauss, C. (2025). Defining Mindfulness: A Review of Existing Definitions and Suggested Refinements. *Mindfulness*, 16(1), 1–20. <https://doi.org/10.1007/s12671-024-02507-2>
- Chen, W., Wu, J., Li, L., & Wu, S. (2023). Relationship between Interaction Anxiousness, Academic Resilience, Cultural Intelligence and Ego-Identity among Chinese Vocational Pathway University Students: A Conditional Process Analysis Model. *International Journal of Mental Health Promotion*, 25(8), 949–959. <https://doi.org/10.32604/ijmhp.2023.030072>
- Coronel-Santos, M. A., & Rodríguez-Macías, J. C. (2022). Integral definition and conceptual model of mental health: Proposal from a systematic review of different paradigms. *Frontiers in Sociology*, 7, 1–15. <https://doi.org/10.3389/fsoc.2022.978804>

- Cortés-Rodríguez, M., Galindo-Villardón, P., Sánchez-Barba, M., Jarauta-Bragulat, E., & Urchaga-Litago, J. D. (2023). Analysis of Psychological Well-Being from a Compositional Data Analysis Perspective: A New Approach. *Behavioral Sciences*, 13(11), 1–12. <https://doi.org/10.3390/bs13110926>
- Cuenca-Martínez, F., Bocos-Corredor, E., Espinosa-Giménez, Á., Barrero-Santiago, L., Nefa-Díaz, N., Canchal-Crespo, D., Varangot-Reille, C., Herranz-Gómez, A., Suso-Martí, L., Sempere-Rubio, N., & La Touche, R. (2022). Effects of Self-Efficacy and Outcome Expectations on Motor Imagery-Induced Thermal and Mechanical Hypoalgesia: A Single-Blind Randomised Controlled Trial. *International Journal of Environmental Research and Public Health*, 19(19), 1–14. <https://doi.org/10.3390/ijerph191911878>
- Daka, R., Rambe, A., Ilma, R., Bethani, B. P. J., Nadia, N., Pratiwi, D., & Helmi, T. A. R. (2025). Adolescent Mental Health In The Digital Age: A Systematic Review Of Social Media Impact And Psychosocial Determinants. *Jurnal Promkes*, 13(SI2), 201–208. <https://doi.org/10.20473/jpk.V13.ISI2.2025.201-208>
- Damana, I. K. (2025). Motivation- based digital mindfulness sati in reducing screen addiction in the era of social media: a systematic literature review. *Journal Education and Humanities*, 14(3), 229–239.
- Daulay, N. (2023). *Psikologi di Masa Kini*. UMSU Press.
- Daulay, W. (2024). *KESEHATAN MENTAL REMAJA*. USU Press.
- Decrop, R., & Docherty, M. (2024). Chronicle of deceit: Navigating the developmental cognitive landscape from childhood fabrications to prolific adulthood artistry. *Developmental Review*, 74, 1–16. <https://doi.org/10.1016/j.dr.2024.101165>
- Demaria, F., Pontillo, M., Di Vincenzo, C., Bellantoni, D., Pretelli, I., & Vicari, S. (2024). Body, image, and digital technology in adolescence and contemporary youth culture. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1445098>
- Dewanti, L. (2024). *Edukasi Di Era Digital : Peran Teknologi, Kesehatan Mental, Motivasi Dalam Mencapai Prestasi*. DEEPUBLISH DIGITAL.
- Dewi, K., Kabri, K., & Adanti, M. F. (2023). The Effect of Self Efficacy on Adversity Quotient of PKBM Students. *Edumaspul: Jurnal Pendidikan*, 7(2), 3407–3412.

- Dianti, F. P., Utomo, B., & Khiong, T. K. (2024). Literature Study on Spiritual Leadership, Organizational Citizenship Behavior (OCB) and Pandita Buddhayana's Organizational Commitment. *JETISH: Journal of Education Technology Information Social Sciences and Health*, 3(1), 585–596. <https://doi.org/10.57235/jetish.v3i1.2036>
- Dierendonck, D. van, & Lam, H. (2023). Interventions to enhance eudaemonic psychological well-being: A meta-analytic review with Ryff's Scales of Psychological Well-being. *Applied Psychology: Health and Well-Being*, 15(2), 594–610. <https://doi.org/10.1111/aphw.12398>
- Dijkstra, N., von Rein, T., Kok, P., & Fleming, S. M. (2025). A neural basis for distinguishing imagination from reality. *Neuron*, 113(15), 2536–2542. <https://doi.org/10.1016/j.neuron.2025.05.015>
- Ditthisampanno, B. U. (2021). The influences of Pandita, Youth, and Women of Buddhayana to Harmonious Life of Buddhist in Central Java. *ABIP : Agama Buddha Dan Ilmu Pengetahuan*, 3(2), 59–65. <https://doi.org/10.53565/abip.v3i2.227>
- Ditthisampanno, B. U., Mujiyanto, M., Suherman, S., Suharno, S., Sukodoyo, S., Waluyo, W., & Ngadat, N. (2022). Dharmayatra: Pilgrimage and Spiritual Journey Sacred Sites in Buddhist Pilgrims in Indonesia. *ASEAN Journal of Religious and Cultural Research*, 5(2), 11–16.
- Du, Y., Ma, J., Fu, M., & Yan, M. (2026). The effects of family relationships on vocational college students' mental health. *Frontiers in Psychology*, 17, 1–7. <https://doi.org/10.3389/fpsyg.2026.1711541>
- Emzir. (2021). *Metodologi Penelitian Pendidikan Kuantitatif & Kualitatif*. Rajawali Pers.
- Fajaruddin, M., & Sahrul, S. (2024). Karakteristik Kesehatan Mental Remaja Dalam Perilaku Self Harm. *Cetta: Jurnal Ilmu Pendidikan*, 7(4), 1–13. <https://doi.org/10.37329/cetta.v7i4.3605>
- Fajrin, D. H., Sriwaty, I., Qalbi, L. O. S., Setianingtyas, D., Maribeth, A. L., Pambudhi, Y. A., Herik, E., Yunita, A., Liza, R. G., Vienlentina, R., Saing, F. M., Marhan, C., & Kandari, A. M. (2024). *Kesehatan Mental*. CV Eureka Media Aksara.
- Fan, L., & Cui, F. (2024). Mindfulness, self-efficacy, and self-regulation as predictors of psychological well-being in EFL learners. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1332002>

- Fatimah, S. D. D., Isti'adah, F. N., & Sulistiana, D. (2025). ADAPTASI ALAT UKUR MENTAL HEALTH CONTINUUM-SHORT FORM (MHC-SF) UNTUK SISWA SMA SEDERAJAT. *Jurnal Bimbingan Konseling Dan Psikologi*, 5(1), 11–26. <https://doi.org/10.56185/jubikops.v5i1.904>
- Fauziah, S. N., Ikhsan, M., Kristina, K., Berliana, N., Gasril, P., Jasman, J., Zuidah, Z., Anniza, M., Mardhiah, A., Afniwati, A., Rokot, A., & Setiawan, B. (2025). *KESEHATAN MENTAL*. PT MEDIA PUSTAKA INDO. www.mediapustakaindo.com
- Fave, A. D., Wissing, M. P., & Brdar, I. (2023). Beyond polarization towards dynamic balance: harmony as the core of mental health. *Frontiers in Psychology*, 14, 1–11. <https://doi.org/10.3389/fpsyg.2023.1177657>
- Fendy, F., Surya, J., Angela, S., Suyati, & Lie, N. (2023). MEMAHAMI KONSEP MEDITASI DALAM KAJIAN SUTTA-SUTTA DALAM SUTTAPIṬAKA. *PATISAMBHIDA: Jurnal Pemikiran Buddha Dan Filsafat Agama*, 4(2), 84–96. <https://doi.org/10.53565/patisambhida.v4i2.1040>
- Ferry, F., Kabri, K., & Surya, J. (2023). The Effect of Mindful Breathing and Mindful Sitting Practices on Nanyang Zhi Hui High School Students in Medan. *Devotion: Journal of Research and Community Service*, 4(10), 1924–1937. <https://doi.org/10.59188/devotion.v4i10.580>
- Firdaus, A. M., Sawitri, D. R., & Dwidiyanti, M. (2023). Terapi Mindfulness terhadap Kesehatan Mental Remaja. *Journal of Telenursing (JOTING)*, 5(1), 742–751. <https://doi.org/10.31539/joting.v5i1.5498>
- Franzen, J., Jermann, F., Ghisletta, P., Rudaz, S., Bondolfi, G., & Tran, N. T. (2021). Psychological Distress and Well-Being among Students of Health Disciplines: The Importance of Academic Satisfaction. *International Journal of Environmental Research and Public Health*, 18(4), 1–9. <https://doi.org/10.3390/ijerph18042151>
- Frimpong, S., Sunindijo, R. Y., Wang, C. C., Boadu, E. F., & Dansoh, A. (2023). A Conceptual Framework to Promote the Transition to Positive Mental Health among Young Construction Workers. *Buildings*, 13(4), 1–16. <https://doi.org/10.3390/buildings13041025>
- García-Pérez, L., Cepero-González, M., & Mota, J. (2025). Rethinking Mental Health Assessment: A Network-Based Approach to Understanding University Students' Well-Being with Exploratory Graph Analysis. *Youth*, 5(4), 1–19. <https://doi.org/10.3390/youth5040116>

- Gargiulo, M. T. (2023). The Role of Religion and Spirituality in Mindfulness Practices: A Qualitative Literature Review. *SMARATUNGGGA: JURNAL OF EDUCATION AND BUDDHIST STUDIES*, 3(1), 1–12. <https://doi.org/10.53417/sjebs.v3i1.86>
- Graham, S. (2022). Self-efficacy and language learning – what it is and what it isn't. *The Language Learning Journal*, 50(2), 186–207. <https://doi.org/10.1080/09571736.2022.2045679>
- Haim-Litevsky, D., Komemi, R., & Lipskaya-Velikovsky, L. (2023). Sense of Belonging, Meaningful Daily Life Participation, and Well-Being: Integrated Investigation. *International Journal of Environmental Research and Public Health*, 20(5), 1–16. <https://doi.org/10.3390/ijerph20054121>
- Hamidah, N. H. (2022). THE ROLE OF SELF ACCEPTANCE ON THE MENTAL HEALTH OF ADOLESCENT IN THE PANDEMIC. *Psikoeduko: Jurnal Psikologi Edukasi Dan Konseling*, 2(1), 68–76. <https://doi.org/10.17509/psikoeduko.v2i1.45113>
- Hedesti, W., & Marlina, M. (2025). Tingkat Emotional Well-Being pada Mahasiswa Disabilitas di Universitas Negeri Padang. *EDUKATIF: JURNAL ILMU PENDIDIKAN*, 7(1), 263–274. <https://doi.org/10.31004/edukatif.v7i1.7961>
- Hennicks, E. C., Heyns, M. M., & Rothmann, S. (2024). Social wellbeing profiles: associations with trust in managers and colleagues, job satisfaction, and intention to leave. *Frontiers in Psychology*, 15, 1–14. <https://doi.org/10.3389/fpsyg.2024.1157847>
- Hidayanti, N. (2023). Implikasi Self Efficacy Albert Bandura Dalam Pendidikan Agama Islam. *Risâlah Jurnal Pendidikan Dan Studi Islam*, 9(4), 1626–1636.
- Hill, T. G., & Terashima, M. (2024). Positive Mental Health Promotion: State of the Field and Next Steps. *International Journal of Community Well-Being*, 7(4), 741–749. <https://doi.org/10.1007/s42413-024-00230-3>
- Holmqvist Larsson, K., & Zetterqvist, M. (2024). An emotion regulation skills training for adolescents and parents: perceptions and acceptability of methodological aspects. *Frontiers in Psychiatry*, 15, 1–14. <https://doi.org/10.3389/fpsyg.2024.1448529>
- Hu, Y., & Liu, B. (2025). The impact of physical exercise on college students' mental health through emotion regulation and self-efficacy. *Scientific Reports*, 15(1), 1–10. <https://doi.org/10.1038/s41598-025-18352-9>

- Ismoyo, T., & Frans, J. D. (2025). *MINDFULNESS UNTUK SEMUA*. CV. ALINEA EDUMEDIA.
- Iwasaki, M. (2023). Social preferences and well-being: theory and evidence. *Humanities and Social Sciences Communications*, 10(1), 1–13. <https://doi.org/10.1057/s41599-023-01782-z>
- Jati, N. M. K. P., & Andayani, L. A. P. (2023). Psychological sense of community untuk meningkatkan social well-being pada anggota organisasi kemahasiswaan. *Jurnal Psikologi Tabularasa*, 18(2), 117–125. <https://doi.org/10.26905/jpt.v18i2.10858>
- Jayanti, C. S. P., Makky, N. N., Anasya, R., Ramadhani, S., Fadhlurrahman, H. F., Al Fikri, F., Faliha, S. A., & Puri, V. G. S. (2025). Pengaruh Latihan Mindfulness Terhadap Tingkat Perhatian Mahasiswa. *Journal of Psychology Students*, 4(2), 110–116. <https://doi.org/10.15575/jops.v4i2.49142>
- Jindal, P., & Sharma, A. (2024). Effect of Yoga Relaxation Techniques on Mental Efficiency. *Journal of Multidisciplinary Research in Healthcare*, 10(2), 32–41. <https://doi.org/10.15415/jmrh.2024.102005>
- Jok Kwi, & Acep, L. (2026). Meditation Intensity and Work Productivity: The Role of Attentional Control in Contemporary Organisations. *SMARATUNGGA: JURNAL OF EDUCATION AND BUDDHIST STUDIES*, 6(1), 89–108. <https://doi.org/10.53417/sjebbs.v6i1.183>
- Kabir, E. B., & Rabby, A. H. (2023). Self-Efficacy as a Predictor of Cyberloafing: The Role of Mastery Experience, Vicarious Experience, Verbal Persuasion, and Physiological States. *International Journal of Research Publication and Reviews*, 4(6), 1691–1701.
- Keyes, C. L. M. (2025). *Languishing: How to Feel Alive Again in a World That Wears Us Down*. Random House.
- Khalaf, A. M., Alubied, A. A., Khalaf, A. M., & Rifaey, A. A. (2023). The Impact of Social Media on the Mental Health of Adolescents and Young Adults: A Systematic Review. *Cureus*. <https://doi.org/10.7759/cureus.42990>
- Khasanah, U., Alanur, S. N., Trisnawati, S. N. I., Sulistyowati, R., Isma, A., Agustina, E., Dewantara, H., Fajariah, N., Azis, F., Fauziah, M., Tahir, M. I. T., Mamu, H. D., Mardin, H., Walidi, A., Syahfitri, D., Arafat, M. Y., Darodjat, D., Khaedir, Muh., Firdaus, R., ... Hamsar, I. (2025). *DEEP*

LEARNING DALAM PENDIDIKAN: PENDEKATAN PEMBELAJARAN BERMAKNA, SADAR, DAN MENYENANGKAN. Tahta Media Group.

- Khofifah, A., & Khadijah, K. (2025). Kesehatan Mental Santri : Analisis Psikologis Kehidupan Remaja di Pesantren Modern. *Journal of Innovative and Creativity*, 5(2), 4892–4898.
- Khumar, B. (2023). Role of Mindfulness in The Management of Mental Health in Adolescent: A Literature Review. *The International Journal of Indian Psychology*, 11(4), 1787–1797.
- Kirkbride, J. B., Anglin, D. M., Colman, I., Dykxhoorn, J., Jones, P. B., Patalay, P., Pitman, A., Soneson, E., Steare, T., Wright, T., & Griffiths, S. L. (2024). The social determinants of mental health and disorder: evidence, prevention and recommendations. *World Psychiatry*, 23(1), 58–90. <https://doi.org/10.1002/wps.21160>
- Kleppang, A. L., Steigen, A. M., & Finbråten, H. S. (2023). Explaining variance in self-efficacy among adolescents: the association between mastery experiences, social support, and self-efficacy. *BMC Public Health*, 23(1), 1665. <https://doi.org/10.1186/s12889-023-16603-w>
- Kokkonen, P., Athanasopoulou, C., Leino-Kilpi, H., Puukka, P., & Sakellari, E. (2023). Adolescents' difficulties, strengths and feelings of insecurity: a cross-sectional descriptive survey in Finland. *Discover Mental Health*, 3(17), 1–10. <https://doi.org/10.1007/s44192-023-00043-4>
- Konaszewski, K., Niesiołędzka, M., & Surzykiewicz, J. (2021). Resilience and mental health among juveniles: role of strategies for coping with stress. *Health and Quality of Life Outcomes*, 19(1), 58. <https://doi.org/10.1186/s12955-021-01701-3>
- Kostromina, S., Moskvicheva, N., Zinovyeva, E., Odintsova, M., & Zaitseva, E. (2022). Self-Determination as a Mechanism for Personality Sustainability in Conditions of Daily Stress. *Sustainability*, 14(9), 1–19. <https://doi.org/10.3390/su14095457>
- Kristensen, S. M., Larsen, T. M. B., Urke, H. B., & Danielsen, A. G. (2023). Academic Stress, Academic Self-efficacy, and Psychological Distress: A Moderated Mediation of Within-person Effects. *Journal of Youth and Adolescence*, 52(7), 1512–1529. <https://doi.org/10.1007/s10964-023-01770-1>

- Kurniawan, P., & Nyanasuryanadi, P. (2025). Meta-Analisis Mindfulness dan Afirmasi Diri Terhadap Kesejahteraan Psikologis. *JAMPARING: Jurnal Akuntansi Manajemen Pariwisata Dan Pembelajaran Konseling*, 3(1), 768–776. <https://doi.org/10.57235/jamparing.v3i1.5456>
- Kurniawan, P., & Surya, J. (2024). Peran Mindfulness Terhadap Kesehatan Mental: A Systematic Literature Review (SLR). *JERUMI: Journal of Education Religion Humanities and Multidiciplinary*, 2(1), 625–630. <https://doi.org/10.57235/jerumi.v2i1.2038>
- Lestari, N., Efendi, F., Qur'aniati, N., & Yunara, Y. (2023). Mindfulness Therapy on Adolescent's Anxiety and Depression: A Systematic Review. *MEDIA ILMU KESEHATAN*, 12(2), 153–163. <https://doi.org/10.30989/mik.v12i2.862>
- Lie, N., Partono, P., Suherman, H., & Surya, J. (2024). Integrasi PRISMA: Analisis Bibliometrik Terhadap Eksplorasi Meditasi Mindfulness dalam Konteks Buddhisme. *JERUMI: Journal of Education Religion Humanities and Multidiciplinary*, 2(1), 398–409. <https://doi.org/10.57235/jerumi.v2i1.1986>
- Lie, N., Suherman, H., Utomo, B., Partono, P., & Kabri, K. (2025). Mindfulness dan Kecerdasan Emosional sebagai Prediktor Self-Efficacy Siswa SMA: Pendekatan Psikologis dan Pendidikan. *Jurnal Ilmiah Religiosity Entity Humanity (JIREH)*, 7(1), 384–396. <https://doi.org/10.37364/jireh.v7i1.353>
- Liman, J. S., & Nirmala, P. A. D. (2025). Exploring Mindfulness: A Comprehensive Review of Its Potential Impact on Functional Dyspepsia Management. *Jurnal Psikiatri Surabaya*, 14(2), 246–254. <https://doi.org/10.20473/jps.v14i2.59052>
- Lin, C.-T. (2024). Mindful Encounters: A Buddhist Revisitation of Daniel J. Siegel's Mind Definition. *Religions*, 15(6), 1–10. <https://doi.org/10.3390/rel15060733>
- Luo, D., Dashti, S. G., Sawyer, S. M., & Vijayakumar, N. (2024). Pubertal hormones and mental health problems in children and adolescents: a systematic review of population-based studies. *EClinicalMedicine*, 76, 1–17. <https://doi.org/10.1016/j.eclinm.2024.102828>
- Mailani, F. (2022). *PENGETAHUAN, SELF-MANAGEMENT DAN SELF-EFFICACY PASIEN PENYAKIT GINJAL KRONIK*. Penerbit Adab.

- Manhas, S., & Dhillon, R. (2024). The Role of Self-Efficacy and Mindfulness in Promoting Youth Resilience. *Indian Journal of Psychological Science*, 19(2), 77–84.
- Marnita, V., Piyabhani, P. N., & Neminda, V. (2025). Buddhist Principles for Cultivating Proper Faith (Saddhā): Solutions to Blind Faith in Modern Society. *The Journal of International Buddhist Studies College (JIBSC)*, 11(2), 81–97.
- Mastorci, F., Lazzeri, M. F. L., Vassalle, C., & Pingitore, A. (2024). The Transition from Childhood to Adolescence: Between Health and Vulnerability. *Children*, 11(8), 1–15. <https://doi.org/10.3390/children11080989>
- Maukar, D. S., & Huwae, A. (2024). Kesejahteraan Psikologis dan Psychological Distress pada Mahasiswa yang Telah Berkeluarga. *G-Couns: Jurnal Bimbingan Dan Konseling*, 8(2), 991–1001. <https://doi.org/10.31316/gcouns.v8i2.5811>
- Meri, M., Nyanasuryanadi, P., Sugata, A., & Adhinugroho, S. (2025). Meditasi Mindfulness Untuk Mereduksi Perilaku Impulsif. *REAL: Journal of Religion Education Accounting and Law*, 2(1), 97–104.
- Miller-Chagnon, R. L., Shomaker, L. B., Prince, M. A., Krause, J. T., Rzonca, A., Haddock, S. A., Zimmerman, T. S., Lavender, J. M., Sibinga, E., & Lucas-Thompson, R. G. (2024). The benefits of mindfulness training for momentary mindfulness and emotion regulation: A randomized controlled trial for adolescents exposed to chronic stressors. *Journal of Consulting and Clinical Psychology*, 92(12), 800–813. <https://doi.org/10.1037/ccp0000910>
- Müller-Pinzler, L., Czekalla, N., Mayer, A. V., Schröder, A., Stolz, D. S., Paulus, F. M., & Krach, S. (2022). Neurocomputational mechanisms of affected beliefs. *Communications Biology*, 5(1), 1–15. <https://doi.org/10.1038/s42003-022-04165-3>
- Natalia, K., Utomo, B., & Suherman, H. (2024). Mindfulness Practices to Improve Achievement. *JETISH: Journal of Education Technology Information Social Sciences and Health*, 3(1), 542–545. <https://doi.org/10.57235/jetish.v3i1.1967>
- Nimitta, H., Mujiyanto, M., & Partono, P. (2026). Integration of Sīla, Samādhi, and Paññā into Character Education for Generations Z and Alpha in the Digital Era. *Subhasita: Journal of Buddhist and Religious Studies*, 4(1), 101–122.

- Opperman, I., Potgieter, J. C., & Daniel-Smit, J. (2025). Validity of the Mental Health Continuum – Short Form among home-language Setswana speaking South Africans: evidence for a four-factor model. *Frontiers in Psychology*, 16, 1–11. <https://doi.org/10.3389/fpsyg.2025.1547673>
- Palenzuela-Luis, N., Duarte-Clíments, G., Gómez-Salgado, J., Rodríguez-Gómez, J. Á., & Sánchez-Gómez, M. B. (2025). Health Behaviors and Psychological Well-Being Among First-Year Psychology, Medicine, and Nursing Students: A Cross-Sectional Analysis. *Healthcare*, 13(17), 1–25. <https://doi.org/10.3390/healthcare13172162>
- Pan, J., Xu, T., & Li, D. (2024). The Relationship Between Mental Health Literacy and Social Well-Being: A Longitudinal Study in China. *Behavioral Sciences*, 15(1), 1–15. <https://doi.org/10.3390/bs15010029>
- Panggalo, I. S., Arta, S. K., Qarimah, S. N., Adha, Mohd. R. F., Laksono, R. D., Aini, K., Kirana, S. A. C., & Judijanto, L. (2024). *Kesehatan Mental*. Sonpedia Publishing Indonesia.
- Pautina, A. R., & Pratiwi, W. (2024). SELF-EFFICACY (EFIKASI DIRI) DAN STRATEGI KONSELING PADA SISWA SEKOLAH DASAR: SYSTEMATIC LITERATURE REVIEW. *Irfani*, 20(1), 28–44.
- Pedhu, Y. (2022). Kesejahteraan psikologis dalam hidup membiara. *Jurnal Konseling Dan Pendidikan*, 10(1), 65. <https://doi.org/10.29210/162200>
- Pokharel, B. P. (2025). Representation of Trauma and the Practice of Metta in Memoirs of Survivors of the People’s War in Nepal. *Smaratunga: Journal of Education and Buddhist Studies*, 5(2), 185–206.
- Pradana, J. A., Utomo, B., & Muslianty, D. (2023). Development of Jataka Pop-Up Book As Instructional Media for Sunday School Buddhist Students at Culla Sekha Level. *Jurnal Paedagogy*, 10(4), 990. <https://doi.org/10.33394/jp.v10i4.8685>
- Prasetyaningrum, J., Fadjaritha, F., Aziz, M. F., & Sukarno, A. (2021). KESEJAHTERAAN PSIKOLOGIS SANTRI INDONESIA. *Profetika: Jurnal Studi Islam*, 23(1), 86–97. <https://doi.org/10.23917/profetika.v23i1.16796>
- Putri, U. N. H., Nur’aini, N., Sari, A., & Mawaadah, S. (2022). *MODUL KESEHATAN MENTAL*. Azka Pustaka.

- Rahmani, A. F., & Busro, B. (2023). Meditation as a Path to Inner Calm in the Life of Buddhists. *Subhasita: Journal of Buddhist and Religious Studies*, 1(1), 1–16. <https://doi.org/10.53417/jsb.92>
- Rippon, D., Shepherd, J., Wakefield, S., Lee, A., & Pollet, T. V. (2024). The role of self-efficacy and self-esteem in mediating positive associations between functional social support and psychological wellbeing in people with a mental health diagnosis. *Journal of Mental Health*, 33(6), 721–730. <https://doi.org/10.1080/09638237.2022.2069695>
- Rohlfing, N., Pum, M., Bonnet, U., Koelkebeck, K., & Scherbaum, N. (2025). Psychotherapy Research Domain Criteria: functional mechanisms of treatment and a basic theory of the mind. *Frontiers in Psychiatry*, 16, 1–11. <https://doi.org/10.3389/fpsy.2025.1549976>
- Saipetch, V. (2023). Buddhist Mental Health: Integration of Buddhist Principles with Contemporary Mental Health Care. *Journal of Applied Humanities Studies*, 1(1), 1–19.
- Sakawana, S., & Nyanasuryanadi, P. (2024). Systematic Literature Review (SLR): Dampak Meditasi Terhadap Kesehatan. *JERUMI: Journal of Education Religion Humanities and Multidisciplinary*, 2(1), 656–660. <https://doi.org/10.57235/jerumi.v2i1.2053>
- Salshabila, D., & Fiteriani, I. (2025). UPAYA MENGURANGI KECEMASAN BELAJAR MELALUI PENDEKATAN MINDFULNESS PADA PESERTA DIDIK KELAS V DI SDN 1 BERINGIN RAYA BANDAR LAMPUNG. *Pendas : Jurnal Ilmiah Pendidikan Dasar*, 10(3), 241–257. <https://doi.org/10.23969/jp.v10i03.33062>
- Sandayanti, V., Supriyati, S., Junilia, E., Hermawan, D., Sutikno, S., Perdana, A. P., Arisandi, S., Amnesti, R. T. W., Sabila, A. D., Ramadhani, H., Oktasari, Y., & Hartati, Z. (2026). Pelatihan Efikasi Diri Mahasiswa Universitas Malahayati. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM)*, 9(2), 451–458. <https://doi.org/10.33024/jkpm.v9i2.23464>
- Sari, N., & Abidin, Z. (2022). Kesejahteraan Psikologis Mahasiswa Hafiz Alquran. *Jurnal Psikologi Islam Dan Budaya*, 5(2), 105–122. <https://doi.org/10.15575/jpib.v5i2.17186>
- Septhiani, S. (2022). Analisis Hubungan Self-Efficacy Terhadap Kemampuan Pemecahan Masalah Matematika. *Jurnal Cendekia : Jurnal Pendidikan Matematika*, 6(3), 3078–3086. <https://doi.org/10.31004/cendekia.v6i3.1423>

- Septiana, A. C., & Muhid, A. (2022). EFEKTIVITAS MINDFULNESS THERAPY DALAM MENINGKATKAN SELF ACCEPTANCE REMAJA BROKEN HOME : LITERATURE REVIEW. *Edu Consilium: Jurnal Bimbingan Dan Konseling Pendidikan Islam*, 3(1), 14–24. <https://doi.org/10.19105/ec.v3i1.5728>
- Shafa, H. R., & Brebahama, A. (2024). Academic Self Efficacy and Student Academic Stress in the Pandemic Transition Period. *Journal Psikogenesis*, 12(1), 57–65. <https://doi.org/10.24854/jps.v12i1.4041>
- Shanmugasundaram, M., & Tamilarasu, A. (2023). The impact of digital technology, social media, and artificial intelligence on cognitive functions: a review. *Frontiers in Cognition*, 2, 1–11. <https://doi.org/10.3389/fcogn.2023.1203077>
- Shannon, H., Bush, K., Villeneuve, P. J., Hellemans, K. G., & Guimond, S. (2022). Problematic Social Media Use in Adolescents and Young Adults: Systematic Review and Meta-analysis. *JMIR Mental Health*, 9(4), e33450. <https://doi.org/10.2196/33450>
- Shareefa, M., Moosa, V., Saeed, K., Hassan, V., & Kashif, M. (2025). Impact of students' self-regulation and mindfulness on academic self-efficacy; the mediation effect of mental well-being. *Cogent Education*, 12(1). <https://doi.org/10.1080/2331186X.2025.2498183>
- Sirgy, M. J. (2020). *Positive Balance* (Vol. 80). Springer International Publishing. <https://doi.org/10.1007/978-3-030-40289-1>
- Sugiyono. (2023). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (Sutopo, Ed.; 2nd ed., Vol. 5). ALFABETA.
- Supini, P., Gandakusumah, A. R. P., Asyifa, N., Auliya, Z. N., & Ismail, D. R. (2024). Faktor-Faktor yang Mempengaruhi Kesehatan Mental pada Remaja. *JERUMI: Journal of Education Religion Humanities and Multidiciplinary*, 2(1), 166–172. <https://doi.org/10.57235/jerumi.v2i1.1760>
- Susila, I. N. S. K. (2025). Social Environment and Spiritual Intelligence in Shaping Interest in Learning Dhamma among Buddhist Communities. *Subhasita: Journal of Buddhist and Religious Studies*, 3(2), 151–168.
- Suwito, L., Bramantyo, H., & Yadnyawati, I. A. G. (2025). Enhancing Concentration, Symbolic Understanding, and Spirituality through Paper Clay Figurative Sculpture in Buddhist Religious Education for Children. *Smaratungga: Journal of Education and Buddhist Studies*, 5(2), 87–112.

- Tena, M. J. F., & Aparicio, V. G. (2025). Multidimensional Analysis of Psychological Well-Being and Its Impact on Academic Achievement in Adolescents: A Cross-Cultural Study. *Communications on Applied Nonlinear Analysis*, 32(9), 1891–1898. <https://doi.org/10.52783/cana.v32.4361>
- Thanissaro, P. N. (2025). Impact of Dhammakāya Meditation on Mindfulness, Well-being, and Emotional Distress among Adults in the United States and the United Kingdom. *Smaratungga: Journal of Education and Buddhist Studies*, 5(2), 185–206.
- Ulumiyah, N., & Sulistiyaningsih, R. (2024). Pengaruh Self-Efficacy terhadap Fear of Failure pada Mahasiswa Tingkat Akhir di Universitas Negeri Malang. *Flourishing Journal*, 4(7), 315–325. <https://doi.org/10.17977/um070v4i72024p315-325>
- Villegas-Frei, M. G., Jubin, J., Bucher, C. O., & Bachmann, A. O. (2024). Self-efficacy, mindfulness, and perceived social support as resources to maintain the mental health of students in Switzerland's universities of applied sciences: a cross-sectional study. *BMC Public Health*, 24(1), 335. <https://doi.org/10.1186/s12889-024-17692-x>
- Walshe, M. (2009). *Khotbah-khotbah Panjang Sang Buddha Dīgha Nikāya* (Team DhammaCitta Press, Ed.). DhammaCitta Press.
- Walshe, M. O. . (2012). *Khotbah-khotbah Panjang Sang Buddha: Dīgha Nikāya*. Wisdom Publications.
- WHO. (2025a, September 1). *Mental health of adolescents*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- WHO. (2025b, September 8). *Mental health*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- Woodward, F. L. (1987). *The Minor Anthologies of the Pali Canon (Udāna)*. The Pali Text Society.
- Yang, W., Hu, D., & Guo, Y. (2024). The relationship between school bullying victimization and social mindfulness in middle school students: a chain mediating model of self-concept clarity and cognition reappraisal. *Frontiers in Psychology*, 15, 1–8. <https://doi.org/10.3389/fpsyg.2024.1388301>

- Yusof, N. B., Mansor, M., & Hasyim, H. (2025). The Effect of Mindfulness-Based Stress Reduction (MBSR) Therapy on Reducing Stress and Fatigue among Career Women. *International Journal of Counseling and Psychotherapy*, 2(1), 1–8. <https://doi.org/10.64420/ijcp.v2i1.185>
- Zábó, V., Oláh, A., & Vargha, A. (2022). A new complex mental health test in a positive psychological framework. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.775622>
- Zayed, A. M. A., Suliman, M. M.-H. H., Bani AlRasheedy, B., Mohamed Gab Allah, A. S., Hassan, H. M. R. M., & Adam, H. M. I. (2026). The role of self-efficacy and psychological resilience in overcoming occupational stress and enhancing work engagement: a comprehensive structural model in Arab academia. *Frontiers in Education*, 11, 1–17. <https://doi.org/10.3389/feduc.2026.1744443>
- Zelya, A. P., Lestari, R. A., Khanafiah, M., Nadya, I., Nadilah, W., Hartono, Y., & Lubis, K. (2025). ANALISIS DESKRIPTIF TINGKAT SELF EFFICACY SISWA SMA DI KABUPATEN OGAN ILIR. *EDU RESEARCH*, 6(1), 1950–1956.
- Zhai, S., Hash, J., Ward, T. M., Yuwen, W., & Sonney, J. (2023). Analysis, evaluation, and reformulation of social cognitive theory: Toward parent-child shared management in sleep health. *Journal of Pediatric Nursing*, 73, 1–23. <https://doi.org/10.1016/j.pedn.2023.07.011>
- Zheng, G., & Peng, H. (2025). The Effects of Social Media Addiction, Academic Stress, and Sleep Quality on Anxiety Symptoms: A Cross-Sectional Study of Chinese Vocational Students. *Psychology Research and Behavior Management*, Volume 18, 1571–1584. <https://doi.org/10.2147/PRBM.S522652>
- Zhu, P., & Wang, T. (2025). A mixed-methods exploration of social networks, self-efficacy, and life satisfaction in rural Chinese high schools. *Frontiers in Psychology*, 16, 1–17. <https://doi.org/10.3389/fpsyg.2025.1501328>
- Zuhroh, K., & Kurniawati, Y. (2026). Peningkatan Kesejahteraan Psikologis dan Distres Psikologis pada Emerging Adulthood Melalui Edukasi Kesehatan Mental dan Pelatihan Koping Adaptif. *Jurnal Medika: Medika*, 5(1), 935–941.
- Zuo, X., Tang, Y., Chen, Y., & Zhou, Z. (2023). The efficacy of mindfulness-based interventions on mental health among university students: a systematic

review and meta-analysis. *Frontiers in Public Health*, 11.
<https://doi.org/10.3389/fpubh.2023.1259250>

