

DAFTAR PUSTAKA

- Aiken, L. R. (1994). *Dying, Death and Bereavement* (3ed). Massachussets: Allyn dan Bacon
- Akerman, R., & Statham, J. (2011). *Childhood bereavement: A rapid literature review*. London: *Child Wellbeing Research Centre*.
- American Psychiatric Association. (2020). *DSM-5-TR criteria for prolonged grief disorder*. Washington D.C. : psychiatry.org
- American Psychiatric Association. (2013). *Major Depressive Disorder and the "Bereavement Exclusion"*. Washington D.C. : psychiatry.org. <https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM-5-Depression-Bereavement-Exclusion.pdf>
- American Psychiatric Association. (2021). *APA Offers Tips for Understanding Prolonged Grief Disorder*. Washington D.C. : psychiatry.org, <<https://www.psychiatry.org/newsroom/news-releases/apa-offers-tips-for-understanding-prolonged-grief-disorder>>
- Andriessen, K., Hadzi-Pavlovic, D., Draper, B., Dudley, M., & Mitchell, P. B. (2018a). The adolescent grief inventory: Development of a novel grief measurement. *Journal of affective disorders*, 240, 203-211.
- Andriessen, K., Mowll, J., Lobb, E., Draper, B., Dudley, M., & Mitchell, P. B. (2018b). "Don't bother about me." The grief and mental health of bereaved adolescents. *Death studies*, 42(10), 607-615.
- Anggraeni, D. P. (2022). *Makna ikhlas dalam menghadapi kedukaan: studi kasus pada remaja yang kehilangan kedua orang tua di Surabaya* (Doctoral dissertation, Universitas Islam Negeri Sunan Ampel Surabaya).
- Arikunto, S. (2010). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta
- Arizmendi, B. J., & O'Connor, M. F. (2015). What is "normal" in grief?. *Australian Critical Care*, 28(2), 58-62.
- Anshori, M., & Iswati, S. (2017). *Metodologi Penelitian Kuantitatif*. Jawa Timur: Airlangga University Press

- Asih, M. M., Arumsari, C., & Isti'adah, F. N. (2022). Hubungan kelekatan dengan tingkat kedukaan pada orang dewasa. *Quanta*, 6(1), 30-36.
- Astuti, Y. D. (2007). Kematian Akibat Bencana dan Pengaruhnya Pada Kondisi Psikologis Survivor: Tinjauan Teoritis Tentang Arti Penting Death Education. *Unisia*, 30(66).
- Asyfiyah, H. N. B. (2017). Proses Duka Remaja Yang Mengalami Kematian Orang Tua. *Universitas Islam Negeri Sunan Kalijaga Yogyakarta*.
- Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN). (2019). *Mengenal Remaja Generasi Z (Dalam Rangka memperingati Hari Remaja Internasional)*. Online : <https://ntb.bkkbn.go.id/?p=1467>
- Badan Nasional Penanggulangan Bencana (BNPB). (2022). *Geoportal Data Bencana Indonesia*. Online : <https://gis.bnpb.go.id/> (Diakses 1 Januari, 9.21)
- Bartik, W., Maple, M., Edwards, H., & Kiernan, M. (2013). Adolescent survivors after suicide: Australian young people's bereavement narratives. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 34(3), 211.
- Barnes, J. B., Dickstein, B. D., Maguen, S., Neria, Y., & Litz, B. T. (2012). The distinctiveness of prolonged grief and posttraumatic stress disorder in adults bereaved by the attacks of September 11th. *Journal of Affective Disorders*, 136(3), 366-369.
- Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The lancet*, 395(10227), 912-920.
- Brown, J. A., & Jimerson, S. R. (Eds.). (2017). *Supporting bereaved students at school*. Oxford University Press.
- Bryant, R. A. (2012). Grief as a psychiatric disorder. *The British Journal of Psychiatry*, 201(1), 9-10.
- Center For Grief Recovery and Therapeutic Services (2020). *Group Therapy Vs Individual Therapy*. Online : <https://www.griefcounselor.org/therapy->

[counseling-services/individual-counseling-therapy/group-therapy-vs-individual-therapy/](#)

- Cohen, J. (1992). A power primer. *Psychological Bulletin*, 112(1), 155– 159. <https://doi.org/10.1037//0033-2909.112.1.155>.
- Craig, Lizel. (2010). Prolonged grief disorder. In *Oncology Nursing Forum* (Vol. 37, No. 4, p. 401). Oncology Nursing Society.
- Davis EL, Deane FP, Lyons GC, Barclay GD, Bourne J, Connolly V. (2017). Feasibility randomised controlled trial of a self-help acceptance and commitment therapy intervention for grief and psychological distress in carers of palliative care patients. *Journal of Health Psychology*. 25(3):322-339. doi:[10.1177/1359105317715091](https://doi.org/10.1177/1359105317715091)
- Denckla, C. A., Mancini, A. D., Bornstein, R. F., & Bonanno, G. A. (2011). Adaptive and maladaptive dependency in bereavement: Distinguishing prolonged and resolved grief trajectories. *Personality and individual differences*, 51(8), 1012-1017.
- Doughty Horn, E. A., Crews, J. A., & Harrawood, L. K. (2013). Grief and loss education: Recommendations for curricular inclusion. *Counselor Education and Supervision*, 52(1), 70-80.
- Eisma, M. C., & Tamminga, A. (2020). Grief before and during the COVID-19 pandemic: Multiple group comparisons. *Journal of pain and symptom management*, 60(6), e1-e4.
- Eisma, M. C., Boelen, P. A., van den Bout, J., Stroebe, W., Schut, H. A., Lancee, J., & Stroebe, M. S. (2015). Internet-based exposure and behavioral activation for complicated grief and rumination: A randomized controlled trial. *Behavior therapy*, 46(6), 729-748.
- Fitria, A., Deliana, S. M., & Hendriyani, R. (2013). Grief pada Remaja Akibat Kematian Orang Tua Secara Mendadak. *Developmental and Clinical Psychology*, 2(2), 1-5.
- Flaxman, P. E., Blackledge, J. T., & Bond, F. W. (2010). *Acceptance and commitment therapy: Distinctive features*. Routledge.

- Forms, M., Abad, J., & Kirchner, T. (2011). Internalizing and externalizing problems. In R. J. R. Levesque (Ed.), *Encyclopedia of adolescence* (pp. 1464–1489). New York: Springer.
- Gladding, S. T. (1994). *Effective Group Counseling*. ERIC/CASS, School of Education, University of North Carolina at Greensboro, 101 Park Bldg., Greensboro, NC 27412-5001..
- Harris, R. (2009). *ACT made simple: An easy-to-read primer on acceptance and commitment therapy*. Oakland, CA: New Harbinger Publication Inc
- Harrsen, K., Tølbøll, M. M., & Larsen, L. H. (2022). Effects of an Integrated Treatment Program on Grief and Distress Among Parentally Bereaved Young Adults. *OMEGA-Journal of Death and Dying*, 00302228211069713.
- Hasanah, U., Fitri, N. L., Supardi, S., & PH, L. (2020). Depresi pada mahasiswa selama masa pandemi covid-19. *Jurnal Keperawatan Jiwa*, 8(4), 421-424.
- Hayes, S. C., Barnes-Holmes, D., & Roche, B. (Eds.). (2001). *Relational frame theory: A post-Skinnerian account of human language and cognition*. New York: Kluwer Academic/Plenum/Springer-Verlag.
- Hayes, S. C. (2004). Acceptance and commitment therapy, relational frame theory, and the third wave of behavioral and cognitive therapies. *Behavior therapy*, 35(4), 639-665.
- Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour research and therapy*, 44(1), 1-25.
- Hayes, L., Boyd, C. P., & Sewell, J. (2011). Acceptance and commitment therapy for the treatment of adolescent depression: A pilot study in a psychiatric outpatient setting. *Mindfulness*, 2(2), 86-94.
- Hayes, S. C., Pistorello, J., & Levin, M. E. (2012). Acceptance and commitment therapy as a unified model of behavior change. *The Counseling Psychologist*, 40(7), 976-1002.
- Hayes, S. C. & Spencer Smith. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. New Harbinger Publications.

- Hayes, S. C., & Strosahl, K. D. (Eds.). (2004). A practical guide to acceptance and commitment therapy. New York, NY: Springer.
- Hayes, S. C., Wilson, K. G., Gifford, E. V., Follette, V. M., & Strosahl, K. (1996). Experiential avoidance and behavioral disorders: A functional dimensional approach to diagnosis and treatment. *Journal of Consulting and Clinical Psychology, 64*(6), 1152–1168.
- Heeke, C., Stammel, N., Heinrich, M., & Knaevelsrud, C. (2017). Conflict-related trauma and bereavement: exploring differential symptom profiles of prolonged grief and posttraumatic stress disorder. *BMC psychiatry, 17*(1), 1-10.
- Hurlock, E.B. (1997). *Psikologi Perkembangan*. Edisi Kelima. Jakarta : Erlangga
- Ifdil. (2014). Pelayanan Konseling Kesehatan Mental Pasca Bencana di Indonesia. *Jurnal Dialog Penanggulangan Bencana*. Vol. 5 (1). Hal 41-46
- Jacobs, E. E., Schimmel, C. J., Masson, R. L., & Harvill, R. L. (2015). *Group counseling: Strategies and skills*. Cengage learning.
- Jacobson, N. S., & Truax, P. (1991). Clinical significance: A statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology, 59*(1), 12–19. <https://doi.org/10.1037/0022-006X.59.1.12>.
- Jones, K., Methley, A., Boyle, G., Garcia, R., & Vseteckova, J. (2021). A systematic review of the effectiveness of acceptance and commitment therapy for managing grief experienced by bereaved spouses or partners of adults who had received palliative care. *Illness, Crisis & Loss, 30*(4), 596-613.
- Kamaluddin, H. (2011). Bimbingan dan konseling sekolah. *Jurnal pendidikan dan kebudayaan, 17*(4), 447-454.
- Kübler-Ross, E., & Kessler, D. (2005). *On grief and grieving: Finding the meaning of grief through the five stages of loss*. Simon and Schuster.
- Larsen, L. H., Guldberg, A., & Kring, V. (2021). A group therapy program for parentally bereaved young adults with grief complications: rationale, method and case examples. *OMEGA-Journal of Death and Dying, 0030222821997705*.

- Latham, A. E., & Prigerson, H. G. (2004). Suicidality and bereavement: complicated grief as psychiatric disorder presenting greatest risk for suicidality. *Suicide and Life-Threatening Behavior*, 34(4), 350-362.
- Lawole, N. P. A. (2012). *Dukacita (Grief) pada Orang Toraja yang Melaksanakan Ritual Pemakaman Rambu Solo'* (Doctoral dissertation, Program Studi Psikologi FPSI-UKSW).
- Lilik, K., Ridawan, Y., Robi, A., & Narwawi, P. (2011). Indek Rawan Bencana Indonesia. *Badan Nasional Penanggulangan Bencana (BNPB)*.
- Linder, L., Lunardini, M., & Zimmerman, H. (2022). Supporting Childhood Bereavement Through School-Based Grief Group. *OMEGA-Journal of Death and Dying*, 00302228221082756.
- Luoma, J. B., Hayes, S. C., & Walser, R. D. (2007). *Learning ACT: An acceptance & commitment therapy skills-training manual for therapists*. New Harbinger Publications.
- Maciejewski, P. K., Zhang, B., Block, S. D., & Prigerson, H. G. (2007). An empirical examination of the stage theory of grief. *Jama*, 297(7), 716-723.
- Malkinson, R. (2001). Cognitive-behavioral therapy of grief: A review and application. *Research on Social Work Practice*, 11(6), 671-698.
- Malone, A. Pamela. (2016). *Counseling Adolescents Through Loss, Grief and Trauma*. New York: Routledge.
- McKee, K. Y., & Kelly, A. (2020). Management of grief, depression, and suicidal thoughts in serious illness. *Medical Clinics*, 104(3), 503-524.
- Martin, T. L., & Doka, K. J. (2000). *Men don't cry... women do: Transcending gender stereotypes of grief*. Philadelphia: Brunner/Mazel
- Nash, Jo. (2021). How to Do Acceptance & Commitment Group Therapy : 3 Activies. Online : <https://positivepsychology.com/act-groups/>
- Nasrullah, N., & Sulaiman, L. (2021). Analisis pengaruh COVID-19 terhadap kesehatan mental masyarakat di Indonesia. *Media Kesehatan Masyarakat Indonesia*, 20(3), 206-211.

- Nasution, E. S. (2022). Resiliensi terhadap Kedukaan Masyarakat Indonesia dalam Menghadapi Pandemi Covid-19. *Jurnal Psikologi Pendidikan dan Pengembangan SDM*, 11(1), 55-69.
- Neimeyer, R. A., Burke, L. A., Mackay, M. M., & van Dyke Stringer, J. G. (2010). Grief therapy and the reconstruction of meaning: From principles to practice. *Journal of Contemporary Psychotherapy*, 40(2), 73-83.
- Neimeyer, Robert A., (2012). *Techniques of Grief Therapy : Creative Practice for Counseling the Bereaved*. New York : Routledge
- Nurhidayati, N., & Chairani, L. (2014). Makna Kematian Orangtua Bagi Remaja (Studi Fenomenologi Pada Remaja Pasca Kematian Orangtua). *Jurnal Psikologi*, 10(1), 33-40.
- Nurikhsan, AJ. (2006). Bimbingan dan konseling dalam berbagai latar kehidupan. *Bandung: Refika Aditama*.
- Ober, A. M., Granello, D. H., & Wheaton, J. E. (2012). Grief counseling: An investigation of counselors' training, experience, and competencies. *Journal of Counseling & Development*, 90(2), 150-159.
- Para, E. A. (2009). Group counseling for complicated grief: A literature review. *Graduate Journal of Counseling Psychology*, 1(2), 10.
- Parkes, C. M. (2010). Grief: Lessons from the past, visions for the future. *Psychologica Belgica*. 50-1&2, 7-2.
- Pasaribu, Puji Gloria. (2017). *Grief Pada Remaja Batak Toba Akibat Kematian Orangtua (Studi Fenomenologi pada Remaja Pasca Kematian Orangtua)*. (Doctoral dissertation, Universitas Sumatera Utara)
- Podina, Iona R & Daniel David. (2018) Acceptance and Commitment Therapy. In Vernon, Ann. Kristene A. Doyle. (2018) in *Cognitive Behavior Therapies, A Guidebook For Practitioners*. American Counseling Association
- Pratiwi, I. (2021). *Hubungan Antara Dukungan Sosial Teman Sebaya Dengan Resiliensi Pada Remaja Yang Mengalami Kehilangan Akibat Kematian Orang Tua* (Doctoral dissertation, Universitas Mercu Buana Yogyakarta).

- Prigerson, H. G., Boelen, P. A., Xu, J., Smith, K. V., & Maciejewski, P. K. (2021). Validation of the new DSM-5-TR criteria for prolonged grief disorder and the PG-13-Revised (PG-13-R) scale. *World Psychiatry*, 20(1), 96-106.
- Prigerson, H. G., Shear, M. K., Jacobs, S. C., Reynolds, C. F., Maciejewski, P. K., Davidson, J. R., ... & Zisook, S. (1999). *Consensus criteria for traumatic grief: A preliminary empirical test. The British Journal of Psychiatry*, 174(1), 67-73.
- Prigerson, H. G., Horowitz, M. J., Jacobs, S. C., Parkes, C. M., Aslan, M., Goodkin, K., ... & Maciejewski, P. K. (2009). Prolonged grief disorder: Psychometric validation of criteria proposed for DSM-V and ICD-11. *PLoS medicine*, 6(8), e1000121.
- Range, L. M., Walston, A., & Pollard, P. M. (1992). Helpful and Unhelpful Comments after Suicide, Homicide, Accident, or Natural Death. *OMEGA - Journal of Death and Dying*, 25(1), 25–31. doi:10.2190/b5nl-dcby-28q5-kj8d
- Ratnasari, R., & Oriza, I. I. D. (2022). Memahami Penerimaan dalam Kedukaan: Kedukaan dan Keterjeratan Kognitif. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 6(3), 1639-1647.
- Renshaw, Tyler L., Sarah, J. B., Anthony, J. R., Shelley, R. U., & Kelsie, N. H. (2017) in Brown, J. A. & Shane, R. J. (Eds.). (2017). Supporting Bereaved Students at School. New York: Oxford University Press.
- Santrock, J. W. (2004). *Life-Span Development Perkembangan Masa Hidup*. Jakarta: Erlangga.
- Santrock, J.W. (2003). *Perkembangan Remaja*. Edisi Keenam. Jakarta : Erlangga
- Speedlin, S., Milligan, K., Haberstroh, S., & Duffey, T. (2016). Using Acceptance and Commitment Therapy to Negotiate Losses and Life Transitions. Ideas and Research You Can Use: VISTAS.
- Stroebe, W., Abakoumkin, G., & Stroebe, M. (2010). Beyond depression: Yearning for the loss of a loved one. *OMEGA-journal of Death and Dying*, 61(2), 85-101.

- Sugara, G. S., Yulianingsih, Y., Isti'adah, F. N., Adiputra, S., Muhajirin, M., Fadli, R. P., & Ifdil, I. (2021). Ego State Therapy for the Treatment of Grief and Loss After Death. *Addictive Disorders & Their Treatment*, 20(3), 151-158.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung : Alfabeta
- Sugiyono. (2015) *Metode Penelitian Pendidikan..* Bandung : Alfabeta
- Sulistiowati, N. M. D. (2016). Modul Pelaksanaan Terapi Spesialis: Acceptance And Commitment Therapy (ACT). *PSIK FK Universitas Udayana Denpasar*.
- The Dougy Center The National Center for Grieving Children and Families. (1996). *Skills Manual by The National Center for Grieving Children and Families*. Portland, OR: The Dougy Center
- Tolla, N. K. (2018). *Gambaran Kedukaan Pada Remaja Yang Kehilangan Significant Others* (Doctoral dissertation, Program Studi Psikologi FPSI-UKSW).
- Twohig, M. P., Hayes, S. C., & Berlin, K. S. (2008). Acceptance and commitment therapy for childhood externalizing disorders. In L. A. Greco & S. C. Hayes (Eds.), *Acceptance and mindfulness treatments for children and adolescents: A practitioner's guide* (pp. 163–186). Oakland, CA: New Harbinger.
- Vibriyanti, D. (2020). Kesehatan mental masyarakat: mengelola kecemasan di tengah pandemi COVID-19. *Jurnal Kependudukan Indonesia*, 69-74.
- Walker, K. A. (2013). The Experiences of Therapists and Bereaved Clients of using an Acceptance and Commitment Therapy approach to grief.
- Weir, Kirsten. (2018). *New Paths For People With Prolonged Grief Disorder*. American Psychological Association. 49 (10). <
<https://www.apa.org/monitor/2018/11/ce-corner>>
- Wen, F. H., Prigerson, H. G., Chou, W. C., Huang, C. C., Hu, T. H., Chiang, M. C., ... & Tang, S. T. (2022). How symptoms of prolonged grief disorder, posttraumatic stress disorder, and depression relate to each other for

- grieving ICU families during the first two years of bereavement. *Critical Care*, 26(1), 1-11.
- Wicksell, R. K., Melin, L., & Olsson, G. L. (2007). Exposure and acceptance in the rehabilitation of adolescents with idiopathic chronic pain: A pilot study. *European Journal of Pain*, 11, 267–274. doi:10.1016/j.ejpain.2006.02.012.
- Wilkinson, S. (2000). Is ‘normal grief’ a mental disorder?. *The Philosophical Quarterly*, 50(200), 289-304.
- Winalda, S. N., & Rahayu, S. (2021). Handling Grief and Loss Post-COVID-19 During The Pandemic in Danau Karya Village. *Prosiding Pengembangan Masyarakat Mandiri Berkemajuan Muhammadiyah (Bamara-Mu)*, 1(2), 828-833.
- Woahn, Catherine B. & Benjamin S. Fernandez. (2017). The Importance of Assessment in Supporting Bereaved Students (2017) in Brown, J. A. & Shane, R. J. (Eds.). (2017). *Supporting Bereaved Students at School*. New York: Oxford University Press.
- Wong, C.K.F. (2013). Helping a Child Cope with Loss by Using Grief Therapy. *Discovery-SS Student E-Journal* (2)
- World Health Organization. (2023). Indonesia Situation. Sumber: <https://covid19.who.int/region/searo/country/id> (Diakses pada tanggal 19 Januari 2023, 12.04)
- Yulianingsih. (2019). *Penggunaan Konseling Ego State untuk Mereduksi Kedukaan Pada Remaja Panti Asuhan*. (Doctoral dissertation, Universitas Muhammadiyah Tasikmalaya).