

DAFTAR PUSTAKA

- Abbror Aulia Hidayat, A., Permata, A. M. I., Eka, A. J. I., Awalinni, A., & Qoyyimah, N. R. H. (2022). *Analisis loneliness pada lansia yang hidup sendiri*.
- Anderson, D., Miller, S., & Zhou, L. (2023). Group-based counseling and community activities as interventions for loneliness in older adults. *Journal of Social Gerontology*, 18(1), 65–79.
- Anggreini, D., & Pobahi, F. Y. (2019). *Penanganan loneliness problem pada lansia ditinjau dari program bimbingan konseling di panti sosial lanjut usia*.
- Barron, A. S., & Nurchayati. (2019). *Loneliness pada lansia yang tinggal sendiri*.
- Cherry, K. (2020). *Psychological well-being and aging: A life-span health approach*. Pearson.
- Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (11th ed.). Cengage Learning.
- Creswell, J. W. (2012). *Educational research: Planning, conducting, and evaluating quantitative and qualitative research*. Pearson.
- Creswell, J. W. (2016). *Research design: Qualitative, quantitative, and mixed methods approaches*. Sage Publications.
- Erfiyanti, E., Cahyati, T. N., Putri, R. W., Noveli, A. T., Aldellisa, L., & Hikmah, S. (2023). *Analisis loneliness pada lansia di Panti Wredha Harapan Ibu*.
- Hermawati, N., & Hidayat, I. N. (2019). *Hubungan antara dukungan sosial keluarga dengan psychological well-being pada lansia di Panti Sosial Tresna Werdha “Budi Pertiwi” Bandung*.
- Hsieh, Y., Lee, M., Cheng, T., & Huang, C. (2022). Empathy-based counseling to reduce psychological distress among elderly populations: A clinical interventional study. *Journal of Geriatric Mental Health*, 9(1), 44–53.
- Hurlock, E. B. (1980). *Developmental psychology: A lifespan approach*. New York, NY: McGraw-Hill.
- Ibnu Katsir. (n.d.). *Tafsir Al-Qur'an Al-Azhim*.
- Longoria, L., Smith, J., & Park, A. (2021). *Social isolation and emotional vulnerability in older adults: The impact on mental health and life satisfaction*.

- Journal of Aging Psychology, 14(2), 115–129.
- Maslow, A. H. (1954). *Motivation and personality*. New York, NY: Harper & Row.
- Morales, K., & Reed, T. (2023). Sustained community-based intervention and psychological outcomes in older adults experiencing loneliness. *Global Journal of Gerontology & Psychiatry*, 22(4), 301–312.
- Pargament, K. (2021). *Spiritually integrated psychotherapy: Understanding and addressing the sacred*. Guilford Press.
- Peplau, L. A., & Perlman, D. (1982). *Loneliness: A sourcebook of current theory, research and therapy*. New York, NY: Wiley.
- Pinquart, M. (2003). Predictors of loneliness in older adults. *International Journal of Aging and Human Development*.
- Prayitno. (2017). *Layanan bimbingan dan konseling di sekolah dan madrasah*. RajaGrafindo Persada.
- Rahman, A., & Chan, W. (2021). Cognitive restructuring to reduce loneliness and low self-worth in seniors: A randomized controlled trial. *International Journal of Cognitive Therapy*, 5(3), 211–222.
- Ryff, C. D. (1989). *Happiness is everything, or is it? Explorations on the meaning of psychological well-being*. *Journal of Personality and Social Psychology*, 57(6), 1069–1081.
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727.
- Ryff, C. D., & Singer, B. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies*, 9(1), 13–39.
- Saeful. (2015). *Data primer dalam penelitian kualitatif*.
- Santrock, J. W. (2017). *Adolescence*. McGraw-Hill Education.
- Santrock, J. W. (2018). *Life-span development* (15th ed.). New York, NY: McGraw-Hill.
- Snyder, S., & Lopez, J. (2020). *Positive psychology: The science of human strengths*. Sage Publications.
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.

- Sugiyono. (2019). *Metode penelitian pendidikan: Pendekatan kuantitatif, kualitatif, dan R&D*. Alfabeta.
- Suhartini, (2015). Dalam Verawati, R. [*Sumber kutipan perkembangan lansia*].
- Verawati. (2015). [*Sumber terkait perkembangan lansia – dikutip melalui Suhartini*].
- Wijaya, R., & Santoso, H. (2024). Spiritually integrated counseling and its impact on loneliness and life meaning in the elderly. *Indonesian Journal of Counseling and Spirituality*, 6(1), 1–12.
- Anderson, D., Miller, S., & Zhou, L. (2023). Group-based counseling and community activities as interventions for loneliness in older adults. *Journal of Social Gerontology*, 18(1), 65–79.

