

DAFTAR PUSTAKA

- Aisy, N. R. (2024). Kecemasan pada karyawan pasca pemutusan kontrak kerja. *Catha : Journal of Creative and Innovative Research*, 1(4), 40–45.
- Fathammubina, R., & Apriani, R. (2018). Perlindungan hukum terhadap pemutusan hubungan kerja sepihak bagi pekerja. *Jurnal Ilmiah Hukum DE'JURE: Kajian Ilmiah Hukum*, 3(1), 108-130.
- Allen, A. B., & Leary, M. R. (2010). Self-compassion, stress, and coping. *Social and Personality Psychology Compass*, 4(2), 107–118.
<https://doi.org/10.1111/j.1751-9004.2009.00246.x>
- Azwar, S. (2012). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Bustomi, M. I., & Asril, S. (2020). *Pria yang bunuh diri di serpong diduga depresi Kena PHK*. Kompas.Com.
<https://megapolitan.kompas.com/read/2020/06/18/18394981/pria-yang-bunuh-diri-di-serpong-diduga-depresi-kena-phk>
- Christian. (2023). *Diduga depresi karena di PHK, pria di johar baru gantung diri*. Medcom.Id. <https://www.medcom.id/nasional/metro/lKYP2JWk-diduga-depresi-karena-di-phk-pria-di-johar-baru-gantung-diri>
- Germer, C. (2009). *The mindful path to self-compassion: freeing yourself from destructive thoughts and emotions*. Guilford Press.
- Goldsmith, A. H., Veum, J. R., & Darity, W. J. (1996). The impact of labor force history on self-Esteem and its component parts, anxiety, alienation and depression. *Journal of Economic Psychology*, 17(2), 183–220.
[https://doi.org/10.1016/0167-4870\(96\)00003-7](https://doi.org/10.1016/0167-4870(96)00003-7)
- Gravetter, F. J., & Forzano, L.-A. B. (2018). *Research methods for the behavioral sciences* (6th ed.). Cengage Learning.
- Gregory, W. E., Glazer, J. V., & Berenson, K. R. (2017). Self-compassion, self-I injury, and pain. *cognitive therapy and research*, 41(5), 777–786.
<https://doi.org/10.1007/s10608-017-9846-9>
- Hidayani, S., & Munthe, R. (2018). Aspek hukum terhadap pemutusan hubungan kerja yang dilakukan oleh pengusaha. *Mercatoria*, 11(2), 127–140.
<https://doi.org/http://dx.doi.org/10.31289/mercatoria.v11i2.2017>

- Mirah Yunita, M., & Lee, C. F. (2021). The effect of self-compassion on the subjective well-being of unemployed fresh graduates in Jakarta during the COVID-19 pandemic. *Advances in Social Science, Education and Humanities Research*, 532, 69-74.
<https://doi.org/10.2991/assehr.k.210805.008>
- Mulyati, & Wulansari, R. (2024). Dampak PHK (Pemutusan Hubungan Kerja) terhadap karyawan lebih dari sekedar kehilangan pekerjaan. *Jurnal Ekonomi Dan Bisnis Digital*, 01(04), 967–971.
- Neff, K. (2003). Self-compassion: an alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85–101.
<https://doi.org/https://doi.org/10.1080/15298860390129863>
- Neff, K. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223–250.
<https://doi.org/https://doi.org/10.1080/15298860390209035>
- Neff, K. D., & McGehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9(3), 225–240.
<https://doi.org/10.1080/15298860902979307>
- Nelson, A., Christini, J., Sandra, N., Clarissa, F., & Vivianti, W. (2023). analisis pemutusan hubungan kerja terhadap perusahaan industri startup. *YUME: Journal of Management*, 6(2), 582–588.
- Pitoko, R. A. (2024). *Deretan perusahaan yang PHK massal di Indonesia 2024*. IDN Times. <https://www.idntimes.com/business/economy/ridwan-aji-pitoko-1/deretan-perusahaan-yang-lakukan-phk-massal-di-2024>
- Purwoko, S. (2024). *Kemnaker sebut puluhan ribu karyawan di PHK karena Faktor ini*. Berita Satu.
<https://www.beritasatu.com/network/wartabanjar/282618/kemnaker-sebut-puluhan-ribu-karyawan-di-phk-karena-faktor-ini>
- Putra, A. R. E. (2020). *Studi deskriptif kuantitatif: gambaran stres pada karyawan di Jakarta yang terkena Pemutusan Hubungan Kerja (PHK) di tengah pandemi Covid-19*. Universitas Negeri Jakarta.

- Shultz, K. S., Whitney, D., & Zickar, M. J. (2020). *Measurement theory in action : case studies and exercises*. Routledge.
<https://doi.org/https://doi.org/10.4324/9781003127536>
- Stevens, L. C., & Woodruff, C. C. (2018). *The neuroscience of empathy, compassion, and self-compassion*. In Academic Press.
<https://doi.org/10.1016/C2015-0-06266-9>
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas self-compassion scale versi Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 7(2), 177–191. <https://doi.org/https://doi.org/10.24854/jpu107>
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif dan R&D*. CV Alfabeta.
- Sulastri, S. (2021). Pengaruh Pemutusan Hubungan Kerja (PHK) dan potong gaji terhadap kesehatan mental karyawan UMKM di Lampung Timur pada era Pandemic Covid 19. *Jurnal Manajemen & Bisnis Kreatif*, 7(1), 1–12.
<https://doi.org/10.36805/manajemen.v7i1.1943>
- Universitas Islam An Nur Lampung. (2024). *Apa dampak dari pengangguran? analisis terhadap individu, masyarakat, dan ekonomi*. Universitas Islam An Nur Lampung. <https://an-nur.ac.id/apa-dampak-dari-pengangguran/>
- Violleta, P. T. (2024). *Capai 45 ribu, Kemnaker jelaskan beberapa faktor penyebab PHK*. ANTARA. <https://www.antaraneews.com/berita/4282239/capai-45-ribu-kemnaker-jelaskan-beberapa-faktor-penyebab-phk>
- Widyastuti, A. Y. (2021). *Putuskan PHK 677 karyawan, indosat: tidak benar sewenang-wenang*. Tempo.Co.
<https://bisnis.tempo.co/read/1493487/putuskan-phk-677-karyawan-indosat-tidak-benar-sewenang-wenang>