

Daftar Pustaka

- Diyana Fitri Elfaza dan Gumi Langerya Rizal. "Hubungan *Self-Compassion* Dengan Kesepian pada Remaja di Boarding School." , *Desember 2020* Vol. 4 (2) (t.t.): 88–98.
- Hafid, Ismail, Rustan, Erwin, Laode. "Tawakal: Status Hadis dan Pandangan Ulama," t.t.
- Hidayat, Anwar. "Penjelasan Berbagai Jenis Uji Validitas dan Cara Hitung." *Uji Statistik* (blog), 10 Agustus 2012. <https://www.statistikian.com/2012/08/uji-validitas.html>.
- . "Uji Normalitas dan Metode Perhitungan (Penjelasan Lengkap)." *Uji Statistik* (blog), 23 Januari 2013. <https://www.statistikian.com/2013/01/uji-normalitas.html>.
- Maya Yasmin dan Yuninda Tria Ningsih. "Self-compassion Among First Year Boarding School Students." *May 24, 2021* Volume 3 Number 3 (t.t.): 39–45. <https://doi.org/10.24036/00568kons2021>.
- Pedoman penulisan karya tulis ilmiah (makalah, proposal, dan skripsi)*. 2018 ed. Institut Agama Islam Tribakti (IAIT) Kediri: Pusat Penelitian dan Pengabdian Masyarakat (P3M), t.t.
- Store, Deepublish. "Definisi Operasional: Tujuan, Manfaat dan Cara Membuat." *Deepublish Store* (blog), 5 Mei 2021. <https://deepublishstore.com/blog/definisi-operasional/>.
- Sulfianti Syamsul, Widyastuti, dan, Muhammad Nur Hidayat Nurdin. "Motif Persahabatan dan Kesepian Pada Santri." *Maret 2018* Volume 3 No 2 (t.t.): 52–63.
- Hidayati, "Hubungan *Self-Compassion* terhadap Kesepian pada siswi di *Boarding School*", (Skripsi, 2015).
- Kristin Neff dan Elizabeth Proffitt, "The Relationship Between Self Compassion and Other Focusern Among Collage Undergradeuates, Community Adults, and Practicing Mediators", *Self and Identity*, Vol. 12 No. 2 (2013), 4.

- Observasi & wawancara, 10 oktober -30 oktober 2022, di pondok pesantren HM Al-Mahrusiyah Lirboyo Kediri.
- Diyannah & Gumi, "Hubungan *Self-Compassion* Terhadap Kesepian pada Remaja di *Boarding School*, *Jurnal Psikologi*. Tahun 2020
- Neff, "Self-compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity*, (2003): 85-102
- Neff, "The Development and Validation of a Scale to Measure SelfCompassion. *Self and Identity*, (2003): 223
- Kristin Neff, *Slef-compassion: The Prower Being of Kind to Your Self*, (Australia: Happer Collins Publishers, 2011), 6.
- Kristin Neff, *Slef-compassion: The Prower Being of Kind to Your Self*, (Australia: Happer Collins Publishers, 2011), 6.
- Hutomo dan Farida Hidayati, "Hubungan antara *self compassion* dengan Prokrastinasi pada Siswa SMA Nasima Semarang", *Jurnal Empati*, Vol.6 No. 1, (Januari, 2017), 234.
- Neff, "Self Compassion: An Alternative Coceptualization of a Healthy Attitude Toward Oneself", *Self and Identity*, Vol. 2 No.2 (2003), 88.
- Muh. Mu'inudinillah Basri, *Indahnya Tawakal*, (Surakarta: Indiva Pustaka, 2008), 15.
- Ghoni, "Konsep Tawakal dan Relevansinya.....,113.
- Novi Maria Ulfa dan Dwi Istiyani. "Etika Dalam Kehidupan Modern: Studi Pemikiran Sufistik Hamka", *Esoerik; Jurnal Akhlak dan Tasawuf*, Vol.2 No.1, (2006)
- Neff, K. D. 2011. *Self-Compassion, Self-Esteem, and Well-Being. Social and Personality Psychology Compass*, 5(1), 1-12.
- Russell, D., Peplau, L. A., & Cutrona, C. E. 1980. *The Revised UCLA Loneliness Scale: Concurrent and Discriminant Validity Evidence. Journal of Personality and Social Psychology*, 39(3), 472-480.
- Brehm, S., Miller, R. S., Perlman, D., Campbell, S. M. 2002. *Intimate Relationship. New York: Mc Graw Hil*.

AKIN, A. 2010. *Self-Compassion and Loneliness. International Online Journal of Education Sciences*, 702-718.

Sugiono, *Statistik untuk penelitian*, (Bandung: CV. Avabeta, 1997), h.57.

Lutfi, “Pengaruh Pola Asuh Orang Tua Terhadap Kecerdasan Emosional Siswa di SMP Hasanudin Sukorame Kota Kediri” (Skripsi, Universitas Islam Tribakti, 2018).

“Profil Pondok Pesantren Al-Mahrusiyah”, (Lirboyo: PP Al-Mahrusiyah Kediri, 2023).

Wawancara dengan pengurus pondok dikantor pondok pesantren putri lirboyo Al-Mahrusiyah pusat pada tanggal 11 februari 2023 pukul: 13.00-13.30 wib.

Brosur al-Mahrusiyah (Kediri: al-Mahrusiyah Press, 2016)

