

Daftar Pustaka

- Ando, S., Yamaguchi, S., Aoki, Y., & Thornicroft, G. (2013). Review of mental-health-related stigma in Japan. *Psychiatry and Clinical Neurosciences*, 67(7), 471–482. <https://doi.org/10.1111/pcn.12086>
- Arbia, A., & Sugitanata, A. (2024). *Integrasi Teori Stigma Erving Goffman Terhadap Keadilan Sosial Bagi “Good Looking” dan Diskriminasi Untuk “Bad Looking.”* <https://doi.org/10.46799/adv.v1i4.50>
- Arimitsu, K. (2001). The Relationship of Guilt and Shame to Mental Health. *The Japanese Journal of Health Psychology*, 14(2), 24–31. https://doi.org/10.11560/jahp.14.2_24
- Asgari, B., Pickar, P., & Garay, V. (2017). *Karoshi and Karou-jisatsu in Japan: causes, statistics and prevention mechanisms.*
- Fadhli, M. (2022). Japan’s Declining Suicide Rate in Light of The Jisatsu Taisaku Kihon Hou Policy. *Japanology: The Journal of Japanese Studies*. <https://doi.org/10.20473/jjs.v9i2.51565>
- Fransiskus, W. (2024, March 12). *Korea Selatan dan Jepang Berupaya Keras Mencegah Bunuh Diri.* <https://www.kompas.id/baca/metro/2024/03/12/korea-selatan-dan-jepang-berupaya-keras-mencegah-bunuh-diri>
- Griffiths, K. M., Nakane, Y., Christensen, H., Yoshioka, K., Jorm, A. F., & Nakane, H. (2006). Stigma in response to mental disorders: a comparison of Australia and Japan. *BMC Psychiatry*, 6(1), 21. <https://doi.org/10.1186/1471-244X-6-21>
- Hidaka, B. H. (2012). Depression as a disease of modernity: Explanations for increasing prevalence. *Journal of Affective Disorders*, 140(3), 205–214. <https://doi.org/10.1016/j.jad.2011.12.036>
- Hongo, M., Oshima, F., Nishinaka, H., Seto, M., Ohtani, T., & Shimizu, E. (2021). Reliability and Validity of the Japanese Version of the Barriers to Access to Care Evaluation Scale Version 3 for People With Mental Disorders: an Online Survey Study. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.760184>
- Imataka, G., & Shiraishi, H. (2025). Youth Suicide in Japan: Exploring the Role of Subcultures, Internet Addiction, and Societal Pressures. In *Diseases* (Vol. 13, Issue 1). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/diseases13010002>

- Iswinda Mu, A. (n.d.). *Self Disclosure Pada Pengguna Media Sosial (Studi Kualitatif Self Disclosure Pada Pengguna Media Sosial Twitter)* (Vol. 11, Issue 1).
- James. (2019). *Shame in Japan*.
- Jane Trinidad, & Genelyn D. (2014). *Honne and Tatemaie: Exploring the Two Sides of Japanese Society* Ritgerð til BA prófs í Japanskt mál og menning.
- Kartikasari, N., & Ariana, A. D. (2019). Hubungan Antara Literasi Kesehatan Mental, Stigma Diri Terhadap Intensi Mencari Bantuan Pada Dewasa Awal. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 4(2), 64. <https://doi.org/10.20473/jpkm.v4i22019.64-75>
- Kim, N. J., Lin, J., Hiller, C., Hildebrand, C., & Auerswald, C. (2021). Analyzing U.S. tweets for stigma against people experiencing homelessness. *Stigma and Health*. <https://doi.org/10.1037/sah0000251>
- Kirk, E. (2021, April 30). *Mental Health in Japan: Stigma and Low Inequality*. The Borgen Project.
- Mustaqlillah, R., Widyaningtyas, O., & Wantoro, T. (2023). Efektivitas Penggunaan Twitter Sebagai Sarana Peningkatan Berpikir Kritis Mahasiswa Ilmu Komunikasi. *MUKASI: Jurnal Ilmu Komunikasi*, 2(1), 18–28. <https://doi.org/10.54259/mukasi.v2i1.1346>
- Naila, H., Astri, A., Wulan, N. A., Zahra, K. B. B., Dewanty, V. L., & Siti, H. (2025). Analisis Penyebab Kasus Bunuh Diri di Jepang dan Upaya Pemerintah Dalam Mengatasinya Analysis of the Causes of Suicide Cases in Japan and Government Efforts to Overcome. *JPBJ*, 11(1).
- Nakamura, K., Batterham, P. J., Chen, J., & Caele, A. L. (2021). Levels and predictors of suicide stigma and suicide literacy in Japan. *Psychiatry Research Communications*, 1(1). <https://doi.org/10.1016/j.psycom.2021.100009>
- Ottewell, N. (2016). Stigma against mental illness: Perspectives of mental health service users. *Mental Health & Prevention*, 4(3–4), 115–123. <https://doi.org/10.1016/j.mhp.2016.10.001>
- Ran, M. S., Hall, B. J., Su, T. T., Prawira, B., Breth-Petersen, M., Li, X. H., & Zhang, T. M. (2021). Stigma of mental illness and cultural factors in Pacific Rim region: a systematic review. *BMC Psychiatry*, 21(1). <https://doi.org/10.1186/s12888-020-02991-5>
- Rita Fiantika, F., Wasil, M., & Jumiati, S. (n.d.). *Metodologi Penelitian Kualitatif*. www.globaleksekutifteknologi.co.id

- Robbana, S., & Cahya Wihandika, R. (2019). *Analisis Sentimen Review Produk Smartphone Pada Dokumen Twitter Berbahasa Indonesia Menggunakan Metode K-Nearest Neighbor Dan Pembobotan Jumlah Likes* (Vol. 3, Issue 10). <http://j-ptiik.ub.ac.id>
- Robertson, C. (2023, October 25). *Here's what our research says about news audiences on Twitter, the platform now known as X*.
- Saeki, M. (2008). Relation of shame and guilt awareness to mental health among Japanese female adolescents. *The Japanese Journal Of Research On Emotions*, 15(2), 124–132. <https://doi.org/10.4092/jsre.15.124>
- Saeko, K., Pescosolido Bernice, Kasahara-Kiritani Mami, Matoba Tomoka, Yamaki Chikako, & Sugiyama Katsumi. (2019). *Mental health care and the cultural toolboxes of the present-day Japanese population: Examining suggested patterns of care and their correlates*. *Social Science & Medicine*. 228.
- Satomi Izumi-Taylor, Chia-Hui Lin, & Toshiko Kaneda. (2024). Japanese Pre-service Teachers' Concepts of Gaman (Endurantes to the Education of Preschg Hardship): How Gaman Reloolers. *US-China Education Review A*, 14(9). <https://doi.org/10.17265,2161-623X,2024.09.001>
- Takahashi, A., Tachikawa, H., Takayashiki, A., Maeno, T., Shiratori, Y., Matsuzaki, A., & Arai, T. (2022). Crisis-management, Anti-stigma, and Mental Health Literacy Program for University Students (CAMPUS): A preliminary evaluation of suicide prevention. *F1000Research*, 11, 498. <https://doi.org/10.12688,f1000research.111002.1>
- Tang, Y. (2024). Regional disparities and dynamic evolution of suicide prevention and intervention efficiency in Japan. *Frontiers in Public Health*, 12. <https://doi.org/10.3389,fpubh.2024.1359902>
- Tanji, F., & Iwasawa, A. (2024). Association of Suicidal Ideation With Physical Health Conditions, Mental Health Conditions, and Multimorbidity and the Modifying Role of Emotional Social Support: A Cross-Sectional Study in Japan. *Journal of Primary Care and Community Health*, 15. <https://doi.org/10.1177,21501319241277112>
- Thomas, R., Deighton, R., Mizuno, M., & Fujii, S. Y. and C. (2020). Shame and self-conscious emotions in Japan and Australia: Evidence for a third shame logic. *Culture & Psychology*, 26(3), 622–638. <https://doi.org/10.1177,1354067X19851024>
- Tsukahara, T., Arai Hiroshi, Kamijo Tomoka, Kobayashi Yoshiakiyo, Washizuka Shinsuke, Arito Heihachiro, & Nomiyama Tetsuo. (2016). *Relationships between suicidal ideation and psychosocial factors among residents living in*

Nagano Prefecture of Japan. Environmental health and preventive medicine. 21, 164–172.

WHO. (2024, September 9). *Suicide prevention in Japsn: a public health priority.* https://www.who.int/news-room/feature-stories/detail/suicide-prevention-in-japan--a-public-health-priority?utm_source=chatgpt.com.

Williams, S. (2022). Goffman, interactionism, and the management of stigma in everyday life. In *Sociological Theory and Medical Sociology* (pp. 134–164). Routledge. <https://doi.org/10.4324/9781003283850-6>

Zaskya, M., Boham, A., Jackelin, L., & Lotulung, H. (n.d.). *Twitter Sebagai Media Mengungkapkan Diri Pada Kalangan Milenial.*

