

## DAFTAR PUSTAKA

- [1] A. R. Peden, M. K. Rayens, L. A. Hall, and E. Grant, “Testing an Intervention to Reduce Negative Thinking, Depressive Symptoms, and Chronic Stressors in Low-Income Single Mothers,” *J. Nurs. Scholarsh.*, vol. 37, no. 3, pp. 268–274, 2005, doi: 10.1111/j.1547-5069.2005.00046.x.
- [2] B. Nurgiyantoro, *Teori Pengkajian Fiksi*, Digital. Yogyakarta: Gadjah Mada University Press, 2018.
- [3] R. Wellek and A. Warren, *Theory of Literature*, 3rd ed. New York: Harcourt, Brace & World, 1948.
- [4] R. D. Pradopo, *Beberapa Teori Sastra, Metode Kritik, dan Penerapannya*, Digital iP. Yogyakarta: Gadjah Mada University Press, 2023.
- [5] Aminuddin, *Pengantar Apresiasi Sastra*, Cet. 13. Bandung: Sinar Baru Algesindo, 2009.
- [6] M. H. Abrams, *A Glossary of Literary Terms*, 7th ed. Amerika: Wadsworth Cengage Learning, 2009.
- [7] A. T. Beck, *Cognitive Therapy and the Emotional Disorders*. New York: International Universities Press, 1976.
- [8] A. T. Beck, A. J. Rush, B. F. Shaw, G. Emery, R. J. DeRubeis, and S. D. Hollon, *Cognitive Therapy of Depression (Kindle Apk)*, 2nd ed. New York: The Guilford Press, 1978.
- [9] S. Muhammad, *Egosentrism*, 2nd ed. Yogyakarta: Gradien Mediatama, 2018.
- [10] A. Herlianto, “Asyiknya Mengenal Mental Health melalui Buku Egosentrism,” tugumalang.id. Accessed: Feb. 13, 2025. [Online]. Available: [https://tugumalang.id/asyiknya-mengenal-mental-health-melalui-buku-egosentrism/?utm\\_source](https://tugumalang.id/asyiknya-mengenal-mental-health-melalui-buku-egosentrism/?utm_source)
- [11] Goodreads, “Egosentrism by Syahid Muhammad | Goodreads,” goodreads.com. Accessed: Feb. 18, 2025. [Online]. Available: <https://www.goodreads.com/book/show/39311436-egosentrism>
- [12] T. Lickona, *Educating for Character: How Our Schools Can Teach Respect and Responsibility*. New York: Bantam Books, 1991.
- [13] R. Megawangi, *Pendidikan Karakter: Solusi yang Tepat untuk Membangun Bangsa*. Jakarta: Indonesia Heritage Foundation, 2007.
- [14] M. Josephson, *Making Ethical Decisions*, 2002 editi. Los Angeles: Josephson Institute of Ethics, 2002.
- [15] A. Rahmayori, M. Karim, S. Fitriah, and U. Jambi, “Psikologi Tokoh

- Utama dalam Novel Ikan Kecil Karya Ossy Firstan,” *Kalistra Kaji. Linguist. dan Sastra*, vol. 3, no. 2, pp. 112–120, 2024, doi: <https://doi.org/10.22437/kalistra.v3i2.26903>.
- [16] N. D. Noventi, D. D. Cahyani, and T. P. R. N. Hapsari, “Realitas Media Sosial dalam Novel Egosentris Karya Syahid Muhammad sebagai Bahan Ajar Apresiasi Sastra di SMA,” *KABAESTRA Kaji. Bhs. dan Sastra*, vol. 3, no. 2, pp. 310–324, 2024, doi: 10.31002/kabaestra.v3i2.38.
  - [17] L. Astuti and N. Nurjannah, “Penerapan Six Pillars of Character Untuk Membangun Kualitas Karakter Anak,” *JP3M J. Pendidikan, Pembelajaran dan Pemberdayaan Masy.*, vol. 4, no. 2, pp. 449–455, 2022, doi: 10.37577/jp3m.v4i2.477.
  - [18] K. A. Robinson, I. J. Saldanha, and N. A. McKoy, “Development of a Framework to Identify Research Gaps from Systematic Reviews,” *J. Clin. Epidemiol.*, vol. 64, no. 12, pp. 1325–1330, 2011, doi: 10.1016/j.jclinepi.2011.06.009.
  - [19] N. Anggarwani, S. D. Kuncara, and F. E. S. Rahayu, “The Depression of Helen Knightly in The Almost Moon Alice Sebold’s Novel,” *Ilmu Budaya J. Bahasa, Sastra, Seni, dan Budaya*, vol. 8, no. 2, pp. 191–204, 2024, doi: <http://dx.doi.org/10.30872/jbssb.v8i2.8118>.
  - [20] D. Amara, “Depresi Tokoh Safitri dalam Novel Kelir Slindet Karya Kedung Darma Romansha,” *J. Bhs. dan Sastra Indones.*, vol. 7, no. 4, pp. 436–446, 2018, [Online]. Available: <https://journal.student.uny.ac.id/bsi/article/view/11509>
  - [21] J. D. Fauzi and M. R. Yuwita, “Analisis Karakter Utama Dalam Film the Great Gatsby (2013),” *MAHADAYA J. Bahasa, Sastra, dan Budaya*, vol. 2, no. 1, pp. 1–8, 2022, doi: 10.34010/mhd.v2i1.6715.
  - [22] Sakinah and Agustan, “Kejiwaan Tokoh Utama dalam Novel ‘Egosentris’ Karya Syahid Muhammad,” *J. Snr. Bastra*, vol. 1, no. 3, pp. 253–258, 2021, [Online]. Available: <http://jurnal.fkip.untad.ac.id/index.php/jsb/>
  - [23] M. Marneliza, D. Burhanudin, and C. Charlina, “Deiksis Dalam Novel Egosentris Karya Syahid Muhammad,” *J. Pendidik. Tambusai*, vol. 6, no. 3, pp. 13809–13817, 2022, doi: 10.31004/jptam.v6i3.4505.
  - [24] A. H. Maslow, *Motivation and Personality*. New York: Harper & Row, 1954.
  - [25] J. B. Watson, “Psychology as The Behaviourist Views It,” *Psychol. Rev.*, vol. 20, no. 2, pp. 158–177, 1913, doi: 10.1037/h0074428.
  - [26] Hamruni, I. A. Syaddad, Zakiah, and D. I. I. Putri, *Teori Belajar Behaviorisme dalam Perspektif Pemikiran Tokoh-tokohnya*, I. Yogyakarta: Pascasarjana Fakultas Ilmu Tarbiyah dan Keguruan UIN Sunan Kalijaga Yogyakarta, 2021, [Online]. Available:

- [http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484\\_SISTEM PEMBETUNGAN TERPUSAT STRATEGI MELESTARI](http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM PEMBETUNGAN TERPUSAT STRATEGI MELESTARI)
- [27] M. Ramadanti, C. P. Sary, and S. Suarni, “Psikologi Kognitif (Suatu Kajian Proses Mental dan Pikiran Manusia),” *Al-Din J. Dakwah dan Sos. Keagamaan*, vol. 8, no. 1, pp. 56–69, 2022, doi: 10.30863/ajdsk.v8i1.3205.
  - [28] U. Neisser, *Cognitive Psychology*, Classic Ed. New York: Psychology Press, 2014.
  - [29] S. Freud, *Introductory Lectures on Psychoanalysis*, First edit. W. W. Norton & Company, 1977.
  - [30] A. T. Beck, *Depression: Clinical, Experimental, and Theoretical Aspects*. Hoeber Medical Division, 1967.
  - [31] A. T. Beck, M.D. and B. A. Alford, Ph.D., *Depression: Causes and Treatment*, Second Edi. Philadelphia: University of Pennsylvania Press, 2009. doi: 10.9783/9780812290882.
  - [32] D. A. Clark and A. T. Beck, *Cognitive Therapy of Anxiety Disorders: Science and Practice*. New York: The Guilford Press, 2010.
  - [33] R. E. Ingram, J. Miranda, and Z. V. Segal, *Cognitive Vulnerability to Depression*. New York: The Guilford Press, 1998.
  - [34] K. W. Miskowiak, A. F. Carvalho, E. Vieta, and L. V. Kessing, “Cognitive Enhancement Treatments for Bipolar Disorder: A Systematic Review and Methodological Recommendations,” *Eur. Neuropsychopharmacol.*, vol. 26, no. 10, pp. 1541–1561, 2016, doi: 10.1016/j.euroneuro.2016.08.011.
  - [35] A. Mathews and C. MacLeod, “Cognitive Vulnerability to Emotional Disorders,” *Annu. Rev. Clin. Psychol.*, vol. 1, pp. 167–195, 2005, doi: 10.1146/annurev.clinpsy.1.102803.143916.
  - [36] P. A. Heslin, L. A. Keating, and A. Minbashian, “How Situational Cues and Mindset Dynamics Shape Personality Effects on Career Outcomes,” *J. Manage.*, vol. 45, no. 5, pp. 2101–2131, 2019, doi: 10.1177/0149206318755302.
  - [37] J. W. Creswell and J. D. Creswell, *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*, 5th ed. Los Angeles: Sage Publications, 2018.
  - [38] R. C. Bogdan and S. K. Biklen, *Qualitative Research for Education: An Introduction to Theories and Methods*. Boston: Pearson, 2007.
  - [39] Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: ALFABETA, 2016.

- [40] L. J. Moleong, *Metodologi Penelitian Kualitatif*. Bandung: Remaja Rosdakarya, 2007.
- [41] S. Arikunto, *Prosedur Penelitian: Suatu Pendekatan Praktik*, Edisi Revi. Jakarta: PT Rineka Cipta, 2013.
- [42] A. Supriatna, D. Sunarsi, and R. I. Permatasari, *Buku Ajar Metode Penelitian Kualitatif*, I. Malang: PT Literasi Nusantara Abadi Grup, 2025.
- [43] Sudaryanto, *Metode dan Aneka Teknik Analisis Bahasa: Pengantar Penelitian Wahana Kebudayaan Secara Linguistik*. Yogyakarta: Duta Wacana University Press, 2015.
- [44] N. K. Ratna, *Teori, Metode, dan Teknik Penelitian Sastra*. Yogyakarta: Pustaka Pelajar, 2011.
- [45] Y. S. Lincoln and E. G. Guba, *Naturalistic Inquiry*. Los Angeles: Sage Publications, 1985.
- [46] J. W. Creswell, *Qualitative Inquiry and Research Design: Choosing Among Five Approaches*, 3rd ed. Los Angeles: Sage Publications, 2013.
- [47] N. K. Denzin, *The Research Act: A Theoretical Introduction to Sociological Methods*, 3rd ed. New York: McGraw-Hill Education, 1978.
- [48] M. Q. Patton, *Qualitative Research and Evaluation Methods (3rd ed.)*, 3rd editio. California: Sage Publications, 2002.
- [49] K. Krippendorff, *Content Analysis an Introduction to Its Methodology*, 2nd ed. London: Sage Publications, 2004.
- [50] B. C. Feeney and N. L. Collins, *A New Look at Social Support: A Theoretical Perspective on Thriving Through Relationships*, vol. 19, no. 2. 2015. doi: 10.1177/1088868314544222.
- [51] E. Berscheid and H. T. Reis, “Attraction and Close Relationships.” Oxford University Press, New York, pp. 193–281, 1998.
- [52] J. W. Santrock, *Adolescence 17 ed.* University of Texas at Dallas, 2019.
- [53] S. B. Sarason, *Psychological sense of community: Prospects for a community psychology*. Jossey-Bass, 1981.
- [54] J. J. Gross, *Handbook of Emotion Regulation*, Second Ed. New York: The Guilford Press, 2014.
- [55] G. Corey, *Teori dan Praktik Konseling dan Psikoterapi Terjemahan oleh E. Kusdianti*, 9th ed. Jakarta: Kencana, 2013.
- [56] A. T. Beck, “Cognitive therapy: A 30-year Retrospective.,” *Am. Psychol.*, vol. 46, no. 4, pp. 368–375, 1991, doi: 10.1037/0003-066x.46.4.368.
- [57] J. A. DeVito, *The Interpersonal Communication Book*, 14th editi., vol. 11,

- no. 1. America: Pearson Education, 2016. [Online]. Available: [http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsci.urbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484\\_SISTEM PEMBETUNGAN\\_TERPUSAT\\_STRATEGI\\_MELESTARI](http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsci.urbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI)
- [58] A. Bandura, *Social Foundations of Thought and Action: A Social Cognitive Theory*. Englewood Cliffs: Prentice-Hall, 1986.
  - [59] J. Rotter, “A New Scale for The Measurement of Interpersonal Trust,” *J. Pers.*, vol. 35, no. 4, pp. 651–665, 1967.
  - [60] D. D. Burns, *Feeling Good: The New Mood Therapy*. New York: William Morrow, 1980.
  - [61] Albert Bandura, *Self-Efficacy: The Exercise of Control*. New York: W.H Freeman and Company, 1997.