

**SYSTEMATIC REVIEW PADA PELAYANAN PERPUSTAKAAN UNTUK
KESEHATAN MENTAL**

SKRIPSI

*Diajukan untuk memenuhi salah satu persyaratan dalam memperoleh gelar Sarjana
Sains Informasi pada Program Studi Perpustakaan dan Sains Informasi*



Oleh:

Nurul Aziza

1702472

**PROGRAM STUDI PERPUSTAKAAN DAN SAINS INFORMASI
DEPARTEMEN KURIKULUM DAN TEKNOLOGI PENDIDIKAN
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA**

2023

***SYSTEMATIC REVIEW* PADA PELAYANAN PERPUSTAKAAN UNTUK
KESEHATAN MENTAL**

Oleh:
Nurul Aziza

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Sains Informasi di Fakultas Ilmu Pendidikan

© Nurul Aziza
Universitas Pendidikan Indonesia
2023

Hak Cipta dilindungi undang-undang
Skripsi ini tidak boleh diperbanyak seluruhnya atau sebagian, dengan dicetak ulang,
difotokopi, atau cara lainnya tanpa izin penulis

LEMBAR PENGESAHAN

Nurul Aziza

1702472

**“SYSTEMATIC REVIEW PADA PELAYANAN PERPUSTAKAAN UNTUK
KESEHATAN MENTAL”**

Disetujui dan disahkan oleh:

Pembimbing I



18/01/2023

Dr.Riche Cynthia Johan, S.Pd., M.Si.

NIP.197611152001122001

Pembimbing II



Susanti Agustina, M.I.Kom.

NIP.198608122014042002

Mengetahui

Ketua Program Studi

Perpustakaan dan Sains Informasi



Dr.Linda Setiawati, M.Pd.

NIP.19690821994122001

ABSTRAK

Nurul Aziza (1702472). *Systematic Review* Pada Pelayanan Perpustakaan Untuk Kesehatan Mental. Skripsi. Program Studi Perpustakaan dan Sains Informasi, Fakultas Pendidikan, Universitas Pendidikan Indonesia, 2023.

Semenjak pandemik Covid-19 dimulai, masalah kesehatan mental memburuk dalam tingkat yang mengkhawatirkan. Perpustakaan sebagai tempat berinklusi sosial memiliki potensi untuk menawarkan solusi bagi kebutuhan kesehatan mental masyarakat melalui pelayanan perpustakaan. Sejumlah studi telah menunjukkan inisiatif adanya pelayanan perpustakaan untuk kesehatan mental. Namun, bukti-bukti keefektifan pelayanan tersebut masih membutuhkan penelusuran lebih lanjut. Systematic review dapat digunakan oleh perpustakaan dalam membuat kebijakan karena sifatnya yang membantu pemenuhan kebutuhan informasi secara cepat, akurat, dan terpercaya. Penelitian ini menggunakan systematic review untuk menelaah situasi pelayanan perpustakaan untuk kesehatan mental dalam ranah teori dan praktik pada saat ini. Protokol review yang digunakan mengadopsi dari PRISMA-P 2015 dan Cochrane Handbook For Systematic Review of Intervention dengan teknik sintesis data bibliometrik. Review menunjukkan bahwa tren produktifiitas yang dimulai pada 2019 berhubungan dengan tren kesehatan mental pada masa pandemik. Negara yang mempraktikkan pelayanan didominasi negara barat dan pelayanannya dapat diadaptasi di Indonesia. Metode yang banyak digunakan adalah wawancara dan survey, menunjukkan kemungkinan peneliti-peneliti ingin memperluas hasil dan interpretasi data yang berguna bagi pengembangan kebijakan sedangkan penelitian satu orang di literature review menunjukkan kepakaran. Tiga keyword teratas yakni *mental health* (7), *public library (ies)* (5), *well-being* dan *academic library (ies)* (4), *library service(s)* (4) telah menggambarkan fokus penelitian di topik pelayanan perpustakaan untuk kesehatan mental. Pelayanan perpustakaan untuk kesehatan mental mencakup pelayanan teknis dan referensi untuk kesehatan mental, penyediaan ruang untuk kesehatan mental, dan pelayanan perpustakaan berbasis kesehatan mental. Target pemustaka dan kebutuhan mereka dibedakan menjadi pemustaka dengan gangguan kesehatan mental, pemustaka dengan masalah psikososial, dan pemustaka termarginalisasi. Dampak dari pelayanan belum terjawab secara memuaskan akibat metode evaluasi layanan mengandung kemungkinan bias, belum terstandarisasi, dan faktor yang dievaluasi tidaklah konkrit.

Kata Kunci: Pelayanan Perpustakaan, Kesehatan Mental, Systematic Review

ABSTRACT

Nurul Aziza (1702472). *Systematic Review of Library Services for Mental Health.* Thesis. Library and Information Science Study Program, Faculty of Education, Indonesia University of Education, 2023.

Since the Covid-19 pandemic hit, mental health problem arises at an alarming rate. Library as a place with social inclusion have a potential to offers solutions for the community mental health's needs through it services. Numbers of studies have covered the existence of library services initiatives for mental health problem. However, the evidence of its effectiveness requires further investigation. Systematic review can be used by library in making policies because of their nature to fulfil information needs in a quick, accurate, and reliable manner. This study uses systematic review to examine the current situation of library services for mental health in terms of theory and practice. The protocol is adopted from PRISMA-P 2015 and Cochrane Handbook for Systematic Review of Intervention with bibliometric as synthesis techniques. The review shows the productivity trend starts from 2019 is related to mental health trend during pandemic. The services are dominated by western countries, but their practice can be adapted in Indonesia with some consideration. The most frequent method used are interviews and surveys, indicating the possibility that researchers wish to broaden the result and interpretation of the data for policy development while the one man studies on literature review shows expertise. The top three keywords use are mental health (7), public library(ies) (5), well-being and academic library(ies) (4), library service(s) (4) have described the research focus on the topic of library services for mental health. Library services for mental health includes technical and reference services for mental health, provision of space for mental health, and mental health-based library services. Target users and their needs are divided into users with mental health problem, users with psychosocial problems, and marginalized users. The impact of these services has not been answered satisfactorily because the service evaluation method contains possibility of bias, has not been standardized, and the factors being evaluated are not concrete.

Keywords: Library Services, Mental Health, Systematic Review

DAFTAR ISI

Lembar Hak Cipta.....	i
LembarPengesahan.....	ii
KataPengantar.....	iii
UcapanTerimaKasih.....	iv
Abstrak.....	viii
Abstract.....	ix
Daftar Isi.....	x
Daftar Tabel.....	xi
DaftarGambar.....	xii
1.1. Latar Belakang.....	1
1.2. Rumusan Masalah.....	6
1.3. Tujuan Penelitian.....	6
1.4. Manfaat Penelitian.....	6
1.5. Struktur Organisasi Skripsi.....	7
2.1. Kajian Pustaka.....	9
2.2. Penelitian Terdahulu.....	37
2.3. Kerangka Pemikiran dan Hipotesis.....	42
3.1. Desain Penelitian.....	43
3.2. Populasi dan Sampel.....	43
3.3. Definisi Operasional.....	44
3.4. Kriteria Inklusi dan Eksklusi.....	44
3.5. Tahapan Review.....	46
3.6. Prosedur Pengumpulan Literatur.....	50
3.7. Analisis Kualitas Data.....	51
3.8. Teknis Sintesis Data.....	53
4.1. Pemilihan Data.....	54
4.2. Analisis Kualitas Data.....	66
4.3. Hasil.....	76
4.4. Pembahasan.....	85
5.1. Simpulan.....	98
5.2. Implikasi.....	99
5.3. Rekomendasi.....	99
DAFTARPUSTAKA.....	101
LAMPIRAN.....	109

DAFTAR TABEL

Tabel 3.1. Faktor-Faktor Yang Mempengaruhi Kriteria Inklusi-Eksklusi	44
Tabel 3.2. Kriteria Inklusi-Eksklusi	46
Tabel 3.3. Karakteristik Penelitian dan Laporan	47
Tabel 3.4. Item PICO	53
Tabel 3.5. Penyampaian Item Yang Dicari	53
Tabel 4.1. PICO Dari Data Lolos Penyaringan	58
Tabel 4.2. Analisis Kualitas Data-Data Lolos Penyaringan	66
Tabel 4.3. Tipe Layanan Perpustakaan	71
Tabel 4.4. Persebaran Keyword	76

DAFTAR GAMBAR

Gambar 2.1. <i>Dual Continua Model</i>	28
Gambar 2.2. Diagram Iris <i>Mental Health Problem</i>	31
Gambar 4.1. Import Data Ke Rayyan AI	54
Gambar 4.2. Penyingkiran Duplikat	55
Gambar 4.3. Penyaringan Menggunakan Alat Bantu Rayyan AI	56
Gambar 4.4. Target Pemustaka	72
Gambar 4.5. Jenis Perpustakaan Yang Memberikan Layanan	73
Gambar 4.6. Persebaran Tahun Penelitian	74
Gambar 4.7. Persebaran Negara Penelitian	75
Gambar 4.8. Persebaran Metode Penelitian	75
Gambar 4.9. Pihak Mitra Kerjasama Pelayanan Perpustakaan	77
Gambar 4.10. Masalah dan Kebutuhan Pemustaka	78
Gambar 4.11. Faktor Pelayanan Yang Dievaluasi	79

DAFTAR PUSTAKA

Buku dan Buku Elektronik

- Agustina, S. (2017). *Biblioterapi untuk Pengasuhan: Membangun Karakter Anak dengan Kisah*. Noura Publishing.
- Ardani, T.A., & Istiqomah. (2020). *Psikologi Positif Perspektif Kesehatan Mental Islam*. PT. Remaja Rosdakarya.
<http://webadmin-ipusnas.perpusnas.go.id/ipusnas/publications/books/162495>
- Barry, M. M., Clarke, A.M., Petersen, I., & Jenkins, R. (2019). *Implementing Mental Health Promotion Second Edition*. Springer Nature Switzerland AG.
- Basuki, S. (1991). *Pengantar Ilmu Perpustakaan*. Gramedia Pustaka Utama.
- Dewi, K.S. (2012). *Buku Ajar Kesehatan Mental*. Lembaga Pengembangan Dan Penjaminan Mutu Pendidikan Universitas Diponegoro.
- Haig, M. (2020). *Alasan Untuk Tetap Hidup*. Gramedia.
- Hartono, (2016). *Manajemen Perpustakaan Sekolah: Menuju Perpustakaan Modern dan Profesional*. Ar-Ruzz Media.
- Hodes, M., & Gau, S. (2016). *Positive Mental Health, Fighting Stigma And Promoting Resilient For Children And Adolescents*. Elsevier.
- Hungerford, C., Hodgson, D., Clancy, R., Monisse-Redman, M., Bostwick, R., & Jones, T. (2015). *Mental Health Care: An Introduction for Health Professionals in Australia Second Edition*. John Wiley & Sons Australia, Ltd.
- Indrayani, Y.A., & Wahyuni, T., *InFoDATIN: Situasi Kesehatan Jiwa di Indonesia*. Pusat Data dan Informasi Kementerian Kesehatan RI.
- Jesson, J.K., Matheson, L., & Lacey, F.M. (2011). *Doing Your Literature Review: Traditional and Systematic Review*. Sage Publishing.
- Machdy, R. (2019). *Loving The Wounded Soul*. Gramedia Pustaka Utama.
- Piotrowski, N.A. (2010). *Salem Health Psychology&Mental Health*. Salem Press.
- Rahayuningsih, F. (2015). *Mengukur Kepuasan Pemustaka Menggunakan Metode LibQUAL+™*. Graha Ilmu.
- Riani. (2021). *Perhatikan Kesehatan Mental Anak Sejak Dini*. Pustaka Taman Ilmu.
<http://webadmin-ipusnas.perpusnas.go.id/ipusnas/publications/books/177657>
- Rusydi, A. (2012). *Religiusitas dan Kesehatan Mental: Studi pada Aktivis Jami`ah Tabligh Jakarta Selatan*. Young Progressive Muslim. Wahyuni, Y.S. (2008). *Perpustakaan Milik Kita*. Alprin Finishing.
<http://webadmin-ipusnas.perpusnas.go.id/ipusnas/publications/books/148928>
- Sinaga, D. (2011). *Mengelola Perpustakaan Sekolah*. Pustaka Putra Khatulistiwa.
<http://webadmin-ipusnas.perpusnas.go.id/ipusnas/publications/books/122236>
- Sutrisno, Kalalo, R.T., Andrianto. (2021). *Covid-19 Dan Problematika Kesehatan Mental*. Airlangga University Press.
- Suwarno, W. (2010). *Ilmu Perpustakaan dan Kode Etik Pustakawan*. Ar-Ruzz Media.
- Yusup, P.M. (2016). *Ilmu Informasi, Komunikasi dan Kepustakaan Edisi Kedua*. PT. Bumi Aksara.

Jurnal

- Abidin, N.S.Z., Shaifuddin, N. & Saman, W.S.W.M. (2021): Systematic Literature Review of the Bibliotherapy Practices in Public Libraries in Supporting

- Communities' Mental Health and Wellbeing. *Public Library Quarterly*, DOI: 10.1080/01616846.2021.2009291
- Adams, C., & Krtalic, M. (2022). I feel at home: Perspectives of homeless library customers on public library services and social inclusion. *Journal of Librarianship and Information Science*, 54(4), 779-790. DOI: 10.1177/09610006211053045
- Agustin, M.T., & Rahmah, E. (2018). Biblioterapi sebagai Pengembang Layanan di Perpustakaan Sekolah Luar Biasa Negeri 1 Padang. *Jurnal Ilmu Informasi Perpustakaan dan Kearsipan*, 7(1). <http://ejournal.unp.ac.id/index.php/iipk/article/view/101016/100417#>
- Agustina, S. (2014). Perpustakaan Sebagai Wahana Terapi Yang Ramah Disabilitas: Implementasi Biblioterapi di Perpustakaan Lingkungan Pendidikan. *EduLib*, 1 (2). <https://ejournal.upi.edu/index.php/edulib/article/view/1137>
- Agustina, S., Saman, W.S.W.M., Shaifuddin, N., Aziz, R.A. (2022). Reading material selection for bibliotherapy based on blood type in young adult groups. *Jurnal Kajian Informasi & Perpustakaan*, 10(1). <http://dx.doi.org/10.24198/jkip.v10i1.31022>
- Anderson, A. (2021). From mutual awareness to collaboration: Academic libraries and autism support programs. *Journal of Librarianship and Information Science*, 53(1) 103 –115. DOI: 10.1177/0961000620918628
- Anwar, R.K., Rejeki, D.S., Khadijah, U.L.S., & Sukaesih, S. (2019). Bibliotherapy dalam menumbuhkan sikap optimis pasien. *Berkala Ilmu Perpustakaan dan Informasi*, 15 (1). <https://doi.org/10.22146/bip.31764>
- Ayuningtyas, D., Misnaniarti, Rayhani, M., (2018). Analisis Situasi Kesehatan Mental Pada Masyarakat Di Indonesia dan Strategi Penanggulangannya. *Jurnal Ilmu Kesehatan Masyarakat*, 9 (1):1-10, <https://doi.org/10.26553/jjkm.2018.9.1.1-10>
- Bladek, M. (2021). Student well-being matters: Academic library support for the whole student. *Publications and Research*. https://academicworks.cuny.edu/jj_pubs/411
- Brewster, L. (2014). The public library as therapeutic landscape: A qualitative case study. *Health&Place*, 26, 94-99. <http://dx.doi.org/10.1016/j.healthplace.2013.12.015>
- Brewster, L., & Cox, A.M. (2022): Taking a 'whole-university' approach to student mental health: the contribution of academic libraries. *Higher Education Research & Development*. DOI: 10.1080/07294360.2022.2043249
- Brewster, L., Sen, B., & Cox, A. (2013). Mind the Gap: Do Librarians Understand Service Users Perspectives on Bibliotherapy?. *Library Trends*, 61(3) 569-586. DOI: 10.1353/lib.2013.0001
- Cassuci, T., and Baluchi, D., (2019) A health science library promotes wellness with free yoga. *Journal of the Medical Library Association*, 107(1), (2019). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6300236/#_ffn_sectitle.
- Conley, S., Ferguson, A., & Kumbier, A. (2019). Supporting Students with Histories of Trauma in Libraries: A Collaboration of Accessibility and Library Services. *John Hopkins University Press*, 67(3), 526-549. DOI: 10.1353/lib.2019.0001
- Cox, A., & Brewster, L. (2020). Library support for student mental health and well-being in the UK: Before and during the Covid-19 pandemic. The

- Journal of Academic Librarianship*, 46. <https://doi.org/10.1016/j.acalib.2020.102256>
- Elia, H. (2019). Public Libraries Supporting Health and Wellness: A Literature Review. *School of Information Student Research Journal*, 9(2). <https://scholarworks.sjsu.edu/ischoolsrj/vol9/iss2/7/>
- Fanner, D., & Urquhart, C., (2008). Bibliotherapy for mental health service users part 1: a systematic review. *Health Information and Libraries Journal*, 25, 237-252. DOI: 10.1111/j.1471-1842.2008.00821.x
- Green, M.P. (2020). Inclusive Library Service to Individuals with Mental Illness and Disorders. *The International Journal of Information, Diversity, & Inclusion*, 4 (1), DOI: 10.33137/ijdi.v4i1.32500
- Hall, K., & McAlister, S. (2021) Library Services and Resources in Support of Mental Health: A Survey of Initiatives in Public and Academic Libraries. *Journal of Library Administration*, 61:8, 936-946, DOI: 10.1080/01930826.2021.1984137
- Hasfera, D. (2018). Bibliotherapy: Layanan bimbingan konseling di perpustakaan. *Shaut Al-Maktabah Jurnal Perpustakaan, Arsip dan Dokumentasi*, 10 (1). DOI: 10.11548/shaut.v10i1.3
- Henrich, K. (2020) Supporting Student Wellbeing and Holistic Success: A Public Services Approach. *International Information & Library Review*, 52(3), 235-243, DOI: 10.1080/10572317.2020.1785171
- Hicks, P., & Kerrigan, P. (2020). An intersectional quantitative content analysis of the LGBTQ+ catalogue in Irish public libraries. *Journal of Librarianship and Information Science*, 52(4), 1028-1041. DOI: 10.1177/0961000619898212
- Ilogho, J.E., Alao, A., Adekeye, O., Gesinde, A., Adeusi, S., Agoha, B., Idiegbeyan-ose, J., Ifijeh, G., Osayande, O., & Izuagbe, R. (2020). The Role of Librarians in Health Information Provision for Depression Reduction. *Library Philosophy and Practice* . 3565. <https://digitalcommons.unl.edu/libphilprac/3565>
- Ipaj, S.M., & Nurwati, N. Analisis Pengaruh Tingkat Kematian Akibat Covid-19 Terhadap Kesehatan Mental Masyarakat Di Indonesia. *Jurnal Pekerjaan Sosial*, 3(1), 16-28 (2020). <https://journal.unpad.ac.id/focus/article/view/28123>
- Irianti, P. (2016). Studi Bibliometri Media Komunikasi Ilmiah Berkala Ilmu Perpustakaan dan Informasi. *IPTEK-KOM*, 18(1): 69-80. <https://jurnal.kominfo.go.id/index.php/iptekkom/article/download/476/410>
- 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), 64-75, DOI:10.20473/jpkm.v4i22019.64-7
- Kavanaugh, E.B. (2021) Information Literacy, Mental Health, and Lifelong Learning: Librarians and Health Care Professionals in Academic, Clinical, and Hospital Settings. *Journal of Hospital Librarianship*, 21(1), 20-35, DOI: 10.1080/15323269.2021.1860449
- Lowenstein, M., Feuerstein-Simon, R., Shen, R., Dupuis, R., Kinsey, E.W., Marti, X.L., & Cannuscio, C. (2021) Public libraries as partners in confronting the overdose crisis: A qualitative analysis, *Substance Abuse*, 42(3), 302-309, DOI: 10.1080/08897077.2019.1691129
- Maulana, I., Suryani, Sriati, A., Sutini, T., Widiati, E., Rafiah, I., Hidayati, N.O., Hernawati, T., Yosep, I., Hendrawati, Amira, I., & Senjaya, S., (2019). Penyuluhan Kesehatan Jiwa untuk Meningkatkan Pengetahuan

- Masyarakat tentang Masalah Kesehatan Jiwa di Lingkungan Sekitarnya. *MKK* 2 (2). <http://jurnal.unpad.ac.id/mkk/article/view/22175>.
- Merga, M. (2020). How can school libraries support student wellbeing? Evidence and implications for further research. *Journal of Library Administration*, 60(6), 660-673, <https://doi.org/10.1080/01930826.2020.1773718>
- Moher, D., Shamseer, L., Clarke, M., Ghersi, D., Liberati, A., Petticrew, M., Shekelle, P., Stewart, L.A., & PRISMA-P Group. (2015). Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015 statement. *BioMed Central*. <https://www.systematicreviewjournals.com/content/4/1/1>
- Mumbauer, J., & Keichner, V., (2017). Promoting Mental Health Literacy through Bibliotherapy in School-Based Settings (Conceptual). *Professional School Counseling*, 21 (1). DOI:10.5330/1096-2409-21.1.85
- Neville, P. (2013) Prose not Prozac? The role of book prescription schemes and healthy reading schemes in the treatment of mental illness in Ireland. *Health Sociology Review*, 22(1), 19-36, DOI: 10.5172/hesr.2013.22.1.19
- Peixoto, B., Pinto, R., Melo, M., Cabral, L., & Bessa, M. (2021). Immersive Virtual Reality for Foreign Language Education: A PRISMA Systematic Review. *IEEE Access*, 9. doi: 10.1109/ACCESS.2021.3068858
- Pesta, B., Fuerst, J., & Kirkegaard, E.O.W. (2018). Bibliometric Keyword Analysis across Seventeen Years (2000-2016) of Intelligence Article. *Journal of Intelligence*, 6(46). doi:10.3390/jintelligence6040046
- Ramsey, E., and Aagard, M.C., (2018). Academic Libraries as Active Contributors to Student Wellness. *College&Undergraduate Libraries*. 1 (1). DOI: 10.1080/10691316.2018.1517433.
- Ridlo, I.A. Pandemi COVID-19 dan Tantangan Kebijakan Kesehatan Mental di Indonesia. *Jurnal Psikologi dan Kesehatan Mental*, 5(2), 162-171 (2020). <https://rinarxiv.lipi.go.id/lipi/preprint/view/28>
- Ridlo, I.A., & Zein, R.A., (2018). Arah Kebijakan Kesehatan Mental: Tren Global dan Nasional Serta Tantangan Aktual. *Buletin Penelitian Kesehatan*, 6 (1). doi:10.22435/bpk.v46il.4911.45-52
- Rifani, D.A., & Rahadi, D.R. Ketidakstabilan Emosi dan Mood Masyarakat Di Masa Pandemi Covid-19. *Jurnal Manajemen Bisnis*, 18(1), (2021). <http://journal.undiknas.ac.id/index.php/magister-manajemen/article/view/2747>
- Shamseer, L., Moher, D., Clarke, M., Ghersi, D., Liberati, A., Petticrew, M., Shekelle, P., Stewart, L.A., & PRISMA-P Group. (2015). Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015: elaboration and explanation. *BioMed Journal*. DOI: 10.1136/bmj.g7647
- Subu, M.A., D, F.W., Al-Yateem, N., Netrida, N., Dias, J.M., Slewa-Younan, S., & Nurdin, A, E. (2021): 'Family stigma' among family members of people with mental illness in Indonesia: A grounded theory approach, *International Journal of Mental Health*, DOI: 10.1080/00207411.2021.1891363
- Trihantoro, A., Hidayat, D.R., & Chanum, I. (2016). PENGARUH TEKNIK BIBLIOTERAPI UNTUK MENGUBAH KONSEP DIRI SISWA (Studi Kuasi Eksperimen Pada Siswa Kelas VIII SMP Negeri 2 Tangerang).

- Wahler, E.A., Provence, M.A., Helling, J., & Williams, M.A. (2020). The Changing Role of Libraries: How Social Workers Can Help. Families in Society. *The Journal of Contemporary Social Services*, 101(1) 34 –43.
<https://doi.org/10.1177/1044389419850707>
- Widdersheim, M.M., & McCleary, M.A. (2016). Gender and Sexuality, Self-Identity, and Libraries: Readers` Advisory as a Technique for Creative (Dis)Assembly. *Library Trends*, 64(4), 714-740.
<https://muse.jhu.edu/article/622029>
- Wise, M.J., (2018): Naps and Sleep Deprivation: Why Academic Libraries Should Consider Adding Nap Stations to Their Services for Students. *New Review of Academic Librarianship*. DOI: 10.1080/13614533.2018.1431948
- Zhang, Z., Sun, K., Jatchavala, C., Koh, J., Chia, Y., Bose, J., Li, Z., Tan, W., Wang, S., Chu, W., Wang, J., Tran, B., & Ho, R. (2020). Overview of Stigma against Pyschiatric Illnesses and Advancements of Anti-Stigma Activities in Six Asian Societies. *International Journal of Environmental Research and Public Health*, 17, 280. DOI:10.3390/ijerph17010280

Sumber Elektronik Dan Lain-Lain

- American Library Association. (2022). *Definition of a Library: General Definition*.
<https://libguides.ala.org/library-definition>
- Cochrane. (2023). *Cochrane Handbook for Systematic Reviews of Interventions*.
<https://training.cochrane.org/handbook>
- Coursera. (2023). *Introduction to Systematic Review and Meta Analysis*.
<https://www.coursera.org/learn/systematic-review>
- Dini, A. (2018). *Pengaruh Biblioterapi Terhadap Kesehatan Jiwa: Penelitian Kuantitatif di Komunitas Biblioterapi Indonesia*. [Skripsi, UIN Sunan Gunung Djati Bandung]
<http://digilib.uinsgd.ac.id/view/creators/Agustiani=3ADini=3A=3A.html>
- Distiller SR. (2023). *How Many Studies Should Be Included in a Systematic Review?*.
<https://www.distillersr.com/resources/systematic-literature-reviews/how-many-studies-should-be-included-in-a-systematic-review>
- Kementrian Kesehatan. (2021, Oktober 7). *Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia*. Kementrian Kesehatan. <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20211007/1338675/kemenkes-beberkan-masalah-permasalahan-kesehatan-jiwa-di-indonesia/>
- Kementrian Pendidikan dan Kebudayaan. (2016). *KBBI Sejahtera*.
<https://kbbi.kemdikbud.go.id/entri/Kesejahteraan>
- Kementrian Pendidikan dan Kebudayaan. (2016). *KBBI Stigma*.
<https://kbbi.kemdikbud.go.id/entri/Stigma>
- Kementrian Pendidikan dan Kebudayaan. (2016). *KBBI Perpustakaan*.
<https://kbbi.kemdikbud.go.id/entri/Perpustakaan>
- Lathifah, R.A.S. (2017). *ANALISIS PROSES BIBLIOTERAPI PADA APLIKASI WHATSAPP (Studi Kasus pada Grup WhatsApp Komunitas Biblioterapi Indonesia 4)*. [Skripsi, Universitas Diponegoro] eprints.undip.ac.id

- Lastiwi, D.T. dan Nurfarawahidah Badruesham. (2018) *Library for the homeless: A case study of a Shelter House and a School for Homeless in Indonesia and Malaysia*. [Paper presentation] IFLA WLIC 2018-Kuala Lumpur, Malaysia-Transform Libraries, Transform Societies in Session 114-Metropolitan Libraries. https://www.google.com/url?sa=t&source=web&rct=j&url=https://library.ifla.org/2140/&ved=2ahUKEwiIuvyq_tP8AhWtTmwGHfnIBtwQFnoECCUQAQ&usg=AOvVaw202bUHbTVF_qIVv7f5mVLe
- Mandell, W. (1995). *Origins of Mental Health: The Realization of an Idea. Department of Mental Health*. <https://publichealth.jhu.edu/departments/mental-health/about/origins-of-mental-health>
- Meidiyanti, U.N. (2019). *Konseling Islam dengan Teknik Biblioterapi untuk Meningkatkan Kepercayaan Diri Seorang Anak Disleksia di Desa Sambibulu Kecamatan Taman Kabupaten Sidoarjo*. [Skripsi, UIN Sunan Ampel Surabaya] <https://digilib.uinsa.ac.id/36495/>
- Merriam-Webster. (2023). *Merriam-Webster Library*. <https://www.merriam-webster.com/dictionary/library>
- NICE. (t.t.). *Mental health and the NHS: What's changed and what's to come?. NICE*. <https://indepth.nice.org.uk/mental-health-and-the-nhs/index.html#article>
- Perpustakaan Nasional Indonesia. (2007). *UU No 43 Tahun 2007*. https://www.google.com/url?sa=t&source=web&rct=j&url=https://jdih.perpusnas.go.id/file_peraturan/UU_No_43_Tahun_2007_tentang_Perpustakaan_.pdf&ved=2ahUKEwjN8P6QgIj6AhX7RmwGHXuRCSQQFnoECAwQAQ&usg=AOvVaw2UyVLhZOiq3EDZpTlxOEf8
- Perpustakaan Nasional Indonesia. (2021, Maret 23). *Transformasi Perpustakaan Berbasis Inklusi Sosial*. Perpustakaan Nasional Indonesia. *Perpustakaan Nasional Indonesia*. <https://www.perpusnas.go.id/berita/transformasi-perpustakaan-berbasis-inklusi-sosial->
- Purnia, E. (2019, Maret 20). *Seminar Biblioterapi: Manfaat Buku Untuk Kesehatan*. *Perpustakaan Nasional Indonesia*. <https://www.perpusnas.go.id/berita/seminar-biblioterapi--manfaat-buku-untuk-kesehatan>
- Pusvita, N. (2017). *Implementasi Biblioterapi Untuk Penderita Kanker Anak Di Program Sekolah-Ku: Studi Kasus pada Yayasan Kasih Anak Kanker Indonesia (YKAKI) Jakarta*. [Skripsi, UIN Jakarta] <http://repository.uinjkt.ac.id/dspace/handle/123456789/37612>
- Rudi. (2021, Mei 10). *Dukung Mental Health Perpustakaan ITERA Bedah Buku Kamu Tak Harus Sempurna*. *Perpustakaan Institut Teknologi Sumatera*. <https://www.itera.ac.id/dukung-mental-health-perpustakaan-itera-bedah-buku-kamu-tak-harus-sempurna/>
- Selvia, N. (2021, September 16). *Implementasi Biblioterapi Tingkatkan Minat Baca*. *Padek*. <https://padek.jawapos.com/sumbar/agam/16/09/2021/implementasi-biblioterapi-tingkatkan-minat-baca/>
- UPI Central Library. (2021, Desember 16) *Bisa Berkawan: Menjaga Kesehatan Mahasiswa dalam Menghadapi Tugas Perkuliahan dan Tugas Akhir*. [Video]. <https://youtu.be/OQ4IntDCz28>

- UPT Perpustakaan Institut Teknologi Bandung. (2022, Maret 29). *Mental Health Awareness*. *Perpustakaan Institut Teknologi Bandung*.
<https://lib.itb.ac.id/mental-health-awareness/>
- World Health Organization. (2013). *Mental Health Action Plan 2013-2020*. WHO Document Production Services.
<https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.who.int/publications-detail-redirect/9789241506021&ved=2ahUKEwiuhNrYgdT8AhXr1HMBHskUAdQQFnoECBUQAQ&usg=AOvVaw3SzXa6KwbGDSDWXSShIonA>
- World Health Organization. (2004). *Promoting Mental Health: Concepts, Emerging Evidence, Practice*. WHO Library Cataloguing in-Publication Data.
<https://apps.who.int/iris/bitstream/handle/10665/42940>