

DAFTAR PUSTAKA

- Arsani, S. A. (2022, June 21). *Pengertian Aktualisasi Diri Menurut Maslow dan Karakteristiknya*. Retrieved from tirto.id: <https://tirto.id/pengertian-aktualisasi-diri-menurut-maslow-dan-karakteristiknya-gs8F>
- Austin, E. W., & Pinkleton, B. E. (2015). *Strategic Public Relations Management: Planning and Managing Effective Communication Programs*. New York: Routledge.
- Corbin, J., & Strauss, A. (2014). *Basics of Qualitative Research: Techniques and Procedures for Developing Grounded Theory*. United States: SAGE Publications.
- Creswell, J. W. (2016). *Research Design, Pendekatan Metode Kualitatif, Kuantitatif, dan Campuran*. Yogyakarta: Pustaka Pelajar.
- Dellanita, A. (2022, June 4). *Perempuan Lebih Mudah Menderita Gangguan Mental, Apa Sebabnya?* Retrieved from Kompas.com: <https://lifestyle.kompas.com/read/2022/06/04/084119820/perempuan-lebih-mudah-menderita-gangguan-mental-apa-sebabnya?page=all#page2>
- Derisz, R. (2021, June 16). *How to Achieve Self-Actualization: A Complete Guide*. Retrieved from goalcast.com: <https://www.goalcast.com/self-actualization/>
- Diamond, S. (2015). *Content Marketing Strategies For Dummies*. Germany: Wiley.
- Fariastuti, I., & Pasaribu, M. (2020, September). Kampanye Public Relations #MediaLawanCovid19 di Media Massa. *JURNAL PUSTAKA KOMUNIKASI*, 3(2), 212-220. doi:<https://doi.org/10.32509/pustakom.v3i2.1123>
- Firestone, L. (2018, January 22). *How Emotions Guide Our Lives: Why we should take our emotions seriously*. Retrieved from psychologytoday.com: <https://www.psychologytoday.com/us/blog/compassion-matters/201801/how-emotions-guide-our-lives>
- Gareis, R., & Gareis, L. (2018). *Project. Program. Change*. United States: CRC Press.
- Ghani. (2016, January 23). *GENDER SEBAGAI KONSTRUKSI SOSIAL BUDAYA*. Retrieved from driyamedia.bumimanira.org: <http://driyamedia.bumimanira.org/2016/01/23/gender-sebagai-konstruksi-sosial-budaya/>

- Goldsmith, B. (2013, November 4). *Don't Bury Your Feelings: Being in touch with your emotions will make you a better person*. Retrieved from psychologytoday.com:
<https://www.psychologytoday.com/us/blog/emotional-fitness/201311/dont-bury-your-feelings>
- Hannam, J. (2007). *Feminism*. United Kingdom: Pearson Longman.
- Hart, R. (2006). Measuring Success: How to "Sell" a Communications Audit to Internal Audiences. *Public Relations Tactics*, 13(4).
- Healy, M. (2005, June 15). *Science confirms that women reap health benefits from friendships*. Retrieved from seattletimes.com:
<https://www.seattletimes.com/seattle-news/health/science-confirms-that-women-reap-health-benefits-from-friendships/>
- Hidayat, H. (2021). Strategi Kampanye Public Relations Palang Merah Indonesia (PMI) Kota Bandung dalam Meningkatkan Minat Masyarakat Kota Bandung untuk Melakukan Donor Darah Saat Pandemi Covid-19. *COMMUNICATIVE: Jurnal Komunikasi dan Penyiaran Islam*, 2(1), 52-64. doi:<https://doi.org/10.47453/communicative.v2i1.252>
- Iliopoulos, A. (2022). *SELF-ACTUALIZATION – THE END GOAL OR A DELUSION?* Retrieved from thequintessentialmind.com:
<https://thequintessentialmind.com/self-actualization/>
- Ilsanty, D. (2022, March 19). *Hanya Ingin Didengar atau Butuh Saran, Sampaikan*. Retrieved from jawapos.com:
<https://www.jawapos.com/lifestyle/19/03/2022/hanya-ingin-didengar-atau-butuh-saran-sampaikan/>
- Immanuel, J., & Natalia, E. C. (2021). Strategi Kampanye Alzheimer Indonesia #JanganMaklumDenganPikun dalam Membangun Kesadaran Akan Isu Demensia. *PRofesi Humas*, 6(1), 67-88. doi:<https://doi.org/10.24198/prh.v6i1.28296>
- Janney, J. (2017). *Gender Differences when Coping with Depression*. Pembroke: The Sther G. Maynor Honors College, University of North Carolina at Pembroke.
- Jurriëns, E. (2017). *Visual Media in Indonesia*. United States: : Taylor & Francis.
- Kriyantono, R. (2021). *Best Practice Humas (Public Relations) Bisnis Dan Pemerintah: Manajemen Humas: Teknik Produksi Media Publisitas dan Public Relations Writing*. Jakarta: Prenada Media.
- KumparanSTYLE. (2019, April 13). *Tanya Psikolog: Mengapa Perempuan Cenderung Saling Menjatuhkan?* Retrieved from kumparan.com:

<https://kumparan.com/kumparanstyle/tanya-psikolog-mengapa-perempuan-cenderung-saling-menjatuhkan-1qsWLEH2Lcp/full>

Lestari, P. (2016, February). FEMINISME SEBAGAI TEORI DAN GERAKAN SOSIAL DI INDONESIA. Retrieved from https://www.researchgate.net/publication/293821955_FEMINISME_SEBAGAI_TEORI_DAN_GERAKAN_SOSIAL_DI_INDONESIA

Lubis, M. S. (2018). *Metodologi penelitian*. Deepublish.

Maslow, A. H. (2020). *A Theory of Human Motivation*. Hawthorne, CA: BN Publishing.

Michigan State University. (2017, June 16). *Are friends better for us than family?* Retrieved from [msutoday.msu.edu: https://msutoday.msu.edu/news/2017/are-friends-better-for-us-than-family/](https://msutoday.msu.edu/news/2017/are-friends-better-for-us-than-family/)

Mulyadi, A., Naryoso, A., Yuliyanto, M., & Ulfa, N. S. (2022, April). Strategi Komunikasi Kementerian Komunikasi dan Informatika dalam Kampanye Nasional Penurunan Prevalensi Stunting. *Interaksi Online*, 10(2), 152-169. Retrieved from <https://ejournal3.undip.ac.id/index.php/interaksi-online/article/view/33664>

Mulyana, D. (2013). *Metode Penelitian Kualitatif*. Bandung: PT Remaja Rosdakarya.

Ngangi, C. R. (2011). Konstruksi Sosial dalam Realitas Sosial. *Agri-Sosioekonomi: Jurnal Ilmiah Sosial Ekonomi Pertanian*, 7(2), 1-4. doi:<https://doi.org/10.35791/agrsosek.7.2.2011.85>

Perera, A. (2020, September 4). *Self-Actualization*. Retrieved from [simplypsychology.org: https://www.simplypsychology.org/self-actualization.html](https://www.simplypsychology.org/self-actualization.html)

Raypole, C. (2020, February 26). *A (Realistic) Guide to Becoming Self-Actualized*. Retrieved from [healthline.com: https://www.healthline.com/health/self-actualization](https://www.healthline.com/health/self-actualization)

Riadi, M. (2019, Mei 09). *Pengertian, Aspek, Karakteristik dan Langkah Mengembangkan Aktualisasi Diri*. Retrieved from [kajianpustaka.com: https://www.kajianpustaka.com/2019/05/pengertian-aspek-karakteristik-dan-langkah-mengembangkan-aktualisasi-diri.html](https://www.kajianpustaka.com/2019/05/pengertian-aspek-karakteristik-dan-langkah-mengembangkan-aktualisasi-diri.html)

Rogers, S. L., & Cruickshank, T. (2021). Change in mental health, physical health, and social relationships during highly restrictive lockdown in the COVID-19 pandemic: evidence from Australia. *PeerJ*. doi:<https://doi.org/10.7717/peerj.11767>

- Rokhmansyah, A. (2016). *Pengantar Gender dan Feminisme: Pemahaman Awal Kritik Sastra Feminisme*. Sleman: Garudhawaca.
- Rumanti, S. M. (2005). *Dasar Dasar Public Relations*. Jakarta: Grasindo.
- Ruslan, R. (2013). *Manajemen Public Relations & Media Komunikasi*. Jakarta: RajaGrafindo Persada.
- Sari, W. P., & Savitri, C. B. (2019). Kampanye KOMNAS Perempuan pada Kampanye 16 Hari Anti Kekerasan Terhadap Perempuan. *Communicology: Jurnal Ilmu Komunikasi*, 7(2), 136-150. doi:<https://doi.org/10.21009/Communicology.012.03>
- Smith, R. D. (2017). *Strategic Planning for Public Relations* (5th ed.). New York: Routledge.
- Stake, R. E. (1995). *The Art of Case Study Research*. Thousand Oaks: SAGE Publications, Inc.
- Sugiyono. (2015). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Swann, P. (2010). *Cases in Public Relations Management*. New York: Routledge.
- Swara, Y. (2020, September 2). *7 Pertanyaan Penting Untuk Mengetahui Tentang Audiens Presentasi Anda*. Retrieved from lldikti8.ristekdikti.go.id: <https://lldikti8.ristekdikti.go.id/2020/09/02/7-pertanyaan-penting-untuk-mengetahui-tentang-audiens-presentasi-anda/>
- Taylor, S. E. (2002). *The Tending Instinct: How Nurturing is Essential to Who We Are and How We Live*. New York: Times Books.
- Williams, S. (2021, February 20). *For many women, the pain of the pandemic led to stronger friendships*. Retrieved from [smh.com.au](https://www.smh.com.au): <https://www.smh.com.au/lifestyle/health-and-wellness/for-many-women-the-pain-of-the-pandemic-led-to-stronger-friendships-20210217-p5738q.html>
- Yin, R. K. (2003). *Case Study Research: Design and Methods*. India: SAGE Publications.
- Yin, R. K. (2014). *Case Study Research Design and Methods*. Los Angeles: SAGE Publications.
- Yin, R. K. (2018). *Case Study Research and Applications: Design and Methods*. Los Angeles: SAGE Publications.
- Yulianita, N. (2007). *Dasar-dasar Public Relations*. Bandung: P2U-LPPM UNISBA.