

Adolescent strategies for dealing with mental and moral problems are based on the perception of the Psalms

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ARTICLE INFO	ABSTRACT
<p>Keywords: <i>Adolescence, religious, information.</i></p>	<p>Adolescence is a transitional period from childhood to adulthood. Adolescence is closely related to self-discovery and they find a lot of offers from the surrounding environment in the form of character and personality traits that they can try depending on their perception and direction. Religious adolescents have guidelines in their lives, religious adolescents will place God as the centre of their lives, determine that everything must be based on the laws that God gives, and all teenagers' actions must aim not to violate the laws given by God. The method used in this research uses qualitative research methods with literature studies. The researcher reviewed and used various information and previous research, as well as conducted textual, contextual, and biblical implementation research on the book of Psalms by selecting or correlating verses related to mental and moral problems faced by the writers of Psalms when they experienced mental and moral inner turmoil from what they experienced in the lives written in the book of Psalms. Christian teenagers should live in spiritual and mental closeness to God. The best way is to not hang out with people who have moral problems. Not walking and sitting with the wicked. Be willing to accept the logical consequences of being separated from those who do not practice God's goodness.</p>

INTRODUCTION

Adolescence is the transition period from childhood to adulthood. Adolescence has so many moments and opportunities that are very likely to be experienced for the first time, including: dating, getting to know tasks in groups, starting to be independent in doing tasks, and various other social interactions. Youth is a golden opportunity that must be managed very carefully so as not to be wrong in the future. Sarwono in Asrri said that the problem of adolescents is very troubling for parents, society, and even the state, considering that what teenagers do today is very dangerous to society and has an impact on the interests of many people. The problems experienced by adolescents are viewed from the background of events and the process is produced from internal and external which manifests in mental and moral problems.

Adolescence is closely related to the search for identity and they find a lot of offers from the surrounding environment in the form of character and personality traits that he can try depending on the perception and direction of a teenager's desire to be viewed how. The problems experienced by adolescents will make themselves dissolve in worry and uncertain feelings, afraid to make decisions, dare not talk to parents or elders, listen more to the advice of friends or relatives, even not infrequently there are those who make fatal decisions unilaterally. The results of a survey in 2022 I-NAMHS stated that one in three Indonesian adolescents has mental health problems. The Indonesia National Adolescent Mental Health Survey (I-NAMHS), the first national mental health survey to measure the incidence of mental disorders among adolescents 10 – 17 years old in Indonesia, shows that one in three Indonesian adolescents has a mental health problem while one in twenty Indonesian adolescents has a mental disorder in the past 12 months. The results of the study in detail also released that mental disorders suffered by adolescents are anxiety disorders (3.7%)

followed by major depressive disorder (1.0%), behavioral disorders (0.9%), and post-traumatic stress or hyperactivity (0.5%). The sample is risky because the ratio of 1 in 3 would be 15.5 million adolescents who experience mental health problems (moral and mental).

On the other hand, in their development, adolescents experience emotional instability so that they are easily influenced and trapped in the need to have certain community groups (Ali, 2011). The inability to balance mental and physical needs as well as adjustment to various conditions makes adolescents not introspective in placing themselves when in a certain situation. This results in anxiety, sadness, anger, and inner conflicts that are manifested such as lack of attention, lack of enthusiasm and lack of enthusiasm like teenagers who do not have mental and moral problems.

Mental and moral problems in adolescents are also suspected to be the impact of a teenager's ability to have good self-confidence (Fitri et al., 2018). Self-acceptance is a state of seemingly calm attitude towards self-reality. Adolescents who feel satisfied with their qualities tend to feel safe, not disappointed and understand what they need so that they can act independently and not depend on others in deciding things. A positive response from a person to himself will cause a sense of satisfaction so that it will affect his mental development. A positive stimulus will be obtained from the importance of maintaining self-confidence. Changes in self-confidence will greatly affect their physical condition as well, so it can be estimated that mental health will affect the physical and moral health of adolescents (Wati & Hartini, 2019). Adolescents who initially believe in themselves, become less confident and afraid of failure because physical endurance decreases and because of constant criticism coming from those closest to them. In fact, boys and girls during puberty have feelings of inferiority.

Mentioned by Lauster in Wati, et al people who have confidence will be willing and dare to rely on themselves, act independently in making decisions, dare to make decisions and be responsible for the process and the final result. Then teenagers have the ability to see the positive side in the failure and are able to express opinions. Self-confidence is a person's attitude towards his own abilities by accepting as he is both positive and negative which is formed and learned through a process with the aim of happiness in himself.

Adolescent problems do not only include mental problems or those related to oneself or personal problems. Adolescent problems are also related to morals or related to applicable norms and rules. All actions that have the potential to create unrest, damage, and social problems are problems for adolescents in moral terms. The factors influencing moral decadence are increasing. Factors of modernization and globalization play an active role in the lives of adolescents, so that moral decadence has become a plague among the surrounding community. Moral problems are very basic problems in human values or nations which basically lie in their morals and morals (Anwar et al., 2020). A nation that has no morals is fundamentally corrupted, has no noble dignity and dignity. The moral problem itself cannot be separated from the journey of human life. This will continue to change along with what he faces in his daily life. In accordance with these changes, life's challenges are getting heavier and lighter. The rapid development in the physical field that has been obtained thanks to the advancement of science and technology is meaningless if the morality of the nation has been damaged.

Moral decadence that occurs in adolescents is such as dating that passes religious norms, soccer betting, drinking, drugs, lottery, poor manners in the surrounding environment and so on. Things that can make the surrounding community uneasy. Many cases of adolescent moral issues must be given penetration in terms of character education. Several factors decline the personality of the younger generation, namely factors from the environment such as family, school, community, and personal (Hasyim & Botma, 2013). Morals in adolescents must receive special concentration and guidance, good morals will send adolescents to be able to utilize their abilities and knowledge to continue working in the path of life.

Demographically, 30% of Indonesia's population is teenagers. An age where one is being so productive, energetic and full of innovation and dedication. What makes our brows wrinkle and have to massage our chests is the fact revealed by BNN shows, 24% of drug users in Indonesia during 2018 were students. This is exacerbated by the fact on the ground that 90% of pornographic videos circulating in the community in recent years are played by teenagers. The high number of free sex and abortion rates among students and university students is something that makes the hearts of anyone who is an activist in the world of education in the country. Moral problems often occur at the beginning of vision, then they hear that what they see is interesting and fun, then the teenager increases to the belief that the immoral act is fun and interesting, then the teenager does it. Adolescents must survive and be able to solve mental and moral problems so as not to become dangerous for themselves and not disturb the surrounding environment.

Religious teenagers have guidelines in their lives, godly teenagers will put God at the center of their lives, determine that everything must be based on God-given laws, and all youth actions must aim not to violate God-given laws. Likewise, with the teachings of Christianity, Christian youth can learn a lot from various stories in the Bible about exemplary attitudes when faced with mental and moral problems. The author highlights the book of Psalms as a part of the Bible that is able to provide answers and images of how a teenager should deal with mental and moral problems, this is seen from the large number of chapters, various events, and perspectives of biblical figures in dealing with life problems (Usboko, 2014). This is in line with human nature that wants to live in harmony and peace. As a being endowed with blessings and high dignity, man must realize that he has a moral responsibility and a continuing responsibility must be carried out with a healthy and good mentality. Based on the ideas mentioned above, the author explores and studies adolescent strategies for dealing with mental and moral problems in terms of the perception of the Book of Psalms.

1. Adolescent

Adolescence is the transition period from childhood to adulthood. Adolescence lasts from the age of 15-20 years. Developmental changes that occur during adolescence include physical, psychic, and psychosocial development. Adolescence as a transitional period is the transfer of one stage of development to the next. At this time adolescents can try different lifestyles and determine the behavior patterns, values and traits that are most suitable for them. Adolescent problems often become difficult to overcome. This is because throughout childhood, problems are solved by parents so that most adolescents are inexperienced in overcoming problems (Ningrum, 2013). Furthermore, because teenagers feel independent, they want to overcome their own problems and refuse help from parents. Youth sees themselves and others as they want to be and not as they are. Unrealistic hopes and ideals lead to heightened emotions that characterize early adolescence.

According to Octavia (Octavia, 2020), there are 10 adolescent development tasks that adolescents must complete as well as possible, namely: giving receiving their physical state (Gainau, 2015), accepting and understanding roles, fostering good relationships with members of different sex groups, achieving emotional independence, achieving economic independence, developing concepts and intellectual skills that are indispensable to perform the role of a member society, understanding and internalizing the values of adults and parents, develops the socially responsible behaviors necessary to enter adulthood, prepares for marriage, and understands and prepares for the various responsibilities of family life.

2. Mental Problems

Mental problems are a conception of not achieving mental health or mental health, so it is important to know in advance what is called mental health and its indicators. Noto Soedirdjo in Hamid said that someone with mental health is characterized by being able to withstand pressure from the environment (Hamid, 2017). Meanwhile, according to Clausen Karentanan (Vulnerability), a person's resistance to stressors varies with genetic factors, learning and cultural processes in the environment, and the intensity of stress experienced when with others. Kurniawan and Sulistyarini define mental emotional disorders characterized by decreased individual functioning in the realm of family, work or education, and society or community, besides that this disorder comes from subconscious conflicts that cause anxiety (Kurniawan & Sulistyarini, 2016). Depression and anxiety disorders are types of mental emotional disorders that are commonly encountered in society.

Mental emotional disorders can be symptoms of depression, psychosomatic disorders, and anxiety. Signs and symptoms of depression, psychosomatik and anxiety according to ICD-10 (International Classification of Disease – Tenth Edition) in WHO, namely the emergence of depressive feelings, loss of interest and enthusiasm, easily tired and lost energy, decreased concentration, decreased self-esteem, feelings of guilt, pessimistic about the future, ideas of self-harm or suicide, sleep disorders and decreased libido. A person's mental health is influenced by two factors, namely internal factors, including: personality, physical condition, development, maturity, psychological condition, diversity, and attitude to face life problems. As for external factors, including: economic conditions, culture, environmental conditions.

3. Moral Issues

The moral concepts and teachings of educational and religious institutions largely determine the belief systems that can influence attitudes. Morality is an aspect of personality that a person needs in relation to social life in a harmonious, just, and balanced manner. Moral behavior is necessary for the realization of a peaceful life full of order, order, and harmony. Individuals view other individuals or groups based on morals. Regarding behavior,

politeness, being kind are some of the moral attitudes that society perceives. A prominent characteristic in the moral development of adolescents is that according to the level of cognition development that begins to reach the stage of formal thinking, that is, starting to be able to think abstractly and being able to solve hypothetical problems, adolescents' thinking about a problem is no longer only tied to time, place, and situation, but also to the moral source on which their lives are based. The environment of character building in children, not only in the environment where they play. However, families and schools also have a role in shaping children's character. In fact, the family has a very big role in shaping the character of children. Because moral values and attitudes of individuals grow and develop in them.

4. Psalm Study

The Book of Psalms is a book in the form of poetry, and indeed most of the Old Testament was written in the form of poetry (Situmorang & Sitohang, 2022) (Watson, 2004). The entire book of Psalms, Job, Song of Solomon, Lamentations, Proverbs, most of Ecclesiastes, most of the Prophets and part of History are poetry. Tremper Longman III also emphasized imagery as one of the characteristics of Hebrew poetry (Longman III, 2007). As it is known that the Book of Psalms is a book rich in images. An image is a speech figure that expresses some resemblance or analogy and most images are metaphors. God is described in the Book of Psalms in many different ways. It is a shield (Ps. 3:4; 5:13; 28:7; 84:12; 119:114), a fortress (Ps. 27:1; 48:4; 59:10, 17; 62:3, 7; 94:22; 144:2), a rock (Ps. 89:27; 94:22), a shelter (Ps. 46:2), a stronghold (Ps. 91:2), a great cloud (Ps. 29), a shepherd (Ps. 23), a king (Ps. 47:8), a hero, an archer, and so on. These indicators and images will be widely used in the discussion of the Psalms as a guide in dealing with mental and moral problems faced by Christian adolescents (ASSISI et al., n.d.).

The book of Psalms is a picture of the Israelites' faith in the majesty of God's work that is evident in their experience of faith. The psalms reveal the profound experience and understanding of the faith of the Israelites and reveal the intimate relationship between the covenant people and their God. This image of the faith of the Israelites is expressed through poetic prayer, in songs and expressions of praise. For this reason, some see the book of Psalms as a collection of 150 religious songs of the Israelites. This collection of songs is a bit similar to the collection of Church songs we use as well, such as "Jubilate". The content of the Psalms varies greatly. But the point is the response of the believers (Israelites) to their Lord, whether in the form of songs or prayers. These songs and prayers were collected by the Israelites and used in their worship, and eventually incorporated into the Bible. Some describe a person's deepest feelings, while others describe the needs and feelings of all of God's people. These religious poems are divided into various varieties; there are hymns and there are songs to worship God.

The purpose of this study was to find out how the perception of the book of Psalms in addressing adolescent mental problems. How is the perception of the book of Psalms in addressing the moral problems of adolescents.

METHOD

The method used in this study uses qualitative research methods with literature studies. Researchers review and use a variety of information and previous research, as well as conduct textual, contextual research, and biblical implementation of the book of Psalms by selecting or cordoning verses related to the mental and moral problems faced by the Psalm writers when they experienced the mental and moral upheaval they experienced in the life written in the book of Psalms. This is to compare the events experienced by adolescents today compared to the events when the Psalm writer experienced these events, it is part of the data collection method. Furthermore, data analysis is carried out by deciphering verses, selecting adolescent problem events, looking for appropriate verses, expositioning and applying the implementation of these verses in today's life.

RESULTS AND DISCUSSION

A. The perception of the book of Psalms towards adolescents in dealing with mental problems

1. Don't complain

Psalm 77:2-6 illustrates that in adversity it is actually the right time or the best moment to be close to God. The perception of people being tested in order to get closer to God is often connoted that the person is subject to rebuke from God when it is not. This verse illustrates that every time that calls upon God is also common when experiencing trials from God. Mental problems characterized by anxiety (verse 4), anxiety, and bitterness are common among God's people as well as their youth, especially in this division. It should be noted that believers, especially teenagers who have extraordinary energy and power in their fighting spirit, must

optimize their energy to be able to direct their faith in God. When youth experience adversity, we must reach out to the Lord for help, the more we complain the more we lose energy and become lethargic in the face of life. The more you think about the days, the more often a teenager compares what he is going through, this will make him focus on comparisons and miss the time available to step in his faith. Komtra indicates it in Psalm 34:17 which states that when the righteous cry then God hears and delivers them from all distress. This means that a teenager must first live in holiness and maintain moral goodness in his life.

2. Cry only to God

Praying only to God, human effort is a natural thing to do, even for believers is a must as an implementation of faith that teenagers have. Furthermore, faith is placed in God, with no doubt, no hope in supernatural ways other than God, nor hope in an azimat, another study that brings pain to God. Other offerings for today's youth can be the act of abandoning agreement, believing in a talisman or certain object and being suggested that it will bring good and good luck to his life. (Psalm 5:2-3) Seeking God from the morning is defined as seeking God from the beginning, seeking God as the answer to life since the presence of a problem faced by teenagers. The logical consequence of putting God first is Psalm 34:4 which is that God will answer, releasing from all trepidation and fear. David also experienced and wrote it in Psalm 42:5 about why it was depressed in my soul and troubled in me, hoping to God as a helper was the choice David made when he had mental problems.

3. Looking at the goodness that God gives

If you have to compare or have the habit of comparing as the habits of teenagers in general, then compare God's blessings with the tests that are being faced. The lamentations delivered are transformed by God into dances (there is an unavoidable sense of joy in making God the center of life). The phrase "... that my soul may sing the Psalms unto Thee and not remain silent.: indicating that in the face of mental problems experienced, a youth must be willing to step in trust (faith) and joy (hope). Faith and hope are 2 inseparable sides, no one comes first, like the coin side.

4. Not dissolved in the assumption that God punishes

God's principle is that love must be a firm and complete foundation in the foundation of faith. God's act of allowing mental problems to occur or whatever form of testing befalls us is actually to show that God loves and cares for us so that we do not dissolve in the problems at hand or become disappointed because it is like feeling neglect from God when we are in trouble or wrong in choosing the path. Psalm 30:5 affirms that "... for a moment he was angry, but for a lifetime he was generous; all night there was crying, before agi there were cheers" Look closely at this sentence, all night there is crying and towards morning, this phrase towards morning indicates that there is no trouble beyond the ability of God's work. Youth must trust that the problems faced will not exceed God's ability to overcome them. Rising in the morning is an analogy of the certainty of God's promise, so from the verse it can be interpreted that there is certainty of protection from God, certainty of help and changes in bad conditions to be good with God. The key is to dare to break the deadlock, walk even though you don't know what will be faced, but still rely on God as a guide. This is affirmed in Psalm 18:28-29 where the Lord Jesus who made the lamp shine light on the darkness, and dared to face the horde (whatever the mob was including the problem) and jump over the wall (beyond impossibility).

5. Prejudice against God the beginning of the willingness to step

Psalm 139:1-5 tells the story of David being pursued by his own family. The accusations of unkindness made against us are actually very troubling and hinder our steps. However, without us realizing it, it is actually what God feels about us. We as his people (we have the trust we give to God, then mutual trust is tainted with doubts of our hearts to God, of course this will make believers lose the right view of God, good steps will not be created because of worry and doubt in God. The conclusion of the whole set of interrelated beliefs is Psalm 5:11 which is that all those who take refuge in God will rejoice, they will rejoice forever, because the Lord Jesus overcomes and rejoices in megasihi and relies on God. Youth must be kind to God and willing to start their day with God and win because they want to fight against a bunch of problems, transcend limitations, and leave everything to God. Teenagers should realize that there is no victory without finishing the game.

B. The Psalms' perception of youth in dealing with moral problems

1. Do not gather with the wicked and mockers (Psalm 1, 34:14)

The thing that causes damage to a person begins with his association. Bad company can ruin good habits. The psalmist lays out at the very beginning this a stern warning to God's people, as well as to today's youth, who

must avoid association with the wicked, that is, those who even know God's law but do not do so. Not following the advice of the wicked, not joining the company of sinners, not with mockers or people who only like to make fun of circumstances. Contrary to this position, the youth must gather with good people, practice the teachings of faith extraordinarily diligently and obediently and meditate on them.

Moral problems that occur in adolescence other than because of the basis of persuasion or unkind invitation from people in his environment, often begin because he wants to show his existence in the community he joins, often as a form of inauguration of the genk in which he joins. Not infrequently the moral problem is due to curiosity because his friends have done various things that are not good but have not experienced significant problems or rebuke from God. Even though all these bad actions are mere emptiness that makes someone will not be meaningful. Adolescents if they are not perpetrators of moral problems, adolescents are often also targets or victims of moral problems that others do. David when he pretended to be insane in mind (mental problems) that David had to choose to live with when faced with Abimelech (the wicked man), he (David) escaped, David managed to avoid the wicked with his set of moral problems by keeping him mentally (though he had to pretend to be mentally unwell) in order to remain good and preserved in the Lord, so as to praise God in verse 15 "... Stay away from evil and do good, seek peace and strive for it.

2. Do not envy the luck of the wicked (Psalm 73)

The exposition of Psalm 73 praised by Asaph is very relevant to what Christian youth experience today. A life that is kept clean and holy in thought and behavior will generally make life in a state of peace and prosperity. However, it turns out that the feeling of peace is also a test loophole that Satan takes advantage of by creating curiosity about why bad people experience more fortunate lives than good people. This curiosity then becomes disappointment if not managed properly. This disappointment will make Christian teenagers have the inspiration and motivation to follow the same lifestyle and behavior as people who are wicked or do bad. Keeping our hearts and feelings from being jealous of the luck of the wicked will secure us so that we do not follow the path of life like theirs.

The second part is Psalm 73:13-17. This section also begins with the particle 'Ea' which explains the reaction of the righteous to the prosperity of the wicked. The main idea of this passage is about the response of the righteous who struggle with the prosperity of the wicked. This section is also a turning point or pivot for changing people's perspectives. The reversal begins with the decision made by the righteous man in verse 15 and culminates in verse 17. Verses 13-14 describe the height of the psalmist's concern over his observation of the life of the wicked. The real basis of the righteous man's problem is his heart (Ps. 73:13). Verse 15 is the psalmist's honesty to God about his mood leading to submission to his God (v. 17). In verses 18-20 the end of the wicked's life is described poorly, while verses 21-28 describe the state of the prosperous righteous in contrast to the situation in the first section. The righteous perspective on God's goodness is also renewed in verse 28. The use of the word 'lebab' or translated as heart brings both the intellectual side of the conflict and also the avenue in which the total personal of the author is drawn in that situation. That feeling is summed up in verse 16: "But when I try to understand this, it becomes a difficulty in my eyes." In Psalm 73, the word "heart" often refers to the mental suffering of the Psalmist. The psalmist is talking about his thoughts and emotions as well as questionable morals, but strengthening the heart keeps the heart holy.

3. Make no room for cooperation with bad people (Psalm 26)

David in the above verse seems to be challenging God to test and try himself. David did not without reason say as above. David's life of complete dependence and surrender to God was done and lived. The conclusion for today's Christian youth is to live in dependence and surrender to God. Continuing to guard the heart, it means that the lives of good Christian teenagers will be separated from the group of bad morals, which will make them even likely to be attacked by people who are morally bad. God had such a beautiful plan for David that God left David in his way. However, God never abandoned David and God fulfilled His plan, David being the king that the Israelites remember to this day. The eyes that are fixed on God are an attitude that focuses only on looking at God in the journey of life.

CONCLUSION

Christian youth must live in spiritual and mental closeness to God. Christian youth must give their best in every behavior and thought. Although often many unpleasant things happen out of control, faith that believes and surrenders

to God will create a feeling of peace and prosperity in Christian adolescents and make them able to still see God in every problem that exists, making them dare to move forward, get through and solve problems.

The best way not to get caught up in moral problems is not to hang out with people who have moral problems. Do not walk and sit with the wicked. Willing to accept the logical consequence of being separated from the lives of those who do not practice God's goodness. Believing that God has a wonderful plan will keep Christian teens inspired and motivated to live in moral goodness.

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