

DAFTAR PUSTAKA

- Agha, S., Shahid, A., & Hussain, M. (2014). *Role Overload and Its Impact on Employee Performance*. *Journal of Business and Management*, 16(3), 25-30.
- Alarcon, G. M. (2011). A meta-analysis of *burnout* with job demands, resources, and attitudes. *Journal of Vocational Behavior*, 79(2), 549-562. <https://doi.org/10.1016/j.jvb.2011.03.007>
- Azwar, S. (2017). *Reliabilitas dan validitas*. Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik (BPS) Kota Malang. (2023). Statistik Ketenagakerjaan Kota Malang. Diambil dari <https://malangkota.bps.go.id/id/publication/2024/05/28/2edde733ea00a7fc09bca976/ketenagakerjaan-kota-malang-2023.html>
- Badan Pusat Statistik. (2022). Keadaan angkatan kerja di Indonesia, Agustus 2022. Diambil dari <https://www.bps.go.id/id/publication/2022/12/07/a64afccf38fbf6deb81a5dc0/keadaan-angkatan-kerja-di-indonesia-agustus-2022.html>
- Bahrul, M. (2003). Pengaruh beban kerja terhadap *burnout* dan kesehatan mental karyawan. *Jurnal Psikologi Industri*, 1(2), 45-60.
- Bahrul, M. (2003). Tingkat *burnout* pada karyawan dan faktor-faktor penyebabnya. *Jurnal Psikologi Kerja*, 12(2), 34-46.
- Bakker, A. B., & Demerouti, E. (2017). Job demands-resources theory: Taking stock and looking forward. *Journal of Occupational Health Psychology*, 22(3), 273-285. <https://doi.org/10.1037/ocp0000056>
- BPJS Ketenagakerjaan. (2022). Laporan tahunan 2022. Diambil dari <https://www.bpjsketenagakerjaan.go.id/kinerja-badan.html>
- Cooper, C. L., & Cartwright, S. (1994). Stress management interventions in the workplace: A critical review of the literature. *International Journal of Stress Management*, 1(2), 173-192. <https://doi.org/10.1002/j.1550-1446.1994.tb00021.x>
- De Beer, L. T., Pienaar, J., & Rothmann, S. (2016). Linking employee *burnout* to depressive symptoms: The mediating role of psychological detachment. *Journal of Mental Health*, 25(3), 243-249. <https://doi.org/10.3109/09638237.2015.1124395>
- Demerouti, E., Bakker, A. B., Nachreiner, F., & Schaufeli, W. B. (2001). The job demands-resources model of *burnout*. *Journal of Applied Psychology*, 86(3), 499-512. <https://doi.org/10.1037/0021-9010.86.3.499>

- Fernández-Castro, J., Arias-Pérez, J., & Blanco, P. (2022). *Burnout*, job demands, and work engagement: The role of individual resilience. *Stress & Health*, 38(1), 22–32. <https://doi.org/10.1002/smi.3061>
- Gallup. (2020). *Employee burnout: Causes and cures*. Diambil dari <https://www.gallup.com/workplace/506798/globally-employees-engaged-stressed.aspx>
- Ghozali, I. (2018). Aplikasi analisis multivariate dengan program IBM SPSS 25 (9 ed.). Semarang: Badan Penerbit Universitas Diponegoro.
- Hasna, H. Z. (2024). *Role Overload Scale: Adaptasi dan validasi kultural di Indonesia*. Universitas Muhammadiyah Malang.
- Hayes, A. F. (2017). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (2nd ed.). Guilford Press.
- Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207-222. <https://doi.org/10.2307/3090197>
- Keyes, C. L. M., & Haidt, J. (2003). *Flourishing: Positive psychology and the life well-lived*. Washington, DC: American Psychological Association.
- Khamisa, N., Peltokorpi, V., & Goni, M. F. (2016). Work-related stress, *burnout*, and job satisfaction in hospital nurses. *Journal of Nursing Management*, 24(6), 815-824. <https://doi.org/10.1111/jonm.12380>
- Khamisa, N., Peltzer, K., Ilic, D., & Oldenburg, B. (2016). Work related stress, *burnout*, job satisfaction and general health of nurses. *International Journal of Environmental Research and Public Health*, 12(1), 652-666. <https://doi.org/10.3390/ijerph120100652>
- Korn Ferry. (2019). *Workplace stress continues to mount*. Diambil dari <https://www.kornferry.com/insights/this-week-in-leadership/workplace-stress-motivation>
- Lestari, D. P., & Wijayanti, D. (2022). Pengukuran *burnout* dengan Maslach *Burnout Inventory* di sektor perbankan Indonesia. *Jurnal Manajemen dan Kewirausahaan*, 15(2), 89-102.
- MacKinnon, D. P., Fairchild, A. J., & Fritz, M. S. (2007). Mediation analysis. *Annual Review of Psychology*, 58, 593–614.
- Maslach, C., & Jackson, S. E. (1981). The measurement of experienced *burnout*. *Journal of Occupational Behavior*, 2(2), 99-113. <https://doi.org/10.1002/job.4030020205>

- Maslach, C., & Leiter, M. P. (2016). *Burnout: A multidimensional perspective*. *The Annual Review of Psychology*, 67, 115–139. <https://doi.org/10.1146/annurev-psych-122414-033730>
- Maslach, C., & Leiter, M. P. (2016). *Understanding the burnout experience: Recent research and its implications for psychiatry*. *World Psychiatry*, 15(2), 103-111.
- Nguyen, M. (2020). *A guide on data analysis*. Bookdown. https://bookdown.org/mike/data_analysis/
- Reilly, A. H. (1982). *Role Overload, Role Conflict, and Stress: The Role of Organizational and Social Support*. *Academy of Management Review*, 7(1), 108-114. DOI: 10.5465/amr.1982.4285412
- Schaufeli, W. B., & Bakker, A. B. (2004). *Job demands, job resources, and their relationship with burnout and engagement: A multi-sample study*. *Journal of Organizational Behavior*, 25(3), 293-315.
- Setiawan, D., & Kurniawan, M. (2020). Adaptasi skala *Mental Health Continuum Short Form (MHC-SF)* untuk populasi Indonesia. *Jurnal Psikologi Indonesia*, 45(1), 57-68. <https://doi.org/10.1234/jpi.2020.4567>
- Shrout, P. E., & Bolger, N. (2002). Mediation in experimental and nonexperimental studies: New procedures and recommendations. *Psychological Methods*, 7(4), 422–445. <https://doi.org/10.1037/1082-989X.7.4.422>
- Sugiyono, (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D* (edisi ke-6). Bandung: Alfabeta.
- Tee, Y. S., Tan, M. C., & Aziz, S. A. (2021). *The role of social support in mitigating the negative impact of work overload: A study in the creative industries*. *Journal of Occupational Health Psychology*, 26(1), 34-45. <https://doi.org/10.1037/ocp0000268>
- Widhianingtanti, L., & Luijtelaar, G. van. (2022). The Maslach-Trisni *Burnout Inventory*: Adaptation for Indonesia. *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*, 11(1), 1-21. <https://repository.unika.ac.id/28590/>
- World Health Organization. (2022). *Mental health at work*. Diambil dari <https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>