

## DAFTAR PUSTAKA

- Adawiyah, Wardatul., & Ni'matuzahroh. (2016). *Terapi Spiritual Emotional Freedom Technique (SEFT) untuk Menurunkan Tingkat Stres Akademik pada Siswa Menengah Atas di Pondok Pesantren*. Jurnal Ilmiah Psikologi Terapan, Vol. 04, No.02, 2301-8267
- Ahmad, Erna Hervina. (2019). *Pengembangan Buku Panduan untuk Mengelola Kemarahan pada Pelaku Bullying dengan Pendekatan Cognitive-Behavioral Therapy*. Tesis. Universitas Negeri Jakarta
- Arikunto, Suharsimi. (2010). *Manajemen Penelitian*. Jakarta: Rineka Cipta
- Arista, S. A., Irawati, S., & Yani, A. P. (2017). Penerapan Model Pembelajaran Inkuiri Untuk Meningkatkan Keterampilan Proses Sains Siswa Kelas VIII. 1. *Diklabio: Jurnal Pendidikan Dan Pembelajaran Biologi*, 1(1), 100–104
- Azwar, S. (2012). Reliabilitas dan validitas edisi 4. In *Yogyakarta: Pustaka Pelajar*. Pustaka Pelajar.
- Baldwin, K. D., Barmore, C., Suprina, J.S., & Weaver, A. (2011). *Burnout syndrome in licensed mental health counselors and registered mental health counselor interns: A pilot study*. In American Counseling Association Conference
- Bergsma, A. (2008). Do self-help books help? *Journal of Happiness Studies*, 9(3), 341–360.
- Bradley, N., Whisenhunt, J., Adamson, N., & Kress, V. E. (2013). *Creative approaches for promoting counselor self-care*. *Journal of Creativity in Mental Health*, 8 (4), 456-469
- Cohen, Sheldon., Kamarack, Tom., & Mermelstein, Robin. (1983). *A Global Measure of Perceived Stress*. *Journal of Health and Social Behavior*, Vol 24 (December): 385-396
- Coster, J. S., & Schwebel, M. (1997). *Well-functioning in professional psychologists*. *Professional Psychology: Research And Practice*, 28(1), 5-13
- Coleman, Caren., Courtney, Martensen., Rachel, Scott, N.A.I. (2016). *Unpacking Self-Care: The Connections Between Mindfulness, Self-Compassion, and self-Care for Counselors*. *Counseling & Wellness Journal* Vol. 5
- Cooper, C. L., & Cartwright, S. (1994). *Stress-management intervention in the workplace: Stress counselling and stress audit*. *British Journal of Guidance & Counseling*, 221 (1), 65-73. <https://doi.org/10.1080/03069889408253666>

- Craig, C. D., & Sprang, G.G. (2010). *Compassion satisfaction, compassion fatigue, and burnout in a national sample of trauma treatment therapists*. *Anxiety, Stress & Coping*, 23 (3), 319-339. doi: 10.1080/10615800903085818
- Dorociak, Katherine E., et al. (2017). *Development of the Professional Self-Care Scale*. *Journal of Counseling Psychology*, Vol. 64, No. 3, 325-334
- Effendy, Onong Uchjana. (2012). *Ilmu Komunikasi: Teori dan Praktek*. Jakarta: Rosda
- Findiani, Era. (2019). *How to Deal With Stress*. Yogyakarta: Psikologi Corner
- Gobin, Robin. L. (2019). *The Self-Care Prescription*. California: Althea Press
- Gundus, B. (2012). *Self-Efficacy and Burnout in Professional School Counselors*. *Educational Sciences: Theory and Practice*, 12 (3), 1761-1767
- Hambleton, R. K. (2004). Issues, designs, and technical guidelines for adapting tests into multiple languages and cultures. In *Adapting Educational and Psychological Tests for Cross-Cultural Assessment*. <https://doi.org/10.4324/9781410611758>
- Hartono, Boy Soedarmadji. (2012). *Psikologi Konseling*. Jakarta: Kencana Predana Media Grup
- Herlina. (2012). *Bibliotherapy: Mengatasi Masalah Anak dan Remaja Melalui Buku*. Bandung. *Jurnal Psikologi Universitas Pendidikan Indonesia*. Vol. 2, Tahun 2, No. 2
- Ingarianti, Tri Muji. (2009). *Pelatihan Manajemen Stres pada Guru Playgroup dan Taman Kanak-kanan*. *Jurnal Dedikasi*, Vol. 6
- Kesler, K. D.,(1990). *Burnout: a Multimodal Approach to Assesment and Resolution*. *Journal of Elementary School Guidance and Counseling*, 22 (2), 303-311
- Mahoney, M. J. (1997). *Psychotherapists' personal problems and self-care patterns*. *Professional Psychology: Research And Practice*, 28(1), 14-16
- Malinowski, Alfred J.,. (2014). *Self Care for the Mental Health Practitioner*. London and Philadelphia: Jessica Kingsly Publishers
- Mashudi, Farid. (2014). *Psikologi Konseling*. Yogyakarta: IRCiSoD
- McCann, I., & Pearlman, L. (1990). *Vicarious traumazation: A framework for understanding the psychological effects of working with victims*. *Journal of Traumatic Stress*, 3(1), 131-149. Retrieved from <http://eds.b.ebscohost.com/eds/pdfviewers/pdfviewers?sid=33fb4e2c-14c4-4cf7-ae46-28c66abd8417%40sessionmgr110&vid-5&hid-105>

- McKenney, Susan., & Reeves, Thomas, C. 2012. *Conducting Educational Design Research*. Routledge: New York.
- McLean, S. (2013). Public pedagogy, private lives: Self-help books and adult learning. *Adult Education Quarterly*, 63(4), 373–388.
- Mujiono, M. (2015). *Pengembangan Bahan Ajar Menulis Berbasis Nilai-Nilai Karakter Islam Untuk MTs Hasanuddin Bandarlampung Kelas VIII Semester I*. Universitas Lampung.
- Nadhiroh, Yahdinil Firda. (2015). *Pengendalian Emosi*. Jurnal Saintifika Islamica, Volume 2 No. , 2407-053X
- Negas, S., & Sahin, S. (2011). *Compassion fatigue in marriage and family therapy: Implications for therapists and clients*. *Journal of Marital and Family Therapy*, 37(1), 1-13. doi: 10.1111/j.1752-0606.2009.00147.x
- Norcross, J. C. (2000). *Psychotherapist self-care: Practitioner-tested, research-informed strategies*. *Professional Psychology: Research And Practice*, 31(6), 710-713
- Norcross, J.C., & Guy, J. D. J. (2007). *Leaving it at the office: A Guide to psychotherapist self-care*. New York: The Guilford Press
- Orem, D. (2001). *Nursing Concept of Practice 6th ed*. Philadelphia St. Louis: Mosby
- Pawit. (2010). *Penelusuran Informasi*. Jakarta: Kencana
- Peraturan Menteri Pendidikan dan Kebudayaan Republik Indonesia Nomor 81A tahun 2013 tentang *Implementasi Kurikulum 2013*
- Prastyo, dkk. (2019). *Pengembangan Petunjuk Praktikum pada Mata Kuliah Kinematika dan Dinamika di Program Studi Pendidikan Teknik Mesin Universitas Sriwijaya*. *Jurnal Pendidikan Teknik Mesin*, Volume 6, Nomor 1, Mei 2019.
- Purba, Olivia Dianina. (2019). *Daily Routine to Be a Happy Person*. Jakarta: Laksana
- Rahayuningsih. (2007). *Pengelolaan Perpustakaan*. Yogyakarta: Graha Ilmu
- Reeves, S. M. T. C. (2012). *Conducting educational design research*. In *Educational Media International* (Vol. 50, Issue 3). Routledge. <https://doi.org/10.1080/09523987.2013.843832>
- Riduwan, dkk. (2009). *Rumus dan Data dalam Analisis Statistika*. Bandung: Alfabeta

- Rumeser, Johannes A. A. , & Tambuwun, Theodora Elma. (2011). *Hubungan Antara Tingkat Stres Kerja dengan Pemilihan Coping Stress Strategy Karyawan di Kantor Pusat Adira Insurance*. Humaniora Vol. 2 No.1 April 2011: 214-227
- Sandra, Rober., & Ifdil. (2015). *Konsep Stres Kerja Guru Bimbingan dan Konseling*. Jurnal Pendidikan Indonesia, Volume 1 Nomor 1, 2477-0302
- Stamm, B. (2005). *The professional quality of the scale: Compassion satisfaction, burnout & compassion fatigue/secondary trauma scales*. The ProQOL Manual. Retrieved from <http://www.compassionfatigue.org/pages/ProQOLManualOct05.pdf>
- Stranks, Jeremy. (2005). *Stress at Work: Management and Prevention*. UK: Elsevier, Ltd
- Sugiyono, J. (2011). *Metode Penelitian Kuantitatif dan Kualitatif dan R dan D*. Alfabeta.
- Sulastri, Leti. (2015). *Stres Guru di Era Otonomi Daerah*. Manajer Pendidikan 9 (6)
- Sutarto. *Dasar-dasar Organisasi*. Yogyakarta: Gadjah Mada University Press
- Susanti, Rita., Riswani, & Nurhasanah, Bakhtiar. (2018). *Kejenuhan di Kalangan Guru Bimbingan dan Konseling di SMAN Provinsi Riau*. Educational Guidance and Counseling Development Journal, 1 (2), 92-104
- Thomas, Denis 'A., Morris, Melanie H. (2017). *Creative Counselor Self-care*. Visitas: ACA Knowledge Center
- Thompson, I.A., Amatea, E.S., Thompson, E.S. (2014). *Personal and contextual predictors of mental health counselors' compassion fatigue and burnout*. Journal of Mental Health Counseling, 36(1), 58-77
- Wahyudi, Muchamad Agus Slamet. (2017). *Peran Ganda Guru Bimbingan dan Konseling di SMP Diponegoro Depok, Sleman, Yogyakarta*. Komunika, 11 (1), 55-72
- Widiastuti, dkk. (2018). *Pengembangan Bahan Ajar Bentuk-bentuk Geometri Berbasis Cerita untuk Anak Usia 5-6 Tahun di TK Mazharul Iman Palembang*. Jurnal Pendidikan Anak, Volume 7, Edisi 2, Desember 2018.
- Weiss, Lillie. (2004). *Therapist's Guide to Self-Care*. New York: Brunner-Routledge