

DAFTAR PUSTAKA

- Abdul Azis, H., Rahman, A. Z., Rashid, A. M. R., Baharom, N., Awang, H., Mohammad Lukman, N. H., & Zainal Abidin, M. Z. (2024). Post-traumatic, depression, anxiety, and stress symptoms among Malaysian firefighters. *IIUM Medical Journal Malaysia*, 23(3), 66–72. <https://doi.org/10.31436/imjm.v23i03.2515>
- Afek, A., Ben-Avraham, R., Davidov, A., Berezin Cohen, N., Ben Yehuda, A., Gilboa, Y., & Nahum, M. (2021). Psychological resilience, mental health, and inhibitory control among youth and young adults under stress. *Frontiers in Psychiatry*, 11(January), 1–12. <https://doi.org/10.3389/fpsyg.2020.608588>
- Agustine, T. C., & Borualogo, I. S. (2021). Pengaruh Distres Psikologis terhadap Resiliensi pada Anak dan Remaja saat Pandemi Covid-19. *Prosiding Psikologi*, 7(2), 257–262. <https://doi.org/10.29313/v0i0.28309>
- Arsham, H. (2020). Systems Simulation: The Shortest Route to Applications. *National Science Foundation*, October, 168–178. <https://doi.org/10.1201/9781003432920-15>
- Ashari, S. B., Imanuddin, B., & Saputra, R. (2024). Hubungan stres kerja dan kualitas tidur dengan kelelahan kerja pada petugas pemadam kebakaran Jakarta Pusat. *Jurnal Inovasi Kesehatan Terkini*, 6(1), 56–74.
- Astiani Sri Ayulestari, Nurgahayu, & Andi Nurlinda. (2024). Hubungan pengetahuan dengan kejadian kecelakaan kerja di pemadam kebakaran Kabupaten Maros. *Window of Public Health Journal*, 5(2), 295–301. <https://doi.org/10.33096/woph.v5i2.1246>
- Astuti, F. (2024). *Statistika Psikologi Analisis Data Dengan SPSS*. PT Literasi Nusantara Abadi Group.
- Azwar, S. (2009). *Efek seleksi aitem berdasar daya diskriminasi*. 1–6.
- Azwar, S. (2012). *Reliabilitas dan Validitas* (4th ed.). Pustaka Pelajar.

- Azwar, S. (2017). *Metode Penelitian Psikologi* (2nd ed.). Pustaka Pelajar.
- Badan Pusat Statistik Indonesia. (2023). *Kepadatan Penduduk menurut Provinsi, 2021*. <https://www.bps.go.id/statistics-table/2/MTQxIzI=/kepadatan-pendudukmenurut-provinsi.html>
- Best, R., Strough, J. N., & Bruine de Bruin, W. (2023). Age differences in psychological distress during the COVID-19 pandemic: March 2020 – June 2021. *Frontiers in Psychology*, 14(February), 1–8. <https://doi.org/10.3389/fpsyg.2023.1101353>
- Blaney, L., Lumley, J., Health, I., Agyekum, E., Slonowsky, D., & Macdonald, A. (2023). *Ignite your strengths-resilience education for firefighters*. 5(2).
- Bogar, C. B., & Hulse-Killacky, D. (2006). Resiliency determinants and resiliency processes among female adult survivors of childhood sexual abuse. *Journal of Counseling and Development*, 84(3), 318–327. <https://doi.org/10.1002/j.1556-6678.2006.tb00411.x>
- Brännlund, A., & Hammarström, A. (2014). Higher education and psychological distress: A 27-year prospective cohort study in Sweden. *Scandinavian Journal of Public Health*, 42(2), 155–162. <https://doi.org/10.1177/1403494813511559>
- Çelebi, I., & Gökkaya, E. (2023). Prevalence of anxiety and depression and associated factors among firefighters: a cross-sectional study in Turkey. *Rwanda Medical Journal*, 80(3), 73–81. <https://doi.org/10.4314/rmj.v80i3.10>
- Cheng, P., Wang, L., Zhou, Y., Ma, W., Zhao, G., Zhang, L., & Li, W. (2023). Post-traumatic stress disorder and depressive symptoms among firefighters: a network analysis. *Frontiers in Public Health*, 11(May). <https://doi.org/10.3389/fpubh.2023.1096771>
- Christy Darea, A., D Doda, D. V., & Kaunang, W. P. (2021). Penerapan Sistem Tanggap Darurat Kebakaran Di Gedung-Gedung Universitas. *Jurnal KESMAS*, 10(1), 112–117.

- Connor, K. M., & Davidson, J. R. T. (2003). Development of a new Resilience scale: The Connor-Davidson Resilience scale (CD-RISC). *Depression and Anxiety, 18*(2), 76–82. <https://doi.org/10.1002/da.10113>
- Dinas Gulkarmat Jakarta. (2023). *Tugas Pokok Dan Fungsi*. https://pemadam.jakarta.go.id/tugas_pokok
- Drapeau, A., Marchand, A., & Beaulieu-Prevost, D. (2012). Epidemiology of Psychological Distress. *Mental Illnesses - Understanding, Prediction and Control, May 2014*, 106–134. <https://doi.org/10.5772/30872>
- Dudziński, Ł., Kasperekzyk, R., Weiner, M., & Czyżewski, Ł. (2024). Zoonotic health hazards to Polish firefighters during rescue and fire-fighting operations. *Work: A Journal of Prevention, Assessment and Rehabilitation, 80*(3), 1223–1230. <https://doi.org/10.1177/10519815241291417>
- Eryılmaz, İ., Dirik, D., & Öney, T. (2024). *A phenomenological study on psychological resilience of aircraft rescue and fire fighting professionals*. 20286–20308.
- Fiondra, E., Gusman, E., & Haskar, E. (2023). Efektivitas Kerja Satuan Tugas Pemadam Kebakaran Di Dinas Satuan Polisi Pamong Praja Dan Pemadam Kebakaran Kabupaten Agam. *Otentik Law Journal, 1*(1), 47–60.
- Friastuti, R. (2024). *Cerita Damkar Kesulitan Padamkan Kebakaran di Manggarai, Sulit Akses dan Air*. KumparanNEWS. <https://kumparan.com/kumparannews/cerita-damkar-kesulitan-padamkan-kebakaran-di-manggarai-sulit-akses-dan-air-23Jk9Am8YeN/full>
- Ghozali, I. (2018). *Aplikasi Analisis Multivariate Dengan Program IBM SPSS 25*. Badan Penerbit Universitas Diponegoro.
- Gondek, D., Bernardi, L., McElroy, E., & Comolli, C. L. (2024). Why do Middle-Aged Adults Report Worse Mental Health and Wellbeing than Younger Adults? An Exploratory Network Analysis of the Swiss Household Panel

- Data. *Applied Research in Quality of Life*, 1459–1500. <https://doi.org/10.1007/s11482-024-10274-4>
- Gulliver, S. B., Zimering, R. T., Knight, J., Morissette, S. B., Kamholz, B. W., Michelle, L., Dobani, F., Carpenter, T. P., Kimbrel, N. A., Keane, T. M., & Meyer, E. C. (2021). *and Policy*.
- Hakim, M. A., & Aristawati, N. V. (2023). Mengukur depresi, kecemasan, dan stres pada kelompok dewasa awal di Indonesia: Uji validitas dan reliabilitas konstruk DASS-21. *Jurnal Psikologi Ulayat*, 10(2), 232–250. <https://doi.org/10.24854/jpu553>
- Han, J., Zhou, X. P., Liu, J. E., Yue, P., & Gao, L. (2020). The process of developing resilience in patients with burn injuries. *Journal of Nursing Research*, 28(1), 1–8. <https://doi.org/10.1097/jnr.0000000000000342>
- Henry, J. D., & Crawford, J. R. (2005). The short-form version of the Depression anxiety stress scales (DASS-21): Construct validity and normative data in a large non-clinical sample. *British Journal of Clinical Psychology*, 44(2), 227–239. <https://doi.org/10.1348/014466505X29657>
- Herrman, H., Stewart, D. E., Diaz-Granados, N., Berger, E. L., Jackson, B., & Yuen, T. (2011). What is resilience? *Canadian Journal of Psychiatry*, 56(5), 258–265. <https://doi.org/10.1177/070674371105600504>
- Heydari, A., Ostadtaghizadeh, A., Ardalan, A., Ebadi, A., Mohammadfam, I., & Khorasani-Zavareh, D. (2022). Exploring the criteria and factors affecting firefighters' resilience: A qualitative study. *Chinese Journal of Traumatology - English Edition*, 25(2), 107–114. <https://doi.org/10.1016/j.cjtee.2021.06.001>
- Heydari, A., Ostadtaghizadeh, A., Khorasani-Zavareh, D., Ardalan, A., Ebadi, A., Mohammadfam, I., & Shafeei, H. (2022). Building resilience in firefighters: A systematic review. *Iranian Journal of Public Health*, 51(7), 1546–1558. <https://doi.org/10.18502/ijph.v51i7.10088>

- Hikmah, N. Y. (2025). *Total Korban Meninggal Kebakaran Glodok Plaza Jadi 5 Orang, Damkar: Tubuhnya Berupa Potongan*. Wartakota.Tribunnews.Com. <https://wartakota.tribunnews.com/2025/01/17/total-korban-meninggal-kebakaran-glodok-plaza-jadi-5-orang-damkar-tubuhnya-berupa-potongan>
- Holcer, N. J., Jelicić, P., Bujević, M. G., & Va'anić, D. (2015). Health protection and risks for rescuers in cases of floods. *Arhiv Za Higijenu Rada i Toksikologiju*, 66(1), 9–13. <https://doi.org/10.1515/aiht-2015-66-2559>
- Husna, A. R., & Aulia, A. (2023). Peran kepribadian proaktif dan resiliensi terhadap keterikatan kerja petugas pemadam kebakaran dan penyelamatan. *Jurnal Ilmu Perilaku*, 7(2), 98–120. <http://jip.flk.unand.ac.id/index.php/jip/article/download/524/153>
- Igboanugo, S., Bigelow, P. L., & Mielke, J. G. (2021). Health outcomes of psychosocial stress within firefighters : A systematic review of the research landscape. *Journal of Occupational Health*, October 2020, 1–22. <https://doi.org/10.1002/1348-9585.12219>
- Isaac, G. M., & Buchanan, M. J. (2021). Extinguishing stigma among firefighters: An examination of stress, social support, and help-seeking stttitudes. *Psychology*, 12(03), 349–373. <https://doi.org/10.4236/psych.2021.123023>
- Ishlahiyah, A. (2025). *Jumlah Pemadam Kebakaran di Jakarta Jauh dari Ideal*. Kompas.Id. <https://www.kompas.id/artikel/kurangnya-personel-pemadam-kebakaran-di-jakarta>
- Ismail, I., & Istiqamah, S. H. N. (2021). Hubungan resiliensi dengan psychological distress pada masyarakat dalam menghadapi pandemi Covid-19. *Jurnal Hasil Pemikiran, Penelitian, Dan Pengembangan Keilmuan Sosiologi Pendidikan*, 8(2), 185–193.
- Izza, A. N., & Martiana, T. (2023). Hubungan antara kualitas tidur dan stres kerja dengan kelelahan kerja pada petugas pemadam kebakaran. *Media Gizi*

- Kesmas*, 12(1), 134–141. <https://doi.org/10.20473/mgk.v12i1.2023.134-141>
- Jayati, C. D. S. E., Ani, N., & Triyanta. (2020). Identifikasi potensi bahaya K3 pada tim petugas pemadam kebakaran di Dinas Pemadam Kebakaran Kota Surakarta. *Jurnal Ilmu Kesehatan Masyarakat Berkala*, 2(2), 55. <https://doi.org/10.32585/jikemb.v2i2.1031>
- Khan, K., Charters, J., Graham, T. L., Nasriani, H. R., Ndlovu, S., & Mai, J. (2018). A case study of the effects of posttraumatic stress disorder on operational fire service personnel within the Lancashire Fire and Rescue Service. *Safety and Health at Work*, 9(3), 277–289. <https://doi.org/10.1016/j.shaw.2017.11.002>
- Khotimah, K., Panggabean, A. N., & Ardianti, T. (2021). The effect of resilience on student psychological distress during pandemic. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 11(3), 159–170.
- Kinanthi, M. R., Listiyandini, R. A., Amaliah, U. S., Ramadhan, R., & Farhan, M. (2020). Adaptasi DASS 21 versi Indonesia pada populasi mahasiswa di Jakarta. *Conference: Seminar Nasional Psikologi Dan Call for Paper UMB Yogyakarta 2020, April*, 2–20.
- Kusuma, R. T. (2020). Regulasi emosi dan kecemasan pada petugas pemadam kebakaran di Kabupaten Bantul. *Acta Psychologia*, 2(2), 183–190. <https://doi.org/10.21831/ap.v2i2.33358>
- Kusumawati, S. (2023). Resiko kerja dan kendala yang dihadapi pemadam kebakaran Kabupaten Indragiri Hilir dalam melaksanakan tugas penyelamatan. *Indragiri Law Review*, 1(1), 10–18.
- Lenzo, V., Quattropani, M. C., Musetti, A., Zenesini, C., Freda, M. F., Lemmo, D., Vegni, E., Borghi, L., Plazzi, G., Castelnovo, G., Cattivelli, R., Saita, E., & Stafford, N. P. (2020). Resilience Contributes to Low Emotional Impact of the COVID-19 Outbreak Among the General Population in Italy. *Frontiers in Psychology*, 11(November). <https://doi.org/10.3389/fpsyg.2020.576485>

- Lommen, M. J. J. (2024). Psychological predictors of posttraumatic stress and depression in firefighters: A 2-year longitudinal study. *Mental Health and Prevention*, 36(July), 200384. <https://doi.org/10.1016/j.mhp.2024.200384>
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour, Research, and Therapy*, 33(3), 335–343. <https://doi.org/10.1007/BF02511245>
- Lovibond, S. H., & Lovibond, P. F. (1995). *Manual for the Depression Anxiety & Stress Scales* (2nd ed.). Psychology Foundation.
- Ma'romah, Z., & Adianto. (2020). Pengembangan kapasitas pemadam kebakaran pada Dinas Pemadam Kebakaran dan Penyelamatan Kota Pekanbaru. *Jurnal Administrasi Publik & Bisnis*, 2(2), 46–54. <http://ejurnal.stia-lk-dumai.ac.id/index.php/japabis>
- MacDermid, J. C., Nazari, G., Rashid, C., Sinden, K., Carleton, N., & Cramm, H. (2019). Two-month point prevalence of exposure to critical incidents in firefighters in a single fire service. *Work*, 62(3), 477–483. <https://doi.org/10.3233/WOR-192882>
- Maryono, & Herbawani, C. K. (2023). *Hubungan antara kelelahan kerja dan beban kerja dengan kinerja petugas pemadam kebakaran di Sudin Pemadam Kebakaran Jakarta Pusat tahun 2023*. 8(2), 21–31.
- Mastrokoukou, S., Lin, S., Longobardi, C., Berchiatti, M., & Bozzato, P. (2024). Resilience and psychological distress in the transition to university: the mediating role of emotion regulation. *Current Psychology*, 43(28), 23675–23685. <https://doi.org/10.1007/s12144-024-06138-7>
- Matthews, G. (2007). Distress. In *Encyclopedia of Stress* (2nd ed., pp. 838–843).
- Maydita, P. (2024). *Kebakaran, Bencana Paling Banyak Terjadi di Jakarta Pada 2024*. Radio Republik Indonesia. <https://www.rri.co.id/dki->

- jakarta/daerah/1229345/kebakaran-bencana-paling-banyak-terjadi-di-jakarta-pada-2024
- Mirowsky, J., & Ross, C. E. (2003). *Social Causes of Psychological Distress. Second edition*. Walter de Gruyter, Inc.
- Mochsin, S. (2023). Peran Bidang Pemadam Kebakaran. *FOKUS : Publikasi Ilmiah Untuk Mahasiswa, Staf Pengajar Dan Alumni Universitas Kapuas Sintang*, 21(1), 131–143. <https://doi.org/10.51826/fokus.v21i1.727>
- Muñoz, I. G., & Santos-lozada, A. R. (2024). Educational Attainment and Psychological Distress Among Working-Age Adults in the United States. *SSM Mental HEALTH*, 1(814), 1–22. <https://doi.org/10.1016/j.ssmmh.2021.100003>
- Novita, P., & Rahayu, M. N. M. (2023). Intolerance of uncertainty dan psychological distress yang dialami mahasiswa angkatan pertama pada program studi yang baru didirikan. *Psikoborneo Jurnal Ilmiah Psikologi*, 11(1), 124–130. <http://dx.doi.org/10.30872/psikoborneo.v11i1>
- Nugroho, E. (2025). *Kebakaran Glodok Plaza Mangga Besar Jakarta Barat, Jumlah Korban Meninggal Menjadi 16 Orang*. Banjarmasin.Tribunnews.Com. <https://banjarmasin.tribunnews.com/2025/02/05/kebakaran-glodok-plaza-mangga-besar-jakarta-barat-jumlah-korban-meninggal-menjadi-16-orang>
- Oliveira, J., Aires Dias, J., Duarte, I. C., Caldeira, S., Marques, A. R., Rodrigues, V., Redondo, J., & Castelo-Branco, M. (2023). Mental health and post-traumatic stress disorder in firefighters: an integrated analysis from an action research study. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1259388>
- Pianto, A., & Rofiyanti, E. (2021). Analisis Partisipasi Masyarakat dalam Pencegahan dan Penanggulangan Kebakaran Pemukiman Sektoral Kecamatan

- Kebayoran Lama Jakarta Selatan. *Jurnal Ilmu Administrasi Publik*, 1(3), 235–242.
- Puspitaningrum, N. P. P., & Pudjiati, S. R. R. (2021). Peran resource dan vulnerability index of resilience terhadap distres psikologis remaja saat pandemi Covid-19. *Jurnal Ilmiah Psikologi Terapan*, 9(2), 156–163. <https://doi.org/10.22219/jipt.v9i2.14265>
- Rahman, O. A., Sufian, A., & Kamaruzaman, Z. (2019). Depression, anxiety and stress among firefighters at one of Balai Bomba in Negeri Sembilan-a case study. *Journal of Education and Social Sciences*, 13(1), 86–94. <https://www.moe.gov.my/muat-turun/penerbitan-dan-jurnal/penyelidikan/1360-jurnal7/file>
- Rangkuti, A. A. (2011). *Konsep dan Teknik Analisis Data Penelitian Kuantitatif Bidang Psikologi dan Pendidikan*. FIP PRESS.
- Rapisarda, F., Guay, S., Ouellet-Morin, I., Bond, S., & Geoffrion, S. (2024). Longitudinal assessment of psychological distress and its determinants in a sample of firefighters based in Montreal, Canada. *Frontiers in Psychology*, 15(February), 1–13. <https://doi.org/10.3389/fpsyg.2024.1303063>
- Reivich, K., & Shatte, A. (2002). *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Obstacles*. Broadway Books.
- Resnick, B., Gwyther, L. P., & Roberto, K. A. (2011). *Resilience in Aging: Concepts, Research, and Outcomes*. Springer New York.
- Saifuddin, A. (2021). *Validitas dan Reliabilitas Alat Ukur Psikologi* (1st ed.). Rajawali Pers.
- Sayed, T., Malan, H., & Fourie, E. (2024). Exploring the associations between resilience and psychological well-being among South Africans during COVID-19. *Frontiers in Psychology*, 15, 1–12. <https://doi.org/10.3389/fpsyg.2024.1323466>

- Setianingsih, S., Setianingrum, G. S., Darwati, L. E., & Anggraeni, R. (2023). Pengetahuan dan sikap civitas akademika mengenai resiko bencana kebakaran kampus. *Jurnal Penelitian Perawat Profesional*, 5(3), 905–914. <https://doi.org/10.37287/jppp.v5i3.1630>
- Sianturi, K., Handayani, R., Handayani, P., & Keumala Muda, C. A. (2021). Risk factors of work stress on firefighters. *Journal of Vocational Health Studies*, 5(2), 112. <https://doi.org/10.20473/jvhs.v5.i2.2021.112-118>
- Soteriades, E. S., Psalta, L., Leka, S., & Spanoudis, G. (2019). Occupational stress and musculoskeletal symptoms in firefighters. *International Journal of Occupational Medicine and Environmental Health*, 32(3), 341–352. <http://www.embase.com/search/results?subaction=viewrecord&from=export&id=L627180312%0A> <http://dx.doi.org/10.13075/ijomeh.1896.01268>
- Soteriades, E. S., Vogazianos, P., Tozzi, F., Antoniades, A., Economidou, E. C., Psalta, L., & Spanoudis, G. (2022). Exercise and Occupational Stress among Firefighters. *International Journal of Environmental Research and Public Health*, 19(9). <https://doi.org/10.3390/ijerph19094986>
- Southwick, S. M., Bonanno, G. A., Masten, A. S., Panter-Brick, C., & Yehuda, R. (2014). Resilience definitions, theory, and challenges: Interdisciplinary perspectives. *European Journal of Psychotraumatology*, 5, 1–14. <https://doi.org/10.3402/ejpt.v5.25338>
- Sudiana, N., Rovara, O., & Astisiasari, A. (2018). Analisis potensi bahaya bencana kebakaran perkotaan di Provinsi DKI Jakarta. *Jurnal Sains Dan Teknologi Mitigasi Bencana*, 13(2), 110. <https://doi.org/10.29122/jstmb.v13i2.2904>
- Sun, X., Li, X., Huang, J., & An, Y. (2019). Prevalence and predictors of PTSD , depression and posttraumatic growth among Chinese firefighters. *Archives of Psychiatric Nursing*, November, 1–5. <https://doi.org/10.1016/j.apnu.2019.12.007>

- Traunmüller, C., Stefitz, R., Schneider, M., & Schwerdtfeger, A. (2021). Resilience moderates the relationship between the psychological impact of COVID-19 and anxiety. *Psychology, Health and Medicine*, 28(7), 1861–1872. <https://doi.org/10.1080/13548506.2021.1955137>
- Wagnild, G. (2009). A review of the resilience Scale. *Journal of Nursing Measurement*, 17(2), 105–113. <https://doi.org/10.1891/1061-3749.17.2.105>
- Wagnild, G. M., & Young, H. M. (1993). Development and psychometric evaluation of the Resilience Scale. *Journal of Nursing Measurement*, 1(2), 165–178.
- Wagnild, G., & Young, H. M. (1990). Resilience Among Older Women. *Image: The Journal of Nursing Scholarship*, 22(4), 252–255. <https://doi.org/10.1111/j.1547-5069.1990.tb00224.x>
- Wang, M., Li, J., Yan, G., Lei, T., Rong, W., & Sun, L. (2022). The relationship between psychological resilience, neuroticism, attentional bias, and depressive symptoms in college Chinese students. *Frontiers in Psychology*, 13(October), 1–10. <https://doi.org/10.3389/fpsyg.2022.884016>
- Wantouw, F., Raco, B., & Padachan, C. M. M. (2023). Analisis penanggulangan kebakaran gedung Yosephus Unika de la Salle Manado. *Jurnal Ilmiah Realtech*, 19(2), 42–48.
- Wolin, S. J., & Wolin, S. (1993). *The Resilient Self: How Survivors of Troubled Families Arise above Adversity*. Villard Books.
- Zaman, N. I., Zahra, K., Yusuf, S., & Khan, M. A. (2023). Resilience and psychological distress among burn survivors. *Burns*, 49(3), 670–677. <https://doi.org/10.1016/j.burns.2022.05.001>
- Zegel, M., Kabel, K. E., Lebeaut, A., & Vujanovic, A. A. (2022). Distress overtolerance among firefighters: associations with posttraumatic stres. *Psychological Trauma: Theory, Research, Practice, and Policy*, 15(Suppl 2),

S315–S318. <https://doi.org/10.1037/tra0001393>

