

DAFTAR PUSTAKA

- Ali, S. B., Ahmad, M. J., Ramzan, I., Ali, M., & Khan, K. (2022). Exploring the nexus between mindfulness, gratitude, and wellbeing among youth with the mediating role of hopefulness: A south asian perspective. *Frontiers in Psychology*, 13, 915667.
- Allen, T. D., Johnson, R. C., Kiburz, K. M., & Shockley, K. M. (2013). Work–family conflict and flexible work arrangements: Deconstructing flexibility. *Personnel psychology*, 66(2), 345-376.
- Bamonti, P. M., Smith, A., & Smith, H. M. (2022). Cognitive emotion regulation strategies predict burnout in geriatric nursing staff. *Clinical Gerontologist*, 45(5), 1236-1244.
- Chang, M. L. (2020,). Emotion display rules, emotion regulation, and teacher burnout. In *Frontiers in Education* (Vol. 5, p. 90). Frontiers Media SA.
- Cregg, D. R., & Cheavens, J. S. (2021). Gratitude interventions: Effective self-help? A meta-analysis of the impact on symptoms of depression and anxiety. *Journal of Happiness Studies*, 22, 413-445.
- Einav, M., Confino, D., Geva, N., & Margalit, M. (2024). Teachers' burnout–The role of social support, gratitude, hope, entitlement and loneliness. *International Journal of Applied Positive Psychology*, 9(2), 827-849.
- Fathi, J., Greenier, V., & Derakhshan, A. (2021). Self-efficacy, reflection, and burnout among Iranian EFL teachers: the mediating role of emotion regulation. *Iranian Journal of Language Teaching Research*, 9(2), 13-37.
- Ghozali, I. (2018). *Aplikasi Analisis Multivariate dengan Program SPSS 25*. Badan Penerbit UNDIP.
- Gina, F., & Fitriani, Y. (2022). Regulasi Emosi dan Parenting Stres Pada Ibu Bekerja. *Jurnal Kajian Ilmiah*, 22(1), 45-52.

- Greenhaus, J. H., & Beutell, N. J. (1985). Sources of conflict between work and family roles. *Academy of management review*, 10(1), 76-88.
- Gross, J. J., & John, O. P. (1998). Mapping the domain of expressivity: multimethod evidence for a hierarchical model. *Journal of personality and social psychology*, 74(1), 170.
- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: implications for affect, relationships, and well-being. *Journal of personality and social psychology*, 85(2), 348.
- Guan, B., & Jepsen, D. M. (2020). Burnout from emotion regulation at work: The moderating role of gratitude. *Personality and Individual Differences*, 156. <https://doi.org/10.1016/j.paid.2019.109703>
- Jans-Beken, L., Jacobs, N., Janssens, M., Peeters, S., Reijnders, J., Lechner, L., & Lataster, J. (2019). Reciprocal relationships between state gratitude and high-and low-arousal positive affects in daily life: A time-lagged ecological assessment study. *The Journal of Positive Psychology*, 14(4), 512-527.
- Khasanah, N. (2021). Peran Perempuan Pengrajin Tambah dalam Meningkatkan Ekonomi Keluarga. *JBMA : Jurnal Bisnis, Manajemen, Dan Akuntansi*, 8(1), 20–38. <https://www.bps.go.id>
- Ludwina, G., & Lubis, F. Y. (2023). Adapting the Copenhagen Burnout Inventory (CBI) Instrument for Elementary School Teachers Working with Gifted Students: Adaptasi Alat Ukur Copenhagen Burnout Inventory (CBI) untuk Guru SD yang Bekerja dengan Siswa Berbakat. *Psikologika: Jurnal Pemikiran dan Penelitian Psikologi*, 28(2), 263-280.
- McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112.
- Nadiva, F. P., & Cahyadi, N. (2022). Konflik Peran Ganda dan Burnout terhadap Kinerja Karyawan Wanita. *Jurnal Informatika Ekonomi Bisnis*, 221–226. <https://doi.org/10.37034/infeb.v4i4.178>

- Navarro, J. L., & Tudge, J. R. H. (2020). What Is Gratitude? Ingratitude Provides the Answer. *Human Development*, 64(2), 83–96.
<https://doi.org/10.1159/000511185>
- Nicuță, E. G., Diaconu-Gherasim, L. R., & Constantin, T. (2023). How trait gratitude relates to teachers' burnout and work engagement: Job demands and resources as mediators. *Current Psychology*, 42(34), 30338-30347.
- Puar, P. (2022). *Empowered ME (Mother Empowers): Ibu Berdaya Dimulai dari Diri Sendiri*. Gramedia Pustaka Utama.
- Riswandy, S. N., & Abdullah, M. N. A. (2024). Peran Ganda Perempuan dalam Dinamika Ekonomi dan Keluarga di Kota Bandung. *Jurnal Humanitas: Katalisator Perubahan Dan Inovator Pendidikan*, 10(2), 255–264.
<https://doi.org/10.29408/jhm.v10i2.25579>
- Shaker, M. (2021). Preventing burnout through wellness and an attitude of gratitude. *Annals of Allergy, Asthma & Immunology*, 126(3), 215-216.
- Sugiyono. (2020). *Metodelogi Penelitian Kuantitatif dan Kualitatif Dan R&D*. Alfabeta.
- Warsah, I., Chamami, M. R., Prastuti, E., Morganna, R., & Iqbal, M. M. (2023). Insights on mother's subjective well-being: The influence of emotion regulation, mindfulness, and gratitude. *Psikohumaniora*, 8(1), 51–68.
<https://doi.org/10.21580/pjpp.v8i1.13655>
- Xu, X., Chen, L., Yuan, Y., Xu, M., Tian, X., Lu, F., & Wang, Z. (2021). Perceived stress and life satisfaction among Chinese clinical nursing teachers: a moderated mediation model of burnout and emotion regulation. *Frontiers in psychiatry*, 12, 548339.