

DAFTAR PUSTAKA

- Alfajar, Y., & Hidayati, R. A. (2022). Dampak Kelelahan Mental (Burnout) Terhadap Kinerja Karyawan Retail Besi dan Baja. *Jurnal Mahasiswa Manajemen*, 3(01), 16.
<https://doi.org/10.30587/mahasiswamanajemen.v3i01.4050>
- Alvia Cahya Damar, Desy Safitri, & Sujarwo Sujarwo. (2025). Analisis Dampak Kepadatan Penumpang KRL Terhadap Tingkat Stres Masyarakat Jabodetabek. *Jurnal Ilmiah Penelitian Mahasiswa*, 3(2), 226–235.
<https://doi.org/10.61722/jipm.v3i2.815>
- Aprillia, A., Zamralita, Z., & Putra, I. R. P. (2025). Gambaran Burnout pada Karyawan Milenial di Jakarta. *AHKAM*, 4(4), 1821–1837.
<https://doi.org/10.58578/ahkam.v4i4.8221>
- Astuti, R. P., & Has, D. F. S. (2024). Hubungan Faktor-Faktor *Burnout* Terhadap Kinerja Karyawan di Kantor Kesehatan Pelabuhan Kelas 1 Surabaya. *Jurnal Medika Malahayati*, 7(4), 1084–1092.
<https://doi.org/10.33024/jmm.v7i4.12034>
- Badan Perencanaan Pembangunan Daerah (Bappeda) DKI Jakarta & Kearney. (2025). *Jakarta RISE#20: Langkah menuju 20 kota global teratas — Buku 2: Bisnis & ekonomi*. Pemerintah Provinsi DKI Jakarta.
<https://bappeda.jakarta.go.id>
- Badan Pusat Statistik Indonesia. (31 Desember 2025). *Statistik Mobilitas Penduduk dan Tenaga Kerja 2024*. Diakses pada 24 April 2026, dari
<https://www.bps.go.id/id/publication/2025/12/31/7c6b5b2ab96788c258cad7f6/statistik-mobilitas-penduduk-dan-tenaga-kerja-2024.html>
- Badan Pusat Statistik Provinsi Jawa Barat. (2026). *Keadaan angkatan kerja di Provinsi Jawa Barat Agustus 2025*. BPS Provinsi Jawa Barat.
<https://jabar.bps.go.id/id/publication/2026/03/17/aefac2f9bd4c5c0b94b3ae66/keadaan-angkatan-kerja-di-provinsi-jawa-barat-agustus-2025.html>

- Bakker, A. B., Demerouti, E., Schaufeli, W. B., Bakker, A. B., Demerouti, E., & Schaufeli, W. B. (2007). *Validation of the Maslach Burnout Inventory-General Survey: An Internet Study across Occupations*.
- Bolger, N., & Schilling, E. A. (1991). Personality and the problems of everyday life: The role of neuroticism in exposure and reactivity to daily stressors. *Journal of Personality*, 59(3), 355–386. <https://doi.org/10.1111/j.1467-6494.1991.tb00253.x>
- Darwin, Muhammad, dkk. (2021). *Metode Penelitian Pendekatan Kuantitatif*. Bandung: CV Media Sains Indonesia
- DeLongis, A., Coyne, J. C., Dakof, G., Folkman, S., & Lazarus, R. S. (1982). Relationship of *daily hassles*, uplifts, and major life events to health status. *Health Psychology*, 1(2), 119–136. <https://doi.org/10.1037/0278-6133.1.2.119>
- Demerouti, E., & Bakker, A. B. (2008). The Oldenburg *Burnout* Inventory: A Good Alternative to Measure *Burnout* and Engagement. In *Handbook of Stress and Burnout in Health Care* (pp. 65-78).
- Faisal, F. F., & Salendu, A. (2024). Peranan pengalaman kesesakan terhadap stres perjalanan pada pekerja pengguna KRL Commuter Line. *Journal Diversita*, 10(2), 171–175. <https://doi.org/10.31289/diversita.v10i2.12387>
- Freudenberger, H. J. (1974). Staff Burn-Out. *Journal of Social Issues*, 30(1), 159–165. <https://doi.org/10.1111/j.1540-4560.1974.tb00706.x>
- Ghozali, I. (2021). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 26* (Edisi 10). Badan Penerbit Universitas Diponegoro.
- Hanum, S. A., & Siswati, S. (2017). Hubungan Antara Emotional Labor Dengan *Burnout* Pada Pegawai Badan Pusat Statistik (Bps) Kota Semarang. *Jurnal EMPATI*, 6(2), 21-30. <https://doi.org/10.14710/empati.2017.19726>
- Hardiyatno, W., Tanuwijaya, J., & Gunawan, A. (2024). The Effect of Daily Uplift, *Daily Hassles*, and Family Support Against Well-Being Through Work Engagement. *Indonesian Interdisciplinary Journal of Sharia Economics (IIJSE)*, 7(3), 6072-6086. <https://doi.org/10.31538/ijse.v7i3.5171>
- Hildawati, Suhirman, L., Prisuna, B. F., Husnita, L., Mardiakwati, B., Isnaini, S., Wahyudin, S. E., Setiawan, H., Hadiyat, I. Y., Sroyer, A. M., &

- Saktisya Putra, S. (2024). *Metodologi penelitian kuantitatif & aplikasi pengolahan analisis data statistik*. PT Sonpedia Publishing Indonesia.
- Hubungan Strategi Coping Stres dengan Motivasi Belajar pada Siswa SMAN 96 Jakarta Barat dalam Pembelajaran Jarak Jauh Selama Masa Pandemi. (2021). *UNUSIA CONFERENCE*, 1(1), 29-44. <https://journal.unusia.ac.id/Conferenceunusia/article/view/190>
- Ibrahim, A., Alang, A. H., Madi, Baharuddin, Ahmad, M. A., & Darmawati. (2018). *METODOLOGI PENELITIAN*. In *Gunadarma Ilmu* (1st ed.).
- Imam Machali, - (2021) *Metode Penelitian Kuantitatif (Panduan Praktis Merencanakan, Melaksanakan, dan Analisis dalam Penelitian Kuantitatif)*. Fakultas Ilmu Tarbiyah dan Keguruan Universitas Islam Negeri (UIN) Sunan Kalijaga Yogyakarta, Yogyakarta. ISBN 978-602-603461-8
- Kanner, A. D., Coyne, J. C., Schaefer, C., & Lazarus, R. S. (1981). Comparison of two modes of stress measurement: *Daily hassles* and uplifts versus major life events. *Journal of Behavioral Medicine*, 4(1), 1–39. <https://doi.org/10.1007/BF00844845>
- Kerja, P., Divisi, K., Pt, O., Pusat, J., Lestari, S., & Permatasari, R. (2023). Pengaruh Pengalaman Kerja Dan Disiplin Kerja Terhadap Prestasi Kerja Karyawan Divisi Operasional Pt. Pegadaian Galeri 24, Jakarta Pusat. *Jurnal Ilmiah M-Progress*, 13(1). <https://doi.org/10.35968/m-pu.v13i1.1027>
- Klusmann, U., Aldrup, K., Schmidt, J., & Lüdtke, O. (2020). Is emotional exhaustion only the result of work experiences? A diary study on *daily hassles* and uplifts in different life domains. *Anxiety, Stress & Coping*, 34(2), 173–190. <https://doi.org/10.1080/10615806.2020.1845430>
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer.
- Lutfia, A., Riezky, A. K., & Andriaty, S. N. (2021). Faktor Penyebab Terjadinya *Burnout* Pada Mahasiswa Program Studi Pendidikan Dokter Universitas Abulyatama. *Jurnal Ilmu Kedokteran Dan Kesehatan*, 8(2). <https://doi.org/10.33024/jikk.v8i2.4058>
- Maslach, C. (2001). What have we learned about *burnout* and health? *Psychology and Health*, 16(5), 607–611. <https://doi.org/10.1080/08870440108405530>

- Maslach, C., & Leiter, M. (2007). Burnout. In G. Fink, *Encyclopedia of Stress* (pp. 358-362). Elsevier Inc.
- McIntyre, K. P., Korn, J. H., & Matsuo, H. (2008). Sweating the small stuff: how different types of hassles result in the experience of stress. *Stress and Health*, 24(5), 383–392. <https://doi.org/10.1002/smi.1190>
- Musabiq, S., & Karimah, I. (2018). Gambaran stres dan dampaknya pada mahasiswa. *Insight Jurnal Ilmiah Psikologi*, 20(2), 74. <https://doi.org/10.26486/psikologi.v20i2.240>
- Nadia, S., Masykuroh, M. A., Admadja, W. D., Rahmatia, D. A., Fitriyah, N., & Nurwianti, F. (2025). Commuting stress among workers in Jabodetabek and its impact on health. *Jurnal Psikologi Tabularasa*, 20(1), 33–42. <https://doi.org/10.26905/jpt.v20i1.15436>
- Nelma, H. (2019). Gambaran burnout pada profesional kesehatan mental. *Jurnal Psikologi Pendidikan Dan Pengembangan Sdm*, 8(1), 12–27. <https://doi.org/10.37721/psi.v7i2.590>
- Neubauer, A. B., Smyth, J. M., & Sliwinski, M. J. (2018). Age differences in proactive coping with minor hassles in daily life. *The Journals of Gerontology Series B*, 74(1), 7–16. <https://doi.org/10.1093/geronb/gby061>
- Nurfitriandini, S. (2024). Pengembangan Instrumen Tes Diagnostik Tingkat Konsepsi pada Materi Kinematika. *Nebula: Jurnal Penelitian dan Pembelajaran Fisika*, 1(1). <https://dx.doi.org/10.62870/nebula.v1i1.30259>
- Onibala, A. G., Saerang, I. L., & Dotulong, L. O. (2017). Analisis Perbandingan Prestasi Kerja Karyawan Tetap Dan Karyawan Tidak Tetap Di Kantor Sinode Gmim. *Jurnal Emba*, 5(2), 380-387. <https://doi.org/10.35794/emba.v6i1.19120>
- Otero-López, J. M., Mariño, M. J. S., & Bolaño, C. C. (2008). An integrating approach to the study of burnout in university professors. *PubMed*, 20(4), 766–772. <https://pubmed.ncbi.nlm.nih.gov/18940081>
- Safitri, R., & Kusuma, B. M. A. (2019). Ancaman *daily hassles* terhadap kinerja agen pemasaran Prudential Syariah di area Yogyakarta. *Jurnal Manajemen Dakwah*, 5(1), 1–11.

- Sarafino, E. P., & Ewing, M. (1999). The Hassles Assessment Scale for students in College: Measuring the frequency and unpleasantness of and dwelling on stressful events. *Journal of American College Health*, 48(2), 75–83. <https://doi.org/10.1080/07448489909595677>
- Setyodhono, S. (2017). Faktor yang memengaruhi pekerja komuter di Jabodetabek menggunakan moda transportasi utama. *Warta Penelitian Perhubungan*, 29(1), 21. <https://doi.org/10.25104/warlit.v29i1.326>
- Shankland, R., Kotsou, I., Vallet, F. dkk. *Burnout* in university students: the mediating role of sense of coherence on the relationship between *daily hassles* and burnout. *High Educ* 78, 91–113 (2019). <https://doi.org/10.1007/s10734-018-0332-4>
- Sugiyono, P. D. (2023). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (28th ed.). Alfabeta.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D* (19th ed.). Alfabeta.
- Syaifuro, K. M. Y., & Prirahayu, O. (2021). Hubungan Tingkat Stres dengan Kualitas Tidur Pada Mahasiswa Tingkat Akhir. *Healthy Journal*, 10(2), 99–108. <https://doi.org/10.55222/healthyjournal.v10i2.1083>
- Triwahyudianto, T. (2025). Determinan Sosio-Demografi Keputusan Migrasi Non-Permanen: Studi Empiris pada Pekerja di Jawa Timur. *Jurnal Ilmu Sosial Dan Humaniora*, 14(2), 372–382. <https://doi.org/10.23887/jish.v14i2.92134>
- Udayar, S., dkk. (2021). The LIVES *daily hassles* scale and its relation to life satisfaction. *Assessment*, 30(2), 348–363. <https://doi.org/10.1177/10731911211047894>
- W, W. (2024). Pengaruh Beban Kerja, Stres Kerja, dan Lingkungan Kerja Terhadap Turnover Intention Pada Generasi Z di Jabodetabek. *Zenodo (CERN European Organization for Nuclear Research)*. <https://doi.org/10.5281/zenodo.13143839>
- Widhianingtanti, L. T., & Van Luijtelaar, G. (2022). The Maslach-Trisni *Burnout* Inventory: Adaptation for Indonesia. *JP3I (Jurnal Pengukuran Psikologi*

dan Pendidikan Indonesia), 11(1), 1–21.
<https://doi.org/10.15408/jp3i.v11i1.24400>

