

DAFTAR PUSTAKA

- Asih, G. Y., Widhiastuti, H. and Rusmalia Dewi 2018 *Stress Kerja*. semarang: Semarang University Press.
- Azwar, S. 2015 *Penyusunan Skala Psikologi Edisi 2*. Yogyakarta: Pustaka Belajar.
- Basrowi, R. W., Khoe, L. C. and Isbayuputra, M. 2020 *83% Tenaga Kesehatan Indonesia Mengalami Burnout Syndrome Derajat Sedang dan Berat Selama Masa Pandemi COVID-19, 14 September 2020*. Available at: <https://fk.ui.ac.id/berita/83-tenaga-kesehatan-indonesia-mengalami-burnout-syndrome-derajat-sedang-dan-berat-selama-masa-pandemi-covid-19.html>.
- Bruyneel, A. et al. 2021 ‘Prevalence of burnout risk and factors associated with burnout risk among ICU nurses during the Covid-19 outbreak in French speaking Belgium’, *Intensive and Critical Care Nursing*, 65, p. 103059. doi: 10.1016/j.iccn.2021.103059.
- Chor, W. P. D. et al. 2021 ‘Burnout amongst emergency healthcare workers during the Covid-19 pandemic: A multi-center study’, *American Journal of Emergency Medicine*, 46(January), pp. 700–702. doi: 10.1016/j.ajem.2020.10.040.
- CNN 2020 *Studi: 83 Persen Nakes Alami Burnout Sedang sampai Berat*. Available at: <https://www.cnnindonesia.com/gaya-hidup/20200904165920-255-542929/studi-83-persen-nakes-alami-burnout-sedang-sampai-berat>.
- Cotter, M. & 2013 *Managing Burnout in the Work Place*. Oxford: Chandos Publishing.
- Ed, S. and Lagu, A. 2022 ‘Burnout: A Review of Theory and Measurement’.
- Eliyana 2016 ‘Faktor - Faktor yang Berhubungan dengan Burnout Perawat Pelaksana di Ruang Rawat Inap RSJ Provinsi Kalimantan Barat Tahun 2015’, *Arsi*, 2(3), pp. 172–182.

- Fadhilah Rahmaputri, Felisita Maritza Abidanovanty, N. S. F. and Zen, G. M. S. 2022 ‘Aktivitas Fisik Sebagai Terapi Depresi: sebuah Tinjauan Literatur’, *Syntax Literate: Jurnal Ilmiah Indonesia*, 7(8.5.2017), pp. 2003–2005.
- Faulkner, J. et al. 2021 ‘Physical activity, mental health and well-being of adults during initial Covid-19 containment strategies: A multi-country cross-sectional analysis’, *Journal of Science and Medicine in Sport*, 24(4), pp. 320–326. doi: 10.1016/j.jsams.2020.11.016.
- Golo, Z. A., Eliyah, E. and Zein, E. R. 2021 ‘Faktor Risiko Burnout pada Petugas di Instalasi Rekam Medis dan Informasi Kesehatan RSUD K.R.M.T Wongsoegoro’, *Jurnal Rekam Medis dan Informasi Kesehatan*, 4(2), pp. 115–120. doi: 10.31983/jrmik.v4i2.7858.
- Grace, S. B., Tandra, A. G. K. and Mary, M. 2020 ‘Komunikasi Efektif dalam Meningkatkan Literasi Kesehatan Mental’, *Jurnal Komunikasi*, 12(2), p. 191. doi: 10.24912/jk.v12i2.5948.
- Hegde, B. M. 2018 ‘Health benefits of exercise’, *Kuwait Medical Journal*, 50(2), pp. 143–145. doi: 10.1249/01.mss.0000477455.85942.2f.
- De Hert, S. 2020 ‘Burnout in healthcare workers: Prevalence, impact and preventative strategies’, *Local and Regional Anesthesia*, 13, pp. 171–183. doi: 10.2147/LRA.S240564.
- Huo, L. et al. 2021 ‘Burnout and Its Relationship With Depressive Symptoms in Medical Staff During the Covid-19 Epidemic in China’, *Frontiers in Psychology*, 12(March), pp. 1–9. doi: 10.3389/fpsyg.2021.616369.
- Imboden, C. et al. 2022 ‘Die Bedeutung von körperlicher Aktivität für die psychische Gesundheit’, *Praxis*, 111(4), pp. 186–191. doi: 10.1024/1661-8157/a003831.
- Izzaty, R. E., Astuti, B. and Cholimah, N. 2022 ‘Burnout dan Produktivitas Kerja Tenaga Keperawatan pada Masa Pandemi Covid-19 di RS Medika BSD’, *Jurnal Health Sains*, 3(1), pp. 5–

24.

- Juyeon, A. 2021 *Mengapa Aku Mengalami Burnout*, Reneluv.
- Karagöl, A. and Törenli Kaya, Z. 2022 ‘Healthcare workers’ burn-out, hopelessness, fear of Covid-19 and perceived social support levels’, *European Journal of Psychiatry*, 000(xxxx), pp. 1–7. doi: 10.1016/j.ejpsy.2022.01.001.
- Kiranti, M. 2021 *Tenaga Kesehatan Alami Burnout Syndrome di Masa Pandemi. Ketahui Penyebabnya*, Depok pos. Available at: [https://doi.org/10.21831/medikora.v11i2.2812](https://www.depokpos.com/2021/11/tenaga-kesehatan-alami-burnout-syndrome-di-masa-pandemi-ketahui-penyebabnya/#:~:text=Selanjutnya%2C jika dilihat dari sisi usia%2C tenaga kesehatan,realistik%2C berbeda dengan seseorang yang berusia lebih tua.</p>
<p>Koutsimani, P., Montgomery, A. and Georganta, K. 2019 ‘The relationship between burnout, depression, and anxiety: A systematic review and meta-analysis’, <i>Frontiers in Psychology</i>, 10(MAR), pp. 1–19. doi: 10.3389/fpsyg.2019.00284.</p>
<p>Kushartanti, B. W. 2013 ‘Usaha Kesehatan Olahraga Kuratif Di Masyarakat’, <i>Medikora Vol XI. No. 2 Oktober 2013:123-134</i>, IX, pp. 123–134. doi: <a href=).
- Kusuma, U. *et al.* 2021 ‘Gambaran Burnout Syndrome Perawat IGD’, 54.
- Kusumo, M. P. 2020 *Buku Pemantauan Aktivitas Fisik*. Yogyakarta: The Journal Publishing.
- Leuchter, R. K. *et al.* 2022 ‘Relationship Between Exercise Intensity And Stress Levels Among U.S. Medical Students’, *Medical Education Online*, 27(1). doi: 10.1080/10872981.2022.2027651.
- Lin, R. T. *et al.* 2021 ‘Long working hours and burnout in health care workers: Non-linear dose-response relationship and the effect mediated by sleeping hours—A cross-sectional study’, *Journal of Occupational Health*, 63(1), pp. 1–13. doi: 10.1002/1348-9585.12228.

- Marchand, A., Blanc, M. E. and Beauregard, N. 2018 ‘Do age and gender contribute to workers’ burnout symptoms?’, *Occupational Medicine*, 68(6), pp. 405–411. doi: 10.1093/OCCMED/KQY088.
- Maslach, C., Schaufeli, W. B. and Leiter, M. P. 2001 ‘Job Burnout’, *Annual Review of Psychology*, pp. 397–422.
- Mustikarini, D. 2020 *Hubungan Aktivitas Fisik dengan Burnout pada Dokter Umum Instalasi Gawat Darurat Rumah Sakit di Kota Palembang*. Universitas Sriwijaya.
- Nainggolan, O., Indrawati, L. and Pradono, J. (2019) ‘Kebugaran Jasmani menurut instrument GPAQ dibandingkan dengan VO2max pada wanita umur 25 sampai 54 tahun’, *Buletin Penelitian Sistem Kesehatan*, 21(4), pp. 271–280. doi: 10.22435/hsr.v21i4.752.
- P2PTM Kemenkes RI 2018 *Apa saja akibat dari kurang melakukan aktivitas fisik ?, 27 Oktober 2018*. Available at: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/apa-saja-akibat-dari-kurang-melakukan-aktivitas-fisik>.
- Putri, L. A. Z., Zulkaida, A. and Rosmasuri, P. A. 2019 ‘Perbedaan Burnout Pada Karyawan Ditinjau Dari Masa Kerja’, *Jurnal Psikologi*, 12(2), pp. 157–168. doi: 10.35760/psi.2019.v12i2.2440.
- Reith, T. P. 2018 ‘Burnout in United States Healthcare Professionals: A Narrative Review’, *Cureus*, 10(12). doi: 10.7759/cureus.3681.
- Republik Indonesia 2014 ‘Undang-Undang Republik Indonesia Nomor 36 Tahun 2014 Tentang Tenaga Kesehatan’, *Menteri Hukum dan Hak Asasi Manusia Republik Indonesia*.
- Riskawati, Y. K., Prabowo, E. D. and Al Rasyid, H. 2018 ‘Tingkat Aktivitas Fisik Mahasiswa Program Studi Pendidikan Dokter Tahun Kedua, Ketiga, Keempat’, *Majalah Kesehatan*, 5(1), pp. 27–32. doi: 10.21776/ub.majalahkesehatan.005.01.4.
- Rosales-Ricardo, Y. and Ferreira, J. P. 2022 ‘Effects of Physical Exercise on Burnout Syndrome in University Students’, *MEDICC*

- Review*, 24(1), pp. 36–39. doi: 10.37757/MR2022.V24.N1.7.
- Salvagioni, D. A. J. *et al.* 2017 ‘Physical, psychological and occupational consequences of job burnout: A systematic review of prospective studies’, *PLoS ONE*. Public Library of Science. doi: 10.1371/journal.pone.0185781.
- Santoso, M. D. Y. 2021 ‘Faktor-Faktor Yang Berhubungan Dengan Burnout Pada Tenaga Kesehatan Dalam Situasi Pandemi Covid-19’, *Jurnal Keperawatan Tropis Papua*, 04, pp. 1–10.
- Saridi, M. *et al.* 2019 ‘Correlating physical activity and quality of life of healthcare workers’, *BMC Research Notes*, 12(1), pp. 1–6. doi: 10.1186/s13104-019-4240-1.
- Sarwita, H. A. and Sopiyan, P. 2017 ‘Pengaruh role ambiguity. role overload terhadap burnout dosen tetap dan dpk di lingkungan universitas majalengka’, 4, pp. 99–107.
- Sedarmayanti 2011 *Tata kerja dan Produktivitas Kerja*. Bandung: Mandar Maju.
- Sentoso, S. P. 2001 *Model Manajemen Sumber Daya Manusia Indonesia, Asia dan Timur Jauh*. Jakarta: Bumi Aksara.
- Tejaruth, N. 2021 ‘Faktor Faktor Yang berhubungan dengan burnout syndrome pada dosen fakultas ilmu kesehatan UPN Veteran Jakarta tahun 2020’, pp. 8–15.
- Torrente, M. *et al.* 2021 ‘To burn-out or not to burn-out: A cross-sectional study in healthcare professionals in Spain during Covid-19 pandemic’, *BMJ Open*, 11(2), pp. 1–12. doi: 10.1136/bmjopen-2020-044945.
- Tsou, M. T. 2022 ‘Association of 5 - item Brief Symptom Rating Scale scores and health status ratings with burnout among healthcare workers’, *Scientific Reports*, pp. 1–14. doi: 10.1038/s41598-022-11326-1.
- WHO 2012 ‘Global Physical Activity Questionnaire (GPAQ) Analysis Guide’, Geneva: World Health Organization, pp. 1–22. Available at:

[http://scholar.google.com/scholar?hl=en&btnG=Search&q=intitle:Global+Physical+Activity+Questionnaire+\(GPAQ\)+Analysis+Guide#1](http://scholar.google.com/scholar?hl=en&btnG=Search&q=intitle:Global+Physical+Activity+Questionnaire+(GPAQ)+Analysis+Guide#1).

WHO 2019 *Burn-out an ‘occupational phenomenon’: International Classification of Diseases, Departmental news.* Available at: <https://www.who.int/news-room/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>.

WHO 2020 *Physical activity, 26 November 2020.* Available at: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.

Wolff, M. B. et al. 2021 ‘Associations Between Occupational and Leisure-Time Physical Activity With Employee Stress, Burnout and Well-Being Among Healthcare Industry Workers’, *American Journal of Health Promotion*, 35(7), pp. 957–965. doi: 10.1177/08901171211011372.

Yulianto, H. 2020 ‘Maslach Burnout Inventory-Human Services Survey (MBI-HSS) Versi Bahasa Indonesia: Studi Validasi Konstruk pada Anggota Polisi’, *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia (JP3I)*, 9(1), pp. 19–29. doi: 10.15408/jp3i.v9i1.13329.

Zaman, R., Hankir, A. and Jemni, M. 2019 ‘Lifestyle factors and mental health’, *Psychiatria Danubina*, 31, pp. 217–220.