

## DAFTAR PUSTAKA

- Abdelsalam, A. E., & Eltwansy, M. E. (2023). Readiness for self-directed learning and learning style preferences among first year's medical students. *International Journal Of Community Medicine And Public Health*, 10(2), 575–580. <https://doi.org/10.18203/2394-6040.ijcmph20230207>
- Artz, B., Kaya, I., & Kaya, O. (2022). Gender role perspectives and job burnout. *Review of Economics of the Household*, 20(2), 447–470. <https://doi.org/10.1007/s11150-021-09579-2>
- Bianchi, R., Lindsäter, E., Vollan, T. E., Tesaker, R., Mathisen, H. H., Øyangen, S. H., Ek, B., Bø, U. W., Eilertsen, E. S., Hauglie-Hanssen, T., Hunvik, J. S., Rasul, M. H., & Schonfeld, I. S. (2024). Most people do not attribute their burnout symptoms to work. *Journal of Psychosomatic Research*, 187, 111962. <https://doi.org/10.1016/j.jpsychores.2024.111962>
- Boudreau, D., Santen, S. A., Hemphill, R. R., & Dobson, J. (2004). Burnout in medical students: Examining the prevalence and predisposing factors during the four years of medical school. *Annals of Emergency Medicine*, 44(4), S75–S76. <https://doi.org/10.1016/j.annemergmed.2004.07.248>
- Budiman, M. R., Syah, M. N., Rachmadhiani, I. D., & Rohmawaty, E. (2024). Prevalensi Burnout dan Faktor yang Berasosiasi dengan Burnout Pada Mahasiswa Kedokteran UNPAS: Penelitian Potong Lintang. *INNOVATIVE: Journal Of Social Science Research*, 4.

**Tiara Amanda Budiman, 2025**

**PENGARUH SELF-DIRECTED LEARNING READINESS (SDLR) TERHADAP KEJADIAN BURNOUT AKADEMIK PADA MAHASISWA PREKLINIK FK UPNVJ TAHUN 2025**

UPN Veteran Jakarta, Fakultas Kedokteran, Program Studi Kedokteran Program Sarjana  
[www.upnvj.ac.id](http://www.upnvj.ac.id) - [www.library.upnvj.ac.id](http://www.library.upnvj.ac.id) - [www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)

- Chen, J. H., Björkman, A., Zou, J. H., & Engström, M. (2019). Self-regulated learning ability, metacognitive ability, and general self-efficacy in a sample of nursing students: A cross-sectional and correlational study. *Nurse Education in Practice*, 37, 15–21. <https://doi.org/10.1016/j.nepr.2019.04.014>
- Chen, Z., Ma, Y., Feng, X., & Lin, Y. (2023). Correlation analysis of self-directed learning ability, self-efficacy and academic burnout of junior nursing college students in closed management colleges. *Nursing Open*, 10(4), 2508–2518. <https://doi.org/10.1002/nop2.1509>
- Cipta, D. A., Wijovi, F., Melisa, L., Lili, R., Marcella, E., Tancherla, A., Siswanto, F. G., Adiya, D. A. K. L., Chen, S., Dermawan, G. J. C. I., Louis, M. I., Citraningtyas, T., & Molodynski, A. (2022). Burnout prevalence and degree among undergraduate medical students in Indonesia during 1 month of the COVID-19 pandemic: A cross-sectional descriptive survey. *The International Journal of Social Psychiatry*, 68(6), 1232–1237. <https://doi.org/10.1177/00207640221116812>
- Diar, S. D. S. (2022). Hubungan Antara *Self-Regulated Learning* Dengan *Academic Burnout* Pada Mahasiswa Selama Belajar Daring Di Fakultas Kedokteran Universitas Lambung Mangkurat. <https://repo-mhs.ulm.ac.id/handle/123456789/31195>
- Dulloo, P., Singh, S., Vedi, N., & Singh, P. (2023). Development and implementation of a self-directed learning readiness scale for undergraduate health professional

- students. *Journal of Education and Health Promotion*, 12, 43.  
[https://doi.org/10.4103/jehp.jehp\\_900\\_22](https://doi.org/10.4103/jehp.jehp_900_22)
- Dwiana, A., & Alif. (2023). Prevalensi Burnout Berdasarkan Jenis Kelamin Pada Mahasiswa Fakultas Kedokteran Universitas Tarumanagara. *Ebers Papyrus*, 29.
- Edú-Valsania, S., Laguía, A., & Moriano, J. A. (2022). Burnout: A Review of Theory and Measurement. *International Journal of Environmental Research and Public Health*, 19(3), 1780. <https://doi.org/10.3390/ijerph19031780>
- Ellis, E. M. (2020). *On Fire or Burned-Out?: The Role of Self-Monitoring on Burnout in the Workplace* [University of North Florida].  
<https://digitalcommons.unf.edu/etd/952>
- Embriaco, N., Azoulay, E., Barrau, K., Kentish, N., Pochard, F., Loundou, A., & Papazian, L. (2007). High Level of Burnout in Intensivists: Prevalence and Associated Factors. *American Journal of Respiratory and Critical Care Medicine*, 175(7), 686–692. <https://doi.org/10.1164/rccm.200608-1184OC>
- Faizah, S. R. I., Pamungkasari, E. P., & Randita, A. B. T. (2016). The Correlation Between Self-directed Learning Readiness (SDLR) and Academic Procrastination in Medical Students of Medicine Faculty Sebelas Maret University. *Nexus Pendidikan Kedokteran Dan Kesehatan*, 5(1), Article 1.  
<https://jurnal.fk.uns.ac.id/index.php/Nexus-Pendidikan-Kedokteran/article/view/1056>

- Fernández-Castillo, A., & Fernández-Prados, M. J. (2022). Burnout, Resilience and Self-Esteem in School Teaching University Students. *Behavioral Sciences*, *12*(11), 422. <https://doi.org/10.3390/bs12110422>
- Firdaus, A., Yulinasari, N., Djalillah, G., & Utama, M. (2021). Potensi Kejadian Burnout pada Mahasiswa Kedokteran di Masa Pandemi Covid-19. *www.journal-medical.hangtuah.ac.id*, *18*.
- Fisher, M., King, J., & Tague, G. (2001). Development of a self-directed learning readiness scale for nursing education. *Nurse Education Today*, *21*(7), 516–525. <https://doi.org/10.1054/nedt.2001.0589>
- 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>
- Hagger, F. (2021). The Impact Of Personality Traits On The Burnout Promoting Effect Of Poor Supervisor Support. *International Journal of Social Sciences*, *X*.
- Hamid, R. F., Rachman, L., & Firmansyah, M. (2025). Self-Directed Learning Readiness Affects Academic Achievement of Medical Students. <https://dinastipub.org/DIJEMSS>, *6*. <https://doi.org/10.38035/dijemss.v6i3%20https://creativecommons.org/licenses/by/4.0/>
- Hiver, C., Villa, A., Bellagamba, G., & Lehucher-Michel, M.-P. (2022). Burnout prevalence among European physicians: A systematic review and meta-analysis. *International Archives of Occupational and Environmental Health*, *95*(1), 259–273. <https://doi.org/10.1007/s00420-021-01782-z>

- Kadhun, M., Ayinde, O. O., Wilkes, C., Chumakov, E., Dahanayake, D., Ashrafi, A., Kafle, B., Lili, R., Farrell, S., Bhugra, D., & Molodysnki, A. (2022). Wellbeing, burnout and substance use amongst medical students: A summary of results from nine countries. *International Journal of Social Psychiatry*, *68*(6), 1218–1222. <https://doi.org/10.1177/00207640221094955>
- Khairani, Y., & Ifdil, I. (2015). Konsep Burnout pada Mahasiswa Bimbingan dan Konseling. *Konselor*, *4*(4), 208. <https://doi.org/10.24036/02015446474-0-00>
- Khairunnisah, K., Marsofiyati, M., & Utari, E. D. (2025). Literature Review: Pengaruh Strategi Coping Dalam Mengatasi Burnout Akademik Mahasiswa. *ACADEMIA: Jurnal Inovasi Riset Akademik*, *5*(2), 131–138. <https://doi.org/10.51878/academia.v5i2.4970>
- Knowles, M. S. (1975). *Self-Directed Learning: A Guide for Learners and Teachers*. Association Press, 291 Broadway, New York, New York 10007 (\$4).
- Kuswari, J., Darmayani, I. G. A. S., Ganesha, I. G. H., & Mayura, I. P. B. (2024). Perbandingan Burnout Pada Mahasiswa Kedokteran Tahun Pertama Dan Tahun Keempat Universitas Udayana. *E-Jurnal Medika Udayana*, *13*(8), 36–40. <https://doi.org/10.24843/MU.2024.V13.i08.P07>
- Lazarus, Ph.D., R. S., & Folkman, Ph.D., S. (1984). *Stress, Appraisal, And Coping*. Springer Publishing Company, Inc.
- Leclercq, C., Braeckman, L., Firket, P., Babic, A., & Hansez, I. (2021). Interest of a Joint Use of Two Diagnostic Tools of Burnout: Comparison between the Oldenburg Burnout Inventory and the Early Detection Tool of Burnout Completed by

- Physicians. *International Journal of Environmental Research and Public Health*, 18(19), 10544. <https://doi.org/10.3390/ijerph181910544>
- Li, Y., Cao, L., Mo, C., Tan, D., Mai, T., & Zhang, Z. (2021). Prevalence of burnout in medical students in China: A meta-analysis of observational studies. *Medicine*, 100(26), e26329. <https://doi.org/10.1097/MD.00000000000026329>
- Liu, L., MacPhail, F., & Dong, X. (2018). Gender, Work Burden, and Mental Health in Post-Reform China. *Feminist Economics*, 24(2), 194–217. <https://doi.org/10.1080/13545701.2017.1384557>
- Maslach, C., & Jackson, S. E. (1981). The measurement of experienced burnout. *Journal of Organizational Behavior*, 2(2), 99–113. <https://doi.org/10.1002/job.4030020205>
- Maslach, C., Schaufeli, W. B., & Leiter, M. P. (2001). Job Burnout. *Annual Review of Psychology*, 52(1), 397–422. <https://doi.org/10.1146/annurev.psych.52.1.397>
- Mochtar, F. (2022). Gambaran Tingkat Intensitas Belajar Terhadap Kejadian Burnout Pada Mahasiswa Preklinik Fakultas Kedokteran UIN Syarif Hidayatullah Jakarta. *Fakultas Kedokteran UIN Syarif Hidayatullah Jakarta*.
- Molodynski, A., Lewis, T., Kadhum, M., Farrell, S. M., Lemtiri Chelieh, M., Falcão De Almeida, T., Masri, R., Kar, A., Volpe, U., Moir, F., Torales, J., Castaldelli-Maia, J. M., Chau, S. W. H., Wilkes, C., & Bhugra, D. (2021). Cultural variations in wellbeing, burnout and substance use amongst medical students in twelve countries. *International Review of Psychiatry*, 33(1–2), 37–42. <https://doi.org/10.1080/09540261.2020.1738064>

- Mulyadi, H., Nathaniel, K., & Wira, Y. (2022). Hubungan Burnout Akademik Dan Self-Directed Learning Readiness Dengan Motivasi Pada Mahasiswa Kedokteran Umum Universitas Jendral Soedirman. *Medical and Health Journal*, 1, 15. <https://doi.org/10.20884/1.mhj.2022.1.2.5801>
- Mulyono, A. D., & Yoseph Abdul Rahim, A. (2024). Prevalensi Burnout Berdasarkan Jenis Kelamin pada Mahasiswa Fakultas Kedokteran Universitas Tarumanagara. *Ebers Papyrus*, 29(2), 1–12. <https://doi.org/10.24912/ep.v29i2.28146>
- Nosair, E. A., Omar, M., & AlWawi, G. (2024). Evaluation of Self-Directed Learning Readiness Among Medical Students in Sharjah, the United Arab Emirates. *Cureus*, 16(9), e70096. <https://doi.org/10.7759/cureus.70096>
- Notoatmodjo (2018). . Diambil 16 Mei 2025, dari <https://online.anyflip.com/ixmgd/udnd/mobile/>
- Nyambe, H., Mardiwiyoto, H., & Rahayu, G. R. (2016). Faktor-Faktor yang Mempengaruhi Self Directed Learning Readiness pada Mahasiswa Tahun Pertama, Kedua, dan Ketiga di Fakultas Kedokteran Universitas Hasanuddin dalam PBL. *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*, 5(2), 67. <https://doi.org/10.22146/jpki.25318>
- Panhardyka, H. A., Matadjo, A. A. D., & Indria, D. M. (2025). Pengaruh Beban Kerja Terhadap Burnout Dan Stres Kerja Pada Mahasiswa Pendidikan Profesi Fakultas Kedokteran Universitas Islam Malang. *Jurnal Kedokteran Komunitas (Journal of Community Medicine)*, 13(1). <https://jim.unisma.ac.id/index.php/jkkfk/article/view/26597>

- Pradana, A. R. A., Novitasari, A., & Arfiyanti, M. P. (2023). Self-Directed Learning Readiness (SDLR) pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Semarang. *Jurnal Ilmu Kedokteran dan Kesehatan*, 9(4), 1198–1203. <https://doi.org/10.33024/jikk.v9i4.6502>
- Primita, H. Y., & Wulandari, D. A. (2014). Hubungan Antara Motivasi Berprestasi Dengan Burnout Pada Atlet Bulutangkis Di Purwokerto. *Psycho Idea*, 12(1). <https://doi.org/10.30595/psychoidea.v12i1.517>
- Purnamasari, D., Fitriana, S., & Ismah. (2024). Faktor Penyebab Akademik Burnout Pada Mahasiswa Tingkat Akhir. *Psikoedukasia*, 1.
- Rafifah, A. N. (2025). *Dukungan Sosial Teman Sebaya Dalam Mengatasi Masalah Akademik Di Perguruan Tinggi: Studi Kasus Pada Mahasiswa Universitas Nasional* [Bachelor, Universitas Nasional]. <http://repository.unas.ac.id/id/eprint/13822/>
- Riyaningrum, W., & Kusumawati, W. (2019). Pentingnya Self-Directed Learning Readiness (SDLR) Terhadap Motivasi Belajar, Manajemen Diri Dan Pengendalian Diri Pada Mahasiswa Kesehatan: A Literature Review. *Jurnal Penelitian Keperawatan*, 5. <https://doi.org/10.32660/jurnal.v5i1.333>
- Rotenstein, L. S., Torre, M., Ramos, M. A., Rosales, R. C., Guille, C., Sen, S., & Mata, D. A. (2018). Prevalence of Burnout Among Physicians. *JAMA*, 320(11), 1131–1150. <https://doi.org/10.1001/jama.2018.12777>

- Ryan, R. M., & Deci, E. L. (2000). Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being. *American Psychologist*, 55. <https://doi.org/10.1037//0003-066X.55.1.68>
- Sabda, N. H., Novitasari, A., Arfiyanti, M. P., & Romadhoni. (2024). Hubungan Locus of Control dengan Academic Burnout pada Mahasiswa Tahap Akhir Studi S1 Kedokteran Universitas Muhammadiyah Semarang. *Departemen Ilmu Pendidikan Kedokteran, Universitas Muhammadiyah*, 12. <https://doi.org/10.23886/ejki.12.636.175>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Susilo, A. I., Lestari, S. M. P., Marhayuni, E., & Sjahriani, T. (2023). Hubungan Motivasi Belajar Dengan Efikasi Diri Pada Mahasiswa Fakultas Kedokteran Universitas Malahayati. *Prepotif: Jurnal Kesehatan Masyarakat*, 7(1), 975–980. <https://doi.org/10.31004/prepotif.v7i1.13704>
- Tarigan, E., Atrizka, D., Hutabarat, A. C., Cipta Nugraha S, S., Novieandy Utami, C., & Br Tarigan, F. (2024). Hubungan Efikasi Diri Terhadap Motivasi Belajar Pada Mahasiswa Fakultas Psikologi Universitas Prima Indonesia. *Ranah Research : Journal of Multidisciplinary Research and Development*, 6(2), 269–281. <https://doi.org/10.38035/rrj.v6i2.820>
- Triastuti, N. J. (2016a). The Relationship of Self-Directed Learning Readiness and Learning Motivation Towards Learning Achievement of First Year Medical Students. *Proceeding ISETH (International Summit on Science, Technology, and Humanity)*, 1–16. <https://doi.org/10.23917/iseth.2349>

- Triastuti, N. J. (2016b). The Relationship of Self-Directed Learning Readiness and Learning Motivation Towards Learning Achievement of First Year Medical Students. *The 2nd International Conference on Science, Technology, and Humanity*.
- Turan, M. B., & Koç, K. (2018). The Impact of Self-Directed Learning Readiness on Critical Thinking and Self-Efficacy among the Students of the School of Physical Education and Sports. *International Journal of Higher Education*, 7(6), 98. <https://doi.org/10.5430/ijhe.v7n6p98>
- Way, F., Daramatasia, W., & Yuliyani. (2022). Hubungan Stres Akademik Dengan Motivasi Belajar Mahasiswa Keperawatan Semester VI Di Masa Pandemi COVID-19. *Media Husada Journal Of Nursing Science*, 3(3), 198–206. <https://doi.org/10.33475/mhjns.v3i2.95>
- Yıldırım, B., & Şenel, E. (2023). The Relationship Between Work-Life Balance and Academic Burnout Levels of Academic Staff. *International Journal of Psychology and Educational Studies*, 10(3), 638–652. <https://doi.org/10.52380/ijpes.2023.10.3.1168>
- Zhang, Z., Zhai, A., Yang, M., Zhang, J., Zhou, H., Yang, C., Duan, S., & Zhou, C. (2020). Prevalence of Depression and Anxiety Symptoms of High School Students in Shandong Province During the COVID-19 Epidemic. *Frontiers in Psychiatry*, 11, 570096. <https://doi.org/10.3389/fpsy.2020.570096>