

## DAFTAR PUSTAKA

- Aguayo Estremera, R., Cañadas De La Fuente, G. R., Assbaa Kaddouri, L., Cañadas De La Fuente, G. A., Ramírez Baena, L., & Ortega-Campos, E. (2019). A Risk Profile of Sociodemographic Factors in the Onset of Academic Burnout Syndrome in a Sample of University Students. *International Journal of Environmental Research and Public Health*, *16*(5), 707. <https://doi.org/https://doi.org/10.3390/ijerph16050707>
- Ali, S. K., & Soomar, S. M. (2019). Hopelessness leading to self-harm and suicide. *Journal Neurol Neurosci*, *10*, 296. <https://doi.org/10.36648/2171-6625.10.2.296>
- Ariswanti Triningtyas, D., Christiana, R., & Nugraha Adin Saputra, B. (2021). Dinamika Kelelahan Emosional Pada Mahasiswa Dalam Mengerjakan Skripsi. *Prosiding Konseling Kearifan Nusantara (KKN)*, *1*, 137-142. <https://doi.org/10.29407/tzwd4w89>
- Arlinkasari, F., & Akmal, S. Z. (2017). Hubungan antara school engagement, academic self-efficacy dan academic burnout pada mahasiswa. *Humanitas (Jurnal Psikologi)*, *1*(2), 81-102. <https://doi.org/10.28932/humanitas.v1i2.418>
- Azwar, S. (2017). *Metode penelitian (edisi kedua)*. Pustaka Belajar.
- Azwar, S. (2019). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Azwar, S. (2021). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Beck, A. T., Weissman, A., Lester, D., & Trexler, L. (1974). The measurement of pessimism: the hopelessness scale. *Journal of Consulting and Clinical Psychology*, *42*(6), 861.
- Biremanoe, M. E. (2021). Burnout Akademik Mahasiswa Tingkat Akhir. *KoPeN: Konferensi Pendidikan Nasional*, *3*(2), 165-172. [https://ejurnal.mercubuana-yogya.ac.id/index.php/Prosiding\\_KoPeN/article/view/2809/1038](https://ejurnal.mercubuana-yogya.ac.id/index.php/Prosiding_KoPeN/article/view/2809/1038)
- Brazeau, C. M., Schroeder, R., Rovi, S., & Boyd, L. (2010). Relationships between medical student burnout, empathy, and professionalism climate. *Academic Medicine*, *85*(10), S33-S36. <https://doi.org/10.1097/ACM.0b013e3181ed4c47>

- Christiana, E. (2020, September). Burnout akademik selama pandemi covid 19. In *Prosiding Seminar Bimbingan dan Konseling* (pp. 8-15).
- Ding, L., & Wang, Y. (2024). Unveiling Chinese EFL students' academic burnout and its prediction by anxiety, boredom, and hopelessness: a latent growth curve modeling. *Innovation in Language Learning and Teaching*, 1-17. <https://www.tandfonline.com/doi/abs/10.1080/17501229.2024.2407811>
- Długosz, P., & Liszka, D. (2021). The relationship between mental health, educational burnout and strategies for coping with stress among students: A cross-sectional study of Poland. *International Journal of Environmental Research and Public Health*, 18(20), 10827. <https://www.mdpi.com/1660-4601/18/20/10827#>
- Dyrbye, L. N., Thomas, M. R., & Shanafelt, T. D. (2005, December). Medical student distress: causes, consequences, and proposed solutions. In *Mayo Clinic Proceedings* 80(12), pp. 1613-1622. Elsevier. <https://doi.org/10.4065/80.12.1613>
- Elfira, I., Syamsurizal, S., & Lufri, L. (2023). Systematic Literature Review: Efektivitas Penggunaan Google Form untuk Evaluasi Pembelajaran. *Mathema: Jurnal Pendidikan Matematika*, 5(2), 93–109. <https://doi.org/10.33365/JM.V5I2.2811>
- Fadillah, A. E. R. (2013). Stres dan motivasi belajar pada mahasiswa psikologi universitas mulawarman yang sedang menyusun skripsi. *E-Journal Psikologi*, 1(3), 254-267. ISSN 0000-0000, [ejournal.psikologi.fisip-unmul.org](http://ejournal.psikologi.fisip-unmul.org)
- Fernández-Castillo, A. (2021). State-anxiety and academic burnout regarding university access selective examinations in Spain during and after the COVID-19 lockdown. *Frontiers in Psychology*, 12, 621863. <https://doi.org/10.3389/fpsyg.2021.621863>
- Gold, Y., & Roth, R. A. (1993). *Teachers managing stress and preventing burnout: The professional health solution*. Routledge Falmer. <https://books.google.co.id/books?id=jX4nAAAQBAJ&printsec=frontcover&dq=Teachers+managing+stress+and+preventing+burnout:+The+professional+health+solution&hl=en&sa=X&ved=2ahUKEwjhv4TqotLsAhWg63MBHZ30AmIQ6AEwAHoECAQQAg>
- <https://dataindonesia.id/pendidikan/detail/jumlah-mahasiswa-indonesia-sebanyak-932-juta-orang-pada-2022>.

- Hurlock, E. B. (1980). *Psikologi perkembangan (Istiwidayanti & Soedjarwo)*. Bandung : Widina Bhakti Persada .
- Indonesia, P. R. (2003). *Undang-undang Republik Indonesia nomor 20 tahun 2003 Tentang Sistem Pendidikan Nasional*. Jakarta: Kementrian Riset, Teknologi, Dan Pendidikan Tinggi.
- Kocalevent, R. D., Finck, C., Pérez-Trujillo, M., Sautier, L., Zill, J., & Hinz, A. (2017). Standardization of the Beck Hopelessness Scale in the general population. *Journal of Mental Health*, 26(6), 516-522. <https://doi.org/10.1080/09638237.2016.1244717>
- Lee, H. S., & Bae, S. Y. (2019). Analysis of convergent influence of academic burnout, anxiety and psychosocial stress on hopelessness among some health college students using structural equation model. *Journal of the Korea Convergence Society*, 10(11), 165-172. <https://doi.org/10.15207/JKCS.2019.10.11.165>
- Lima, C. L. S., Veloso, L. U. P., Lira, J. A. C., Silva, A. G. N., Rocha, Â. R. C., & Conceição, B. B. (2021). Fatores relacionados à desesperança em universitários. *Cogitare Enfermagem*, 26, e76641. <https://doi.org/10.5380/ce.v26i0.76641>
- Lin, S. H., & Huang, Y. C. (2014). Life stress and academic burnout. *Active Learning in Higher Education*, 15(1), 77-90. <https://doi.org/10.1177/1469787413514651>
- MacGeorge, E. L., Samter, W., & Gillihan, S. J. (2005). Academic stress, supportive communication, and health. *Communication Education*, 54(4), 365-372. <https://doi.org/10.1080/03634520500442236>
- Madigan, DJ & Curran, T. (2021). Apakah kelelahan mempengaruhi prestasi akademik? Sebuah meta-analisis terhadap lebih dari 100.000 siswa. *Tinjauan Psikologi Pendidikan*, 33(2), 387-405. <https://doi.org/10.1007/s10648-020-09533-1> .
- Maslach, C. (2003). *Burnout: The Cost of Caring*. Ishk.
- Mostafavian, Z., Farajpour, A., Ashkezari, S. N., & Shaye, Z. A. (2018). Academic burnout and some related factors in medical students. *Journal of Ecophysiology and Occupational Health*, 1-5. <https://doi.org/10.18311/jeoh/2018/20928>

- Muflihah, L., & Savira, S. I. (2021). Pengaruh persepsi dukungan sosial terhadap burnout akademik selama pandemi. *Jurnal Penelitian Psikologi Mahasiswa*, 8(02), 201-2011. <https://doi.org/10.26740/cjpp.v8i2.40975>
- Murti, B. (2011). Validitas dan reliabilitas pengukuran. Semarang: Uns.
- Pompili, M., Innamorati, M., Narciso, V., Kotzalidis, G. D., Dominici, G., Talamo, A., Girardi, P., Lester, D., & Tatarelli, R. (2010). Burnout, hopelessness and suicide risk in medical doctors. *Clinica terapeutica*, 161(6), 511.
- Rad, M., Shomoossi, N., Rakhshani, M. H., & Sabzevari, M. T. (2017). Psychological Capital and Academic Burnout in Students of Clinical Majors in Iran. *Acta Facultatis Medicae Naissensis*, 34(4), 311–319. <https://doi.org/10.1515/afmnai-2017-0035>
- Rahayu, F. S., Fikriyah, F., Dianasari, D., & Nishfa, R. M. (2022). Kejenuhan Belajar Daring Pada Mahasiswa Prodi PGSD Di Masa Pandemi Covid-19. *Jurnal Cakrawala Pendas*, 8(1), 326-332. <https://doi.org/10.31949/jcp.v8i1.2007>
- Ramteke, I. V., & Ansari, J. (2016). Stress and Anxiety among first-year and final year Engineering students. *Stress*, 3(4), 17-21. ISSN : 2394-2975
- Schaufeli, W., & Enzmann, D. (2020). *The burnout companion to study and practice: A critical analysis*. CRC press.
- Schaufeli, W. B., Martinez, I. M., Pinto, A. M., Salanova, M., & Bakker, A. B. (2002). Burnout and engagement in university students: A cross-national study. *Journal of cross-cultural psychology*, 33(5), 464-481. <https://doi.org/10.1177/0022022102033005003>
- Sugiyono. (2013). *Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D*. Alfabeta.
- Sugiyono. (2016). *Metode penelitian kuantitatif kualitatif, r dan d*. Alfabeta.
- Suparlan. 2004. *Mencerdaskan Kehidupan Bangsa dari Konsepsi Sampai Dengan Impementasi*. Hikayat Publishing.
- Wakhyudin, H., & Putri, A. D. S. (2020). Analisis kecemasan mahasiswa dalam menyelesaikan skripsi. *Wasis: jurnal ilmiah pendidikan*, 1(1), 14-18.