

DAFTAR PUSTAKA

- Amarouche, M., & Fatima Zohra, L. (2021). Disruptive student behavior and its relation with teacher burnout. *Dirassat Journal*, 10, 1.
- Aprilianingsih, A., & Frianto, A. (2022). Pengaruh Job Demands Dan Job Resources Terhadap Work Engagement Pada Tenaga Kependidikan Di Perguruan Tinggi. *Jurnal Ilmu Manajemen*, 10(1), 173–184.
- Attiq, K., & Filatrovi, E. W. (2022). Pengelolaan Burnout Karyawan Guna Menghentikan Cyberloafing. *Among Makarti*, 15(1), 52–64. <https://doi.org/10.52353/ama.v15i1.232>
- Bakker, A. B., Demerouti, E., & Sanz-vergel, A. (2023). *Job Demands – Resources Theory : Ten Years Later*. 25–53.
- Cao, B., Hassan, N. C., & Omar, M. K. (2024). The Impact of Social Support on Burnout among Lecturers: A Systematic Literature Review. *Behavioral Sciences*, 14(8). <https://doi.org/10.3390/bs14080727>
- Dewanti, A. K. (2022). *Pendidikan Menuju Indonesia Emas 2045*. Umm.Ac.Id. <https://www.umm.ac.id/id/arsip-koran/bhirawa/pendidikan-menuju-indonesia-emas-2045.html>
- Dung, V., Trang, V. T., & Lan, N. T. M. (2024). Workload doesn't mean exhaustion: Antecedents of teacher burnout. *Journal of Education and E-Learning Research*, 11(2), 404–412. <https://doi.org/10.20448/jeelr.v11i2.5641>
- 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. <https://doi.org/10.1007/s41042-024-00154-5>
- Fisher, G. G., Bulger, C. A., & Smith, C. S. (2009). Beyond Work and Family: A Measure of Work/Nonwork Interference and Enhancement. *Journal of Occupational Health Psychology*, 14(4), 441–456. <https://doi.org/10.1037/a0016737>
- Fitria, A. S., & Limgiani, L. (2024). Pengaruh Beban Kerja dan Disiplin Kerja terhadap Kinerja Guru (Literature Review). *Journal of Student Research (JSR)*, 2(4), 141–155. <https://doi.org/10.55606/jsr.v2i4.3163>
- Ghozali, I. (2021a). Analisis Regresi : Menilai Goodness of Fit Model. In *Aplikasi Analisis Multivariate* (p. 148). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021b). Analisis Regresi : Menilai Goodness of Fit Suatu Model. In *Aplikasi Analisis Multivariate* (10th ed., pp. 147–148). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021c). Analisis Regresi : Menilai Goodness of Fit Model. In *Aplikasi Analisis Multivariate* (10th ed., p. 149). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021d). Skala Pengukuran dan Metode Analisis Data. In *Aplikasi Analisis Multivariate* (10th ed., pp. 4–5). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021e). Uji Asumsi Klasik. In *Aplikasi Analisis Multivariate* (10th ed., pp. 196–199). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021f). Uji Asumsi Klasik. In *Aplikasi Analisis Multivariate* (10th ed., pp. 178&183). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021g). Uji Asumsi Klasik. In *Aplikasi Analisis Multivariate* (10th ed., pp. 157–158). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021h). Uji Beda T-Test. In *Aplikasi Analisis Multivariate* (10th ed., pp. 77–80). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021i). Uji Reliabilitas dan Validitas Suatu Konstruk Atau Konsep. In *Aplikasi Analisis Multivariate* (10th ed., pp. 66–67). Badan Penerbit Universitas Diponegoro.
- Ghozali, I. (2021j). Uji Reliabilitas dan Validitas Suatu Konstruk Atau Konsep. In *Aplikasi Analisis Multivariate* (10th ed., pp. 61–62). Badan Penerbit Universitas Diponegoro.
- Grazia, V. (2022). A longitudinal study of school climate: Reciprocal effects with student

- engagement and burnout. *Psychology in the Schools*, 59(8), 1521–1537. <https://doi.org/10.1002/pits.22691>
- Haidar, D. (2024). *Perkembangan Pendidikan Indonesia 2024*. Polteksci. <https://polteksci.ac.id/blog/perkembangan-pendidikan-indonesia-2024/>
- Hardiani, W. A. A. H. (2021). Pengaruh Work Family Conflict Dan Beban Kerja Terhadap Burnout dan Dampaknya Pada Cyberloafing. *Jurnal Visi Manajemen*, 7(1), 14–30. <https://doi.org/10.56910/jvm.v7i1.149>
- Hermawan, E. (2024). *BUKU MONOGRAF BEBAN KERJA*.
- Hobfoll, S. E., Halbesleben, J., Neveu, J. P., & Westman, M. (2018). Conservation of resources in the organizational context: The reality of resources and their consequences. *Annual Review of Organizational Psychology and Organizational Behavior*, 5, 103–128. <https://doi.org/10.1146/annurev-orgpsych-032117-104640>
- Huo, M. L., & Jiang, Z. (2023). Work–life conflict and job performance: The mediating role of employee wellbeing and the moderating role of trait extraversion. *Personality and Individual Differences*, 205(January), 112109. <https://doi.org/10.1016/j.paid.2023.112109>
- Iskandar, Y., & Priyana, Y. (2024). *Relationship Between Teacher Burnout , Job Satisfaction , And Student Achievement In Middle Schools : A Case Study In Cianjur , Indonesia*. 5(2), 71–85. <https://doi.org/10.38156/psikowipa.v5i2.119>
- itjen.kemdikbud.go.id. (2023). *Pendidikan Profesi Guru Berkualitas Fasilitasi Transformasi Penyediaan Pendidik Berkompeten*. Itjen.Kemdikbud.Go.Id. <https://itjen.kemdikbud.go.id/web/pendidikan-profesi-guru-berkualitas-fasilitasi-transformasi-penyediaan-pendidik-berkompeten/>
- Jateng.bps. (2024a). *Jumlah Sekolah, Guru, dan Murid Sekolah Dasar (SD) di Bawah Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi Menurut Kabupaten/Kota di Provinsi Jawa Tengah, 2024/2025*. Jateng.Bps.Go.Id. <https://jateng.bps.go.id/id/statistics-table/3/VWtKTmFFbDZaSFJWWVhOYU16WmhaRzICYlM5Wlp6MDkjMyMzMzAw/jumlah-sekolah-guru-dan-murid-sekolah-dasar-sd-di-bawah-kementerian-pendidikan-kebudayaan-ri-set-dan-teknologi-menurut-kabupaten-kota-di-provinsi-jawa-tenga>
- Jateng.bps. (2024b). *Jumlah Sekolah, Guru, dan Murid Sekolah Menengah Pertama (SMP) di Bawah Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi Menurut Kabupaten/Kota di Provinsi Jawa Tengah, 2023/2024*. Jateng.Bps.Go.Id. <https://jateng.bps.go.id/id/statistics-table/3/ZHpkb1ZtcDNZV2RHTIUweVdFZ3JhVkl3Ym1ScVp6MDkjMw==/jumlah-sekolah-guru-dan-murid-sekolah-menengah-pertama-smp-di-bawah-kementerian-pendidikan-kebudayaan-ri-set-dan-teknologi-menurut-kabupaten-kota-di-provinsi-ja>
- Jomuad, P. D., Mabelle Antiquina, L. M., Cericos, E. U., Bacus, J. A., Vallejo, J. H., Dionio, B. B., Bazar, J. S., Cocolan, J. V., & Clarin, A. S. (2021). Teachers' workload in relation to burnout and work performance. *International Journal of Educational Policy Research and Review*, 8(2), 48–53.
- Junaidin, Ikhrum, A. A., & Hardiyono. (2019). Pengaruh Work Life Balance Terhadap Burnout Dan Kepuasan Kerja Karyawan (Studi Kasus Pada Perusahaan Listrik Negara (Pln) Area Makassar Selatan). *Management Development and Applied Research Journal*, 1(2), 27–34.
- Kemdikbud. (2024). *Transformasi Pendidikan Profesi Guru Dalam Jabatan Dorong Pemenuhan Guru Bersertifikat Pendidik*. Kemdikbud.Go.Id. <https://www.kemdikbud.go.id/main/blog/2024/05/transformasi-pendidikan-profesi-guru-dalam-jabatan-dorong-pemenuhan-guru-bersertifikat-pendidik>
- Kemendikbud. (2022). *Lakin GTK 2022*.
- kemendikdasmen. (2025). *PERATURAN MENTERI PENDIDIKAN DASAR DAN MENENGAH REPUBLIK INDONESIA NOMOR 11 TAHUN 2025 TENTANG PEMENUHAN BEBAN*

- KERJA GURU*. <https://Jdih.Kemendikdasmen.Go.Id/>.
- Labina, F. O., Kusumawaty, I., Yunike, & Endriyani, S. (2025). Jurnal Ilmu Psikologi dan Kesehatan. *Jurnal Ilmu Psikologi Dan Kesehatan*, 1(1), 39–48. <https://doi.org/10.54443/sikontan.v1i1.356>
- Lazarus, R. S., & Folkman, S. (1984). Stress, Appraisal, and Coping - Richard S. Lazarus, PhD, Susan Folkman, PhD. *Health Psychology: A Handbook*, 217–254.
- Lestari, P., Violinda, Q., & Goeltom, H. C. (2021). Pengaruh Work Life Balance dan Disiplin Kerja terhadap Kinerja Guru SMA di Kota Semarang pada Saat Pandemi Covid-19. *Intuisi : Jurnal Psikologi Ilmiah*, 12(3), 307–315. <https://doi.org/10.15294/intuisi.v12i3.26777>
- Machali, I. (2021). Metode Penelitian. In A. Q. Habib (Ed.), *Metode Penelitian Kuantitatif* (3rd ed., pp. 70–71). Fakultas Ilmu Tarbiyah dan Keguruan Universitas Islam Negeri (UIN) Sunan Kalijaga Yogyakarta.
- Marcionetti, J., & Castelli, L. (2023). The job and life satisfaction of teachers: a social cognitive model integrating teachers' burnout, self-efficacy, dispositional optimism, and social support. *International Journal for Educational and Vocational Guidance*, 23(2), 441–463. <https://doi.org/10.1007/s10775-021-09516-w>
- Maslach, C., & Leiter, M. P. (2022). the Burnout : Managing People's Relationship with Their Jobs. *Sustainability (Switzerland)*, 11(1), 1–14. http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI
- Motta, R. (2024). *Introductory Chapter: Understanding Burnout*. <https://doi.org/10.5772/intechopen.1004537>
- Motta, R. W. (2020). Burnout syndrome : Characteristics and Interventions. In *Salud(i)Ciencia* (Vol. 19, Issue 5, p. 476). InTechopen. <https://doi.org/https://doi.org/10.5772/intechopen.110960>
- Mulvi, A. N. A., & Emilisa, N. (2024). Pengaruh Work-Life Balance Dan Job Burnout Terhadap Intention To Quit Dengan Psychological Distress Sebagai Varibel Mediasi. *Solusi*, 22(2), 112. <https://doi.org/10.26623/slsi.v22i2.8638>
- Parker, G., Tavella, G., & Eysers, K. (2022). *Burnout: A Guide to Identifying Burnout and Pathways to Recovery*.
- Peck, D. (2024). *Teacher Burnout Statistics: Why Teachers Quit in 2024*. Delvin Peck. <https://www.devlinpeck.com/content/teacher-burnout-statistics>
- Rendi Ahmad, N. (2024). *Peluang Bagi Para Pencari Kerja! Kabupaten Pekalongan Masih Kekurangan 1.200 Guru SD dan SMP Negeri*. Metropekalongan.Jawapos. <https://metropekalongan.jawapos.com/kab-pekalongan/2264070035/peluang-bagi-para-pencari-kerja-kabupaten-pekalongan-masih-kekurangan-1200-guru-sd-dan-smp-negeri>
- Risnatalia, I. G. A., & Wibawa, I. M. A. (2024). Peran Stres Kerja Memediasi Pengaruh Beban Kerja Terhadap Burnout Pada Guru Smp Negeri 1 Seririt. *E-Jurnal Manajemen Universitas Udayana*, 13(1), 41. <https://doi.org/10.24843/ejmunud.2024.v13.i01.p03>
- Rosyid, H. F. (1996). Burnout : PENGHAMBAT PRODUKTIFIT AS. *Buletin Psikologi*, 19–25.
- Saputra, A. K. (2022). Keterbelakangan Kualitas Pendidikan Di Indonesia. *Universitas Andalas*, 5133122001, 1–41.
- Sarafino, E. P., & Smith, T. W. (2019). Health Psychology: Biopsychosocial Interactions. In *Sustainability (Switzerland)* (Vol. 11, Issue 1). http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI

- 06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI
- Shah, S., Noranee, S., Abdul Munir, Z., Noranee, S., Shahrudin, S., & Mujanah, S. (2024). *The Influence of Work-Life Balance, Workload and Work Environment on Burnout among Teachers in Melaka Tengah District, Malaysia*. 16(1), 137–152.
- Silaswara, D., Parameswari, R., Kusnawan, A., Hernawan, E., & Andy. (2021). Manajemen Sumber Daya Manusia. In *Edisi Revisi Jakarta: Bumi Aksara* (Issue 1). <https://www.freepik.com/>
- Simarmata, N. (2023). *Peran Ketangguhan Dan Dukungan Sosial Terhadap Burnout Pada Perawat Di Rumah Sakit Daerah Mangusada Badung*.
- Simić, S., Villar, J. R., Calvo-Rolle, J. L., Sekulić, S. R., Simić, S. D., & Simić, D. (2021). An application of a hybrid intelligent system for diagnosing primary headaches. *International Journal of Environmental Research and Public Health*, 18(4), 1–15. <https://doi.org/10.3390/ijerph18041890>
- Sirgy, M. J., & Lee, D.-J. (2021). *WORK-LIFE BALANCE Based*. 2007–2009.
- Subari, W. A. (2024). *Banyak Guru Alami Masalah Kesehatan Mental dan Cara Mengatasinya*. Mediaindonesia.Com. <https://mediaindonesia.com/humaniora/713251/banyak-guru-alami-masalah-kesehatan-mental-dan-cara-mengatasinya>
- Suls, J., & Wallston, K. A. (2019). Social Psychological Foundations of Health and Illness. In *Sustainability (Switzerland)* (Vol. 11, Issue 1). http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI
- Syed, J. (2015). Work-Life Balance. *Plastic and Aesthetic Nursing*, 43(1), 3. <https://doi.org/10.1097/PSN.00000000000000477>
- Tavassoli, T., & Sunyer, A. (2020). Employee Work-Life Balance, Satisfaction and Burnout in Iran and Spain. *Humanities & Social Sciences Reviews*, 8(3), 779–791. <https://doi.org/10.18510/hssr.2020.8384>
- Utaminingsih, S., Anwar, S., & Rachmawaty, S. (2024). *Pengaruh Work Life Balance terhadap Kinerja Guru PAUD: Tantangan dan Strategi untuk Mencapai Keseimbangan*. 8(5), 1269–1276. <https://doi.org/10.31004/obsesi.v8i5.6061>
- Wahyuni, S., Bellani, E., & Zukahir.Muh. (2023). Peran Personal Resource dalam Mengurangi Stress pada Petugas Lapas. *Jurnal Mirai Management*, 8(1), 347–355. <https://journal.stieamkop.ac.id/index.php/mirai/article/download/4776/3149>
- Yuniar, T. (2024). *Hari Guru Nasional: Momentum Perbaikan Kesejahteraan dan Kualitas Guru*. Kompas.Id. <https://kompaspedia.kompas.id/baca/paparan-topik/hari-guru-nasional-momentum-perbaikan-kesejahteraan-dan-kualitas-guru>
- Zaky, M. (2022). Dampak Keseimbangan Kehidupan Kerja Dan Kehidupan Pribadi Terhadap Kepuasan Dan Kinerja Karyawan. *BRANDING: Jurnal Ilmiah Manajemen Dan Bisnis*, 72–86. <https://www.journal.uinsgd.ac.id/index.php/branding>
- Zulfikar, M. R., & Kasiyati, S. B. (2024). PENGARUH BEBAN KERJA , WORK-LIFE BALANCE, DAN STRESS KERJA TERHADAP JOB BURNOUT PADA GURU DI MADRASAH ALIYAH NEGERI KOTA SURABAYA. *Jurnal Ekonomi, Manajemen Dan Akuntansi*, 2(5), 87–102. <http://jurnal.anfa.co.id/index.php/mufakat>