DAFTAR PUSTAKA

1. Cascella M. Features, Evaluation, and Treatment of Coronavirus (COVID-19) [Internet]. StatPearls [Internet]. U.S. National Library of Medicine; 2021 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/books/NBK554776/
2. Christiana E. Burnout Akademik Selama Pandemi Covid 19 [Internet]. Prosiding Seminar Bimbingan dan Konseling. 2020 [cited 2021Dec4]. Available from: http://conference.um.ac.id/index.php/bk2/article/view/74/77
3. Surat Edaran Mendikbud No 4 tahun 2020 Tentang Pelaksanaan Kebijakan Pendidikan Dalam Masa Darurat Penyebaran Corona Virus Disease (COVID-19) [Internet]. Pusat Pendidikan dan Pelatihan Pegawai Kemendikbud-Ristek. 2020 [cited 2021Dec5]. Available from: https://pusdiklat.kemdikbud.go.id/surat-edaran-mendikbud-no-4-tahun-2020-tentang-pelaksanaan-kebijakan-pendidikan-dalam-masa-darurat-penyebaran-corona-virus-disease-covid-1-9/
4. Pala MGT, Sagita S, Nurina RL. Hubungan Study from Home Terhadap Tingkat Stres Mahasiswa Kedokteran Saat Pandemi COVID-19 di Nusa Tenggara Timur. Cendana Medical Journal. 2021Apr;21(1):169–77.
5. Barseli M, Ifdil I. Konsep Stres Akademik Siswa. Jurnal Konseling dan Pendidikan. 2017Nov30;5(3):143.
6. Transiana E, Nawangsari N, Nurdibyanandaru D. Pengaruh Academic Stress, Achievement Motivation, dan Perceived Social Support terhadap Academic Burnout Siswa SMK. Buletin Riset Psikologi dan Kesehatan Mental (BRPKM). 2021;1(1):435.
7. Reddy KJ, Menon KR, Thattil A. Academic Stress and Its Sources Among University Students [Internet]. Biomedical and Pharmacology Journal. 2018 [cited 2021Dec5]. Available from:

https://biomedpharmajournal.org/vol11no1/academic-stress-and-its-sources-among-university-students/

8. Depression: What is burnout? [Internet]. InformedHealth.org [Internet]. U.S. National Library of Medicine; 2020 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/books/NBK279286/
9. Heinemann LV, Heinemann TH. Burnout Research: Emergence and Scientific Investigation of a Contested Diagnosis - Linda v. Heinemann, Torsten Heinemann, 2017 [Internet]. SAGE Journals. 2017 [cited 2021Dec5]. Available from: https://journals.sagepub.com/doi/full/10.1177/2158244017697154
10. Burnout. World Health Organization (2019). International Statistical Classification of Diseases and Related Health Problems (11th ed.). Available from: https://icd.who.int/browse11/l-m/en#/http://id.who.int/icd/entity/129180281
11. Arlinkasari F, Akmal SZ. Hubungan Antara School Engagement, Academic Self-Efficacy dan Academic Burnout Pada Mahasiswa. Humanitas (Jurnal Psikologi). 2017Aug;1(2):81.
12. Frajerman A, Morvan Y, Krebs M-O, Gorwood P, Chaumette B. Burnout in medical students before residency: A systematic review and meta-analysis. European Psychiatry. 2019;55:36–42.
13. Ilic M, Todorovic Z, Jovanovic M, Ilic I. Burnout Syndrome Among Medical Students at One university in Serbia: Validity and reliability of the Maslach Burnout Inventory-Student Survey [Internet]. Behavioral medicine (Washington, D.C.). U.S. National Library of Medicine; 2016 [cited 2021Dec5]. Available from: https://pubmed.ncbi.nlm.nih.gov/27127903/
14. Lee KP, Yeung N, Wong C, Yip B, Luk LHF, Wong S. Prevalence of medical students' burnout and its associated demographics and lifestyle factors in Hong Kong [Internet]. PloS one. Public Library of Science; 2020 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7351184/

15. Mian A, Kim D, Chen D, Ward WL. Medical Student and Resident Burnout: A Review of Causes, Effects, and Prevention [Internet]. Journal of Family Medicine and Disease Prevention. clinmed journals; 2018 [cited 2021Dec4]. Available from: https://clinmedjournals.org/articles/jfmdp/journal-of-family-medicine-and-disease-prevention-jfmdp-4-094.php?jid=jfmdp
16. Shrestha DB, Katuwal N, Tamang A, Paudel A, Gautam A, Sharma M, et al. Burnout Among Medical Students of a Medical College in Kathmandu; a cross-sectional study [Internet]. PLOS ONE. Public Library of Science; 2021 [cited 2021Dec4]. Available from: https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0253808
17. Vidhukumar K, Hamza M. Prevalence and Correlates of Burnout Among Undergraduate Medical Students - A Cross-Sectional Survey [Internet]. Indian Journal of Psychological Medicine. Wolters Kluwer - Medknow; 2020 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7173651/
18. Walburg V. Burnout Among High School Students: A Literature Review. Children and Youth Services Review. 2014;42:28–33.
19. Kloping NA, Citraningtyas T, Lili R, Farrell SM, Molodynski A. Mental Health and Wellbeing of Indonesian Medical Students: A Regional Comparison Study. International Journal of Social Psychiatry. 2021;:1–5.
20. Yusriyyah S. Hubungan Stres Akademik Dengan Academic Burnout Pada Mahasiswa Program Studi Sarjana Keperawatan Universias Bhakti Kencana [Internet]. 2020 [cited 2021Dec4]. Available from: http://repository.bku.ac.id/xmlui/bitstream/handle/123456789/1330/SELMA%20YUSRIYYAH-1-61.pdf?sequence=1&isAllowed=y
21. Schneiderman N, Ironson G, Siegel SD. Stress and Health: Psychological, Behavioral, and Biological Determinants [Internet]. Annual Review of Clinical

Psychology. U.S. National Library of Medicine; 2005 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2568977/

22. Tsigos C. Stress: Endocrine physiology and pathophysiology [Internet]. Endotext [Internet]. U.S. National Library of Medicine; 2020 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/books/NBK278995/
23. Gianaros PJ, Wager TD. Brain-Body Pathways Linking Psychological Stress and Physical Health [Internet]. Current directions in psychological science. U.S. National Library of Medicine; 2015 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4535428/
24. Watson S. Common causes of Stress & Their Effect on Your Health [Internet]. WebMD. WebMD; [cited 2022Jan11]. Available from: https://www.webmd.com/balance/guide/causes-of-stress
25. Knipscheer J, Sleijpen M, Frank L, de Graaf R, Kleber R, Ten Have M, et al. Prevalence of potentially traumatic events, other life events and subsequent reactions indicative for posttraumatic stress disorder in the Netherlands: A general population study based on the Trauma Screening Questionnaire [Internet]. International journal of environmental research and public health. MDPI; 2020 [cited 2022Jan11]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7084195/
26. Sheng JA, Bales NJ, Myers SA, Bautista AI, Roueinfar M, Hale TM, et al. The Hypothalamic-Pituitary-Adrenal Axis: Development, Programming Actions of Hormones, and Maternal-Fetal Interactions [Internet]. Frontiers. Frontiers; 2021 [cited 2021Dec4]. Available from: https://www.frontiersin.org/articles/10.3389/fnbeh.2020.601939/full
27. Yaribeygi H, Panahi Y, Sahraei H, Johnston TP, Sahebkar A. The Impact of Stress on Body Function: A review [Internet]. EXCLI journal. Leibniz Research Centre for Working Environment and Human Factors; 2017 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5579396/

28. Arnsten AFT. Stress Signalling Pathways That Impair Prefrontal Cortex Structure and Function [Internet]. Nature reviews. Neuroscience. U.S. National Library of Medicine; 2009 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2907136/
29. McEwen BS, Bowles NP, Gray JD, Hill MN, Hunter RG, Karatsoreos IN, et al. Mechanisms of Stress in The Brain [Internet]. Nature neuroscience. U.S. National Library of Medicine; 2015 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4933289/#R137
30. Woo E, Sansing LH, Arnsten AF, Datta D. Chronic Stress Weakens Connectivity in The Prefrontal Cortex: Architectural and Molecular Changes. Chronic Stress. 2021;5:1–22.
31. Zhang X, Ge TT, Yin G, Cui R, Zhao G, Yang W. Stress-Induced Functional Alterations in Amygdala: Implications for Neuropsychiatric Diseases [Internet]. Frontiers in neuroscience. Frontiers Media S.A.; 2018 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5987037/
32. Zhu Y, Gao H, Tong L, Li ZL, Wang L, Zhang C, et al. Emotion Regulation of Hippocampus Using Real-Time fMRI Neurofeedback in Healthy Human [Internet]. Frontiers. Frontiers; 2019 [cited 2021Dec4]. Available from: https://www.frontiersin.org/articles/10.3389/fnhum.2019.00242/full
33. Tumonggor D, Sutanti YS, Evan E, Winata SD. Relationship Between Stress and Academic Performance Among Students in FKIK UKRIDA Class of 2017-2019 During COVID-19 Pandemic [Internet]. Dinasti International Journal of Education Management And Social Science. 2021 [cited 2021Dec4]. Available from: https://dinastipub.org/DIJEMSS/article/view/952
34. Calaguas G. Survey of College Academic Stressors: Development of A New Measure [Internet]. Academia.edu. 2015 [cited 2021Dec5]. Available from: https://www.academia.edu/12324432/Survey_of_College_Academic_Stressors_Development_of_a_New_Measure

35. Rathee N, Sharma S. Alienation and Socio-Economic Status as Correlates of Academic Stress Among High School Students. International Journal of Research and Analytical Reviews. 2018;5(4):356–60.
36. Dewi DK, Meylana EH, Widianti FP, Safitri RI. The Profile of Perceived Academic Stress in Higher Education. Advances in Social Science, Education and Humanities Research. 2020;491.
37. Bergmann C, Muth T, Loerbroks A. Medical Students' Perceptions of Stress due to Academic Studies and Its Interrelationships with Other Domains of Life: A qualitative study [Internet]. Medical education online. Taylor & Francis; 2019 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6493308/
38. Kötter T, Wagner J, Brüheim L, Voltmer E. Perceived Medical School Stress of Undergraduate Medical Students Predicts Academic Performance: An Observational Study [Internet]. BMC Medical Education. BioMed Central; 2017 [cited 2021Dec4]. Available from: https://bmcmededuc.biomedcentral.com/articles/10.1186/s12909-017-1091-0
39. Ruzhenkova VV, Ruzhenkov VA, Lukyantseva IS, Anisimova NA. Academic Stress and Its Effect on Medical Students' Mental Health Status [Internet]. ResearchGate. 2018 [cited 2021Dec5]. Available from: https://www.researchgate.net/publication/332625907_Academic_stress_and_its_eff ect_on_medical_students'_mental_health_status
40. Octasya T, Munawaroh E. Level of Academic Stress for Students of Guidance and Counseling at Semarang State University During The Pandemic. ProGCouns: Journal of Professionals in Guidance and Counseling. 2021;2(1):27–33.
41. Yusoff MSB, Rahim AFA. The Medical Student Stressor Questionnaire (MSSQ) Manual [Internet]. ResearchGate; 2010 [cited 2021Dec5]. Available from:

https://www.researchgate.net/publication/200640404_The_Medical_Student_Stressor_Questionnaire_MSSQ_Manual

42. Baik SH, Fox RS, Mills SD, Roesch SC, Sadler GR, Klonoff EA, et al. Reliability and Validity of The Perceived Stress Scale-10 in Hispanic Americans with English or Spanish Language Preference [Internet]. Journal of health psychology. U.S. National Library of Medicine; 2019 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6261792/
43. Perceived Stress Scale [Internet]. [cited 2021Dec5]. Available from: https://das.nh.gov/wellness/Docs/Percieved%20Stress%20Scale.pdf
44. Zurlo MC, Cattaneo Della Volta MF, Vallone F. COVID-19 Student Stress Questionnaire: Development and Validation of a Questionnaire to Evaluate Students' Stressors Related to The Coronavirus Pandemic Lockdown [Internet]. Frontiers in psychology. Frontiers Media S.A.; 2020 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7642604/
45. Maslach C, Leiter MP. Understanding The Burnout Experience: Recent Research and Its Implications for Psychiatry [Internet]. World Psychiatry : Official Journal of The World Psychiatric Association (WPA). John Wiley and Sons Inc.; 2016 [cited 2021Dec4]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4911781/
46. De Hert S. Burnout in healthcare workers: Prevalence, Impact and Preventative Strategies [Internet]. Local and Regional Anesthesia. Dove; 2020 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7604257/
47. Rogala A, Shoji K, Luszczynska A, Kuna A, Yeager C, Benight CC, et al. From Exhaustion to Disengagement via Self-Efficacy Change: Findings from Two Longitudinal Studies Among Human Services Workers [Internet]. Frontiers in psychology. Frontiers Media S.A.; 2016 [cited 2021Dec13]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4705225/

48. Hasan H, Sugiharto DYP, Sunawan S. Group Counseling of Cognitive Behavior with Self Instruction Technique on Self Efficacy and Academic Burnout [Internet]. Jurnal Bimbingan Konseling. 2019 [cited 2021Dec4]. Available from: https://journal.unnes.ac.id/sju/index.php/jubk/article/view/27663
49. Rosales-Ricardo Y, Rizzo-Chunga F, Mocha-Bonilla J, Ferreira JP. Prevalence of burnout syndrome in University Students: A Systematic Review. Salud mental. 2021;44(2):91–102.
50. Febriani RD, Triyono, Hariko R, Yuca V, Magistarina E. Factors Affecting Student's Burnout In Online Learning. Jurnal Neo Konseling. 2021;3 (3):32–8.
51. Herdiana D, Rudiana R, Supriatna S. Kejenuhan Mahasiswa Dalam Mengikuti Perkuliahan Daring dan Strategi Penanggulangannya. Edunesia : Jurnal Ilmiah Pendidikan. 2021Jan;2(1):293–307.
52. Wickramasinghe ND, Dissanayake DS, Abeywardena GS. Validity and Reliability of The Maslach Burnout Inventory-Student Survey in Sri Lanka [Internet]. BMC Psychology. BioMed Central; 2018 [cited 2021Dec5]. Available from: https://bmcpsychology.biomedcentral.com/articles/10.1186/s40359-018-0267-7
53. Rauf NW, Arlinkasari F. (PDF) Alat Ukur Academic Burnout [Internet]. ResearchGate. 2020 [cited 2021Dec5]. Available from: https://www.researchgate.net/publication/340581755_Alat_Ukur_Academic_Burnout
54. Celik GT, Oral EL. Burnout levels and personality traits—the case of Turkish architectural students. Creative Education. 2013;04(02):124–31.
55. Khan A, Yusoff RBM. Psychometric Testing of Oldenburg Burnout Inventory among Academic Staff in Pakistan. International Review of Management and Marketing. 2016Sep;6(4):683–7.

56. Oldenburg Burnout Inventory [Internet]. [cited 2021Dec5]. Available from: http://www.goodmedicine.org.uk/sites/default/files/assessment%2C%20burnout%2C%20olbi.pdf
57. Andiarna F, Kusumawati E. Pengaruh Pembelajaran Daring Terhadap Stres Akademik Mahasiswa Selama Pandemi COVID-19. Jurnal Psikologi. 2020;16(2):139.
58. Lubis H, Ramadhani A, Rasyid M. Stres Akademik Mahasiswa Dalam Melaksanakan Kuliah Daring Selama Masa Pandemi COVID 19. Psikostudia : Jurnal Psikologi. 2021Mar;10(1):31–9.
59. Asrowi, Susilo AT, Hartanto AP. Academic Burnout Pada Peserta Didik Terdampak Pandemi COVID-19. Jurnal Bimbingan dan Konseling. 2020Dec;5(1):123–30.
60. Zis P, Artemiadis A, Bargiotas P, Nteveros A, Hadjigeorgiou GM. Medical Studies During The COVID-19 Pandemic: The Impact of Digital Learning on Medical Students' Burnout and Mental Health [Internet]. International Journal of Environmental Research and Public Health. MDPI; 2021 [cited 2021Dec5]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7796433/
61. Silistraru I, Ciureanu A-I, Ciubara A, Olariu O. Prevalence of Burnout in Medical Students in Romania During COVID-19 Pandemic Restrictions (Preliminary Data). Archiv Euromedica. 2021Sep;11(5):12–5.
62. International Trauma Questionnaire [Internet]. The International Trauma Consortium. [cited 2022Feb19]. Available from: https://www.traumameasuresglobal.com/itq
63. Murphy D, Shevlin M, Pearson E, Greenberg N, Wessely S, Busuttil W, et al. A validation study of the International Trauma Questionnaire to assess post-traumatic stress disorder in treatment-seeking veterans: The British Journal of Psychiatry [Internet]. Cambridge Core. Cambridge University Press; 2020 [cited 2022Feb19]. Available from: https://www.cambridge.org/core/journals/the-british-journal-of-

psychiatry/article/validation-study-of-the-international-trauma-questionnaire-to-assess-posttraumatic-stress-disorder-in-treatmentseeking-veterans/7A01BD6908C1CECBE60237F49EEA91F4

64. Kuesioner Trauma Internasional – Versi Bahasa Indonesia [Internet]. [cited 2022Feb19]. Available from: https://www.traumameasuresglobal.com/_files/ugd/be25b4_4f923f78c57c4c3d949d9ce912e9f15f.pdf
65. Zimet G. Multidimensional Scale of Perceived Social Support (MSPSS) - Scale Items and Scoring Information [Internet]. ResearchGate. 2016 [cited 2022Feb19]. Available from: https://www.researchgate.net/publication/311534896_Multidimensional_Scale_of_Perceived_Social_Support_MSPSS_-_Scale_Items_and_Scoring_Information
66. Wongpakaran T, Wongpakaran N, Ruktrakul R. Reliability and Validity of The Multidimensional Scale of Perceived Social Support (MSPSS): Thai Version [Internet]. Clinical practice and epidemiology in mental health : CP & EMH. Bentham Open; 2011 [cited 2022Feb19]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3219878/