

References

- Afriyani. (2010). Analisis konsep kualitas hidup. *Jurnal Keperawatan Indonesia*, 13(2), 81–86.
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Alladin, A. (2016). Cognitive hypnotherapy for major depressive disorder: An evidence-based approach. *American Psychological Association*, 54(4), 275-293. DOI: 10.1080/00029157.2012.654527
- Alsomali, N. Y., Osman, A. A. M., & Alzahrani, K. M. (2017). The comparison between health care providers having personality type (A) versus (B) in using coping strategies in job burnout. *Journal of Nursing and Health Science*, 6(4), 71–74. <https://doi.org/10.9790/1959-0604027174>.
- Al-diyar, M. A., & Salem, A. A. M. S. (2013). Psychological Burnout and Coping Strategies of Special Education Teachers in the State of Kuwait. *Journal of Education and Practice*, 20(4), 117-128.
- Adil, A., Kamal, A., Shujja, S., & Niazi, S. (2018). Mediating role of psychological ownership on the relationship between psychological capital and burnout amongst university teachers. *Institute Business Administration Karachi*, 13(1), 69-82. <https://doi.org/10.54784/1990-6587.1038>
- Avey, J. B., Reichard, R. J., Luthans, F., & Mhatre, K. H. (2011). Meta-analysis of the impact of positive psychological capital on employee attitudes, behaviors, and performance. *Human Resource Development Quarterly*, 22(2), 127–152. doi:10.1002/hrdq.20070
- Barker, J. B., & Jones, M. V. (2013). Using Hypnosis to Enhance Self-Efficacy in Sport Performers. *Clinical Sport Psychology*, 7, 228-247.

cluster analysis? A longitudinal study. *Social Psychiatry and Psychiatry Epidemiology*, 50, 1005–1011. doi: 10.1007/s00127-014-0996-8

Boselli, E., Cuna, J., Bernard, F., Delaunay, L., & Virot, C. (2021). Effects of a training program in medical hypnosis on burnout in anesthesiologists and other healthcare providers: A survey study. *Elsevier Ltd.*, 44, 2-4.
<https://doi.org/10.1016/j.ctcp.2021.101431>

Boot, W. R., Simons, D. J., Stothart, C., & Stutts, C. (2013). The Pervasive Problem With Placebo in Psychology: Why Active Control Groups Are Not Sufficient to Rule Out Placebo Effects. *Perspectives on Psychological Science*, 8(4), 445-454. DOI: 10.1177/1745691613491271

Brann, L., Owens, J., & Williamson, A. (2012). *The Handbook of Contemporary Clinical Hypnosis: Theory and Practice*. UK: A John Wiley & Sons, Ltd.

Brosch, T., Scherer, K. R., Grandjean, D., & Sander, D. (2013). The impact of emotion on perception, attention, memory, and decision-making. *The European Journal of Medical Sciences*, 1-10. doi:10.4414/smw.2013.13786

Charoensukmongkol, P., Moqbel, M. and Gutierrez-Wirsching, S. (2016). The role of coworker and supervisor support on job burnout and job satisfaction. *Journal of Advances in Management Research*, Vol. 13 No. 1. <https://doi.org/10.1108/JAMR-06-2014-0037>

Chen, G., Wang, J., Huang, Q., Sang, L., Yan, J., Chen, R., Cheng, J., Wang, L., Zhang, D., & Ding, H. (2024). Social support, psychological capital, multidimensional job burnout, and turnover intention of primary medical staff: a path analysis drawing on conservation of resources theory. *Human Resource for Health*, 22(42), 1-14.
<https://doi.org/10.1186/s12960-024-00915-y>

- the Placebo Effect in Antidepressant Research. *Frontiers in Psychiatry*, 10(713), 1-6. doi: 10.3389/fpsyt.2019.00713
- Der Linden, V. (2019). *Cross-cultural validation of the PHQ-9 in Bahasa Indonesia to measure depression among persons affected by leprosy*. (Thesis). Vrije Universiteit Amsterdam
- Dian, C. & Effendy, E. & Amin, M. (2022). The validation of Indonesian version of patient health questionnaire-9. *Macedonian Journal of Medical Sciences*. 10. 193-198. <https://doi.org/10.3889/oamjms.2022.9293>
- Ding, Y., Yang, Y., Yang, X., Zhang, T., Qiu, X., & He, X. (2015). The mediating role of coping style in the relationship between psychological capital and burnout among Chinese nurses. *PLoS ONE*, Vol.10, No. 4, 1-14.
- Edu-Valsania, S, Laguia, A., & Moriano, J. A. (2022). Burnout: A Review of Theory and Measurement. *International Journal of Environmental Research and Public Health*, 19, 1-27. <https://doi.org/10.3390/ijerph19031780>
- Eurofound. (2018). *Burnout in the Workplace: A Review of Data and Policy Responses in the EU*. Luxembourg: Publications Office of the European Union.
- Field, A. (2013). *Discovering Statistics Using IBM SPSS Statistics 4th Edition*. California: SAGE Publications Inc.
- Frary, R. B. (2002). *A Brief Guide to Questionnaire Development*. Office of Measurement and Research Service Virginia Polytechnic Institute and State University.
- Freud, S. (1989). *The Ego and The Id*. United States of America: W. W. Norton & Company.
- Gandi, J. C., Wai, P. S., Karick, H., & Dagona, Z. K. (2011). The role of stress and level of job burnout in job performance among nurses. *Journal of Mental Health in Family Medicine*, 8(3), 181–94.

- Pellowski, J., Garcia, L. I., Mitchell, J. W., Erausquin, J. T., Salem, R. M., Rodriguez-Murillo, L., Chiba-Falek, O., Jiang, R., Johnson, J. A., Zernicke, K. A., Anderson, G. M. (2013). Guided Imagery. Dalam *Encyclopedia of Behavioral Medicine* (hlm. 881-883). Springer New York. https://doi.org/10.1007/978-1-4419-1005-9_1341
- Gong, Z., Chen, Y., & Wang, Y. (2019). The Influence of Emotional Intelligence on Job Burnout and Job Performance: Mediating Effect of Psychological Capital. *Frontiers in Psychology, 10*, 1-11. <https://doi.org/10.3389/fpsyg.2019.02707>
- Harry, N., & Coetzee, M. (2013). Sense of coherence, career adaptability and burnout of early-career black staff in the call centre environment. *Journal of Industrial Psychology*, Vol. 39, No. 2, 1-10.
- Herbert, M. (2011). *An exploration of the relationships between psychological capital (hope, optimism, self-efficacy, resilience), occupational stress, burnout and employee engagement*. Unpublished Master's Thesis. South Africa: Department of Industrial Psychology, University of Stellenbosch.
- Husain, W., Wasif, S., & Fatima, I. (2023). Profanity as Self-Defense Mechanisms and an Outlet for Emotional Catharsis in Stress, Anxiety, and Depression. *Hindawi Depression Research and Treatment, 1-10*. <https://doi.org/10.1155/2023/8821517>
- Kiley, K. A., Sehgal, A. R., Neth, S., Dolata, J., Pike, E., Spilsbury, J. C., & Albert, J. M. (2018). The Effectiveness of Guided Imagery in Treating Compassion Fatigue and Anxiety of Mental Health Workers. *Social Work Research, 42*(1), 33-43. <https://www.google.com/url?q=https://doi.org/10.1093/swr/svx026&sa=D&source=docs&ust=1719631755922711&usg=AOvVaw3upW1HURMk1-4mpdBXMZ-q>

Process in Hypnosis: A Theoretical Review. *Brain Sciences*, 14(374), 1-12.

<https://doi.org/10.3390/brainsci14040374>

Koutsimani, P., Montgomery, A., & Georganta, K. (2019). The Relationship Between Burnout, Depression, and Anxiety: A Systematic Review and Meta-analysis.

Frontiers in Psychology, 10(284), 1-19. doi: 10.3389/fpsyg.2019.00284

Kroenke, K. (2017). When and How to Treat Subthreshold Depression. *JAMA*, 317(7), 702-704. doi:10.1001/jama.2017.0233

Leiter, Michael P, Maslach, C., & Frame, K. (2015). Burnout Definition and Conceptualization: What Is Job Burnout?. *The Encyclopedia Of Clinical Psychology*, 1-7. <https://doi.org/10.1002/9781118625392.wbecp142>

Loghman, S., Quinn, M., Dawkins, S., Woods, M., OmSharma, S., & Scott, J. (2023). A Comprehensive Meta-Analysis of the Nomological Network of Psychological Capital (psychological capital). *Journal of Leadership & Organizational Studies*, 30(1), 108-128. <https://doi.org/10.1177/15480518221107998>

Low, Y. S., Bhar, S., & Chen, W. S. (2022). Exploring the relationship between co-worker and supervisor support, self-confidence, coping skills and burnout in residential age care staff. *BMC Nursing*, 21(135), 1-10. <https://doi.org/10.1186/s12912-022-00901-6>

Luthans, F., & Youssef, C. M. (2004). Human, Social, and Now Positive Psychological Capital Management: Investing in People for Competitive Advantage. *Organizational Dynamics*, 33(2), 143-160. doi:10.1016/j.orgdyn.2004.01.003

Luthans, F., Youssef, C. M., & Avolio, B. J. (2007). *Psychological capital: Developing The Human Competitive Edge*. New York: Oxford University Press.

A pre-registered meta-analysis of controlled interventions. *Applied Psychology*, 69 (4), 1506–1556. <https://doi.org/10.1111/apps.12219>

Martin L., & Rossman, M. D. (2018). *Integrative medicine* (Fourth Edition). Elsevier.

Maske, U. E., Riedel-Heller, S. G., Seiffert, I., Jacobi, F., & Hapke, U. (2016). Prevalence and Comorbidity of Self-Reported Diagnosis of Burnout Syndrome in the General Population Results of the German Health Interview and Examination Survey for Adults (DEGS1). *Psychiatr Prax*, 43, 18–24. doi: 10.1055/s-0035-1552702

Maslach, C., Schaufeli, W. B., & Leiter, M. P. (2001). Job burnout. *Annual Review of Psychology*, 52, 397–422. <https://doi.org/10.1146/annurev.psych.52.1.397>

Muharam, M. A. (2016). *Peran Perceived Organizational Support Terhadap Job Burnout Melalui Mediasi Psychological Capital*. Tesis (Tidak dipublikasikan). Universitas Gadjah Mada.

Munandar, S. A. (2014). Psikologi Industri dan organisasi. Jakarta: Universitas Indonesia Press.

Muthiah, K., & Yuniarti, K. W. (2023). Efficacy of Hypnotic Guided Imagery (HGI) Towards People with Depression. *Gadjah Mada Journal of Professional Psychology (GamaJPP)*, 9(2), 146-167. DOI: 10.22146/gamajpp.83676

Oliver, J. E., Mansell, A., & Jose, P. E. (2010). A longitudinal study of the role of negative affectivity on the work stressor-strain process. *International Journal of Stress Management*, Vol. 17, No. 1, 56-77.

Owens, J., Owens, J., & Williamson, A. (2012). Imagery and Visualization. In L. Brann (Ed.), *The Handbook of Contemporary Hypnosis: Theory and Practice*(1 ed.) (pp. 41-50). New Jersey: John Wiley & Sons, Ltd.

of Contemporary Clinical Hypnosis: Theory and Practice (1st ed., pp. 77-86). New Jersey: John Wiley & Sons, Ltd.

Parker, G, & Tavella, G. (2021). Distinguishing burnout from clinical depression: A theoretical differentiation template. *Journal of Affective Disorders*, 281, 168-173.
<https://doi.org/10.1016/j.jad.2020.12.022>

Peter, B. (2024). Hypnosis in psychotherapy, psychosomatics and medicine. A brief overview. *Frontiers in Psychology*, 1-18. doi: 10.3389/fpsyg.2024.1377900

Ptacek, R., Vnukova, M., Raboch, J., Smetackova, I., Sanders, E., Svandova, L., Harsa, P., & Stefano, G. B. (2019). Burnout Syndrome and Lifestyle Among Primary School Teachers: A Czech Representative Study. *Medical Science Monitor*, 25, 4974-4981.
doi: 10.12659/MSM.914205

Ramsey, P.H. (2007). *Factorial Design*. In Salkind, N.J & Rasmussen, K (ed). Encyclopedia of measurement and statistics. Thousand Oaks: Sage Publication

Rao, N., & Kemper, K. J. (2017). The Feasibility and Effectiveness of Online Guided Imagery Training for Health Professionals. *Journal of evidence-based complementary & alternative medicine*, 22(1), 54-58. <https://doi.org/10.1177/2156587216631903>

Rehman, S. ur, Qingren, C., Latif, Y., & Iqbal, P. (2017). Impact of psychological capital on occupational burnout and performance of faculty members. *International Journal of Educational Management*, 31(4), 455–469. doi:10.1108/ijem-01-2016-0011

Richardson, J. T. E. (2011). Eta squared and partial eta squared as measures of effect size in educational research. *Educational Research Review*, 6(2), 135-147.
<https://doi.org/10.1016/J.EDUREV.2010.12.001>

Richter, A., Kostova, P., Harth, V., & Wegner, R. (2014). Children, care, career - a cross-sectional study on the risk of burnout among German hospital physicians at different

<http://www.occup-med.com/content/9/1/41>

- Rossman, M. L. (2000). Guided imagery for self-healing: an essential resource for anyone seeking wellness. Canada: Publishers Group West.
- Shadish, W., Cook, T., & Campbell, D. T. (2002). *Experimental and quasi-experimental designs for generalized causal inference*. Boston, MA: Houghton Mifflin.
- Shenefelt, P. D. (2018). Mindfulness-Based Cognitive Hypnotherapy and Skin Disorders. *American Journal of Clinical Hypnosis*, 61(1), 34-44. DOI: 10.1080/00029157.2017.1419457
- Shimazu, A., Umanodan, R., & Schaufeli, W. B. (2006). Effects of a brief worksite stress management program on coping skills, psychological distress and physical complaints: a controlled trial. *International Archives of Occupational and Environmental Health*, 80, 60-69. DOI: 10.1007/s00420-006-0104-9
- Smith, C. A., & Lazarus, R. S. (1990). *Emotion and adaptation*. In L. A. Pervin (Ed.), *Handbook of personality: Theory and research* (pp. 609–637). The Guilford Press.
- Spector, P. E., Zapf, D., Chen, P. Y., & Frese, M. (2010). Why negative affectivity should not be controlled in job stress research: Don't throw out the baby with the bath water. *Journal of Organizational Behavior*, Vol. 21, No. 1. 79-95.
- Spiegel, E. B., E. L., Daitch, C., Diamond, M. J., & Phillips, M. (2019). Hypnosis and Therapeutic Relationship: Relational Factors of Hypnosis in Psychotherapy. *American Journal of Clinical Hypnosis*, 62(1-2), 118-137. <https://doi.org/10.1080/00029157.2019.1599319>
- Taylor, S. G., Roberts, A. M., & Zarrett, N. (2021). A Brief Mindfulness-Based Intervention (bMBI) to Reduce Teacher Stress and Burnout. *Teach Teach Educ*, 1-37. doi: 10.1016/j.tate.2021.103284

- Terhune, D. B., Cleeremans, A., Raz, A., & Lynn, S. J. (2017). Hypnosis and top-down regulation of consciousness. *Neuroscience & Biobehavioral Reviews*, 81, 59–74. <https://doi.org/10.1016/j.neubiorev.2017.02.002>
- Torem, S. (2018). Chapter 56: Depression. Dalam Elkins, G (Eds). Handbook of medical and psychological hypnosis: Foundations, applications, and professional issues 1st ed. (hal.506-520). Springer Publishing Company
- Virga, D., Baci, E.-L., Lazar, T.-A., & Lupu, D. (2020). Psychological Capital Protects Social Workers from Burnout and Secondary Traumatic Stress. *Sustainability*, 12(2246), 1-16. doi: 10.3990/su12062246
- Wahyuni, A. F., Widyastuti, & Dewi, E. M. P. (2016). Pengaruh pelatihan yoga terhadap peningkatan afek positif remaja perempuan di panti asuhan kota makassar [Universitas Negeri Makassar]. eprints.unm.ac.id/2307/
- Wang, Y., Chang, Y., Fu, J., & Wang, L. (2012). Work-family conflict and burnout among Chinese female nurses: The mediating effect of psychological capital. *Journal of BMC Public Health*, Vol 12, No. 1, 915-927.
- Watson, D. (1999). The PANAS-X: Manual for the positive and negative affect schedule-expanded form. Psychology Publications.
- Widhianinganti, L. T., & van Lijstelaar, G. (2022). The Maslach-Trisni Burnout Inventory: Adaptation for Indonesia. *JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia)*, 11 (1), 2-21. doi: <http://dx.doi.org/10.15408/jp3i.v11i1.24400>
- Widhiarso, W. (2011). *Aplikasi Anava Campuran untuk Desain Eksperimen Pre-Post Test Design*. Fakultas Psikologi Universitas Gadjah Mada
- World Health Organization (WHO). (2019). Burn-out an "occupational phenomenon": International Classification of Diseases. Accessed on April 4th, 2025, from

Yavaz, U., Babakus, E., & Karatepe, O.M. (2012). Does hope moderate the impact of job burnout on frontline bank employee's in-role and extra-role performances?. *International Journal of Bank Marketing*, Vol. 31, No. 1, 56-70.

Zanabazar, A., & Jigjiddorj, S. (2022). Relationships between mental workload, job burnout, and organizational commitment. *SHS Web of Conferences*, 132, 1-11.
<https://doi.org/10.1051/shsconf/202213201003>

Zhu, X., Shen, L., Du, P., & Guan, J. (2021). The mediating role of psychological capital between Dayadi stress and job burnout in female nurses with two children. *Translational Pediatrics*, 10(10), 2449-2458. <https://dx.doi.org/10.21037/tp-21-375>