

## References

- Adolph, D., Mühlenbeck, C., Schulze, L., & Pause, B. M. (2017). The influence of frontal alpha-asymmetry on the processing of approach- and withdrawal-related stimuli: A multichannel psychophysiology study. *Biological Psychology*, 129, 265–272. <https://doi.org/10.1016/j.biopsycho.2017.09.004>
- Afek, N., Harmatiuk, D., Gawłowska, M., Ferreira, J. M. A., Golonka, K., Tukaiev, S., Popov, A., & Marek, T. (2025). Functional connectivity in burnout syndrome: a resting-state EEG study. *Frontiers in human neuroscience*, 19, 1481760. <https://doi.org/10.3389/fnhum.2025.1481760>
- Amihai I, Kozhevnikov M. (2014) Arousal vs. Relaxation: A Comparison of the Neurophysiological and Cognitive Correlates of Vajrayana and Theravada Meditative Practices. *PLOS ONE* 9(7): e102990. <https://doi.org/10.1371/journal.pone.0102990>
- Andreassi, J.L. (2007). *Psychophysiology: Human Behavior and Physiological Response* (5th ed.). Psychology Press. <https://doi.org/10.4324/9780203880340>
- Azarine, F, & Yuniarti, K. (inpress). *Effectiveness of Hypnotic Guided Imagery on Improving Self-Regulation in Adolescents with Emotional and Behavioral Problems*. [Gadjah Mada University]. <http://10.8.2.232/lib/read/search>
- Barros, C., Pereira, A. R., Sampaio, A., Buján, A., & Pinal, D. (2022). Frontal Alpha Asymmetry and Negative Mood: A Cross-Sectional Study in Older and Younger Adults. *Symmetry*, 14(8), 1579. <https://doi.org/10.3390/sym14081579>
- Brann, L., Owens, J., & Williamson, A. (2012). *The Handbook of Contemporary Clinical Hypnosis*. John Wiley & Sons. <https://doi.org/10.1002/9781119950905>
- Chan, Kim-Lui R., & Ouyang, Guang. (2024). Association between changes in EEG alpha power and behavioral outcome in autistic children induced by child-centred play therapy: A randomised controlled trial. *Counselling and Psychotherapy Research*, 25(1), 1-18. <https://doi.org/10.1002/capr.12813>
- Coan, J. A., & Allen, J. J. (2004). Frontal EEG asymmetry as a moderator and mediator of emotion. *Biological psychology*, 67(1-2), 7–49. <https://doi.org/10.1016/j.biopsycho.2004.03.002>
- Coan, J. A., Allen, J. J. B., & Harmon-Jones, E. (2006). Voluntary facial expression and hemispheric asymmetry over the frontal cortex. *Psychophysiology*, 43(3), 321–331. <https://doi.org/10.1111/j.1469-8986.2006.00419.x>
- Cohen, M. X. (2011). It's about time. *Frontiers in Human Neuroscience*, 5, Article 2. <https://doi.org/10.3389/fnhum.2011.00002>
- Costin, A., Roman, A. F., & Balica, R. S. (2023). Remote work burnout, professional job stress, and employee emotional exhaustion during the COVID-19 pandemic. *Frontiers in psychology*, 14, 1193854. <https://doi.org/10.3389/fpsyg.2023.1193854>
- Datar, D. R. S. (2022). *A Study of the Impact of Positive and Negative Emotions at Work Place*. 7(4).
- Davidson, R. J. (1992). Anterior cerebral asymmetry and the nature of emotion. *Brain and Cognition*, 20(1), 125–151. [https://doi.org/10.1016/0278-2626\(92\)90065-T](https://doi.org/10.1016/0278-2626(92)90065-T)
- Davidson, R. J. (1998). Affective neuroscience and the neuropsychology of emotion. *Cognition & Emotion*, 12(3), 307-328.

- Davidson, R. J., & Fox, N. A. (1982). Asymmetrical brain activity discriminates between positive and negative affective stimuli in human infants. *Science*, 218(4578), 1235-1237. <https://doi.org/10.1126/science.7146906>
- Deckert, M., Schmoeger, M., Auff, E., & Willinger, U. (2020). Subjective emotional arousal: an explorative study on the role of gender, age, intensity, emotion regulation difficulties, depression and anxiety symptoms, and meta-emotion. *Psychological research*, 84(7), 1857–1876. <https://doi.org/10.1007/s00426-019-01197-z>
- Delorme, A., & Makeig, S. (2004). EEGLAB: an open source toolbox for analysis of single-trial EEG dynamics including independent component analysis. *Journal of Neuroscience Methods*, 134(1), 9-21.
- Deng, X., Zhang, S., Chen, X., Coplan, R. J., Xiao, B., & Ding, X. (2023). Links between social avoidance and frontal alpha asymmetry during processing emotional facial stimuli: An exploratory study. *Biological psychology*, 178, 108516. <https://doi.org/10.1016/j.biopsycho.2023.108516>
- Deng, Y., Hou, L., Chen, X., & Zhou, R. (2021). Working memory training improves emotion regulation in drug abstiners: Evidence from frontal alpha asymmetry. *Neuroscience letters*, 742, 135513. <https://doi.org/10.1016/j.neulet.2020.135513>
- 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>
- Firmansyah, F. (2022). Negative Emotions, An Exploratory Study with Critical Incident Technique in Rightsizing Situation. *Syntax Literate ; Indonesian Scientific Journal*, 7(1), 253. <https://doi.org/10.36418/syntax-literate.v7i1.1889>
- Gabriel, K. P., & Aguinis, H. (2022). How to prevent and combat employee burnout and create healthier workplaces during crises and beyond. *Business Horizons*, 65(2), 183-192. <https://doi.org/10.1016/j.bushor.2021.02.037>
- Gavelin, H. M., Domellöf, M. E., Åström, E., Nelson, A., Launder, N. H., Neely, A. S., & Lampit, A. (2022). Cognitive function in clinical burnout: A systematic review and meta-analysis. *Work & Stress*, 36(1), 86-104. <https://doi.org/10.1080/02678373.2021.2002972>
- Golonka, K., Gawłowska, M., Mojsa-Kaja, J., & Marek, T. (2019). Psychophysiological Characteristics of Burnout Syndrome: Resting-State EEG Analysis. *BioMed research international*, 2019, 3764354. <https://doi.org/10.1155/2019/3764354>
- Harmon-Jones, E., Gable, P. A., & Peterson, C. K. (2010). The role of asymmetric frontal cortical activity in emotion-related phenomena: a review and update. *Biological psychology*, 84(3), 451–462. <https://doi.org/10.1016/j.biopsycho.2009.08.010>
- Hoyt, L. T., Craske, M. G., Mineka, S., & Adam, E. K. (2015). Positive and negative affect and arousal: cross-sectional and longitudinal associations with adolescent cortisol diurnal rhythms. *Psychosomatic medicine*, 77(4), 392–401. <https://doi.org/10.1097/PSY.0000000000000178>
- Jensen, M. P., & Barrett, T. D. (2024). The Role of Electroencephalogram-Assessed Bandwidth Power in Response to Hypnotic Analgesia. *Brain sciences*, 14(6), 557. <https://doi.org/10.3390/brainsci14060557>

- Jeung, D. Y., Kim, C., & Chang, S. J. (2018). Emotional Labor and Burnout: A Review of the Literature. *Yonsei medical journal*, 59(2), 187-193. <https://doi.org/10.3349/ymj.2018.59.2.187>
- Jones, N. A., & Fox, N. A. (1992). Electroencephalogram asymmetry during emotionally evocative films and its relation to positive and negative affectivity. *Brain and Cognition*, 20(2), 280-299. [https://doi.org/10.1016/0278-2626\(92\)90021-D](https://doi.org/10.1016/0278-2626(92)90021-D)
- Kao, Fu-Chien., Wang, Shingping R., & Chang, Yu-Jung. (2015). Brainwaves Analysis of Positive and Negative Emotions. *WSEAS TRANSACTIONS ON INFORMATION SCIENCE AND APPLICATIONS*, Vol 12, 200-208.
- Keshmiri S, Alimardani M, Shiomi M, Sumioka H, Ishiguro H, et al. (2020) Higher hypnotic suggestibility is associated with lower EEG signal variability in Theta, Alpha, and Beta frequency bands. PLOS ONE 15(4): e0230853. <https://doi.org/10.1371/journal.pone.0230853>
- Levenson, R. W., Lwi, S. J., Brown, C. L., Ford, B. Q., Otero, M. C., & Verstaen, A. (2017). Emotion. In J. T. Cacioppo, L. G. Tassinary, & G. G. Berntson (Eds.), *Handbook of psychophysiology* (4th ed., pp. 444-464). Cambridge University Press.
- Li, T.-M., Chao, H.-C., & Zhang, J. (2019). Emotion classification based on brain waves: A survey. *Human-Centric Computing and Information Sciences*, 9(1), 42. <https://doi.org/10.1186/s13673-019-0201-x>
- Li, W., Li, Y., & Cao, D. (2021). The effectiveness of emotion cognitive reappraisal as measured by self-reported response and its link to EEG alpha asymmetry. *Behavioural brain research*, 400, 113042. <https://doi.org/10.1016/j.bbr.2020.113042>
- Lombard, L. S., Kahn, S. P., & Fromm, E. (1990). The role of imagery in self-hypnosis: its relationship to personality characteristics and gender. *The International journal of clinical and experimental hypnosis*, 38(1), 25-38. <https://doi.org/10.1080/00207149008414496>
- Machado, L., & Cantilino, A. (2017). A systematic review of the neural correlates of positive emotions. *Revista Brasileira de Psiquiatria*, 39(2), 172-179. <https://doi.org/10.1590/1516-4446-2016-1988>
- Martínez-Tejada, L. A., Maruyama, Y., Yoshimura, N., & Koike, Y. (2020). Analysis of Personality and EEG Features in Emotion Recognition Using Machine Learning Techniques to Classify Arousal and Valence Labels. *Machine Learning and Knowledge Extraction*, 2(2), 99-124. <https://doi.org/10.3390/make2020007>
- Mel'nikov, M.Y., Bezmaternykh, D.D., Savelov, A.A. et al. Changes in Brain Activity in Healthy Women during Self-Regulation of Slow EEG Activity in the Prefrontal Cortex. *Bull Exp Biol Med* 174, 7-12 (2022). <https://doi.org/10.1007/s10517-022-05637-6>
- Mener, E., & Mener, A.-C. (2023). The E2R (Emotion, regression, repair) method: A case study of this new pragmatic hypnotherapy technique. *Complementary Therapies in Clinical Practice*, 50, 101701. <https://doi.org/10.1016/j.ctcp.2022.101701>
- Meredith, C., Schaufeli, W., Struyve, C., Vandecandelaere, M., Gielen, S., & Kyndt, E. (2020). 'Burnout contagion' among teachers: A social network approach. *Journal of Occupational and Organizational Psychology*, 328-352.
- Monni, A., Collison, K. L., Hill, K. E., Oumeziane, B. A., & Foti, D. (2022). The novel frontal alpha asymmetry factor and its association with depression, anxiety, and personality traits. *Psychophysiology*, 59(11), e14109. <https://doi.org/10.1111/psyp.14109>

- Muthiah, K. A., & Yuniarti, K. W. (2023). Efficacy of Hypnotic Guided Imagery (HGI) Towards People with Depression. *Gadjah Mada Journal of Professional Psychology (GamaJPP)*, 9(2), 146. <https://doi.org/10.22146/gamajpp.83676>
- Oostenveld, R., Fries, P., Maris, E., & Schoffelen, J. M. (2011). FieldTrip: Open source software for advanced analysis of MEG, EEG, and invasive electrophysiological data. *Computational intelligence and neuroscience*, 2011, 156869. <https://doi.org/10.1155/2011/156869>
- Pallant, J. (2005) SPSS Survival Guide: A Step by Step Guide to Data Analysis Using SPSS for Windows. 3rd Edition, Open University Press, New York.
- Poltorak, A. (2021). Replicating Cortical Signatures May Open the Possibility for "Transplanting" Brain States via Brain Entrainment. *Frontiers in human neuroscience*, 15, 710003. <https://doi.org/10.3389/fnhum.2021.710003>
- Rabe, S., Zoellner, T., Beauducel, A., Maercker, A., & Karl, A. (2008). Changes in brain electrical activity after cognitive behavioral therapy for posttraumatic stress disorder in patients injured in motor vehicle accidents. *Psychosomatic medicine*, 70(1), 13–19. <https://doi.org/10.1097/PSY.0b013e31815aa325>
- Rahayu, D. P., & Fauziah, N. (2019). The Relationship Between Emotion Regulation and Burnout in Inpatients of the Regional Mental Hospital (Rsjd) Dr. Amino Gondohutomo Semarang. *EMPATI Journal*, 8(2), 354-360. <https://doi.org/10.14710/empati.2019.24398>
- Ramachandran, D., Sudish, R. C., & Sanjeev Bansal, Prof. (Dr.). (2023). Qualitative Review on Emotions in Workplace: A New Challenge for Managers: Life Sciences. *International Journal of Life Science and Pharma Research*, L32-L44. <https://doi.org/10.22376/ijlpr.2023.13.4.SP6.L32-L44>
- Ramirez, R., Planas, J., Escude, N., Mercade, J., & Farriols, C. (2018). EEG-Based Analysis of the Emotional Effect of Music Therapy on Palliative Care Cancer Patients. *Frontiers in Psychology*, 9, 254. <https://doi.org/10.3389/fpsyg.2018.00254>
- Reeves, B., Thorson, E., Rothschild, M. L., McDonald, D., Hirsch, J., & Goldstein, R. (1985). Attention to television: Intrastimulus effects of movement and scene changes on alpha variation over time. *International Journal of Neuroscience*, 27(3-4), 241-255. <https://doi.org/10.3109/00207458509149770>
- Robbins, S. P., & Judge, T. A. (2015). *Organizational Behavior* (16th ed.). Pearson Education, Inc.
- Rolls, E. T. (2025). *Emotion, Motivation, Reasoning, and How Their Brain Systems Are Related*. *Brain Sciences*, 15(5), 507. <https://doi.org/10.3390/brainsci15050507>
- Sabu, P., Stuldreher, I. V., Kaneko, D., & Brouwer, A. M. (2022). A Review on the Role of Affective Stimuli in Event-Related Frontal Alpha Asymmetry. *Frontiers in Computer Science*, 4, Article 869123. <https://doi.org/10.3389/fcomp.2022.869123>
- Simbolon, M., Basabih, M. "Burnout and Contributing Factors to Burnout Among Indonesian Healthcare Workers Before and During COVID-19 Pandemic". *Jurnal Psikiatri Surabaya*, vol. 12, no. 2, pp.114-125, 2023. doi:10.20473/jps.v12i2.48468
- Smith, E. E., Reznik, S. J., Stewart, J. L., & Allen, J. J. (2017). Assessing and conceptualizing frontal EEG asymmetry: An updated primer on recording, processing, analyzing, and interpreting frontal alpha asymmetry. *International journal of psychophysiology : official journal of the International Organization of Psychophysiology*, 111, 98–114. <https://doi.org/10.1016/j.ijpsycho.2016.11.005>

- Stewart, J. L., Coan, J. A., Towers, D. N., & Allen, J. J. (2014). Resting and task-elicited prefrontal EEG alpha asymmetry in depression: support for the capability model. *Psychophysiology*, 51(5), 446–455. <https://doi.org/10.1111/psyp.12191>
- Suhaimi, N. S., Mountstephens, J., & Teo, J. (2020). EEG-Based Emotion Recognition: A State-of-the-Art Review of Current Trends and Opportunities. *Computational Intelligence and Neuroscience*, 2020, 1-19. <https://doi.org/10.1155/2020/8875426>
- Sun, L., Peräkylä, J., & Hartikainen, K. M. (2017). Frontal Alpha Asymmetry, a Potential Biomarker for the Effect of Neuromodulation on Brain's Affective Circuitry-Preliminary Evidence from a Deep Brain Stimulation Study. *Frontiers in human neuroscience*, 11, 584. <https://doi.org/10.3389/fnhum.2017.00584>
- Surachartkumtonkun, J., Ngo, L., & Shao, W. (2023). The crisis cloud's silver linings: The effects of hope and gratitude on employee burnout and engagement. *Journal of Retailing and Consumer Services*.
- Travis, F., & Arenander, A. (2006). Cross-sectional and longitudinal study of effects of transcendental meditation practice on interhemispheric frontal asymmetry and frontal coherence. *The International journal of neuroscience*, 116(12), 1519-1538. <https://doi.org/10.1080/00207450600575482>
- Uswatunnisa, A., & Yuniarti, K. (inpress). *Effectiveness of Hypnotic Guided Imagery (HGI) on Improving Quality of Life in Individuals with Obesity*. [Gadjah Mada University]. <http://10.8.2.232/lib/read/search>
- van Luitelaar, G., Verbraak, M., van den Bunt, M., Keijsers, G., & Arns, M. (2010). EEG findings in burnout patients. *The Journal of neuropsychiatry and clinical neurosciences*, 22(2), 208–217. <https://doi.org/10.1176/jnp.2010.22.2.208>
- Vincent, K. M., Xie, W., & Nelson, C. A. (2021). Using different methods for calculating frontal alpha asymmetry to study its development from infancy to 3 years of age in a large longitudinal sample. *Developmental psychobiology*, 63(6), e22163. <https://doi.org/10.1002/dev.22163>
- Waldstein, S. R., Kop, W. J., Schmidt, L. A., Haufler, A. J., Krantz, D. S., & Fox, N. A. (2000). Frontal electrocortical and cardiovascular reactivity during happiness and anger. *Biological psychology*, 55(1), 3-23. [https://doi.org/10.1016/s0301-0511\(00\)00065-x](https://doi.org/10.1016/s0301-0511(00)00065-x)
- Watson, D., & Clark, L. A. (1994). "The PANAS-X: Manual for the Positive and Negative Affect Schedule - Expanded Form.": This manual provides additional information on the expanded version of the PANAS, offering a broader range of affective states and more detailed measurements.
- Widhianingtanti, L. T., & Luitelaar, G. V. (2022). The Maslach-Trisni Burnout Inventory: Adaptation for Indonesia. *Indonesian journal of psychological and educational measurement*, 11(1), 1-21. <http://dx.doi.org/10.15408/jp3i.v11i1.24400>
- Wolf, T. G., Faerber, K. A., Rummel, C., Halsband, U., & Campus, G. (2022). Functional Changes in Brain Activity Using Hypnosis: A Systematic Review. *Brain Sciences*, 12(1), 108. <https://doi.org/10.3390/brainsci12010108>
- Wolf, T. G., Faerber, K. A., Rummel, C., Halsband, U., & Campus, G. (2022). Functional Changes in Brain Activity Using Hypnosis: A Systematic Review. *Brain sciences*, 12(1), 108. <https://doi.org/10.3390/brainsci12010108>



- Xu, Y. Y., Feng, Z. Q., Xie, Y. J., Zhang, J., Peng, S. H., Yu, Y. J., & Li, M. (2018). Frontal Alpha EEG Asymmetry Before and After Positive Psychological Interventions for Medical Students. *Frontiers in psychiatry*, 9, 432. <https://doi.org/10.3389/fpsyg.2018.00432>
- Yen, C., Lin, C. L., & Chiang, M. C. (2023). Exploring the Frontiers of Neuroimaging: A Review of Recent Advances in Understanding Brain Functioning and Disorders. *Life (Basel, Switzerland)*, 13(7), 1472. <https://doi.org/10.3390/life13071472>
- Yuwono, C., & Putra, M. (2005). Emotional factors in the process of organizational change. *INSAN* Vol.7 No.3, 250-263. <https://journal.unair.ac.id/filerPDF/04%20-%20Faktor%20Emosi%20dalam%20Proses%20Perubahan%20Organisasi.pdf>
- Zhang, Z., Fort, J. M., & Giménez Mateu, L. (2024). Mini review: Challenges in EEG emotion recognition. *Frontiers in psychology*, 14, 1289816. <https://doi.org/10.3389/fpsyg.2023.1289816>