

Daftar Pustaka

- Adriaenssens, J., De Gucht, V., & Maes, S. (2012). The impact of traumatic events on emergency room nurses: Findings from a questionnaire survey. *International Journal of Nursing Studies*, 49(11), 1411–1422. <https://doi.org/10.1016/j.ijnurstu.2012.07.003>
- American Psychological Association (2010). Survey findings emphasize the importance of self-care for psychologists. Retrieved October 5, 2010 from <http://www.apapracticecentral.org/update/2010/08-31/survey.aspx>.
- American Psychological Association. (2018). *Clinical psychology*. APA Dictionary of Psychology. <https://dictionary.apa.org/clinical-psychology>
- Ariapooran, S. (2014). Compassion fatigue and burnout in Iranian nurses: The role of perceived social support. *Iranian journal of nursing and midwifery research*, 19(3), 279-284.
- Arnold, T. (2020). An evolutionary concept analysis of secondary traumatic stress in nurses. *Nursing Forum*, 55(2), 149–156. <https://doi.org/10.1111/nuf.12409>
- Azwar, S. (2001). Asumsi-asumsi dalam inferensi statistika. *Buletin Psikologi*, 9(1), 8-17.
- Azwar, S. (2012). *Penyusunan Skala Psikologi edisi 2*. Yogyakarta: Pustaka Pelajar
- Badan Pusat Statistik. (2026). *Jumlah penduduk menurut kelompok umur dan jenis kelamin*, 2026. <https://www.bps.go.id/id/statistics-table/3/WVc0%20MGEyMXBkVFUxY25KeE9HdDZkbTQzWkVkb1p6MDkjMw==/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin--2023.html>
- Bandura, A. (1977) Self-efficacy: toward a unifying theory of behavioral change. *Psychological Review*, 84, 191–215.
- Bandura, A. (1986). Social foundations of thought and action: A social cognitive theory. *Prentice-Hall*.
- Bandura, A. (1989). Human agency in social cognitive theory. *American psychologist*, 44(9), 1175.
- Bandura, A. (1991). Social cognitive theory of self-regulation. *Organizational behavior and human decision processes*, 50(2), 248-287.
- Bandura, A. (2000). Exercise of human agency through collective efficacy. *Current directions in psychological science*, 9(3), 75-78.

- Bardhoshi, G., & Um, B. (2021). The Effects of Job Demands and Resources on School Counselor Burnout: Self-Efficacy as a Mediator. *Journal of Counseling & Development*. <https://doi.org/10.1002/jcad.12375>.
- Bhattacharyya, B., & Banerjee, U. (2022). Exploring Burnout in Clinical Psychologists: Role of Personality, Empathy, Countertransference and Compassion Fatigue. *Indian Journal of Psychiatric Nursing*, 19(2), 117–124. https://doi.org/10.4103/iopn.iopn_62_21
- Beck, C. T. (2011). Secondary Traumatic Stress in Nurses: A Systematic Review. *Archives of Psychiatric Nursing*, 25(1), 1–10. <https://doi.org/10.1016/j.apnu.2010.05.005>
- Bozgeyikli, H. (2012). Self efficacy as a predictor of compassion satisfaction, burnout, compassion fatigue: A study on psychological counselors. *African Journal Of Business Management*, 6(2). <https://doi.org/10.5897/AJBM11.2167>
- Cavanagh, N., Cockett, G., Heinrich, C., Doig, L., Fiest, K., Guichon, J. R., Page, S., Mitchell, I., & Doig, C. J. (2019). Compassion Fatigue in healthcare providers: A systematic review and meta-analysis. *Nursing Ethics*, 27(3), 639–665. <https://doi.org/10.1177/0969733019889400>
- Chachula, K. M. (2021). Professional Quality of Life Factors and Relationships in Nursing and Psychiatric Nursing Students: An Exploratory Study. *SAGE Open Nursing*, 7, 2377960821994394. <https://doi.org/10.1177/2377960821994394>
- Cohen, J. (1988). Set correlation and contingency tables. *Applied psychological measurement*, 12(4), 425-434.
- Compas, B. E. & Gotlib, I. H. (2002). *Introduction to Clinical Psychology*. McGraw-Hill Higher Education
- Craig, C. D., & Sprang, G. (2010). Compassion satisfaction, compassion fatigue, and burnout in a national sample of trauma treatment therapists. *Anxiety, Stress & Coping*, 23(3), 319–339. <https://doi.org/10.1080/10615800903085818>
- Dancey, C. P., & Reidy, J. (2011). Statistics without maths for psychology.
- Darlington, R. B. (1968). Multiple regression in psychological research and practice. *Psychological Bulletin*, 69(3), 161–182. <https://doi.org/10.1037/h0025471>
- Dehlin, M., & Lundh, L. G. (2018). Compassion fatigue and compassion satisfaction among psychologists: Can supervision and a reflective stance

be of help? *Journal for Person-Oriented Research*, 4(2), 95–107.
<https://doi.org/10.17505/jpor.2018.09>

Dennis, C.-L. (2003). Peer support within a health care context: A concept analysis. *International Journal of Nursing Studies*, 40(3), 321–332.
[https://doi.org/10.1016/S0020-7489\(02\)00092-5](https://doi.org/10.1016/S0020-7489(02)00092-5)

Fajrin, H. R., & Hadi, C. (2024). Gambaran *compassion fatigue* pada psikolog klinis yang bekerja di bawah lima tahun (Doctoral dissertation, Universitas Airlangga).

Faul, F., Erdfelder, E., Buchner, A., & Lang, A.-G. (2009). Statistical power analyses using G*Power 3.1: Tests for correlation and regression analyses. *Behavior Research Methods*, 41(4), 1149–1160.
<https://doi.org/10.3758/BRM.41.4.1149>

Figley, C. R. (1995). Compassion fatigue: Toward a new understanding of the costs of caring. *Brunner/Mazel*.

Figley, C. R. (2002). Compassion fatigue: Psychotherapists' chronic lack of self care. *Journal of Clinical Psychology*, 58(11), 1433–1441.
<https://doi.org/10.1002/jclp.10090>

Fortuna, K. L., Naslund, J. A., LaCroix, J. M., Bianco, C. L., Brooks, J. M., Zisman-Ilani, Y., ... & Deegan, P. (2020). Digital peer support mental health interventions for people with a lived experience of a serious mental illness: systematic review. *JMIR mental health*, 7(4), e16460.

Geraci, A., D'Amico, A., Fernández-Berrocal, P., & Cabello, R. (2026). The relationship among burnout, emotional intelligence, and self-efficacy in school teachers. A systematic review. *International Journal of Educational Research*, 137, 102972. <https://doi.org/10.1016/j.ijer.2026.102972>

Gerich, J., & Weber, C. (2020). The ambivalent appraisal of job demands and the moderating role of job control and social support for burnout and job satisfaction. *Social Indicators Research*, 148(1), 251–280.

Gunduz, B. (2012). Self-Efficacy and Burnout in Professional School Counselors. *Educational Sciences: Theory and Practice*, 12(3), 1761–1767.

Hair, J. F., Risher, J. J., Sarstedt, M., & Ringle, C. M. (2019). When to use and how to report the results of PLS-SEM. *European business review*, 31(1), 2–24.

Harrison, R. L., & Westwood, M. J. (2009). Preventing vicarious traumatization of mental health therapists: Identifying protective practices. *Psychotherapy: Theory, Research, Practice, Training*, 46(2), 203.

- Hill, C. E., & O'Brien, K. M. (1999). Helping skills: Facilitating exploration, insight, and action. *American Psychological Association*.
- Ikatan Psikolog Klinis Indonesia. (2022). *Peraturan Dewan Kehormatan Ikatan Psikolog Klinis Indonesia Nomor 01/Per/DK/IPK-Indonesia/IV/2022 tentang Kode Etik Tenaga Psikologi Klinis Indonesia*. Ikatan Psikolog Klinis Indonesia.
- Ikatan Psikolog Klinis Indonesia. (2023). *Apa perbedaan psikolog dan psikolog klinis?*.
IPK Indonesia.
<https://www.ipkindonesia.or.id/apa-perbedaan-psikolog-dan-psikolog-klinis/>
- Ikatan Psikolog Klinis Indonesia. (2026). *Statistik keanggotaan Ikatan Psikolog Klinis Indonesia*.
<https://data.ipkindonesia.or.id/statistik/keanggotaan-ikatan-psikolog-klinis-indonesia/>
- Joseph, S. (2011). *What doesn't kill us: The new psychology of posttraumatic growth*. Basic Books (AZ).
- Khatun, N. (2021). Applications of Normality Test in Statistical Analysis. *Open Journal of Statistics*, 11(01), 113–122. <https://doi.org/10.4236/ojs.2021.111006>
- Killian, K. D. (2008). Helping till it hurts? A multimethod study of compassion fatigue, burnout, and self-care in clinicians working with trauma survivors. *Traumatology*, 14(2), 32–44.
- Kim, T. K., & Park, J. H. (2019). More about the basic assumptions of t-test: normality and sample size. *Korean Journal of Anesthesiology*, 72(4), 331–335. <https://doi.org/10.4097/kja.d.18.00292>
- Larson, L. M., & Daniels, J. A. (1998). Review of the Counseling Self-Efficacy Literature. *The Counseling Psychologist*, 26(2), 179–218. <https://doi.org/10.1177/0011000098262001>
- Lin, X., Yang, C., & Cheung, R. (2025). Professional support, efficacy beliefs, and compassion fatigue in principals during the COVID-19 pandemic. *School Psychology*, 40(1), 24–35. <https://doi.org/10.1037/spq0000564>
- Lent, R. W., Hill, C. E., & Hoffman, M. A. (2003). Development and validation of the Counselor Activity Self-Efficacy Scales. *Journal of Counseling Psychology*, 50(1), 97–108. <https://doi.org/10.1037/0022-0167.50.1.97>

- MacRitchie, V., & Leibowitz, S. (2010). Secondary traumatic stress, level of exposure, empathy and social support in trauma workers. *South African Journal of Psychology*, 40(2), 149-158.
- Maslach, C., Schaufeli, W. B., & Leiter, M. P. (2001). Job burnout. *Annual review of psychology*, 52(2001), 397-422.
- McCall, W. T. (2023). Piloting Peer Support to Decrease Secondary Traumatic Stress, Compassion Fatigue, and Burnout Among Air Medical Crewmembers. *Air Medical Journal*, 42(3), 157-162. <https://doi.org/10.1016/j.amj.2023.01.004>
- McCann, I. L., & Pearlman, L. A. (1990). Vicarious traumatization: A framework for understanding the psychological effects of working with victims. *Journal of traumatic stress*, 3(1), 131-149.
- McCormack, H. M., MacIntyre, T. E., O'Shea, D., Herring, M. P., & Campbell, M. J. (2018). The Prevalence and Cause(s) of Burnout Among Applied Psychologists: A Systematic Review. *Frontiers in Psychology*, 9, 1897. <https://doi.org/10.3389/fpsyg.2018.01897>
- Mead, S., Hilton, D., & Curtis, L. (2001). Peer support: a theoretical perspective. *Psychiatric rehabilitation journal*, 25(2), 134.
- Michalopoulos, L. M., & Aparicio, E. (2012). Vicarious trauma in social workers: The role of trauma history, social support, and years of experience. *Journal of Aggression, Maltreatment & Trauma*, 21(6), 646-664.
- Nora, C. R. D., Zoboli, E., & Vieira, M. M. (2018). Validation by experts: importance in translation and adaptation of instruments. *Revista Gaúcha de Enfermagem*, 38.
- Norrman Harling, M., Högman, E., & Schad, E. (2020). Breaking the taboo: Eight Swedish clinical psychologists' experiences of compassion fatigue. *International Journal of Qualitative Studies on Health and Well-Being*, 15(1), 1785610. <https://doi.org/10.1080/17482631.2020.1785610>
- Partlak Günüşen, N., Üstün, B., Serçekuş Ak, P., & Büyükkaya Besen, D. (2019). Secondary traumatic stress experiences of nurses caring for cancer patients. *International Journal of Nursing Practice*, 25(1), e12717. <https://doi.org/10.1111/ijn.12717>
- Pearlman, L. A., & Mac Ian, P. S. (1995). Vicarious traumatization: An empirical study of the effects of trauma work on trauma therapists. *Professional psychology: Research and practice*, 26(6), 558.

- Pines, A. M., & Aronson, E. (1989). *Career Burnout: Causes and cures*. Free Press ; Collier Macmillan.
- Pergol-Metko, P., Staniszewska, A., Metko, S., Sienkiewicz, Z., & Czyzewski, L. (2023). Compassion Fatigue and Perceived Social Support among Polish Nurses. *Healthcare*, 11(5), 706. <https://doi.org/10.3390/healthcare11050706>
- Regehr, C., Hemsworth, D., Leslie, B., Howe, P., & Chau, S. (2004). Predictors of post-traumatic distress in child welfare workers: A linear structural equation model. *Children and Youth Services Review*, 26(4), 331–346. <https://doi.org/10.1016/j.childyouth.2004.02.003>
- Repper, J., & Carter, T. (2011). A review of the literature on peer support in mental health services. *Journal of Mental Health*, 20(4), 392–411. <https://doi.org/10.3109/09638237.2011.583947>
- Republik Indonesia. (2017). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 45 Tahun 2017 tentang Izin dan Penyelenggaraan Praktik Psikolog Klinis*. Berita Negara Republik Indonesia.
- Saudi, A. N. A., Bintang, R. S., Loloallo, V. L., & Zainuddin, N. I. (2024). Multidimensional Scale of Perceived Social Support (MSPSS): Uji Validitas Konstruk dengan Confirmatory Factor Analysis (CFA). *Edukatif: Jurnal Ilmu Pendidikan*, 6(4), 4266–4275.
- Sinclair, S., Raffin-Bouchal, S., Venturato, L., Mijovic-Kondejewski, J., & Smith-MacDonald, L. (2017). Compassion fatigue: A meta-narrative review of the healthcare literature. *International Journal of Nursing Studies*, 69, 9–24. <https://doi.org/10.1016/j.ijnurstu.2017.01.003>
- Singh, J., Karanika-Murray, M., Baguley, T., & Hudson, J. (2020). A Systematic Review of Job Demands and Resources Associated with Compassion Fatigue in Mental Health Professionals. *International Journal of Environmental Research and Public Health*, 17(19), 6987. <https://doi.org/10.3390/ijerph17196987>
- Solomon, P. (2004). Peer support/peer provided services underlying processes, benefits, and critical ingredients. *Psychiatric rehabilitation journal*, 27(4), 392.
- Sprang, G., Clark, J. J., & Whitt-Woosley, A. (2007). Compassion Fatigue, Compassion Satisfaction, and Burnout: Factors Impacting a Professional's Quality of Life. *Journal of Loss and Trauma*, 12(3), 259–280. <https://doi.org/10.1080/15325020701238093>
- Stamm, B. H. (2010). *The concise ProQOL manual* (2nd ed.). ProQOL.org.

- Sugiyono, D. (2013). Metode penelitian pendidikan pendekatan kuantitatif, kualitatif dan R&D.
- Szücs, A., van der Lubbe, S. C., de la Torre, J. A., Valderas, J. M., Hay, S. I., Bisignano, C., ... & Ng, M. (2025). The epidemiology and burden of ten mental disorders in countries of the Association of Southeast Asian Nations (ASEAN), 1990–2021: findings from the Global Burden of Disease Study 2021. *The Lancet Public Health*, 10(6), e480-e491.
- Tay, S., Alcock, K., & Scior, K. (2018). Mental health problems among clinical psychologists: Stigma and its impact on disclosure and help-seeking. *Journal of Clinical Psychology*, 74(9), 1545-1555.
- Turgoose, D., & Maddox, L. (2017). Predictors of compassion fatigue in mental health professionals: A narrative review. *Traumatology*, 23(2), 172–185. <https://doi.org/10.1037/trm0000116>
- Vu, F., & Bodenmann, P. (2017). Preventing, managing and treating compassion fatigue. *Swiss Archives of Neurology, Psychiatry and Psychotherapy*, 168(8), 224–231.
- Wasilewski, M., Reis, L., Vijayakumar, A., Leighton, J., Hitzig, S. L., Simpson, R., ... & Legere, L. (2025). Peer support experiences and needs across the continuum of trauma care: A qualitative study of traumatic injury survivor, caregiver, and provider perspectives. *Injury*, 56(4), 112259.
- Zhang, J., Wang, X., Xu, T., Li, J., Li, H., Wu, Y., Li, Y., Chen, Y., & Zhang, J. (2022). The effect of resilience and self-efficacy on nurses' compassion fatigue: A cross-sectional study. *Journal of Advanced Nursing*, 78(7), 2030–2041. <https://doi.org/10.1111/jan.15113>
- Zhang, J., Wang, X., Chen, O., Li, J., Li, Y., Chen, Y., Luo, Y., & Zhang, J. (2023). Social support, empathy and compassion fatigue among clinical nurses: Structural equation modeling. *BMC Nursing*, 22(1), 425. <https://doi.org/10.1186/s12912-023-01565-6>
- Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of personality assessment*, 52(1), 30-41.