

DAFTAR PUSTAKA

- Abdullah, J., Suryaningrum, C., Prasetyaningrum, S., Psikologi, F., & Muhammadiyah, U., 2014. Musik jawa untuk mereduksi stres pada mahasiswa. *J. Interv. Psikologi*, 6.
- Agustin, I.M., Nurlaila, Yuda, H.T., & Yulia, 2020. PILOT STUDY KONDISI PSIKOLOGIS RELAWAN BENCANA COVID 19. *J. Ilmu Keperawatan Jiwa* 3: 113–118.
- Altun, Z.D., 2018. The Role of Music in Coping with Trauma Experiences. *Eur. J. Educ. Stud.* 4: 289–303. doi:10.5281/zenodo.1328275
- Barello, S., Palamenghi, L., & Graffigna, G., 2020. Burnout and somatic symptoms among frontline healthcare professionals at the peak of the Italian COVID-19 pandemic. *Psychiatry Res.* 290. doi:10.1016/j.psychres.2020.113129
- Bazmi, E., Alipour, A., Yasamy, M.T., Kheradmand, A., Salehpour, S., & Soori, H., 2019. Job Burnout and Related Factors among Health Sector Employees. *Iran J. Psychiatry* 14: 309–316.
- Ben-Ezra, M., & Hamama-Raz, Y., 2020. Social Workers during COVID-19: Do Coping Strategies Differentially Mediate the Relationship between Job Demand and Psychological Distress? *Br. J. Soc. Work* 1–17. doi:10.1093/bjsw/bcaa210
- Chirico, F., 2021. Prevalence of burnout syndrome among Italian volunteers of the Red Cross: A cross-sectional study. *Nurs. Res.* 4: 48. doi:10.1097/00006199-195506000-00024
- Chirico, F., Crescenzo, P., Sacco, A., Riccò, M., Ripa, S., Nucera, G., et al., 2021. Prevalence of burnout syndrome among Italian volunteers of the Red Cross : a cross-sectional study. *Ind. Health* 59: 117–127.
- Cuttillo, A., Reynolds, N., & Madan-swain, A., 2015. Music Therapy and Coping in Caregivers of Children with Cancer. *Ann. Pediatr. Child Heal.* 3: 25–27.
- Dahlan, S., 2014. Statistik Untuk Kedokteran dan Kesehatan, 6th ed. Epidemiologi Indonesia, Jakarta.
- Dewi, M.P., 2009. Studi Metaanalisis : Musik Untuk Menurunkan Stres. *J. Psikol.* 36: 106–115.
- Dima, G., Mese, L., & Şimon, M.-C., 2021. Stress and Burnout among social workers in the VUCA world of COVID-19 pandemic. *Fac. Sociol. Commun. Transilv. Univ. Brasov, Rom.* doi:10.20944/preprints202104.0555.v1

- Dinas Pariwisata DKI Jakarta, 2019. Gamelan Jawa , Seni Musik.
- Djohan, 2008. Pengaruh Elemen Tempo Dalam gamelan Jawa Terhadap Respons Emosi Musikal. *Psikologika* 13: 25–37.
- Geraldina, A.M., 2017. Terapi Musik : Bebas Budaya atau Terikat Budaya ? *Bul. Psikol.* 25: 45–53. doi:10.22146/buletinpsikologi.27193
- Golonka, K., Gawlowska, M., Mojsa-Kaja, J., Marek, T., & Topa, G., 2019. Psychophysiological Characteristics of Burnout Syndrome: Resting-State EEG Analysis. *Biomed Res. Int.* 2019: 6–8. doi:10.1155/2019/3764354
- Greinacher, A., Cranz, A., Jenzer, J., Nikendei, A., Kottke, R., Wiesbeck, J., et al., 2021. The psychological burden of volunteers in psychosocial emergency care – a qualitative interview study. *Curr. Psychol.* doi:10.1007/s12144-021-01382-7
- Hayes, S., Priestley, J., Ishmakhametov, N., & Ray, H., 2020. “I’m not Working from Home, I’m Living at Work”: Perceived Stress and Work-Related Burnout before and during COVID-19 2–29. doi:10.31234/osf.io/vnkwa
- Hidalgo, M.C., 2010. Prediction of Burnout in Volunteers. *J. Appl. Soc. Psychol.* doi:10.1111/j.1559-1816.2010.00640.x
- Holmes, M.R., Rentrop, C.R., Korsch-Williams, A., & King, J.A., 2021. Impact of COVID-19 Pandemic on Posttraumatic Stress, Grief, Burnout, and Secondary Trauma of Social Workers in the United States. *Clin. Soc. Work J.* doi:10.1007/s10615-021-00795-y
- Irmawartini, & Nurhaedah, 2017. Metodologi Penelitian. *Kementeri. Kesehat. Republik Indones.*
- Kacem, I., Kahloul, M., Arem, S. El, Ayachi, S., Hafsia, M., Maoua, M., et al., 2020. Effects of music therapy on occupational stress and burn-out risk of operating room staff. *Libyan J. Med.* 15. doi:10.1080/19932820.2020.1768024
- Kamus Bahasa Indonesia, 2008. . Pusat Bahasa Departemen Pendidikan Nasional, Jakarta.
- Khalid Mahmood, Q., Sara, ., Jafree, R., Malik, ., Sohail, M., Muhammad, ., et al., 2021. A Cross-Sectional Survey of Pakistani Muslims Coping with Health Anxiety through Religiosity during the COVID-19 Pandemic. *J. Relig. Health* 60: 1462–1474. doi:10.1007/s10943-021-01218-5
- Kulik, L., 2006. Burnout among volunteers in the social services : the impact of gender and Employment status. *J. Community Psychol.* 34: 541–561. doi:10.1002/jcop

- Kusumawardhani, A.A.A.A., 2016. Budaya organisasi dan potensi burnout di Rumah Sakit Umum Pusat Nasional dr. Cipto Mangunkusumo: studi kasus di tingkat departemen.
- Labbé, E., 2008. Coping with Stress : The Effectiveness of Different Types of Music Coping with Stress : The Effectiveness of Different Types of Music. *Appl. Psychophysiol. Biofeedback*. doi:10.1007/s10484-007-9043-9
- Linnemann, A., Strahler, J., & Nater, U.M., 2016. Psychoneuroendocrinology The stress-reducing effect of music listening varies depending on the social context. *Psychoneuroendocrinology* 72: 97–105. doi:10.1016/j.psyneuen.2016.06.003
- Lloyd, C., King, R., & Chenoweth, L., 2002. Social work, stress and burnout: A review. *J. Ment. Heal.* 11: 255–265. doi:10.1080/09638230020023642
- Maslach, C., & Jackson, S.E., 1981. The measurement of experienced burnout. *J. Organ. Behav.* 2: 99–113. doi:10.1002/job.4030020205
- Maslach, C., & Leiter, M.P., 2016. Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry* 15: 103–111. doi:10.1002/wps.20311
- Maslach, C., Schaufeli, W.B., & Leiter, M.P., 2001. Job Burnout 397–422.
- Matto, H.C., & Sullivan, K., 2021. Ashes2Art: Mitigation Strategies for Short- and Long-term Distress in Emergency Services Personnel During COVID-19. *Clin. Soc. Work J.* 1–8. doi:10.1007/s10615-021-00797-w
- Munawar, K., & Riaz, F., 2020. Exploring stress coping strategies of frontline emergency health workers dealing Covid-19 in Pakistan : A qualitative inquiry. *AJIC Am. J. Infect. Control* 000. doi:10.1016/j.ajic.2020.06.214
- Nilsson, U., 2009. Soothing music can increase oxytocin levels during bed rest after open-heart surgery : a randomised control trial. *J. Clin. Nurs.* 18: 2153–2161. doi:10.1111/j.1365-2702.2008.02718.x
- Nilsson, U., 2008. The Anxiety- and Pain-Reducing Effects of Music Interventions: A Systematic Review. *AORN J.* 87. doi:10.1016/j.aorn.2007.09.013
- Novita, D., 2012. Pengaruh Terapi Musik Terhadap Nyeri Post Operasi Open Reduction And Internal Fixation (Orif) Di Rsud Dr. H. Abdul Moeloek Propinsi Lampung. *Fak. Ilmu Perawatan Progr. Pascasarj. Magister Ilmu Keperawatan Kekhususan Keperawatan Med. Bedah Univ. Indones.* 128.
- Oktavia, N.S., Gandamiharja, S., & Akbar, I.B., 2011. Perbandingan Efek Musik Klasik Mozart dan Musik Tradisional Gamelan Jawa terhadap Pengurangan Nyeri Persalinan Kala I Fase Aktif pada Nulipara 45: 218–225.

- Ooishi, Y., Mukai, H., Watanabe, K., Kawato, S., & Kashino, M., 2017. Increase in salivary oxytocin and decrease in salivary cortisol after listening to relaxing slow-tempo and exciting fast-tempo music 1–16.
- Peinado, M., & Anderson, K.N., 2020a. Reducing social worker burnout during COVID-19. *Int. Soc. Work* 63: 757–760. doi:10.1177/0020872820962196
- Peinado, M., & Anderson, K.N., 2020b. Reducing social worker burnout during COVID-19. *Int. Sos. Work* 10–13. doi:10.1177/0020872820962196
- Pollock, A., Campbell, P., Cheyne, J., Cowie, J., Davis, B., Mccallum, J., et al., 2020. Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic: a mixed methods systematic review. *Cochrane Database Syst. Rev.* doi:10.1002/14651858.CD013779.www.cochranelibrary.com
- Pramudi, Y.T.C., & Budiman, F., 2010. Desain virtual gamelan jawa sebagai media pembelajaran. *Semin. Nas. Apl. Teknol. Inf.* 2010 2010.
- Purwanto, E., DW, S., & Sutono, 2008. Efek Musik Terhadap Perubahan Intensitas Nyeri Pada Pasien Post Operasi.
- Ramesh, B., 2020. Influence of Music as a Coping Strategy during COVID-19. *J. Basic, Clin. Appl. Heal. Sci.* 3: 128–130. doi:10.5005/jp-journals-10082-02266
- Reybrouck, M., & Podlipniak, P., 2020. Music Listening as Coping Behavior : From Reactive Response to Sense- behavioral sciences Music Listening as Coping Behavior : From Reactive Response to Sense-Making. *Behav. Sci.* 10: 1–18. doi:10.3390/bs10070119
- Rosas-santiago, F.J., 2019. Cognitive behavioral and psychoeducational intervention to modify coping styles and burnout syndrome in civil servants : An experimental study 25: 91–96.
- Salim, D., 2005. Respons emosi musikal dalam gamelan jawa. *Psikologia* I: 63–75.
- Salopek-žiha, D., Hlavati, M., Gvozdanovi, Z., & Gaši, M., 2020. Differences In Distress And Coping With The Covid-19 Stressor In Nurses And Physicians 32: 287–293.
- Sánchez-Moreno, E., De La Fuente Roldán, I.N., Gallardo-Peralta, L.P., & Barrón López De Roda, A., 2015. Burnout, informal social support and psychological distress among social workers. *Br. J. Soc. Work* 45: 2368–2386. doi:10.1093/bjsw/bcu084
- Schou, K., 2008. Music therapy for post operative cardiac patients A Randomized Controlled Trial Evaluating Guided Relaxation with Music and

- Music Listening on Anxiety , Pain , and Mood. *Dep. Commun. Aalborg Univ.*
- Shaygan, M., Yazdani, Z., & Valibeygi, A., 2021. The effect of online multimedia psychoeducational interventions on the resilience and perceived stress of hospitalized patients with COVID-19 : a pilot cluster randomized parallel-controlled trial 1–12.
- Sukinah, 2011. Seni Gamelan Jawa sebagai ALternatif Pendidikan Karakter Bagi Anak Autis di Sekolah Luar Biasa.
- Sumner, R.C., & Kinsella, E.L., 2021. Grace Under Pressure: Resilience, Burnout, and Wellbeing in Frontline Workers in the United Kingdom and Republic of Ireland During the SARS-CoV-2 Pandemic. *Front. Psychol.* 11. doi:10.3389/fpsyg.2020.576229
- Thoma, M. V, Scholz, U., Ehlert, U., & Nater, U.M., 2012. Listening to music and physiological and psychological functioning : The mediating role of emotion regulation and stress reactivity. *Psychol. Heal.* 37–41.
- Urnes, S., Id, J., Ebrahimi, O. V, & Hoffart, A., 2020. PTSD symptoms among health workers and public service providers during the COVID-19 outbreak 1–13. doi:10.1371/journal.pone.0241032
- Vagni, M., Giostra, V., Maiorano, T., Santaniello, G., & Pajardi, D., 2020. Personal Accomplishment and Hardiness in Reducing Emergency Stress and Burnout among COVID-19 Emergency Workers 1–18.
- von Känel, R., Princip, M., Holzgang, S.A., Fuchs, W.J., van Nuffel, M., Pazhenkottil, A.P., et al., 2020. Relationship between job burnout and somatic diseases: a network analysis. *Sci. Rep.* 10: 1–6. doi:10.1038/s41598-020-75611-7
- Witte, M. de, 2018. The effectiveness of music interventions on stress reduction: results of a meta-analysis. *4th Int. Conf. Depress. Anxiety Stress Manag.* 7: 4172. doi:10.4172/2167-1044-C1-005
- Witte, M. De, Spruit, A., Hooren, S. Van, & Moonen, X., 2020. Effects of music interventions on stress-related outcomes : a systematic review and two meta-analyses. *Health Psychol. Rev.* 7199. doi:10.1080/17437199.2019.1627897
- World Health Organization, 2020. COVID-19 Weekly Epidemiological Update 22. *World Heal. Organ.* 1–3.
- Wright, H.M., Griffin, B.J., Shoji, K., Love, T.M., Langenecker, S.A., Benight, C.C., et al., 2020. Pandemic-related mental health risk among front line personnel. *J. Psychiatr. Res.* doi:10.1016/j.jpsychires.2020.10.045
- Yu, Z., Tan, W., & Niu, L., 2020. The experiences of the Good Companions Response Team during the COVID-19 pandemic in Wuhan, China: a multi-professional team led by social workers. *Asia Pacific J. Soc. Work Dev.* 00:

1–7. doi:10.1080/02185385.2020.1854843

Yulianto, H., 2020. Maslach Burnout Inventory-Human Services Survey (MBI-HSS) Versi Bahasa Indonesia: Studi Validasi Konstruk pada Anggota Polisi. *J. Pengukuran Psikol. dan Pendidik. Indones.* 9: 19–29. doi:10.15408/jp3i.v9i1.13329

Yusli, U.D., & Rachma, N., 2019. Pengaruh pemberian terapi musik gamelan jawa terhadap tingkat kecemasan lansia 3: 72–78.



UNIVERSITAS
GADJAH MADA

Peran Intervensi Gending Jawa Terhadap Skor Burnout pada Sukarelawan Covid-19 PMI Kabupaten Temanggung

ISMI PRASASTAWATI, dr. Mahar Agusno, Sp.KJ(K);Dr.dr. Budi Pratiti,Sp.KJ

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>