

DAFTAR RUJUKAN

- “Ibu di Tulungagung Racuni Anaknya Hingga Tewas.” (2024, 28 Februari). Kompas.com. Diakses dari <https://www.kompas.com>
- Adler, A. (1956). The neurotic disposition. In H. L. Ansbacher & R. R. Ansbacher (Eds.), *The individual psychology of Alfred Adler* (pp. 239 –262). New York, NY: Harper.
- Ainun, F., & Sofa, A. (2024). Pengaruh dukungan sosial dan parenting self-efficacy terhadap parental burnout pada ibu bekerja (Skripsi, Universitas Negeri Malang).
- Akbar, Z., & Kartika, K. (2016). Konflik peran ganda dan keberfungsian keluarga pada ibu yang bekerja. *Jurnal Penelitian dan Pengukuran Psikologi*, 5(2), 63–69. <https://doi.org/10.21009/JPPP.052.02>.
- Alfitra, R., & Rosatyani, R. (2022). Hubungan perfeksionisme dengan parental burnout ibu yang bekerja dimoderasi oleh perceived social support. *Jurnal Psikologi Insight*, 4(1), 30–40.
- Apreviadizy, P., & Puspitacandri, A. (2014). Perbedaan stres ditinjau dari ibu bekerja dan ibu tidak bekerja. *Jurnal Psikologi Tabularasa*, 9(1), 58–65. <https://doi.org/10.26905/jpt.v9i1.234>
- Arikunto, Suharsimi. 2010. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Azwar, S. (1986). *Validitas dan reliabilitas*. Jakarta: Rineka Cipta.
- Ariyanti, F. (2020). *Validitas dan Reliabilitas Instrumen Penelitian Psikologi*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2000). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik Kabupaten Tulungagung. (2023). *Tulungagung dalam angka 2023*. Diakses dari www.tulungagungkab.bps.go.id
- Badan Pusat Statistik Provinsi Jawa Timur. (2023). *Keadaan ketenagakerjaan Jawa Timur 2023*. Diakses dari www.jatim.bps.go.id

- Badan Pusat Statistik. (2019). Sakernas 2017–2019: Angkatan kerja perempuan. Diakses dari www.bps.go.id
- Baron, R. A., & Byrne, D. (2000). *Social psychology* (9th ed.). Boston: Allyn & Bacon.
- Baron, R. M., & Kenny, D. A. (1986). The moderator–mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology*, 51(6), 1173–1182.
- Baumgardner, S. R., & Crothers, M. K. (2010). *Positive psychology*. Upper Saddle River, NJ: Prentice Hall.
- Brinker, J. K., & Dozois, D. J. A. (2009). Ruminative thought style and depressed mood. *Journal of Clinical Psychology*, 65(1), 1–19. <https://doi.org/10.1002/jclp.20542>
- Chen, J., & Li, X. (2013). Genetic and environmental influences on adolescent rumination and its association with depressive symptoms. *Journal of Abnormal Child Psychology*, 41(8), 1289–1298. <https://doi.org/10.1007/s10802-013-9764-0>
- Chi, L.C., & Xu, H. X. (2018). Parenting stress and its associated factors among parents working in hospitality and services industries of macau. *Journal of Tourism & Hospitality*, 7(3), 1000362. <https://www.longdom.org/open-access/parenting-stress-and-its-associated-factors-among-parents-working-in-hospitality-and-services-industries-of-macau-2167-0269-1000362.pdf>
- Damian, L. E., Stoeber, J., Negru, O., & Băban, A. (2014). Perfectionism and achievement goal orientations in adolescent school students. *Psychology in the Schools*, 51(9), 960–971. <https://doi.org/10.1002/pits.21794>
- Demerouti, E., Bakker, A. B., Nachreiner, F., & Schaufeli, W. B. (2001). The job demands-resources model of burnout. *Journal of Applied psychology*, 86(3), 499.
- Fanny, M., Maharani, S., & Eka, R. (2021). Pengaruh perfeksionisme pengasuhan terhadap parental burnout pada ibu bekerja. *Jurnal Psikologi Insight*, 5(1), 50–60.

- Fazny, M. A. (2021). Analysis of parental burnout conditions during COVID-19 pandemic in Indonesia. *Jurnal Psikologi*, 18(2), 45–55.
- Flett, G. L., & Hewitt, P. L. (2015). Measures of perfectionism. In *Measures of personality and social psychological constructs* (pp. 595-618). Academic Press.
- Frost, R. O., Marten, P., Lahart, C., & Rosenblate, R. (1990). The dimensions of perfectionism. *Cognitive therapy and research*, 14, 449-468.
- Garratt-Reed, D., Howell, J., Hayes, L., & Boyes, M. (2018). Is perfectionism associated with academic burnout through repetitive negative thinking?. *PeerJ*, 6, e5004
- Ghozali, I. (2016). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 23*. Semarang: Badan Penerbit Universitas Diponegoro.
- Gillis A, Roskam L. Regulation between daily exhaustion and support in parenting: A dyadic perspective. *Int J Behav Dev*. 2020;44(3):226–35.
- Gotlib, I. H., & Joormann, J. (2010). Emotion regulation in depression: Relation to cognitive inhibition. *Cognition and Emotion*, 24(2), 281–298. <https://doi.org/10.1080/02699930903407948>
- Gottlieb, B. H. (1997). *Coping with chronic stress*. New York: Springer.
- Grudug, P. D. D., & Surjaningrum, E. R. (2021). Peran ruminasi pada pengaruh perfeksionisme terhadap depresi pada dewasa awal. *Jurnal Psikologi Insight*, 5(2), 70–80.
- Hamachek, D. E. (1978). Psychodynamics of normal and neurotic perfectionism. *Psychology*, 15: 27–33.
- Hartati, R. (2024). Psychological Well-Being Pada Ibu Bekerja. *Innovative: Journal Of Social Science Research*, 4(1), 1544-1555.
- Health Collaborative Center. (2022, Oktober 10). Berpikir berulang (ruminasi) berisiko picu depresi. <https://hccindonesia.org/id/2022/10/10/siaran-pers-berpikir-berulang-ruminasi-berisiko-picu-depresi/>
- Hewitt, P. L., & Flett, G. L. (1991). Perfectionism in the self and social contexts: Conceptualization, assessment, and association with psychopathology.

- Journal of Personality and Social Psychology, 60(3), 456–470.
<https://psycnet.apa.org/doi/10.1037/0022-3514.60.3.456>.
- Hewitt, P. L., & Flett, G. L. (2015). Perfectionism: A relational approach to conceptualization, assessment, and treatment. New York: Guilford Press.
- Hilt, L. M., Sander, L. C., Nolen-Hoeksema, S., & Simen, A. A. (2007). The BDNF Val66Met polymorphism predicts rumination and depression differently in young adolescents and their mothers. *Neuroscience Letters*, 429(1), 12–16.
<https://doi.org/10.1016/j.neulet.2007.09.011>
- Hurloch, Elizabeth B. 2003. Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan. Jakarta: Erlangga
- Joormann, J., & Gotlib, I. H. (2010). Emotion regulation in depression: Relation to cognitive inhibition. *Cognition and Emotion*, 24(2), 281–298.
<https://doi.org/10.1080/02699930903407948>
- Kawamoto T, Furutani K, Alimardani M. Preliminary Validation of Japanese Version of the Parental burnout Inventory and Its Relationship With Perfectionism. *Front Psychol*. 2018;9:970.
- Kenny, D. A. (1986). Mediation. *Journal of Personality and Social Psychology*, 51(6), 1173–1182.
- Komisi Perlindungan Anak Indonesia. (2020). Laporan tahunan KPAI 2020. Diakses dari www.kpai.go.id
- Krause, K., Rucker, G., & Ehring, T. (2018). Explaining the relation between pathological gambling and depression: Rumination as a mediator. *Journal of Behavioral Addictions*, 7(4), 1–9.
<https://doi.org/10.1556/2006.7.2018.93>
- Lim, M. T. A. F., & Kartasasmita, S. (2018). Dukungan internal atau eksternal: Self-compassion dan perceived social support sebagai prediktor stres. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 2(2), 551–562.
<https://doi.org/10.24912/jmishumsen.v2i2.1587>
- Lin, G. X., et al. (2020). Aiming to be perfect parents increases the risk of parental burnout, but emotional competence mitigates it. *Current Psychology*, 39(3), 1–10.

- Lindstrom C, Aman J, Norberg AL. Increased prevalence of burn out symptoms in parents of chronically ill children. *Acta Paediatr.* 2010;99(3):427–32.
- Lindström C, Aman J, Norberg AL. Parental burnout in relation to sociodemographic, psychosocial and personality factors as well as disease duration and glycaemic control in children with Type 1 diabetes mellitus. *Acta Paediatr.* 2011;100(7):1011–7.
- MacKinnon, D. P. (2008). *Introduction to Statistical Mediation Analysis*. New York: Erlbaum.
- Marlina. (2013). *Kontrol emosi wanita menikah*. Padang: Universitas Negeri Padang.
- Maslach, C., & Jackson, S. E. (1981). The measurement of experienced burnout. *Journal of organizational behavior*, 2(2), 99-113.
- Maslach, C., & Leiter, M. P. (1997). "The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It."
- Maslach, C., & Leiter, M. P. (2016). Burnout. In *Stress: Concepts, cognition, emotion, and behavior* (pp. 351-357). Academic Press.
- McGuirk, L., Kuppens, P., Kingston, R., & Bastian, B. (2018). Does a culture of happiness increase rumination over failure? *Emotion*, 18(5), 755–761. <https://doi.org/10.1037/emo0000362>
- Meeussen, L., & Van Laar, C. (2018). Feeling pressure to be a perfect mother relates to parental burnout and career ambitions. *Frontiers in Psychology*, 9, 2113. <https://doi.org/10.3389/fpsyg.2018.02113>
- Mikolajczak M, Brianda ME, Avalosse H, Roskam I. Consequences of parental burnout: Its specific effect on child neglect and violence. *Child Abuse Negl.* 2018;80:134–45.
- Mikolajczak M, Gross JJ, Stinglhamber F, Norberg AL, Roskam I. Is Parental burnout Distinct From Job Burnout and Depressive Symptoms? *Clin Psychol Sci.* 2020;8(4):673–89
- Mikolajczak M, Grosse JJ, Roskam I. Parental burnout: What Is It, and Why Does It Matter? *Clin Psychol Sci.* 2019;7(6):1319–29.

- Mikolajczak M, Raes ME, Avalosse H, Roskam I. Exhausted Parents: Sociodemographic, Child-Related, Parent-Related, Parenting and Family-Functioning Correlates of Parental burnout. *J Child Fam Stud*. 2018;27(2):602–14.
- Mikolajczak, M., Gross, J. J., & Roskam, I. (2019). Parental burnout: What is it, and why does it matter? *Clinical Psychological Science*, 7(6), 1319–1329. <https://doi.org/10.1177/2167702619858430>
- Miranda, R., & Nolen-Hoeksema, S. (2007). Brooding and reflection: Rumination predicts suicidal ideation at 1-year follow-up in a community sample. *Behaviour Research and Therapy*, 45(12), 3088–3095.
- Miranda, R., & Nolen-Hoeksema, S. (2007). Brooding and reflection: Rumination predicts suicidal ideation at 1-year follow-up in a community sample. *Behaviour Research and Therapy*, 45(12), 3088–3095. <https://doi.org/10.1016/j.brat.2007.07.015>
- Moore, B. (2015). *The overthinking cure*. New York: Independent Publisher.
- Moore, T. E., & Pepler, D. J. (2006). Wounding Words: Maternal Verbal Aggression and Children's Adjustment. *Journal Of Family Violence*, 13(1). <https://doi.org/10.1007/s10896-005-9007-x>.
- Morin, A. (2019). *13 Things Mentally Strong Women Don't Do: Own Your Power, Channel Your Confidence, and Find Your Authentic Voice*. Hachette UK.
- Neece, C. L., Green, S. A., & Baker, B. L. (2012). Parenting stress and child behavior problems: A transactional relationship across time. *American Journal on Intellectual and Developmental Disabilities*, 117(1), 48-66. <https://pubmed.ncbi.nlm.nih.gov/22264112/>.
- Nolen-Hoeksema S, Stice E, Wade E, Bohon C. Reciprocal relations between rumination and bulimic, substance abuse, and depressive symptoms in adolescent females. *Journal of Abnormal Psychology*. 2007; 116:198–207. [PubMed: 17324030]
- Nolen-Hoeksema, S. (2000). The role of rumination in depressive disorders and mixed anxiety/depressive symptoms. *Journal of Abnormal Psychology*, 109(3), 504–511. <https://doi.org/10.1037/0021-843X.109.3.504>

- Nursalam. (2016). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis*. Jakarta: Salemba Medika.
- Padilla Paredes, S., & Calvete, E. (2014). Cognitive vulnerabilities as mediators between emotional abuse and depressive symptoms. *Journal of Abnormal Child Psychology*, 42(3), 343–353. <https://doi.org/10.1007/s10802-013-9780-7>
- Paucsik, M., Urbanowicz, A., Leys, C., Kotsou, I., Baeyens, C., & Shankland, R. (2021). Self-compassion and rumination type mediate the relation between mindfulness and parental burnout. *Mindfulness*, 12(3), 1–10.
- Paucsik, M., Urbanowicz, A., Leys, C., Kotsou, I., Baeyens, C., & Shankland, R. (2021). Self-compassion and rumination type mediate the relation between mindfulness and parental burnout. *Mindfulness*, 12, 2595–2605. <https://doi.org/10.1007/s12671-021-01738-8>
- Pew Research Center. (2007). *Motherhood today: Tougher than it used to be*. Washington D.C.: Pew Research Center.
- Roscoe, J. T. (1975). *Fundamental Research Statistics for the Behavioral Sciences* (2nd ed.). New York: Holt, Rinehart and Winston.
- Roskam I, Aguiar J, Akgun E, Arikan G, Artavia M, Avalosseet H, et al. Parental burnout Around the Globe: a 42-Country Study. *Afect Sci*. 2021;2(1):58–79.
- Roskam I, Raes ME, Mikolajczak M. Exhausted Parents: Development and Preliminary Validation of the Parental burnout Inventory [published correction appears in *Front Psychol*. 2018 Jan 30;9:73]. *Front Psychol*. 2017;8:163.
- Roskam, I., Brianda, M. E., & Mikolajczak, M. (2021). A cross-cultural analysis of parental burnout. *Child Abuse & Neglect*, 123, 104695. <https://doi.org/10.1016/j.chiabu.2021.104695>
- Sarafino, E. P. (1994). *Health Psychology: Biopsychosocial Interactions* (Second Edition). John Wiley & Sons, Inc., NJ.

- Sarikaya, M., & Kurtaslan, Z. (2018). The relationship between perfectionism and anxiety in university students. *Journal of Education and Training Studies*, 6(3), 12–20. <https://doi.org/10.11114/jets.v6i3.2991>
- Sasson, R. (2014). *Overthinking and mental exhaustion*. London: www.SuccessConsciousness.com
- Sasson, R. (2014). The power of positive thinking. Success Consciousness. com. <http://www.successconsciousness.com>.
- Schaufeli, W. B., Leiter, M. P., & Maslach, C. (2009). Burnout: 35 years of research and practice. *Career development international*, 14(3), 204-220.
- Schepers, R., & Markus, C. R. (2017). Gene by cognition interaction on stress-induced attention bias for food. *Physiology & Behavior*, 180, 1–8. <https://doi.org/10.1016/j.physbeh.2017.07.002>
- Sorkkila, M., & Aunola, K. (2022). Resilience and Parental burnout Among Finnish Parents During the COVID-19 Pandemic : Variable and Person Oriented Approaches. *The Family Journal: Counseling and Therapy for Couples and Families*, 30(2), 139–147. <https://doi.org/10.1177/10664807211027307>.
- Sorkkila, M., & Aunola, K. (2022). Resilience and parental burnout among Finnish parents during the COVID-19 pandemic: Variable and person-oriented approaches. *Personality and Individual Differences*, 185, 111287. <https://doi.org/10.1016/j.paid.2021.111287>
- Spasojevic, J., & Alloy, L. B. (2001). Rumination as a common mechanism relating depressive risk factors to depression. *Emotion*, 1(1), 25–37. <https://doi.org/10.1037/1528-3542.1.1.25>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Supriyanto, E., & Maharani, S. (2013). *Metodologi Penelitian Kuantitatif*. Surabaya: Penerbit Ilmu Pendidikan.
- Sütterlin, S. (2012). Rumination and age: Some things get better. *Journal of Aging Research*, 2012, Article ID 267327. <https://doi.org/10.1155/2012/267327>

- Syahrizal, H., & Jailani, M. S. (2023). Jenis-Jenis Penelitian Dalam Penelitian Kuantitatif dan Kualitatif. *Jurnal QOSIM : Jurnal Pendidikan, Sosial & Humaniora*, 1(1), 13–23. <https://doi.org/10.61104/jq.v1i1.49>.
- Teismann, T., & Forkmann, T. (2017). Rumination, entrapment and suicide ideation: a mediational model. *Clinical Psychology & Psychotherapy*, 24(1), 226-234.
- Teismann, T., Brailovskaia, J., & Margraf, J. (2014). Positive mental health, positive affect and suicide ideation. *International Journal of Clinical and Health Psychology*, 14(2), 105–110.
- Teismann, T., Von Brachel, R., Hanning, S., Grillenberger, M., Hebermehl, L., Hornstein, I., & Willutzki, U. (2014). A randomized controlled trial on the effectiveness of a rumination-focused group treatment for residual depression. *Psychotherapy Research*, 24(1), 80-90.
- Tirto, I. & Moore, K. (2015). Rumination and Self-destructive Thoughts in People with Depression. *Behavioural Sciences Undergraduate Journal*, 2(1), 5–12. <https://doi.org/10.29173/bsuj281>
- Waruwu, A. (2023). Pendekatan Kuantitatif dalam Penelitian Sosial. Jakarta: Penerbit Ilmu Sosial.
- Wulandari, B., Sholihah, K. U., Nabila, T., & Kaloeti, D. V. S. (2021). Subjective well-being pada ibu yang bekerja di masa pandemi COVID-19: Studi systematic literature review. *Proceeding of Inter-Islamic University Conference on Psychology*, 1(1), 1–10. <https://press.umsida.ac.id/index.php/iiucp/article/view/602>
- Yu, J. H., Chae, S. J., & Chang, K. H. (2016). The relationship among self-efficacy, perfectionism and academic burnout in medical school students. *Korean journal of medical education*, 28(1), 49.