

DAFTAR PUSTAKA

- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., Munthe, S. A., Hulu, V. T., Budiastutik, I., Faridi, A., Ramdany, R., Fitriani, R. J., Tania, P. O. A., Rahmiati, B. F., Lusiana, S. A., Susilawaty, A., Sianturi, E., & Suryana. (2021). *Metodologi penelitian kesehatan* (R. Watrianthos & J. Simarmata, Eds.). Yayasan Kita Menulis.
- Arifani, N. S., & Kusmaryani, R. E. (2021). Intensi *turnover* pada perusahaan perhotelan: sebuah kajian beban kerja sebagai determinan. *Acta Psychologia*, 3(1), 60–68. <https://doi.org/10.21831/AP.V3I1.36044>.
- Asih, G. Y., Widhiastuti, H., & Dewi, R. (2018). *Stres kerja* (1st ed.). Semarang University Press.
- Azwar, S. (2020). *Penyusunan skala psikologi* (Kedua). Pustaka Pelajar.
- Beehr, T. (2014). Psychological stress in the workplace (psychology revivals). In *Psychological Stress in the Workplace (Psychology Revivals)* (1st ed.). Routledge. <https://doi.org/10.4324/9781315795560>.
- Beh, L.-S., & Loo, Leap-Han. (2012). Job stress and coping mechanisms among nursing staff in public health services. *International Journal of Academic Research in Business and Social Sciences*, 2(7), 131–176. www.hrmar.com/journals.
- Budiasa, I. K. (2021). *Beban kerja dan kinerja sumber daya manusia* (N. K. Suryani, Ed.). CV. Pena Persada.
- Fachruddin, N., Santoso, W., & Zakiyah, A. (2018). Relationship between workload with work stress on nurses in intensive installation of Bangil General hospital. *International Journal of Nursing and Midwifery Science (IJNMS)*, 2(3), 311–321. <https://doi.org/10.29082/IJNMS/2018/Vol2/Iss03/157>.
- Fridayanti, Kardinah, N., & Fitri, T. J. N. (2019). Peran workplace well-being terhadap mental health: studi pada karyawan disabilitas. *Psychopathic: Jurnal Ilmiah Psikologi*, 6(2), 191–200. <https://doi.org/10.15575/psy.v6i2.5754>.
- Gallup. (2022). *State of the global workplace 2022 report: the voice of the world's employees*.
- Halodoc. (2018, May 24). *Waspada 4 penyakit yang menyerang saat mudik*. Redaksi Halodoc. <https://www.halodoc.com/artikel/waspada-4-penyakit-yang-menyerang-saat-mudik>

- Health and Safety Executive (HSE). (2021). *Human factors: workload*. Health and Safety Executive (HSE). <https://www.hse.gov.uk/humanfactors/topics/workload.htm>.
- Inegbedion, H., Inegbedion, E., Peter, A., & Harry, L. (2020). Perception of workload balance and employee job satisfaction in work organisations. *Heliyon* 6, 1–9.
- Irawati, R., & Carrollina, D. A. (2017). Analisis pengaruh beban kerja terhadap kinerja karyawan operator pada PT Giken Precision Indonesia. *Inovbiz: Jurnal Inovasi Bisnis*, 5(1), 51–58. <http://ejournal.polbeng.ac.id/index.php/IBP/article/view/171>.
- Izzati, U. A., & Mulyana, O. P. (2019). *Psikologi industri & organisasi*. Bintang Surabaya.
- Khatun, A., Bharti, V., & Tiwari, M. (2022). Effects of work stress on psychological well-being and job satisfaction: a review. *Revisioning and Reconstructing Paradigms and Advances in Industry 5.0*, 101–106.
- Kokoroko, E., & Sanda, M. A. (2019). Effect of workload on job stress of Ghanaian opd nurses: the role of coworker support. *Safety and Health at Work*, 10, 341–346.
- Komalasari, Y., Krismawintari, N. P. D., & Utama, I. G. B. R. (2020). Female nurse performance model based on triple roles conflict and job stress in pandemic covid-19. *Technium Social Sciences Journal*, 10, 448–454.
- Kusnadi, M. A. (2014). Hubungan antara beban kerja dan self-efficacy dengan stres kerja pada dosen Universitas X. *Calyptra: Jurnal Ilmiah Mahasiswa Universitas Surabaya*, 3(1), 1–15.
- Lan, Y.-L., Lin, Y.-C., Yan, Y.-H., & Tang, Y.-P. (2018). Relationship between work stress, workload, and quality of life among rehabilitation professionals. *International Journal of Healthcare and Medical Sciences ISSN*, 4(6), 105–110. <http://arpgweb.com/?ic=journal&journal=13&info=aims>.
- Larasati, G. O., & Adistana, G. A. Y. P. (2022). Hubungan beban kerja dengan stres kerja pada pekerja proyek konstruksi pembangunan *The Trans Icon Surabaya*. 4(2), 1–10. <https://ejournal.unesa.ac.id/index.php/rekayasa-teknik-sipil/article/view/49965>.
- Lestari, P. S., & Kencana, Y. P. (2022). Analisis aspek lingkungan kerja dan beban kerja terhadap kinerja karyawan. *ULIL ALBAB: Jurnal Ilmiah Multidisiplin*, 1(6), 1464–1470. <http://ulilalbabinstitute.com/index.php/JIM/article/view/331/296>.
- Luthans, F. (2006). *Perilaku organisasi* (S. Purwanti, Ed.; Edisi Sepuluh). ANDI Yogyakarta.

- Mahawati, E., Yuniwati, I., Ferinia, R., Rahayu, P. P., Fani, T., Sari, A. P., Setijaningsih, R. A., Fitriyatinur, Q., Sesilia, A. P., Mayasari, I., Dewi, I. K., & Bahri, S. (2021). *Analisis beban kerja dan produktivitas kerja* (R. Watrianthos, Ed.). Yayasan Kita Menulis.
- Manabung, A. R., Suoth, L. F., & Warouw, F. (2018). Hubungan antara masa kerja dan beban kerja dengan stres kerja pada tenaga kerja di PT Pertamina TBBM Bitung. *Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 7(5). <https://ejournal.unsrat.ac.id/v3/index.php/kesmas/article/view/22103>.
- Marchelia, V. (2014). Stres kerja ditinjau dari shift kerja pada karyawan. *Jurnal Ilmiah Psikologi Terapan*, 2(1), 130 – 143–130 – 143. <https://doi.org/10.22219/JIPT.V2i1.1775>.
- Marsh Mercer Benefit (MMB). (2021, November 25). *Indonesian employees feel well-cared for but concerns remain about disparity in access to benefits: MMB survey*. Marsh. <https://www.marsh.com/id/en/about/media/indonesian-employees-feel-well-cared-for-but-concerns-remain-about-disparity-in-access-to-benefits.html>.
- Melati, A. A. P., Sahri, M., Rhomadhoni, M. N., & Ayu, F. (2021). Hubungan antara beban kerja dengan stres kerja pada pekerja bagian produksi. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 11(4), 747–754. <http://journal.stikeskendal.ac.id/index.php/PSKM>.
- Mohune, P. B., Ratag, B., & Joseph, W. B. S. (2018). Hubungan antara beban kerja dengan stres kerja pada pekerja unit airport rescue and fire fighting di Bandar Udara International Sam Ratulangi Manado. *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 7(3). <https://ejournal.unsrat.ac.id/v3/index.php/kesmas/article/view/22941>.
- Molino, M., Cortese, C. G., Bakker, A. B., & Ghislieri, C. (2015). Do recovery experiences moderate the relationship between workload and work-family conflict? *Career Development International*, 20(7), 686–702. <https://doi.org/https://doi.org/10.1108/CDI-01-2015-0011>.
- Munandar, A. S. (2014). *Psikologi industri dan organisasi*. Penerbit Universitas Indonesia (UI-Press).
- Nabawi, R. (2020). Pengaruh lingkungan kerja, kepuasan kerja dan beban kerja terhadap kinerja pegawai. *Maneggio: Jurnal Ilmiah Magister Manajemen*, 2(2), 170–183. <https://doi.org/10.30596/maneggio.v2i2.3667>.

- Noviati, Kamalia, L. O., Ulva, S. M., & Yasmin, L. O. M. (2019). The relationship between workload and work stress in nurses in the emergency department of Bahteramas General Hospital in Southeast Sulawesi Province. *Indonesian Journal Of Health Research and Development*, 1(1), 32–39. <https://doi.org/https://doi.org/10.36566/ijhsrd/Vol1.Iss1/4>.
- Okitasari, H., & Pujotomo, D. (2016). Analisis beban kerja mental dengan metode Nasa TLX pada divisi distribusi produk PT Paragon Technology and Innovation. *Industrial Engineering Online Journal*, 5(3).
- Paramita, R. W. D., Rizal, N., & Sulistyan, R. B. (2021). *Metode penelitian kuantitatif* (Ketiga). Widya Gama Press. <http://repository.stiewidyagamalumajang.ac.id/1073/1/Ebook%20Metode%20Penelitian%20Edisi%203.pdf>.
- Peraturan Menteri Sosial tentang Organisasi dan Tata Kerja Unit Pelaksana Teknis di Lingkungan Direktorat Jenderal Rehabilitasi Sosial, Pub. L. No. 3 (2022). <https://peraturan.bpk.go.id/Home/Details/217217/permensos-no-3-tahun-2022>
- Periantalo, J. (2015). *Validitas alat ukur psikologi: aplikasi praktis*. Pustaka Pelajar.
- Periantalo, J. (2017). *Statistika dasar untuk psikologi* (Dimaswids, Ed.). Pustaka Belajar.
- Periantalo, J. (2020). *Penelitian kuantitatif untuk psikologi*. Pustaka Pelajar.
- Polakitang, A. F., Koleangan, R., & Ogi, I. W. (2019). Pengaruh beban kerja, lingkungan kerja, dan stress kerja terhadap kinerja karyawan pada PT Esta Group Jaya. *Jurnal EMBA: Jurnal Riset Ekonomi, Manajemen, Bisnis Dan Akuntansi*, 7(3), 4164–4173. <https://doi.org/10.35794/EMBA.V7I3.24960>.
- Pradini, D. D., Siti, D. H., & Irfan, M. (2015). Peran pekerja sosial dalam dunia industri di Indonesia. *Prosiding Penelitian & Pengabdian Kepada Masyarakat*, 2(2), 269–278.
- Raspati, G. (2021). Pengaruh beban kerja terhadap prestasi kerja dan produktivitas kerja karyawan pada PT. Panjunan Kota Sukabumi. *Jurnal Mahasiswa Manajemen*, 2(2), 19–41.
- Rizwan, M., Waseem, A., & Bukhari, S. A. (2014). Antecedents of job stress and its impact on job performance and job satisfaction. *International Journal of Learning and Development*, 4(2), 187–203. <https://doi.org/10.5296/ijld.v4i2.6097>.

- Robbins, S. P., & Judge, T. A. (2019). *Organizational behavior* (Eighteenth Edition). Pearson Education.
- Rohman, M. A., & Ichsan, Rully. M. (2021). Pengaruh beban kerja dan stres kerja terhadap kinerja karyawan PT Honda Daya Anugrah Mandiri Cabang Sukabumi. *Jurnal Mahasiswa Manajemen*, 2(1), 1–22.
- Rusmiati, E., Harjadi, D., & Fitriani, L. K. (2021). Analysis of the impact of risk and workload on motivation and impact on employee performance. *International Journal of Economics, Business and Accounting Research (IJEBAR)*, 5(2), 386–398.
- Safitri, H. U. (2020). Hubungan beban kerja dengan stres kerja. *Psikoborneo*, 8(2), 174–179.
- Saratian, E. T. P., Soelton, M., Ali, A. J., Arief, H., Saragih, L., & Risfi, F. (2019). The implication of work load in the work place that may provoke work stress. *South East Asia Journal of Contemporary Business, Economics and Law*, 20(5), 172–177.
- Sauter, S., Murphy, L., Colligan, M., Swanson, N., Jr, J. H., Jr, S. F., Sinclair, R., Grubb, P., Goldenhar, L., Alterman, T., Johnston, J., Hamilton, A., & Tisdale, J. (2014). *Stress at work*.
- Santanu, T. R., & Madhani, A. F. (2022). Pengaruh stres kerja dan beban kerja terhadap kinerja karyawan divisi kurir studi pada J&T Express Garut 01 (PT. Global Jet Express). *Jurnal Ekonomi Dan Bisnis*, 11(4), 364–370.
- Sisca, Dudija, N., Indiyati, D., Sinaga, D. S., Sary, F. P., Wulansari, P., Rahmasari, L. F., Setiorini, A., Ayuningtias, H. G., Wahyuningtyas, R., Irwanto, Wahyuni, S., Purbasari, I., Putri, J., Purwaningrum, Sholikhah, M., Fajrie, N., & Fitriani, A. (2022). *Psikologi industri & organisasi* (E. Damayanti, Ed.). Widina Bhakti Persada Bandung.
- Situmorang, G. L., & Hidayat, R. (2019). Analysis of the effect of workload on employee performance of the production operator in Pem Plant PT Schneider Electric Manufacturing Batam. *Advances in Social Science, Education and Humanities Research*, 37(7), 220–226.
- Solomonidou, A., & Katsounari, I. (2022). Experiences of social workers in nongovernmental services in Cyprus leading to occupational stress and burnout. *International Social Work*, 65(1), 83–97.
- Sorongon, J., Suoth, F. L., & Boky, H. (2018). Hubungan antara stres kerja dan upah dengan produktivitas kerja pada pegawai di Dinas Kesehatan Kota Manado. *KESMAS: Jurnal*

Kesehatan Masyarakat Universitas Sam Ratulangi, 7(5).
<https://ejournal.unsrat.ac.id/v3/index.php/kesmas/article/view/22023>.

Sunarti, E., Supriyati, & Junaidi. (2021). Hubungan antara beban kerja dengan stres kerja pada perawat pelaksana ruang rawat inap. *Jurnal Psikologi Malahayati*, 3(1), 20–27.

Tanjung, F. S., Nasution, H., & Absah, Y. (2020). Analysis of workplace stress based on employee workload in Bank Mega Syariah Medan. *International Journal of Research and Review*, 7(11), 412–418.

Tewal, B., Adolfina, Pandowo, M. H. C., & Tawas, H. N. (2017). Perilaku organisasi. In CV. Patra Media Grafindo; CV. Patra Media Grafindo Bandung.

WHO (World Health Organization). (2023, January 18). WHO Director-General's opening remarks at the mental health at work panel, World Economic Forum – 18 January 2023. *General's Opening remarks at the mental health at work panel*.
<https://www.who.int/director-general/speeches/detail/who-director-general-s-opening-remarks-at-the-mental-health-at-work-panel--world-economic-forum---18-january-2023>.

Wijono, S. (2022). *Psikologi industri & organisasi: dalam suatu bidang gerak psikologi sumber daya manusia* (Edisi Pertama). Prenadamedia Group.

Zaman, K., Khan, K., Hassan, U., Abbas, S. G., Iftikar, M., & Qureshi, M. I. (2013). Relationship between job stress, workload, environment and employees turnover intentions: what we know, what should we know. *World Applied Sciences Journal*, 23(6), 764–770. <https://doi.org/10.5829/idosi.wasj.2013.23.06.313>.