

DAFTAR PUSTAKA

- Abidin, A., Fitriana, E., Anindhita, V., Agustiani, H., Fadilah, S., Purba, F., & Kustimah. (2024). Parental *burnout* assessment : Validation in Indonesian parents. *Mental Health & Prevention*, 36, 200372. <https://doi.org/10.1016/j.mhp.2024.200372>
- Afifah, F. N., Putri, M. A., & Septila, E. (2022). Pengaruh perfeksionisme pengasuhan terhadap parental burnout pada ibu bekerja. [Skripsi, Universitas Pancasila]. https://perpus.univpancasila.ac.id/index.php?p=show_detail&id=130945&keywords=
- AKTU, Y. (2024). The role of *parenting* stress on *parenting self-efficacy* and *parental burnout* among Turkish parents: A moderated mediation model. *BMC Psychology*, 12(1), 1–11. <https://doi.org/10.1186/s40359-024-01980-7>
- Albanese, A. M., Russo, G. R., & Geller, P. A. (2019). The role of *parental self-efficacy* in parent and child well-being: A systematic review of associated outcomes. *Child: Care, Health and Development*, 45(3), 333–363. <https://doi.org/10.1111/cch.12661>
- Anonim. (2024). *Curahan hati seorang ibu tunggal bekerja dengan tantangan emosional* [Postingan grup Facebook]. Single Moms Indonesia. <https://www.facebook.com/groups/singlemomsindonesia/permalink/3209985475806819/?app=fbl>
- Ardelt, M., & Eccles, J. (2001). Effect of mothers' *parental efficacy* beliefs and promotive *parenting* strategies on inner-city youth. *Journal of Family Issues*, 22, 944–972. <https://doi.org/10.1177/019251301022008001>
- Ardi, N. B., Dwi Pratiwi, R., Yundah, Umamah, R., & Holiday. (2021). Hubungan *parenting self efficacy* (pse) dengan pola asuh pada anak usia toddler di Desa Onyam Kecamatan Gunung Kaler Kabupaten Tangerang. *The Journal of Mother and Child Health Concerns*, 1(1), 24–32. <https://doi.org/10.56922/mchc.v1i1.68>
- BPS. (2022). *Jumlah rumah tangga menurut wilayah dan daerah*

- perkotaan/perdesaan, Indonesia, Tahun 2022. Badan Pusat Statistik.
<https://sensus.bps.go.id/topik/tabular/sp2022/177/1/0>
- BPS. (2024). *Persentase rumah tangga menurut provinsi , daerah tempat tinggal , dan jenis persentase rumah tangga menurut provinsi , jenis kelamin kepala rumah tangga, dan status perkawinan 2009 - 2024*. Badan Pusat Statistik.
<https://www.bps.go.id/id/statistics-table/1/MTYwNSMx/persentase-rumah-tangga-menurut-daerah-tempat-tinggal---kelompok-umur--jenis-kelamin-kepala-rumah-tangga--dan-status-perkawinan--2009-2023.html>
- Brianda, M., Roskam, I., Gross, J., Franssen, A., Kapala, F., Gerard, F., & Mikolajczak, M. (2020). Treating parental burnout: Impact of two treatment modalities on *burnout* symptoms, emotion, hair cortisol, and *parental neglect and violence*. *Psychotherapy and Psychosomatics*, 89(5), 330–332.
<https://doi.org/10.1159/000506354>
- Brianda, M. E., Mikolajczak, M., Bader, M., Bon, S., Déprez, A., Favez, N., Holstein, L., Le Vigouroux, S., Lebert-Charron, A., Sánchez-Rodríguez, R., Séjourné, N., Wendland, J., & Roskam, I. (2023). Optimizing the assessment of *parental burnout*: A multi-informant and multimethod approach to determine cutoffs for the *Parental Burnout Inventory* and the *Parental Burnout Assessment*. *Psychological Assessment*, 30(7), 1–13.
<https://doi.org/10.1177/10731911221141873>
- Coleman, P. K., & Karraker, K. H. (1997). Self-efficacy and parenting quality: Findings and future applications. *Developmental Review*, 18(1), 47–85.
<https://doi.org/10.1006/drev.1997.0448>
- Coleman, P., & Karraker, K. (2000). Parenting self-efficacy among mothers of school-age children: Conceptualization, measurement, and correlates. *Journal of Family Relation*, 49(1), 13–24. <https://doi.org/10.1111/j.1741-3729.2000.00013.x>
- Damastuti, A., & Adiati, R. P. (2022). Hubungan perfeksionisme dengan parental burnout ibu bekerja yang dimoderasi oleh perceived social support. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 362–370.
<https://doi.org/10.20473/brpkm.v2i1.34194>
- de Paula, A. J., Condeles, P. C., Moreno, A. L., Ferreira, M. B. G., Fonseca, L. M.

- M., & Ruiz, M. T. (2021). Parental *burnout*: A scoping review. *Revista Brasileira de Enfermagem*, 75(3), 1–10. <https://doi.org/10.1590/0034-7167-2021-0203>
- Dewi, A. P. (2016). Pengaruh parenting self-efficacy dan child temperament terhadap parenting stress [Skripsi, UIN Syarif Hidayatullah Jakarta]. *Repository.Uinjkt.Ac.Id*.<http://repository.uinjkt.ac.id/dspace/handle/123456789/54217>
- Field, A. (2018). *Discovering statistics using IBM SPSS statistics*. (5th ed.). SAGE Publication. <http://dx.doi.org/10.1016>
- Fitriyana, R. (2022). Dinamika peran ibu tunggal dalam masyarakat. *Kelompok Rentan: Isu Sosial Terkini*, 91–101.
- Goss-Sampson, M. A. (2024). *Statistical analysis in JASP a guide for student*. In University of Greenwich (6th ed.)
- Gravetter, F. J., Forzano, L.A. B., & Rakow, Tim. (2020). *Research methods for the behavioral sciences* (1st ed.). Cengage Learning EMEA.
- Griffith, A. (2020). Parental burnout and child maltreatment during the Covid-19 pandemic. *Journal of Family Violence*, 37(5), 725–731. <https://doi.org/10.007/s10896-020-00172-2>
- Hubert, S., & Aujoulat, I. (2018). Parental burnout: When exhausted mothers open up. *Frontiers in Psychology*, 9, 1-9. <https://doi.org/103389/fpsyg.2018.01021>
- Hutasoit, I. T. M., & Brahmana, K. M. B. (2021). Single mother role in the family. *Education and Social Sciences Review*, 2(1), 27-34. <https://doi.org/10.29210/07essr208800>
- Jones, T. L., & Prinz, R. J. (2005). Potential roles of *parental* self-efficacy in parent and child adjustment: A review. *Clinical Psychology Review*, 25(3), 341–363. <https://doi.org/10.1016/j.cpr.2004.12.004>
- Kahar, Z. (2021). *Pengaruh parenting self-efficacy terhadap parenting stress pada ibu yang bekerja* [Skripsi, Universitas Pancasila]. https://perpus.univpancasila.ac.id/index.php?p=show_detail&id=130945&keywords=
- Korua, N. A., Arifin, I. N., & Laiya, S. W. (2023). Peran parenting self efficacy

- orang tua pada perkembangan anak usia dini di kelompok B. *Student Journal of Early Childhood Education*, 3(2), 73–87. <https://doi.org/10.37411/sjece.v3i2.2564>
- Lin, G. X., Goldenberg, A., Arian, G., Brytek-Matera, A., Czepczor-Bernat, K., Manrique-Millones, D., Mikolajczak, M., Overbye, H., Roskam, I., Szczygieł, D., Ustundag-Budak, A. M., & Gross, J. J. (2022). Reappraisal, social support, and parental burnout. *British Journal of Clinical Psychology*, 61(4), 1089–1102. <https://doi.org/10.1111/bjc.12380>
- Meier, A., Musick, K., Flood, S., & Dunifon, R. (2016). Mothering experiences: How single parenthood and employment structure the emotional valence of parenting. *Demography*, 53(3), 649–674. <https://doi.org/10.1007/s13524-016-0474-x>
- Mikolajczak, M., Aunola, K., Sorkkila, M., & Roskam, I. (2022). 15 years of parental burnout research: Systematic review and agenda. *Current Directions in Psychological Science*, 32(4), 276–283. <https://doi.org/10.1177/09637214221142777>
- Mikolajczak, M., Brianda, M., Avalosse, H., & Roskam, I. (2018). Consequences of parental burnout: Its specific effect on child neglect and violence. *Child Abuse & Neglect*, 80, 134–145. <https://doi.org/10.1016/j.chiabu.2018.03.025>
- Mikolajczak, M., Gross, J. J., & Roskam, I. (2019). Parental burnout : What is it , and why does it matter ? *Empirical Ariticle*, 1–11. <https://doi.org/10.1177/2167702619858430>
- Mikolajczak, M., & Roskam, I. (2018). A theoritical and clinical framework for parental burnout: The balance between risk and resources (BR). *Frontiers in Psychology*, 9(886), 1–11. <https://doi.org/10.3389/fpsyg.2018.00886>
- Muliasari, A., & Amalia, S. (2024). Pengaruh dukungan sosial dan parenting self-efficacy terhadap parental burnout pada ibu bekerja. *Cognicia*, 12(1), 60–66. <https://doi.org/10.22219/cognicia.v12i1.30450>
- Najmi. (2012). *Perbedaan parenting self-efficacy pada ibu tunggal bekerja dan ibu menikah bekerja dengan anak usia kanak-kanak madya* [Skripsi, Universitas Indonesia].

- <https://lib.ui.ac.id/detail?id=20319985&lokasi=lokal>
- Ningrum, A. (2016). *Parenting self-efficacy pada ibu bekerja dengan anak usia pra-sekolah* [Skripsi, Universitas Islam Negeri Syarif Hidayatullah Jakarta]. <https://repository.uinjkt.ac.id/dspace/handle/123456789/36981>
- Nurbaiti, F. N., Herniyatun, & Astutiningrum, D. (2021). Hubungan karakteristik personal terhadap *parenting self efficacy* pada ibu post partum. *The 13th University Research Colloquium 2021*, 251–263. <https://repository.urecol.org/index.php/proceeding/article/view/1330>
- Papalia, D. E., Olds, S. W., & Feldman, R. (2009). *Human Development* (11th ed.). MC Graw Hill Education. <http://hdr.undp.org/en/data>
- Procaccini, J., & Kiefaber, M. (1983). *Parent burnout*. Doubleday & Company, Inc.
- Purwanti, P. (2023). *Kisah seorang ibu tunggal yang berhasil mendidik anak hingga diterima di PTN* [Postingan grup Facebook]. Single Moms Indonesia. <https://www.facebook.com/groups/singlemomsindonesia/permalink/2759016947570343/>
- Puspita, L. M., & Utami, K. C. (2024). Analisis parental self-efficacy dalam mendampingi anak melaksanakan pembelajaran daring sebagai determinan perkembangan anak usia sekolah. *Community of Publishing in Nursing (COPING)*, 12(2), 141–148.
- Rahmawati, R. A., & Ratnaningsih, I. Z. (2020). Hubungan antara parenting self-efficacy dan konflik pekerjaan-keluarga pada ibu bekerja yang memiliki anak usia sekolah dasar di PT. “X” Cirebon. *Jurnal EMPATI*, 7(2), 582–590. <https://doi.org/10.14710/empati.2018.21681>
- Roskam, I., Brianda, M. E., & Mikolajczak, M. (2018). A step forward in the conceptualization and measurement of parental burnout: The Parental Burnout Assessment (PBA). *Frontiers in Psychology*, 9, 1–12. <https://doi.org/10.3389/fpsyg.2018.00758>
- Roskam, I., & Mikolajczak, M. (2020). Gender differences in the nature, antecedents and consequences of parental burnout. *Sex Roles*, 83(7–8), 485–498. <https://doi.org/https://doi.org/10.1007/s11199-020-01121-5>
- Roskam, I., & Mikolajczak, M. (2022). How much can a parent bear? Cumulative

- risk in parental burnout. *Proceedings of 3rd International Conference on Psychological Studies (ICPsyche)*, 1(1), 73–83. e: <https://proceeding.internationaljournalallabs.com/index.php/picis/index>
- Roskam, I., & Mikolajczak, M. (2023). Parental burnout in the context of special needs, adoption, and single parenthood. *Children*, 10(7), 11-31. <https://doi.org/10.3390/children10071131>
- Saffira, A. (2022). *Pengaruh parenting self-efficay, mindful parenting, dan jumlah anak terhadap parental burnout pada ibu bekerja di masa pandemi covid-19* [Skripsi, Universitas Islam Negeri Syarif Hidayatullah Jakarta]. <https://repository.uinjkt.ac.id/dspace/handle/123456789/79294>
- Sansom, L. (2020). *Confident parenting- a book proposal*. University of Pennsylvania, Philadelphia.
- Santrock. (2019). *Life-span development* (17th ed.). MC Graw Hill Education.
- Shultz, K. S., Whitney, D. J., & Zickar, M. J. (2020). *Measurement theory in action*. In Routledge (3rd ed.). Routledge. <https://doi.org/10.4324/9781003127536>
- Sorkkila, M., & Aunola, K. (2022). Resilience and parental burnout among finnish parents during the COVID-19 pandemic: Variable and person-oriented approaches. *Family Journal: Counseling and Therapy for Couples and Families*, 30(2), 2–9. <https://doi.org/10.1177/10664807211027307>
- Streiner, D. L., Norman, G., & Cairney, J. (2015). Health Measurement Scales. *In Medicine & Science in Sports & Exercise* (5th ed., Vol. 848, Issue 7). Oxford University Press. <https://doi.org/10.1249/01.mss.0000484755.66589.ab>
- Sugiana, G., Sasmia, S., & Yulistia, A. (2020). Relationship between parenting self efficacy and parenting stress on parents to support early children playing at home. *Indonesian Journal of Early Childhood Education Studies*, 9(2), 124–129. <https://doi.org/10.15294/ijeces.v9i2.42212>
- Sugiyono. (2019). *Metode penelitian kuantitatif kualitatif*. Alfabeta.
- Wibowo, A., & Saidiyah, S. (2013). Proses pengasuhan ibu bekerja. *Jurnal Psikologi Interogatif*, 1(1), 105–123. <https://doi.org/10.22219/cognicia.v12i1.30450>
- Yulianto, A. (2020). *Mewaspada response bias dalam skala psikologi*. Buletin

KPIN. <https://buletin.k-pin.org/index.php/arsip-artikel/536-mewaspadai-response-bias-dalam-skala-psikologi>

Zhang, Q., & Zhao, M. (2024). Influence of co-parenting on parental burnout: A moderated mediation model. *Behavioral Sciences*, 14(3), 1–15. <https://doi.org/10.3390/bs14030159>

