

Living with Uncertainty in Human Rights Advocacy : A Psychoeducation Based Case Study of Activist Burnout in the Kamisan Movement

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ARTICLE INFO

Keywords: Activist Burnout,
the Kamisan,
Psychoeducation, Human
Rights Activism,
Psychological Distress

Received : 09, December

Revised : 12, January

Accepted: 28, February

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ABSTRACT

This study examines a psychoeducation based psychological intervention about activist burnout among human rights activists in Aksi Kamisan Surabaya. One group pre test and post test experimental method was employed consisting of 10 activists aged 18 - 25 years, the coordinator of Aksi Kamisan Surabaya, and community members around Taman Apasari, observed during weekly actions. Data were collected using the DASS-42, an activist burnout questionnaire, focus group discussion, semi structured interviews and field observations. Results demonstrated that activists experienced emotional exhaustion, situational anxiety, moral distress, and reduced personal accomplishment. Post interventions results showed increased reflective awareness and improved ability to identify psychological experiences as activist burnout. Levels of stress and anxiety in moderate to high levels, indicated ongoing structural and sociopolitical stressor rather than individual pathology. These results support psychoeducation as a preventive mental health strategy for activists.

INTRODUCTION

Human rights advocacy has expanded significantly on a global scale alongside increasing social, political, and economic inequalities. Over the past several decades, diverse forms of human rights advocacy have emerged across varying contexts, reflecting sustained civil demands directed toward governing authorities. These advocacy efforts are closely intertwined with the development of international norms. Ideas initially articulated as moral claims have evolved into frameworks of international political thought, shaping shared global norms that serve as the foundation for collective action (Finnemore & Sikkink, 1998). At the global level, human rights advocacy has increasingly relied on moral legitimacy and social construction as central mechanisms for mobilization, extending beyond formal legal instruments (Nelson & Dorsey, 2007).

Empirical research on state repression during the 1980s demonstrates that violations of personal integrity rights played a critical role in raising global awareness and strengthening transnational advocacy networks (Poe & Tate, 1994). Nevertheless, human rights advocacy has also been subject to substantial critique. Scholars argue that advocacy initiatives frequently rely on idealized legal frameworks while overlooking the practical and political constraints that shape governmental implementation (Sharp, 2018). As a result, advocacy often unfolds within environments characterized by political repression, delegitimizing narratives, and institutional neglect.

These challenges are evident in various national contexts. For instance, civil society advocacy in Colombia concerning public health rights illustrates the technical and political complexities of advocacy efforts operating under restrictive political conditions (Patterson et al., 2019). In recent years, human rights advocacy has intensified further, particularly following the COVID-19 pandemic, which exposed significant gaps in governmental responses and renewed attention to public health as a fundamental human right (Gostin et al., 2020). At the same time, prolonged advocacy efforts increasingly place humanitarian activists in conditions marked by uncertainty, structural violence, and ongoing humanitarian crises (Bado, 2015).

Such conditions position human rights advocacy as a significant risk context for activist burnout. Unlike occupational burnout, activist burnout is deeply embedded in moral identity, collective responsibility, and sustained exposure to injustice. Activists often normalize emotional exhaustion as an inevitable expression of commitment, which may delay recognition of psychological distress and reduce help-seeking behaviors. Empirical studies across advocacy contexts indicate elevated risks of emotional exhaustion, anxiety, and disengagement among activists engaged in prolonged social justice work (Chen & Gorski, 2015; Gorski, 2019; Gauditz, 2024).

One of the most enduring human rights advocacy movements in Indonesia is the *Kamisan* (Thursday Action). Initiated in 2007 by families of victims of gross human rights violations, the *Kamisan* consists of weekly peaceful demonstrations first held on January 18, 2007, in front of the State Palace in Jakarta. The movement emerged in response to the prolonged and unresolved handling of serious human rights violations, particularly the 1998–1999 Trisakti,

Semanggi I, and Semanggi II tragedies, which have yet to receive substantive justice. the Kamisan represents the persistence of victims' families and civil society actors in resisting state impunity through symbolic forms of protest, including silent demonstrations, black umbrellas, and consistent weekly actions held every Thursday (Putra, 2020; Rini, 2022).

the Kamisan shares strong affinities with international memory-based advocacy movements such as the Mothers of the Plaza de Mayo in Argentina, the Saturday Mothers in Turkey, and the Women in Black movement worldwide. These movements are characterized by muted dissent, symbolic attire, long-term persistence, and a collective focus on confronting state impunity through remembrance and moral witnessing. In this sense, the Kamisan should not be understood as a uniquely Indonesian phenomenon but as part of a broader transnational repertoire of human rights advocacy under conditions of uncertainty.

This study adopts a case study approach to examine human rights advocacy within such uncertain conditions, focusing on the Kamisan movement in Surabaya. The city of Surabaya was selected due to the consistency of weekly mobilization, the diversity of activist backgrounds, and heightened emotional demands following incidents of repression and student detentions in Indonesia during 2025. These contextual factors provide a meaningful setting for examining activist burnout and the potential role of preventive psychological intervention. To address the limited empirical research on intervention-based approaches within activist populations, this study implements a psychoeducation-based intervention using a simple experimental design. By examining pre- and post-intervention changes in psychological indicators, the study aims to explore how activist burnout manifests and how psychological literacy and emotional regulation may be strengthened within grassroots human rights movements.

THEORETICAL REVIEW

Activist Burnout

Activist burnout refers to a psychological condition characterized by overwhelming stress that makes individuals experience difficulties in sustaining their engagement in activism (Chen & Gorski, 2015). Common symptoms include chronic exhaustion, feelings of helplessness, emotional detachment, and a reduced sense of personal accomplishment (Chen & Gorski, 2015). Activists frequently report repeated emotional difficulties resulting from ongoing failures to achieve advocacy goals, which contribute to increased levels of burnout, particularly in social justice and human rights advocacy (Chen & Gorski, 2015).

Experiences of burnout may reduce activists' motivation and level of engagement, thereby posing a threat to the sustainability of social movements (Yang & Hayes, 2020). Emotional labor is strongly embedded in activist work and may lead to burnout, especially in environments that require high emotional energy and long-term commitment (Owen et al., 2022). Moreover, the "martyr culture" often found in social justice spaces, which glorifies persistence and constant sacrifice, may further increase the risk of activist burnout (Owen et al., 2022).

Various stressors contribute to activist burnout, including both external and internal pressures. Externally, activists face resistance from structural power, pressure from governments and social institutions, as well as public backlash, all of which may significantly elevate stress levels (Chen & Gorski, 2015). Internally, activists may experience self-doubt, impostor syndrome, or recurrent thoughts such as “many people are contributing more than I am,” which can lead to the minimization of self-efficacy and increased feelings of inadequacy (Tavarez, 2024).

Maslach’s Burnout Theory conceptualizes burnout through three core dimensions: emotional exhaustion, depersonalization or cynicism, and reduced personal accomplishment (Maslach & Jackson, 1981; Maslach et al., 2001). Within activist contexts, emotional exhaustion is reflected in chronic fatigue caused by repeated exposure to narratives of injustice and unresolved human rights violations. Depersonalization may manifest as emotional numbness or psychological distancing. Reduced personal accomplishment is often reflected in self-critical evaluations, feelings of ineffectiveness, and moral self-blame when advocacy outcomes remain uncertain or unmet.

Structural Stressors and the Ecological Perspective of Activist Burnout

This study understands activist burnout through Bronfenbrenner’s Ecological Systems Theory, which emphasizes that psychological experiences are shaped by interactions with surrounding environmental systems (Bronfenbrenner, 1979). Activist burnout is therefore conceptualized as a multilevel phenomenon influenced by individual, relational, organizational, and sociopolitical contexts.

At the microsystem level, activists directly experience psychological stressors such as emotional exhaustion, anxiety during actions, fear of repression, and internalized moral pressure. At the mesosystem level, interactions between activists, coordinators, and their immediate social environment play an important role. Leadership practices, emotional support, and collective norms surrounding endurance and sacrifice may either buffer or intensify activist stress. This ecological perspective supports the view that activist burnout is largely shaped by structural and political environments rather than individual weakness (Chen & Gorski, 2015; Gauditz, 2024).

Psychological Mechanisms: Moral Distress and Situational Anxiety

One key psychological mechanism contributing to activist burnout is moral distress, defined as psychological discomfort arising when individuals are unable to act in accordance with their moral values due to external constraints (Chen & Gorski, 2015). Among the Kamisan activists, moral distress may emerge when sustained advocacy efforts fail to produce justice for victims, generating feelings of guilt, frustration, and perceived moral inadequacy.

In addition, situational anxiety plays a significant role in activist experiences. Anxiety related to the risk of repression, detention, or surveillance represents a realistic response to perceived threats rather than a pathological condition. Research on activism in repressive or politically uncertain environments suggests that increased anxiety may function as an adaptive

response by enhancing vigilance and safety awareness, as long as it does not overwhelm daily functioning (Gorski, 2019; Lord et al., 2025).

Psychoeducation as a Preventive and Empowering Intervention

In this study, psychoeducation is adopted as the primary psychological intervention. Psychoeducation aims to enhance psychological literacy, self-awareness, and adaptive coping through structured information and reflective processes, rather than focusing solely on symptom-based treatment (Sawyer et al., 2021).

Psychoeducation is particularly suitable for activist populations for several reasons. First, it aligns with preventive and empowerment-oriented approaches by emphasizing agency rather than vulnerability. Second, psychoeducation allows activists to understand their emotional experiences within broader sociopolitical contexts, thereby reducing self-blame and the normalization of suffering. Finally, psychoeducation can be implemented flexibly within community-based and non-clinical settings, making it appropriate for grassroots movements such as the Kamisan.

METHODOLOGY

This study employed a simple experimental design using a one-group pre-test–post-test approach to evaluate the effectiveness of a psychoeducation-based intervention in addressing activist burnout within the Kamisan Movement in Surabaya.

Population & Sample

Participants in this study consisted of individuals directly involved in the Kamisan Movement Surabaya, representing different ecological layers:

1. Activists (Microsystem)

The primary participants were activists aged 18–25 years, with diverse backgrounds including students, workers, and members of human rights advocacy communities. Levels of involvement ranged from first-time participants to those who had consistently joined Kamisan actions for six months to more than one year.

2. Coordinator of the Kamisan Movement Surabaya (Mesosystem)

The coordinator was responsible for organizing weekly actions and ensuring activists' safety during demonstrations, including serving as the primary contact person during the action.

3. Community Members around Taman Apsari (Mesosystem)

This group included local residents, street vendors, and members of the public who regularly interacted with Kamisan activists due to the use of Taman Apsari as the action site.

Participants were selected using purposive sampling, based on their direct involvement and interaction within the Kamisan movement ecosystem.

Research Instrument

Three primary tools were used for data collection :

1. Psychological Distress Scale : Using Depression, Anxiety, and Stress Scale (DASS-42) developed by Lovibond & Lovibond (1995). The DASS-42 was administered as a pre test and post test measure to examine changes in participants' emotional states following the psychoeducation based intervention.
2. Activist Burnout Questionnaire : Activist burnout was assessed using Chen and Gorski's adapted questionnaire based on the Maslach Burnout Inventory framework (Maslach & Jackson, 1981). The instrument was administered before and after the intervention to capture changes in participants' burnout related experiences.
3. Qualitative Data Collection Tools : Qualitative data were obtained from focus group discussions (FGDs), semi structured interviews with activists and the coordinator of Aksi Kamisan, and observations conducted during weekly Aksi Kamisan actions. These methods were used to explore participants' lived experiences, emotional responses, coping strategies, and perceived challenges related to sustained humanitarian activism.

Experimental Procedure

The experiment was conducted in three main stages, aligned with each ecological layer. The intervention followed a structured sequence consisting of pre-intervention assessment, psychoeducation-based intervention, and post-intervention evaluation.

Pre-Intervention Assessment

Before the intervention, activists completed pre-test questionnaires using the DASS-42 and the Activist Burnout Scale. This stage aimed to identify baseline levels of psychological distress, burnout symptoms, and awareness of activist burnout, which served as the reference point for subsequent evaluation.

Psychoeducation Based Intervention

The intervention was designed based on Bronfenbrenner's ecological framework, targeting both the microsystem and mesosystem to provide contextual and collective psychological support.

1. Microsystem (Kamisan Activists)

The intervention included psychoeducation on activist burnout (symptoms, stress mechanisms, and reframing rest as not being a moral failure), focus group discussions to facilitate reflection and peer validation of emotional experiences, and the distribution of a guidebook as a self-help resource for daily emotional regulation and coping.

2. Mesosystem (Kamisan Coordinator)

The coordinator received psychoeducation on activists' psychological dynamics and Psychological First Aid (PFA) training, including simulations and role-play, to strengthen practical responses during actions.

3. Mesosystem (Community around Taman Apsari)

Community members received educational flyers explaining the goals, meaning, and peaceful nature of the Kamisan action to reduce stigma and foster a more supportive environment.

Post Interventions Evaluation

After the intervention, activists completed post-test assessments using the DASS-42 and the Activist Burnout Scale. The post-test was used to identify changes in psychological distress and burnout related experiences following participation in the psychoeducation based intervention.

RESULTS

This section provides the results of a simple experimental study using one group pre test and post test design in order to examine changes in activists burnout as well as psychological distress following a psychoeducation based intervention. The results are organized into three parts : (1) Changes in activist burnout scores, (2) changes in depression, anxiety, and stress levels, and (3) qualitative observations from key stakeholders during the intervention session.

Changes in Activist Burnout Score Before and After the Intervention

Table 1. Changes in Activist Burnout Score Before & After the Intervention

No	Code	Pre Test Level	Pre Test Score	Post Test Level	Post Test Score
1	A	Low	29	Moderate	56
2	B	Low	28	Very Low	12
3	C	Low	40	Low	28
4	D	Low	33	Very Low	13
5	E	Low	45	Moderate	54
6	F	Low	31	High	76
7	G	Moderate	69	Moderate	55
8	H	Moderate	56	Very Low	17
9	I	Moderate	68	Moderate	53
10	J	Low	36	Low	28

The pre test results indicated that 70% of activists were classified as having low levels of activist buntout, while 30% in the moderate levels. Following the intervention, a redistribution of burnout was observed. Post test results showed that 30% participants were categorized as very low, 20% as low, 40% as moderate, and 10% as high in activist burnout. These findings suggest that some activists demonstrated reduced burnout levels, others showed increased awareness and reporting burnout symptoms after receiving psychoeducation.

Changes in Depression, Anxiety, and Stress Levels

Table 2. Changes in Depression, Anxiety, and Stress Levels

No	Code	Depression Pre Test Level	Depression Post Test Level	Anxiety Pre Test Level	Anxiety Post Test Level
1	A	Severe	Very Severe	Very Severe	Severe
2	B	Mild	Normal	Normal	Normal
3	C	Mild	Normal	Normal	Normal
4	D	Severe	Very Severe	Moderate	Mild
5	E	Mild	Moderate	Moderate	Mild
6	F	Moderate	Severe	Moderate	Moderate
7	G	Mild	Normal	Normal	Severe
8	H	Normal	Normal	Normal	Normal
9	I	Normal	Mild	Mild	Normal
10	J	Severe	Very Severe	Normal	Very Severe

For the depressive symptoms, pre test results indicated that 40% of activists were classified within the normal level, 30% within mild to moderate level, and 30% within severe to extremely severe level. After the intervention, 50% of activists fell within the normal level, while the other 50% were categorized as experiencing mild to extremely severe levels of depression. On the other hand, pre test of anxiety level showed that 50% of activists were classified within the severe to extremely severe categories, which increased to 60% following the intervention. Stress levels remained relatively stable with approximately 60% to 70% of activists consistently classified within the moderate to extremely severe stress categories both before and after the intervention. This stability suggests that the intervention primarily influenced awareness and labeling of psychological distress rather than immediate symptom reduction.

Qualitative Observations from Coordinator of the Kamisan Movement Surabaya

The intervention was attended by one Coordinator of Aksi Kamisan Surabaya. Throughout the session, the coordinator demonstrated high engagement, cooperativeness, and reflective participation. Prior to the

intervention, the coordinator thought that activists' psychological difficulties primarily was transient exhaustion. Following the psychoeducation session, the coordinator explicitly recognized that the emotional, cognitive, and behavioral patterns observed among activists could be categorized as activist burnout, characterized by emotional exhaustion, situational anxiety, and moral distress.

During the session, the coordinator actively sought practical guidance on the application of Psychological First Aid (PFA) in critical situations, including anxiety escalation and panic responses during actions. The coordinator emphasized that such skills were needed in situations involving conflict, heightened security presence, or perceived risk of repression. This session also revealed that the coordinator associated activists' heightened anxiety with broader sociopolitical conditions. The coordinator reflected on personal observations, the majority of activists were young adults and students who appeared increasingly psychologically vulnerable due to fears of arrest and repression, especially in light of widespread detentions of students in 2025.

The coordinator also identified the Grahadi Riot 2025 as a critical event that significantly intensified feelings of insecurity among activists. As expressed during the session, the coordinator stated that activists' fear was contextual and cumulative, emerging from repeated exposure to security threats and unresolved political tension. Additionally, the coordinator articulated a prioritization of mental health support for activists facing incarceration, emphasizing that activists who had been detained required more urgent and intensive psychological assistance compared to those who were still able to attend actions.

Community Outreach Around Taman Apsari Surabaya

The distribution of informational flyers was conducted with the assistance of participating Aksi Kamisan activists and proceeded without disruption. Flyers were disseminated to community members who were seated or conducting commercial activities within Taman Apsari Surabaya. In addition, flyers were distributed to passing motorists as part of ongoing Aksi Kamisan activities at the site. Following distribution, most community members responded by briefly inquiring about the material (e.g., "What is this?") and subsequently reading the flyer independently. No resistance or negative reactions were observed during the outreach process.

DISCUSSION

This study was conducted to examine the effectiveness of a psychoeducational psychological intervention in addressing activist burnout among human rights activists involved in the Kamisan Movement in Surabaya. The findings indicate that psychological distress experienced by activists is closely linked to sociopolitical conditions and moral values inherent in human rights advocacy. These results contribute to an emerging body of literature that conceptualizes activist burnout not as an individual pathology, but as a contextual, relational, and morally embedded phenomenon (Chen & Gorski, 2015; Gorski, 2019).

Activist Burnout as a Moral Experience

The findings demonstrate that activist burnout within the Kamisan Movement is primarily manifested through emotional exhaustion, situational anxiety, and a reduced sense of personal accomplishment. These patterns are consistent with Chen and Gorski's (2015) argument that activist burnout arises from sustained moral engagement rather than excessive workload or organizational dysfunction. In this context, burnout emerges from continuous exposure to injustice, collective suffering, and prolonged systemic stagnation (Gorski, 2019).

Qualitative data revealed that emotional responses such as sadness, anger, guilt, and persistent cognitive rumination frequently followed advocacy actions. Importantly, these reactions were not interpreted by activists as a lack of commitment or dedication. Instead, they were understood as an inevitable psychological consequence of engaging in human rights advocacy in the absence of meaningful structural change. This finding supports previous research identifying moral distress as a core mechanism underlying activist burnout, wherein ethical commitment exceeds emotional, psychological, or structural capacity (Chen & Gorski, 2015; Gorski, 2019).

Within the Kamisan Movement, activism functions not merely as a form of participation but as a moral identity. Consequently, periods of rest or disengagement often generate internal conflict, as activists struggle to reconcile self-care with perceived moral obligation. This moralization of endurance intensifies emotional exhaustion and reinforces self-critical evaluations when activists are unable to maintain consistent participation. Similar dynamics have been documented in activist cultures that normalize sacrifice and suffering, thereby increasing vulnerability to long-term psychological strain (Gorski, 2019).

Chronic Stress, Moral Distress, and Systemic Tension

Sustained engagement in human rights activism exposes individuals to chronic psychological stress, particularly when advocacy efforts yield limited or no tangible outcomes. Previous studies on advocacy-related work suggest that prolonged exposure to unresolved injustice generates ethical dilemmas and systemic tension that significantly contribute to emotional exhaustion, anxiety, and burnout (Mol et al., 2015; Rushton et al., 2015).

Situational anxiety emerged as a prominent psychological response among Kamisan activists, particularly in relation to safety concerns during weekly actions. Participants reported heightened vigilance and anticipatory anxiety associated with surveillance, security presence, and the historical memory of repression. This anxiety was context-dependent rather than dispositional, reflecting realistic threat appraisal rather than maladaptive psychological functioning.

From an ecological perspective, activist wellbeing cannot be separated from the political environment and public space regulations in which activism occurs (Bronfenbrenner, 1979; Gorski, 2019). Within this framework, anxiety functions as a rational response to structural risk, underscoring the importance of trauma-informed and safety-sensitive mental health interventions in activist settings. Activists also described persistent feelings of helplessness and frustration when facing political inertia and the absence of institutional response.

These experiences align with prior research indicating that unresolved moral conflict significantly undermines psychological wellbeing (Prentice et al., 2016; Helmers et al., 2020).

Situational Anxiety, Safety, and the Politics of Activism

Situational anxiety among Kamisan activists was closely tied to concerns about physical safety and political surveillance during actions. Heightened vigilance and anticipatory anxiety were shaped by contextual factors, including security forces and collective memory of state repression. As emphasized in ecological models of mental health, such anxiety represents an adaptive response to environmental threat rather than individual psychopathology (Bronfenbrenner, 1979; Gorski, 2019). This finding highlights the necessity of integrating political context into psychological assessments and interventions for activists.

Depersonalization as an Adaptive Response

In the Kamisan context, depersonalization emerged not as withdrawal from activism, but as a form of adaptive emotional distancing. Activists reported intentionally limiting emotional involvement as a means of preserving psychological functioning while continuing advocacy work. This coping strategy reflects high levels of moral stress, where emotional detachment serves as a short-term protective mechanism (Maslach & Jackson, 1981; Rushton et al., 2015).

However, in the absence of reflective spaces and collective validation, emotional distancing may evolve into emotional numbing or withdrawal. These findings suggest the importance of distinguishing between adaptive and maladaptive disengagement when designing mental health interventions for activists (Chen & Gorski, 2015).

Reduced Personal Accomplishment and Moral Self-Evaluation

Although overall levels of activist burnout ranged from low to moderate, many participants reported persistent guilt and feelings of inadequacy when unable to sustain consistent participation. Reduced personal accomplishment was not rooted in perceived incompetence, but rather in the discrepancy between moral ideals and structural realities. When success is narrowly defined as systemic change, political stagnation may be internalized as personal failure, thereby intensifying moral distress (Gorski, 2019; Prentice et al., 2016).

Social Support and Intragroup Dynamics

Social support plays a critical role in sustaining the resilience of the Kamisan Movement. While solidarity and shared purpose were strongly present, emotional support tended to remain informal and was often less accessible to newer activists. Previous research indicates that supportive relationships can mitigate the effects of chronic stress and enhance resilience, particularly in roles characterized by high moral demand (Babapour et al., 2022; Giuseppe et al., 2021).

Effectiveness of the Psychoeducational Intervention

The psychoeducational intervention aimed to enhance psychological awareness, normalize emotional responses, and facilitate cognitive reframing. Rather than attempting to eliminate distress, the intervention supported meaning-making processes and reduced internalized stigma related to rest and vulnerability. These outcomes align with existing evidence demonstrating that psychoeducation and mindfulness-based interventions strengthen mental health literacy and burnout resilience in high-stress, morally demanding professions (Duarte & Pinto-Gouveia, 2016; Prémusz et al., 2025).

Training the movement coordinator in Psychological First Aid expanded the collective capacity for immediate emotional support, while community-level educational outreach addressed environmental stressors by reducing stigma and misunderstanding surrounding Kamisan actions. Consistent with ecological approaches, these findings highlight the importance of multi-level interventions in promoting sustainable activist wellbeing (Bronfenbrenner, 1979; Galanis et al., 2024).

CONCLUSIONS AND RECOMMENDATIONS

This study demonstrates that human rights advocacy within the Kamisan Movement involves complex psychological dynamics, including activist burnout, situational anxiety, moral distress, and a reduced sense of personal accomplishment. These experiences are closely related to prolonged political uncertainty, unresolved human rights violations, and the moral responsibility inherent in advocacy work. Rather than reflecting individual psychological weakness, the findings indicate that activist burnout is a contextual and structurally embedded phenomenon shaped by sustained exposure to injustice and political stagnation.

The psychoeducation based intervention primarily contributed to increased psychological awareness and reflective understanding of activist burnout. Changes observed between pre test and post test assessments suggest an improved ability among activists to recognize and name psychological distress, rather than immediate reductions in symptom severity. At the mesosystem level, the intervention strengthened the coordinator's readiness to provide initial psychological support through Psychological First Aid and enhanced understanding of activists' emotional and psychological dynamics. In addition, community outreach activities contributed to reducing stigma and fostering a more supportive public environment surrounding Kamisan actions. Based on these findings, psychoeducation may serve as a relevant preventive mental health strategy within human rights movements. Advocacy coordinators are encouraged to integrate Psychological First Aid practices and to facilitate peer-support mechanisms as part of routine activist engagement. Psychological interventions for activist populations should adopt ecological and context-sensitive approaches that acknowledge sociopolitical risk and moral stress, while avoiding the pathologization of emotional responses that emerge from sustained advocacy work.

FURTHER STUDY

This study shows that activism within the Kamisan Movement involves complex psychological dynamics. However, several limitations should be noted. The one-group pre test and post test design without a control group limits the ability to draw causal conclusions, especially given the potential influence of changing sociopolitical conditions during the study period. The relatively small number of participants and the focus on a single movement context further constrain the generalizability of the findings. Additionally, the reliance on self-report measures primarily reflects increased psychological awareness after the intervention rather than direct symptom reduction. Future research is recommended to adopt comparative or longitudinal designs to evaluate the long-term effects of interventions and to include more diverse social movement contexts. The development of interventions grounded in ecological, trauma-informed approaches, and structured peer support is also essential to enhance activists' psychological wellbeing sustainably.

ACKNOWLEDGMENT

The author expresses sincere gratitude to all participants and human rights advocates involved in the Kamisan Movement for their openness and courage, as well as to colleagues and mentors whose academic guidance and critical insights significantly contributed to the completion of this study.

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