

DAFTAR PUSTAKA

- Abdul Jalil, N. I., Tan, S. A., Ibharim, N. S., Musa, A. Z., Ang, S. H., & Mangundjaya, W. L. (2023). The Relationship between Job Insecurity and Psychological Well-Being among Malaysian Precarious Workers: Work–Life Balance as a Mediator. *International Journal of Environmental Research and Public Health*, 20(3), 2758. <https://doi.org/10.3390/ijerph20032758>
- AIIESEC. (2021). *Work-life balance: A Solution to Decrease Your Stress*. <https://aiesec.or.id/blog/work-life-balance/>
- Aifha, S. N., & Suwarsi, S. (2018). Pengaruh Lingkungan Kerja dan Stres Kerja terhadap Work Life Balance di PT.Pos Indonesia (Persero) Bandung. *Prosiding Manajemen*, 4(1). <http://dx.doi.org/10.29313/.v0i0.10276>
- Akkuş, G., & Arslan, A. (2023). Work-related stress experienced by tour guides. *Turyzm/Tourism*, 33(2), 95–110. <https://doi.org/10.18778/0867-5856.33.2.08>
- Ambarsarie, R., Yunita, E., & Saiyanti, M. (2019). *Strategi Coping Pada Generasi Z*. Edisi Pertama. Unit Penerbit dan Publikasi FKIP Univ. Bengkulu. Bengkulu.
- American Psychological Association. (2022). *Mental Health*. <https://www.apa.org/topics/mental-health>
- American Psychological Association. (2021). *Stress in America: One Year Later, A New Wave of a Pandemic Health Concerns*. American Psychological Association. <https://www.apa.org/news/press/releases/stress/2021/one-year-pandemic-stress-youth>
- Analisedaily. (2023). Kenali “Bed Rotting”, Tren Healing Ala Gen Z. <https://analisedaily.com/berita/baca/2023/07/31/1044819/kenali-bed-rotting-tren-healing-ala-gen-z/>
- Aon dan Telus. (2023). *2023 Asia Mental Health Index*. <https://www.aon.com/getmedia/c36a31bd-273e-446f-b0f5-6944a038f128/Aon-and-TELUS-Health-Asia-Mental-Health-Index-Report-2023.pdf>
- Arif, A. (2023). “Mental Health Crisis Haunting Indonesia’s Generation Z”. *Kompas*. Edisi 10 Juli 2023. <https://www.kompas.id/baca/english/2023/07/09/en-krisis-kesehatan-mental-menghantui-generasi-z->

[indonesia?status=sukses_login%3Fstatus_login%3Dlogin&loc=hard_paywall&status_login=login](#)

- Arif, A. L., Rivai, H. A., & Yulihastri, Y. (2022). Impact of Job Stress on Job Performance of Health Worker with Work Life Balance as Mediating Variable. *Management Analysis Journal*, 11(1), 103–109. <https://doi.org/10.15294/maj.v11i1.55012>
- Asih, G. Y., Widhiastuti, H., & Dewi, R. (2018). *Stres Kerja*. Edisi Pertama .Semarang. <https://repository.usm.ac.id/files/bookusm/F013/20190627091334-STRESS-KERJA.pdf>
- Atheya, R., & Arora, R. (2014). Stress and Its Brunt on Employee’s Work-Life Balance (Wlb): A Conceptual Study. *IOSR Journal Of Humanities And Social Science (IOSR-JHSS)*, 19(3), 58–62. www.iosrjournals.org
- Austin, B. (2023). Gen Z + Mental Health: What Is Impacting Our Youth and Young Adults Today? *UofL Health*. <https://uoflhealth.org/articles/gen-z-mental-health-what-is-impacting-our-youth-and-young-adults-today/>
- Aqsa, A. A., Latief, A., & Hadiyanti, S. U. E. (2023). Worklife Balance, Stres Kerja, dan Turnover Intention Generasi Z dan Milenial di Kota Samarinda. *Jurnal Bisnis dan Manajemen*, 28 (1), 1-4. <http://doi.org/10.23960/jbm.v11i2.442>
- Badan Pusat Statistik (2021). Jumlah Penduduk menurut Wilayah, Klasifikasi Generasi dan Jenis Kelamin
- Bahar, D. F., & Prasetyo, A. P. (2021). Pengaruh Stres Kerja terhadap Work-life Balancei pada karyawan Perum Blog Jakarta Selatan. *E-Proceeding of Management*, 8(4), 3276–3281. <https://openlibrarypublications.telkomuniversity.ac.id/index.php/management/article/view/15317>
- Bakar, R. M., & Usmar, A. P. M. (2022). *Growth Mindset* dalam Meningkatkan *Mental Helath* bagi Generasi *Zoomer*. *IPTEK: Jurnal Hasil Pengabdian Masyarakat*, 2(2), 122-128.
- Barlett, D. (1998). *Stress: Perspectives and Processes*. Philadelphia, USA: Open University Press.
- Bayonne, E., Marin-Garcia, J. A., & Alfalla-Luque, R. (2020). Partial least squares (PLS) in Operations Management research: Insights from a systematic literature review. *Journal*

- of *Industrial Engineering and Management*, 13(3), 565.
<https://doi.org/10.3926/jiem.3416>
- BBC. (2019). *Millennials, baby boomers or Gen Z: Which one are you and what does it mean?*.
<https://www.bbc.co.uk/bitesize/articles/zf8j92p>
- Begum, G. T., & Osmany, M. (2019). Work-life balance and mental health of women managers. *IAHRW International Journal of Social Sciences* , 7(1), 76–81. <https://www.i-scholar.in/index.php/IJSSR/article/view/181322>
- Belloni, M., Carrino, L., & Meschi, E. (2022). The impact of working conditions on mental health: Novel evidence from the UK. *Labour Economics*, 76, 102176.
<https://doi.org/10.1016/j.labeco.2022.102176>
- Bencsik, A., & Machova, R. (2016). Knowledge Sharing Problems from the Viewpoint of Intergeneration Management. *ICMLG2016 - 4th International Conference on Management, Leadership and Governance: ICMLG2016*, 42.
- Beresford Research. (2023). *Generations defined by name, birth year, and ages in 2023*.
<https://www.beresfordresearch.com/age-range-by-generation/>
- Borowiec, A. A., & Drygas, W. (2022). Work–Life Balance and Mental and Physical Health among Warsaw Specialists, Managers and Entrepreneurs. *International Journal of Environmental Research and Public Health*, 20(1), 492.
<https://doi.org/10.3390/ijerph20010492>
- Cahyono, A. D. (2022). Stres Kerja Sebagai *Predictor* Kesehatan Fisik dan Kesehatan Mental Pada Dokter Umum Yang Mengakibatkan *Burnout*. *Prosiding Seminar Nasional Fakultas Psikologi Universitas Airlangga*.
https://karya.brin.go.id/id/eprint/22529/1/2986-1101_1_1_2023-2.pdf
- Cambridge Dictionary. (n.d). *hopeless*.
<https://dictionary.cambridge.org/dictionary/english/hopeless>
- Cambridge Dictionary. (n.d). *mood*. <https://dictionary.cambridge.org/dictionary/english/mood>
- Cambridge Dictionary. (n.d). *relationship*.
<https://dictionary.cambridge.org/dictionary/english/relationship>

- Cambridge Dictionary. (n.d). *self-image*.
<https://dictionary.cambridge.org/dictionary/english/self-image>
- Caplan, R. D., Cobb, S., French, J. R. P., Harrison, Jr. , R. Van, & Pinneau, S. R. (1975). *Job Demand & Worker Health*. National Institute for Occupational Safety and Health. Ohio.
<https://ntrl.ntis.gov/NTRL/dashboard/searchResults/titleDetail/PB276809.xhtml>
- Chari, R., Sauter, S. L., Petrun Sayers, E. L., Huang, W., Fisher, G. G., & Chang, C. C. (2022). Development of the National Institute for Occupational Safety and Health Worker Well-Being Questionnaire. *Journal of occupational and environmental medicine*, 64(8), 707–717. <https://doi.org/10.1097/JOM.0000000000002585>
- Clubb, A. (2023). Opinion: Social media is not causing all of Gen Z’s problems. We are. *Owatona High School Magnet*. <https://ohsmagnet.com/35172/showcase/opinion-social-media-is-not-causing-all-of-gen-zs-problems-we-are/>
- Çobanoğlu, F., Yıldırım, Ö., Seven, S., & Sertel, G. (2023). The Mediating Effect of Work-Life Balance in the Relationship Between Job Stress and Career Satisfaction. *European Journal of Educational Management*, 6(2), 83–99. <https://doi.org/10.12973/eujem.6.2.83>
- Das, T. C. (2016). Occupational Stress and Work Life Balance: A Review. *Journal of Emerging Technologies and Innovative Research* , 3(9). <https://www.jetir.org/papers/JETIR1701959.pdf>
- Diahwahyuningtyas, A., & Hardiyanto, S. (2023). “5 Karakteristik Gen Z, Adaptif terhadap Teknologi dan Sadar akan Pentingnya Kesehatan”. Kompas. Edisi 24 Oktober 2023. <https://www.kompas.com/tren/read/2023/10/24/081500665/5-karakteristik-gen-z-adaptif-terhadap-teknologi-dan-sadar-akan-pentingnya?page=all>
- Dudija, N., Putri, R. K., & Kamila, F. N. (2023). Discovering Flexible Working Arrangement Implementation among Indonesian Workers at Digital Sector: The Mediation Role of Work Life Balance (pp. 185–199). https://doi.org/10.2991/978-94-6463-292-7_11
- Dudija, N., & Rahma, F. J. (2023). Psychological Capital Effect of Millennial Employees in Indonesia on Mental Health, Readiness for Change, and Job Insecurity. *IRJEMS International Research Journal of Economics and Management Studies*, 2(3), 583-590. <https://doi.org/10.56472/25835238/IRJEMS-V2I3P173>

- Duryadi. (2021). *Metode Penelitian Ilmiah: Metode Penelitian Empiris serta Model Path Analysis dan Analisis Menggunakan SmartPLS*. Edisi Pertama. Yayasan Prima Agus Teknik.
https://digilib.stekom.ac.id/assets/dokumen/ebook/feb_907f9e363ca6694b9a81cbccf96875b699575cd1_1640309725.pdf
- Fadli, R. (2022). *Stres Kerja dan Dampaknya pada Psikologi Orang Dewasa*. Halodoc. Edisi 01 November 2022. <https://www.halodoc.com/artikel/stres-kerja-dan-dampaknya-pada-psikologi-orang-dewasa>
- Fatimah, P., Effendy, S., & Lubis, R. (2022). Peran Dukungan Keluarga dan Stres Kerja terhadap Work – life balance pada Paramedis Keperawatan Wanita di Rumah Sakit Kota Medan. *Journal of Education, Humaniora and Social Sciences (JEHSS)*, 5(2), 1347–1355. <https://doi.org/10.34007/jehss.v5i2.1480>
- Fauzi, F., Dencik, A. B., & Asiati, D. I. (2019). *Metodologi Penelitian untuk Manajemen dan Akuntansi: Aplikasi SPSS dan Eviews untuk Teknik Analisis Data*. Edisi Pertama. Salemba Empat.
- Fisher, G. G., Bulger, C. A., & Smith, C. S. (2009). Beyond work and family: A measure of work/nonwork interference and enhancement. *Journal of Occupational Health Psychology*, 14(4), 441–456. <https://doi.org/10.1037/a0016737>
- Fridayanti, F., Kardinah, N., & Fitri, T. J. N. (2019). Peran Workplace Well-being terhadap Mental Health: Studi pada Karyawan Disabilitas. *Psymphathic : Jurnal Ilmiah Psikologi*, 6(2), 191–200. <https://doi.org/10.15575/psy.v6i2.5754>
- Fridayanti, D. O., & Handoyo, S. (2021). Pengaruh Work Life Balance Terhadap Psychological Well-Being Pada Karyawan Work From Home. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM) 2021*, 1(2), 1457–1461. <https://doi.org/10.20473/brpkm.v1i2.30272>
- Gallup Inc. (2023). *State of the Global Workplace: Global Insights*. <https://www.gallup.com/workplace/349484/state-of-the-global-workplace-2022-report.aspx>
- Government of Western Australia Mental Health Commission. (2017). What is a mental health issue?. <https://www.mhc.wa.gov.au/your-health-and-wellbeing/about-mental-health-issues/>

- GreatNusa. (2023). *Apa Itu Work Life Balance? Bagaimana Cara Mewujudkannya?*.
<https://greatnusa.com/artikel/apa-itu-work-life-balance/>
- Gunawan, G., Nugraha, Y., Sulastiana, M., & Harding, D. (2019). Reliabilitas dan Validitas Konstruk *Work Life Balance* di Indonesia. *Jurnal Penelitian dan Pengukuran Psikologi*, 8(2), 88-90. <https://doi.org/10.21009/JPPP.082.05>
- Haar, J. M., Russo, M., Suñe, A., & Ollier-Malaterre, A. (2014). Outcomes of work–life balance on job satisfaction, life satisfaction and mental health: A study across seven cultures. *Journal of Vocational Behavior*, 85(3), 361–373. <https://doi.org/10.1016/j.jvb.2014.08.010>
- Hair, J. F., Hult, G. T. M., Ringle, C. M., & Sarstedt, M. (2021). *A Primer on Partial Least Squares Structural Equation Modeling (PLS-SEM)*. Edisi Ketiga. Sage Publications. <https://www.pls-sem.net/pls-sem-books/a-primer-on-pls-sem-3rd-ed/>
- Hamel, K., & Bracken, D. (1986). Factor Structure of the Job Stress Questionnaire (JSQ) in Three Occupational Groups. *Educational and Psychological Measurement*, 46(3), 777–786. <https://doi.org/10.1177/0013164486463036>
- Hamid, R. S., & Anwar, S. M. (2019). *Structural Equation Modeling (SEM) Berbasis Varian: Konsep Dasar dan Aplikasi Program Smart PLS 3.2.8 dalam Riset Bisnis*. PT Inkubator Penulis Indonesia. Jakarta Pusat. <http://digilib.umpalopo.ac.id:8080/jspui/bitstream/123456789/626/1/STRUKTUR%20EQUATION%20MODELING%20SEM%20-%20Berbasis%20Varian.pdf>
- Health on Demand. (2023). *Health on Demand 2023 Survey Report*. <https://www.mercer.com/insights/total-rewards/employee-benefits-strategy/health-on-demand-2023-survey-report/>
- Healthdirect. (2023). *Mental illness*. <https://www.healthdirect.gov.au/mental-illness#:~:text=Examples%20of%20negative%20childhood%20experiences,can%20impact%20on%20mental%20health.>
- Healthdirect. (2023). *Work-life balance*. <https://www.healthdirect.gov.au/work-life-balance#:~:text=Set%20boundaries,who%20can%20share%20the%20load%3F>

- Henseler, J., Ringle, C. M., & Sarstedt, M. (2015). A new criterion for assessing discriminant validity in variance-based structural equation modeling. *Journal of the Academy of Marketing Science*, 43(1), 115–135. <https://doi.org/10.1007/s11747-014-0403-8>
- Hermawan, A. D., Adytia, A., Febrianti, J. V., Sari, P., & Rohim, R. (2023). Manajemen Sumber Daya Manusia. In *Manajemen Sumber Daya Manusia*. STIE Manajemen Bisnis Indonesia.
- Indeed. (2023). *Work-life imbalance: What it means and its effect*. <https://uk.indeed.com/career-advice/career-development/work-life-imbalance>
- IPSOS. (2023). *Ipsos Global Health Service Monitor - 2023*. <https://www.ipsos.com/sites/default/files/ct/news/documents/2023-09/Ipsos-Global-Health-Service-Monitor-2023-WEB.pdf>
- Ishikawa, Y., Kohara, M., & Nushimoto, A. (2022). Job stress and mental health among social workers: evidence from a field experiment at a public employment support institution in Japan. *The Japanese Economic Review*, 73(1), 123–146. <https://doi.org/10.1007/s42973-021-00100-z>
- Jayaratne, S. & Chess, W. (1984). The Effect of Emotional Support on Perceived Job Stress and Strain. *The Journal of Applied Behavioral Sciences*, 2(20), 141-153. <http://hdl.handle.net/2027.42/67373>
- Kamus Besar Bahasa Indonesia. (n.d). aktivitas. <https://kbbi.web.id/aktivitas>
- Kamus Besar Bahasa Indonesia. (n.d). harap. <https://kbbi.web.id/harap>
- Kamus Besar Bahasa Indonesia. (n.d). mandiri. <https://kbbi.web.id/mandiri>
- Kementerian Energi dan Sumber Daya Mineral Republik Indonesia. (2022). Work Life Balance Sebagai Kebutuhan. <https://ppsdmaparatur.esdm.go.id/berita/work-life-balance-sebagai-kebutuhan>
- Kurniawan, A. (2018). *Metodologi Penelitian Pendidikan*. Edisi Pertama. PT Remaja Rosdakarya. Bandung.
- Kusmiati, Y., Widjanarko, B., & Nugraha, P. (2017). Gangguan Kesehatan Akibat Stres Kerja pada Jajaran Kepolisian di Pokres Wakatobi-Indonesia. *Jurnal Mahasiswa dan Peneliti Kesehatan*, 4(2). <http://dx.doi.org/10.29406/jjum.v4i2.857>

- Lazăr, I., Osaian, C., & Rațiu, P. (2010). The Role of Work-Life Balance Practices in Order to Improve Organizational Performance. *European Research Studies*, XIII(1), 201–214. https://www.ersj.eu/dmdocuments/10_1_p14.pdf
- Liu, Z., Zhao, L., Wang, S., Gao, Y., & Zhang, L. (2022). The Association between Occupational Stress and Mental Health among Chinese Soccer Referees in the Early Stage of Reopening Soccer Matches during the COVID-19 Pandemic Outbreak: A Moderated Mediation Model. *International Journal of Environmental Research and Public Health*, 19(24), 16750. <https://doi.org/10.3390/ijerph192416750>
- Mahawati, E., Yuniwati, I., Ferinia, R., Rahayu, P. P., Fani, T., Sari, A. P., Setijaningsih, R. A., Fitriyatunur, Q., Sesilia, A. P., Mayasari, I., Dewi, I. K., & Bahri, S. (2021). *Analisis Beban Kerja dan Produktivitas Kerja*. Edisi Pertama. Yayasan Kita Menulis. Semarang
- MantraCare. (2021). The Importance of Work Life Balance And How To Achieve It. https://mantracare.org/employee-wellness/importance-work-life-balance/#10_Reasons_Why_Work-Life_Balance_Is_Important
- McDonald, P., Brown, K., & Bradley, L. (2005). Explanations for the provision-utilisation gap in work-life policy. In *Women in Management Review*, 20(1), 37-55. <https://doi.org/10.1108/09649420510579568>
- McKinsey & Company. (2023). What is Gen Z?. <https://www.mckinsey.com/featured-insights/mckinsey-explainers/what-is-gen-z>
- Marshall-Seskar, A. (2023). “Body Health Basics: What is Physical Health?”. *McMillen Health*. Edisi 4 Januari 2023. <https://www.mcmillenhealth.org/tamtalks/physical-health>
- Mensah, A., & Adjei, N. K. (2020). Work-life balance and self-reported health among working adults in Europe: a gender and welfare state regime comparative analysis. *BMC Public Health*, 20(1), 1052. <https://doi.org/10.1186/s12889-020-09139-w>
- Nababan, W. M. C. (2023). “Cita-cita Indonesia 2035 Terhalang Masalah Kesehatan Mental Remaja”. *Kompas*. Edisi 1 Februari 2023. <https://www.kompas.id/baca/humaniora/2023/02/01/cita-cita-indonesia-2045-terhalang-masalah-kesehatan-mental-remaja>
- Natekar, A. R., & Jyoti, S. (2021). Impact of Stress on Work Life Balance with Respect to Bank Employees. *International Journal of Creative Research Thoughts*, 9(1), 96-101.

- Ohrnberger, J., Fichera, E., & Sutton, M. (2017). The Relationship Between Physical and Mental Health: A Mediation Analysis. *Elsevire Ltd; Social Science & Medicine*, 195, 42-49. <https://doi.org/10.1016/j.socscimed.2017.11.008>
- Page, K. M., & Vella-Brodrick, D. A. (2009). The ‘What’, ‘Why’ and ‘How’ of Employee Well-Being: A New Model. *Social Indicators Research*, 90(3), 441–458. <https://doi.org/10.1007/s11205-008-9270-3>
- Paramita, R. W. D., Rizal, N., & Sulistyan, R. B. (2021). *Metode Penelitian Kuantitatif*. Edisi Ketiga. Widya Gama Press. Lumajang. <http://repository.itbwigalumajang.ac.id/1073/1/Ebook%20Metode%20Penelitian%20Edisi%203.pdf>
- Pratiwi, D. P., & Silvianita, A. (2020). Analisis Faktor-Faktor Work-Life Balance pada Pegawai PT. Industri Telekomunikasi Indonesia (Persero) Bandung. *Performance: Jurnal Bisnis & Akuntansi*, 10(2), 123–131. <https://doi.org/10.24929/feb.v10i2.1217>
- Prudential Syariah. (2024). *10 Cara Efektif Mengatasi Masalah Mental Health Anda*. <https://www.prudential.co.id/id/pulse/article/cara-mengatasi-mental-health/>
- Putri, V. S., & Sary, F. P. (2020). Pengaruh Stres Kerja terhadap Kinerja Karyawan (Studi Kasus pada PT Lestari Busana Anggun Mahkota Bagian Produksi). *Jurnal Mitra Manajemen*, 4(2), 195–205. <https://doi.org/10.52160/ejmm.v4i2.339>
- Qurotianti, A. (2023). Pentingnya Work Life Balance Demi Menjaga Kesehatan Mental. <https://library.umy.ac.id/news/detail/575/Pentingnya-Work-Life-Balance-Demi>
- Ramadhana, M. R., Muryani, E., Sulistiarini, E. B., Prihatiningsih, T. S., Karwanto, K., Heriteluna, M., Maghfur, I., Hastuti, P., Sofwan, S., Ahdiyati, M., Desembrianita, E., & Purnomo, A. (2022). *Konsep Dasar Manajemen Sumber Daya Manusia*. Edisi Pertama. Unisma Press. Malang. <https://openlibrary.telkomuniversity.ac.id/pustaka/179462/konsep-dasar-manajemen-sumber-daya-manusia.html>
- Remote. (2022). *Global Life-Work Balance Indeks*. <https://remote.com/resources/research/global-life-work-balance-index>
- Ringle, C. M., Sarstedt, M., Mitchell, R., & Gudergan, S. P. (2020). Partial least squares structural equation modeling in HRM research. *The International Journal of Human*

Resource Management, 31(12), 1617–1643.
<https://doi.org/10.1080/09585192.2017.1416655>

Robbins, S. P., & Judge, T. A. (2022). *Organizational Behavior*. Edisi Kedelapan Belas. Pearson Global Edition.

Rosnani, T., Daud, I., Theresa, R., Kalis, M. C. I., & Fahrana, Y. (2023). Determinants and Consequences of Work-Life Balance. *Jurnal Ekonomi Bisnis Dan Kewirausahaan*, 12(2), 222. <https://doi.org/10.26418/jebik.v12i2.63084>

Sahir, S. H. (2021). *Metodologi Penelitian*. Edisi Pertama. Penerbit KBM Indonesia. Bojonegoro. <https://repositori.uma.ac.id/jspui/bitstream/123456789/16455/1/E-Book%20Metodologi%20Penelitian%20Syafri.pdf>

Saini, M. (2023). The Benefits of Work-Life Balance and How to Achieve It. *Linkedin*. www.linkedin.com/pulse/benefits-work-life-balance-how-achieve-manish-saini/

Salsabilla, R. (2023). “Alasan Utama Gen Z Rentan Kena Masalah Mental Menurut Studi”. CNBC Indonesia. Edisi 14 Agustus 2023. <https://www.cnbcindonesia.com/lifestyle/20230814104458-33-462679/alasan-utama-gen-z-rentan-kena-masalah-mental-menurut-studi>

Samallo, M., & Wulani, F. (2022). Model Hubungan Kompleksitas Pekerjaan, Beban Kerja, Stres Kerja, dan Kepuasan Kerja Guru SMA pada Yayasan Pendidikan XYZ di Surabaya. *E-Jurnal Manajemen Universitas Udayana*, 11(3), 614-634. <https://doi.org/10.24843/EJMUNUD.2022.v11.i03.p10>

Sanne, B., Torp, S., Mykletun, A., & Dahl, A. A. (2005). The Swedish Demand—Control—Support Questionnaire (DCSQ): Factor structure, item analyses, and internal consistency in a large population. *Scandinavian Journal of Public Health*, 33(3), 166–174. <https://doi.org/10.1080/14034940410019217>

Saputro. (2022). Pengaruh *Work Stress* terhadap *Job Satisfaction* Karyawan yang dimediasi oleh *Work-life Balance* Studi Empiris pada PT Sari Warna Asli Unit didesa Kemiri Kecamatan Kebakkramat Kabupaten Karanganyar. *Publikasi Ilmiah Universitas Muhammadiyah Surakarta*, 1-18.

Sartika, D. (2023). *Stres Kerja*. Edisi Pertama. Penerbit Widina Bhakti Persada Bandung.

- Savitri, M., & Gunawan, A. (2023). Dampak Keseimbangan Kehidupan Kerja dan Kesehatan Mental pada Kinerja dan Kepuasan Kerja saat Pandemi Covid-19. *ULUL ALBAB: Jurnal Ilmiah Multidisiplin*, 2(12), 5600-5607.
- Schabracq, M. J. (2003). *The Handbook of Work & Health Psychology*. Edisi Kedua. John Wiley & Sons, Ltd. Chichester. <https://www.al-edu.com/wp-content/uploads/2014/05/Handbook-of-Work-and-Health-Psychology-2Ed-2003.pdf>
- Schönfeld, P., Brailovskaia, J., Bieda, A., Zhang, X. C., & Margraf, J. (2016). The effects of daily stress on positive and negative mental health: Mediation through self-efficacy. *International Journal of Clinical and Health Psychology*, 16(1), 1–10. <https://doi.org/10.1016/j.ijchp.2015.08.005>
- Scully, C. (2014). Mental health. In *Scully's Medical Problems in Dentistry*, 294-322. Elsevier. <https://doi.org/10.1016/B978-0-7020-5401-3.00010-2>
- Sekaran, U., & Bougie, R. (2017). *Metode Penelitian untuk Bisnis: Pendekatan Pengembangan-Keahlian*. Edisi Keenam. Salemba Empat.
- Sekolah Tinggi Ilmu Kesehatan Panti Waluta Malang. (2020). *Apakah Stres Mempengaruhi Kesehatan Kita?*. Sekolah Tinggi Ilmu Kesehatan Panti Waluta Malang . <https://stikespantiwaluya.ac.id/2020/01/31/apakah-stres-mempengaruhi-kesehatan-kita/>
- Serafica, R., Grigsby, T., Donohue, B., & Evangelista, L. (2023). Occupational Stress: A Concept Analysis with Implications for Immigrant Workers' Mental Health in the United States. *Nursing Forum*, 2023, 1–7. <https://doi.org/10.1155/2023/1332479>
- Shukla, A., & Srivastava, R. (2016). Development of short questionnaire to measure an extended set of role expectation conflict, coworker support and work-life balance: The new job stress scale. *Cogent Business & Management*, 3(1), 1. <https://doi.org/10.1080/23311975.2015.1134034>
- Sipayung, I., Mintawati, H., Albert, J., & Verianti, G. (2023). Dampak Keseimbangan Kehidupan Kerja dan Kesehatan Mental Karyawan pada Kinerja dan Kepuasan Kerja saat Pandemi Covid-19 (Studi Literatur). *Budgeting: Journal of Management, Accounting and Resources*, 1(1), 21–27. <https://jurnal.akademisinusantara.id/index.php/budgeting/article/view/29/23>

- Sudiro, A., & Putri, O. R. (2022). *Manajemen Sumber Daya Manusia*. Edisi Pertama. Bumi Aksara. Rawamangun
- The Institution of Occupational Safety and Health. (2022). *What causes mental ill health*. <https://iosh.com/health-and-safety-professionals/improve-your-knowledge/occupational-health-toolkit/mental-health/what-causes-mental-ill-health/>
- Tutz, G., Schauburger, G., & Berger, M. (2018). Response Styles in the Partial Credit Model. *Applied Psychological Measurement*, 42(6), 407–427. <https://doi.org/10.1177/0146621617748322>
- Utaminingsih, W., Ishartono, I., & Hidayat, E. N. (2016). Coping Stres Karyawan dalam Menghadapi Stres Kerja. *Prosiding KS:Riset & PKM*, 3(2), 155-291.
- van Krugten, F. C. W., Busschbach, J. J. V., Versteegh, M. M., Hakkaart-van Roijen, L., & Brouwer, W. B. F. (2022). The Mental Health Quality of Life Questionnaire (MHQoL): development and first psychometric evaluation of a new measure to assess quality of life in people with mental health problems. *Quality of Life Research*, 31(2), 633–643. <https://doi.org/10.1007/s11136-021-02935-w>
- Wahjono, S. I., Mariana, A., Rahim, A. R., Rasulong, I., & Yani, T. I. I. (2020). *Perilaku Organisasi (Di Era Revolusi Industri 4.0)*. Edisi Pertama. Rajawali Pers. Depok
- Wahyuningtyas, R., Disastra, G., & Rismayani, R. (2023). Toward Competitiveness for Community Development in Economic Society 5.0. *Journal of Enterprising Communities: People and Places in the Global Economy*, 17(3), 594-620. <http://dx.doi.org/10.1108/JEC-10-2021-0149>
- Wardani, L. M. I., & Firmansyah, R. (2021). *Work Life Balance Para Pekerja Buruh*. Edisi Pertama. Penerbit PT Nasya Expanding Management. Bojong Pekalongan.
- WHO (2022). *Mental Health*. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- WHO (2023). *Stress*. https://www.who.int/news-room/questions-and-answers/item/stress/?gclid=Cj0KCQjwpmoPBhDZARIsAFD_Fp8zwcViArSWWC0V3id0NkH7P1WCj6yvwJKmrjl_dKeP2Tx62W8gKuQaAnE6EALw_wcB
- Widyaningsih, D. (2021). *Statistika Bisnis*. Edisi Pertama. Yayasan Prima Agus Teknik. Semarang.

Wirawan, S. A. R. & Sukmarani, S. (2023). Hubungan antara Work Life Balance dengan Kepuasan Kerja pada Karyawan Sales. *Jurnal Ilmiah Psikologi*, 12(1), 76-87.

Workwise. (2019). *Mental health issues at work*.
<https://www.workwise.org.nz/library/mental-health-issues-at-work/>