

DAFTAR PUSTAKA

- Anindita, A., & Etikariena, A. (2020). Hubungan *Trait Mindfulness* dan Keterikatan Kerja dengan Melibatkan Peran Mediasi Modal Psikologis. *Journal Psikogenesis*, 8(1), 1–17. <https://doi.org/10.24854/jps.v8i1.1039>.
- Azwar, S. (2012). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Bakker, A. B., & Leiter, M. P. (2012). *Work Engagement: A Handbook of Essential Theory and Research*. UK : Psychology Press.
- Berk, L. E. (2013). *Development Through the Lifespan (Dari Dewasa Awal Sampai Menjelang Ajal)*. Yogyakarta: Pustaka Pelaja.
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: *Mindfulness and its role in psychological well being*. *Journal of Personality and Social Psychology*, 84(4), 822-848. <https://doi.org/10.1037/0022-3514.84.4.822>.
- Depenbrock, F. (2014). *Being mindfully aware and engaged at work? The role of affect regulative processes for the relationship between daily levels of mindfulness and work engagement*. *Tesis*. Maastricht University, Maastricht, Belanda.
https://www.innovatiefinwerk.nl/sites/innovatiefinwerk.nl/files/field/bijlage/depenbrock_6015145_mt_wo.pdf.
- Utami, L. P. (2020). Pengaruh *Psychological Well-being* terhadap *Work Engagement* Karyawan. *Acta Psychologia*, 2(2), 161–172.
<https://doi.org/10.21831/ap.v2i2.34221>.

Frederickson, B.L. (1998) What Good Are Positive Emotions? *Review of General Psychology*, 3, 300-319.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3156001/>.

Ghozali, I. (2016). *Ekonometrika, Teori Konsep dan Aplikasi dengan SPSS IBM 25*. Semarang: Badan Penerbit Universitas Diponegoro.

Ivancevich, John M., Konopaske R., & Michael T. Matteson. (2012). *Perilaku dan Manajemen Organisasi*. Jakarta:Erlangga.

Istiqomah, S.S. (2020). Hubungan antara *Mindfullness* dan *Psychological Well-Being* pada Mahasiswa Baru yang Tinggal di Pondok Pesantren X, Y, Dan Z. *Empati*, 8(4), 127–132.

<https://garuda.kemdikbud.go.id/jurnal/view/4725?page=25>

Kotzé, M. (2017). *The influence of psychological capital , self-leadership , and mindfulness on work engagement.* (2002).

<https://doi.org/10.1177/0081246317705812>.

Kimberly, & Utoyo, S. D. (2013). Hubungan *Psychological Well-Being* dan *Work Engagement* pada Karyawan yang Bekerja di Lokasi Tambang. *Jurnal Psikologi Universitas Indonesia*, 1-18. <https://adoc.pub/hubungan-psychological-well-being-dan-work-engagement-pada-k.html>.

Utami, L. P. (2020). Pengaruh *Psychological Well-being* terhadap *Work Engagement* Karyawan. *Acta Psychologia*, 2(2), 161–172. <https://journal.uny.ac.id/index.php/acta-psychologia/article/view/34221/14432>.

Luthans, F. (2015). *Organizational Behavior*. New York.McGraw-Hill, Inc.

- Luthans, F., Youssef, C., & Avolio, B. (2015). *Psychological Capital: developing the human competitive edge*. New York: Oxford press.
- Malinowski, P., & Lim, H. J. (2015). *Mindfulness at Work : Positive Affect, Hope, and Optimism Mediate the Relationship Between Dispositional Mindfulness, Work Engagement, and Well-Being*. 1250–1262.
<https://link.springer.com/article/10.1007/s12671-015-0388-5>.
- McLeod, Jr. Raymond. (2012). *Sistem Informasi Manajemen*. Jakarta: Pearson Education Asia
- Putra, Akbar, & Marynta Pratama. (2019). Peran Mediasi *Person-Job Fit dan Job Resources* pada *Job Crafting* dan *Work Engagement*. *Jurnal Ilmiah Mahasiswa Manajemen, Bisnis dan Akuntansi (JIMMBA)* 1 (1), 1-8.
<https://doi.org/10.32639/jimmba.v1i1.388>.
- Pratiwi, E. A., Sekar, D., Ningrum, A., & Mayang, R. (2021). Hubungan antara Meaningful Work dan Work Engagement pada Karyawan di Fakultas Psikologi Unjani. *Humanitas*, Vol. 5 No. 3, hal. 321-336.
- Paramitta, A., Putra, A. I. D., & Sarinah, S. (2020). *Work Engagement* Ditinjau dari *Psychological Well-Being* pada Karyawan PT. Sumatera Berlian Motors. *PHILANTHROPY: Journal of Psychology*, 4(1), 45.
<https://doi.org/10.26623/philanthropy.v4i1.1702>.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of personality and social psychology*, 57(6), 1069. <https://psycnet.apa.org/record/1990-12288-001>.

- Ryff, C. D., & Keyes, C. L. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727.
<http://midus.wisc.edu/findings/pdfs/830.pdf>.
- Ryff, C. D., & Singer, B. H. (1989). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of happiness studies*, 9(1), 13-39.
- Schaufeli, W. B., & Bakker, A. B. (2012). Job demands, job resources and their relationship with burnout and engagement: A multi-sample study. *Journal of Organizational Behavior*, 25(3), 293-315.
- Sianturi, N. S., Milfayetti, S., & Lubis, M. R. (2019). Hubungan *Psychology Well Being* dengan *Employee Engagement* Ditinjau dari Masa Kerja. *Proceeding Icopoid: The 2nd International Conference on Politics of Islamic Development*, 1(1), 125–135. <http://proceeding.uma.ac.id/index.php/icopoid>.
- Sugiyono. (2017). *Metode Penelitian Pendidikan: (Pendekatan Kuantitatif, Kualitatif, dan R&D)*. Bandung: Alfabeta.
- Winefield, H. R., Gill, T. K., Taylor, A. W., & Pilkington, R. M. (2012). Psychological Well-Being And Psychological Distress: Is It Necessary to Measure Both?. *Psychology of Well-Being: Theory, Research and practice*, 2:3.
- Wiroko, E. P., & Evanytha, E. (2019). Mindfulness and Work Engagement Among Generation Y. *Psycho Idea*, 17(2), 154.
<https://doi.org/10.30595/psychoidea.v17i2.4244>.

Ivancevich, Jhon M. 2010. Human Resource. 8th Edition. The McGraw-Hill Companies, Inc.

Erpiana, A. & Fourianalistyawati, E. (2018). Peran trait mindfulness terhadap psychological well-being pada dewasa awal. *Jurnal Ilmiah Psikologi*, 5(1), 67-82. doi: 10.15575/psy.v5il.1774.

Utami L,P. (2020).pengaruh psychological wellbeing dengan work engagement karyawan.jurnal acta psycologia,2(2),161-172.

Xanthopoulou, D., & Bakker, A.B. (2012). Daily work engagement: The significance of within-person fluctuations. In A. B. Bakker, & K. Daniels (Eds.). *A day in the life of a happy worker*. Hove Sussex: Psychology Press, 25–40.

Schaufeli, W.B. & Bakker, A.B. (2004). Job demands, job resources, and their relationship with burnout and engagement: a multi-sample study. *Journal of Organizational Behavior* 25, 293–315.

Aiello, A., & Tesi, A. (2017) Psychological well-being and work engagement among Italian social workers: examining the meditational role of job resources. *Working paper of Departement Political Sceinces University of Pisa*.

Angela, T & Effendi, N. (2015). Faktor-faktor Brand Loyalty Smartphone Pada Generasi Y. *Jurnal Experientia Volume 3 (1)*. Unika Widya Mandala Surabaya

Badan Pusat Statistik Indonesia. (2018). Statistik Gender Tematik: Profil Generasi Millenial Indonesia. Kementerian Pemberdayaan Perempuan dan Perlindungan Anak.

Baumgardner, S. R., & Crothers, M .K. (2010). *Positive Psychology*. United Stated: Perason Education, I

- Berger, A. (2010). *Review: Happiness at work*. United States: Basil & Spice.
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848. <https://doi.org/10.1037/0022-3514.84.4.822>
- Buckingham M., and Coffman C. (2005). First, break all the rules. Pocket Books, London.
- Christian, M.S., Garza, A.S. and Slaughter, J.E. (2011), “Work engagement: a quantitative review a test of its relations with task and contextual performance”, *Personnel Psychology*, Vol. 64 No. 1, pp. 89-136.
- Costantini, A., De Paola, F., Ceschi, A., Sartori, R., Meneghini, A. M., & Di Fabio, A. (2017). Work engagement and psychological capital in the Italian public administration: A new resource-based intervention programme. *SA Journal of Industrial Psychology*, 43(0), 0–11. <https://doi.org/10.4102/sajip.v43i0.1413>
- Creswell, J. W. (2009). Research Design. Sage Publication (Vol. 39).
- Dane E and Brummel BJ. (2014). Examining workplace mindfulness and its relations to job performance and turnover intention. *Human Relations* 67(1): 105–128
- Depenbrock, F. (2014). Being mindfully aware and engaged at work? The role of affect regulative processes for the relationship between daily levels of mindfulness and work engagement (Unpublished master's thesis). Maastricht University, Maastricht, The Netherlands.
- Endro Puspo Wiroko., Evanytha. 2019. Mindfulness And Work Engagement Among Generation Y. *Psycho IDEA, Tahun 17. No.2, Agustus 2019*
- Gallup (2014). *The State of the Global Workplace – Employee engagement insights for business leaders worldwide*. Gallup, Washington DC.
- Garland, E. L. (2013). Mindfulness research in social work: Conceptual and methodological recommendations. *Social Work Research*, 37(4), 439–448. doi:10.1093/swr/svt038
- Germer, C. (2004). What is mindfulness? *Insight Journal*, (1), 24–29. <https://doi.org/10.1037/11885-001>
- Good, D. J., Lyddy, C. J., Glomb, T. M., Bono, J. E., Brown, K. W., Duffy, M. K. Lazar, S. W. (2016). Contemplating Mindfulness at Work: An Integrative Review. *Journal of Management*, 42(1), 114–142.

- Harter, J. K., Schmidt, F. L., & Keyes, C. L. M. (2004). Well-being in the workplace and its relationship to business outcomes: A review of the Gallup studies. *Flourishing: Positive Psychology and the Life Well-Lived.*, 205–224. <https://doi.org/10.1037/10594-009>
- Harter, James K., Frank L. Schmidt, and Theodore L. Hayes. 2002. Business-unit level relationship between employee satisfaction, employee engagement, and business outcomes: A meta-analysis. *Journal of Applied Psychology* 87/2 (April): 268-279.
- Ismawati. (2013). Peran perubahan organisasi dengan kesejahteraan psikologis (*psychological well-being*) karyawan di PT PLN Persero area Malang. Skripsi Fakultas Psikologi UIN Maulana Malik Ibrahim Malang: Tidak diterbitkan
- Kabat-Zinn, J. (1994). Wherever you go, there you are: Mindfulness meditation in everyday life. New York: Hyperion
- Kahn, W. A. (1990). Psychological conditions of personal engagement and disengagement at work. *Academy of Management Journal*, 33, 692–724. doi:10.2307/256287
- Klatt, M. D., Buckworth, J., & Malarkey, W. B. (2009). Effects of flow-dosemindfulness-based stress reduction (MBSR-ld) on working adults. *Health Education & Behavior*, 36, 601–614.
- Kotzé, M. (2017). *The influence of psychological capital , self-leadership , and mindfulness on work engagement.* (2002). <https://doi.org/10.1177/0081246317705812>
- Lancaster, L. C., & Stillman, D. (2002). When Generations Collide: Who They Are. Why They Clash. How to Solve the Generational Puzzle at Work. New York: HarperCollins.
- Larasati Putri Utami. 2020. Pengaruh Psychological Well-being terhadap Work Engagement Karyawan. *Acta Psychologia*, Volume 2 Nomor 2, 2020, Halaman 161-172
- Leroy, H., Anseel, F., Dimitrova, N. G., & Sels, L. (2013). Mindfulness , authentic functioning , and work engagement : A growth modeling approach. *Journal of Vocational Behavior*, 82(3), 238–247. <https://doi.org/10.1016/j.jvb.2013.01>
- Luntungan, I., Vitalaya, A., Sunarti, E., & Maulana, A. (2014). Strategi Pengelolaan Generasi Y di Industri Perbankan. *Jurnal Manajemen Teknologi Vol 13 (2)*. Institut Pertanian Bogor

- Malinowski, P., & Lim, H. J. (2015). *Mindfulness at Work : Positive Affect , Hope , and Optimism Mediate the Relationship Between Dispositional Mindfulness , Work Engagement , and Well-Being.* 1250–1262. <https://doi.org/10.1007/s12671-015-0388-5>
- Montani, F., Vandenberghe, C., Khedhaouria, A., & Courcy, F. (2019). Examining the inverted U-shaped relationship between workload and innovative work behavior: The role of work engagement and mindfulness. In *Human Relations*. <https://doi.org/10.1177/0018726718819055>
- Ng, E., Schweitzer, L., & Lyons, S. (2010). New Generation, Great Expectations: A Field Study of the Millennial Generation. *Journal of Business and Psychology* 25(02)
- Nugroho, D. A. S., Mujiasih, E., & Prihatsanti, U. (2013). Hubungan antara psychological capital dengan work engagement pada karyawan PT. Bank Mega Regional Area Semarang. *Jurnal Psikologi Undip*, 12(2), 192-202.
- Oades, L. G., Steger, M. F., Delle Fave, A., & Passmore, J. (2017). Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work. In *Wiley & Blackwell*.
- Oktariani, D., Hubeis, A., & Sukandar, A. (2017). Kepuasan Kerja Generasi X dan Generasi Y Terhadap Komitmen Kerja di Bank Mandiri Palembang. *Jurnal Aplikasi Bisnis dan Manajemen Volume 3(1)*. Institut Pertanian Bogor
- Ozcelik, G. (2015). Engagement and Retention of the Millennial Generation in the Workplace through Internal Branding. *International Journal of Business and Management Vol 10 (3)*. Okan Univ
- Park, J & Gursoy, D. (2012). Generation Effects on Work Engagement Among U.S. Hotel Employees. *International Journal of Hospitality Management* 31. Washington State University
- Putra, Y. S. (2016). Theoretical Review: Teori Perbedaan Generasi. *Among Makarti Volume 9 (18)*. STIE Ama Salatiga
- Robertson, I.T., & Cooper, C.L. (2010). Full engagement: The integration of employee engagement and psychological well being. *Leadership and Organization Development Journal*, 31(4), 324-336.
- Rothmann, S., & Joubert, J.H.M. (2007). Job demands, job resources, burnout and work engagement of managers at a platinum mine in the North West Province. *Journal of Business Management*, 38(3), 49-61.
- Ryff, C. D., & Keyes, C.L.M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727.

- Ryff, C. D., & Singer, B. H. (1996). Psychological well-being, meaning, measurement and implication for psychotherapy research. *Psychotherapy Psychosomatic*, 65, 14-23
- Saks, A. M. (2006) Antecedents and consequences of employee engagement. *Journal of Managerial Psychology*, 21(7), 600-619.
- Santoso, Singgih. 2017. Menguasai Statistik Dengan SPSS 24. Jakarta: PT Alex Media Komputindo.
- Schaufeli, W. B. & Bakker, A.B. (2004). Job Demands, Job Resources and their Relationship with Burnout and Engagement: A Multi-Sample Study. *Journal of Organizational Behavior*, 25, 293-315.
- Schaufeli, W.B. and Bakker, A.B. (2013), "Defining and measuring work engagement: bringing clarity to the concept", in Bakker, A.B. and Leiter, M.P. (Eds), *Work Engagement: A Handbook of Essential Theory and Research*, Psychology Press, New York, NY, pp. 10-24.
- Schaufeli, W.B., Martínez, I.M., Marques Pinto A., Salanova, M., and Bakker, A.B (2004). Burnout and Engagement in University Students: A Cross-National Study *Journal of Cross-Cultural Psychology* 33, 464-481.
- Schaufeli, W.B., Salanova, M., González-Romá, V., & Bakker, A.B. (2002). The Measurement of Engagement and Burnout: A Two Sample Confirmatory Factor Analytic Approach. *Journal of Happiness Studies*, 3, 71-93.
- Schaufeli, W.B. and Bakker, A.B. (2010), "Defining and measuring work engagement: bringing clarity to the concept", in Bakker, A.B. and Leiter, M.P. (Eds), *Work Engagement: A Handbook of Essential Theory and Research*, Psychology Press, New York, NY, pp. 10-24.
- Schuman, H & Scott, J. (1989). Generations and Collective Memories. *American Sociological Review Volume 54 (3)*. University of Michigan
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822.
- Diener, Ed. (2009). *The Science of Well-Being: The Collected Works of Ed Diener*. New York City: Springer Science.
- Diener, E. (2009). Positive Psychology: Past, Present, and Future. In C.R. Snyder & Shane J, Lopez (Eds.). *Oxford Handbook of Positive Psychology*. Oxford: Oxford University Press.

Petchsawang, P., & McLean, G. N. (2017). Workplace spirituality, mindfulness meditation, and work engagement. *Journal of Management, Spirituality & Religion*, 14(3), 216-244. doi: 10.1080/14766086.2017.1291360

Peng, J., Jiang, X., Zhang, J., Xiao, R., Song, Y., Feng, X., ... & Miao, D. (2013). The impact of psychological capital on job burnout of Chinese nurses: The mediator role of organizational commitment. *PLoS One*, 8(12), 1-7.

Bekker, S. (2016). Exploring the relationship between psychological capital and work engagement S Bekker. (November).