

## DAFTAR PUSTAKA

- Aini, A. (2022, September 3). Tips Karier. Retrieved from Glints.com: [https://glints.com/id/lowongan/freelancer-adalah/#.Y8RZ\\_XZBy5c](https://glints.com/id/lowongan/freelancer-adalah/#.Y8RZ_XZBy5c).
- Akbar, M. C. & Margaretha S. (2024). Keseimbangan Kehidupan Kerja Dan Kehidupan Pribadi: Manajemen Waktu Sebagai Kunci Utama. *Jurnal Ekonomi Revolusioner*, Vol 7 (6), 163 -170.
- Amabile, T. M. (1996). *Creativity in context: Update to the social psychology of creativity*. Colorado: Westview Press.
- Angreani, S. (2020). Lingkungan Kerja dan Dukungan Sosial Terhadap Kejemuhan Kerja. *Psikoborneo Jurnal Ilmiah Psikolog*, Vol. 8(3), 441 – 450.
- Aristi, N. M., & Pratama, A. R. (2021). Peran Freelance Marketplace dan Media Sosial dalam Online Gig Economy Jasa Profesional. *Techno.COM*, 20 (1), 122-133.
- Baines, P., & Haslam, A. (2005). *Type and Typography*. Laurence King Publishing.
- Baines, P., & Haslam, A. (2005). *Type and typography*. London: Laurence King Publishing.
- Bakker, A. B., & Demerouti, E. (2007). "The Job Demands-Resources Model: State of the Art." *Journal of Managerial Psychology*, 22(3), 309-328.
- Castells, M. (2011). *The rise of the network society: The information age: Economy, society, and culture (Vol. 1)*. New Jersey : John Wiley & Sons.
- Cooper, C. L., & Dewe, P. (2008). *Stress: A Brief History*. Wiley-Blackwell.
- Creswell, J. (1998). *Research Design Qualitative & Quantitative Approaches*. Thousand Oaks CA: Sage Publications.
- Csikszentmihalyi, M. (1996). *Creativity: Flow and the psychology of discovery and invention*. New York: HarperCollins Publishers.
- Dunbar, J. (1990). *The illustrator and the book in England from 1790 to 1914*. New York: Dover Publications.
- Firdasanti, A. Y., Khailany, D. A., & Dzulkirom, N. A. (2021). Mahasiswa dan Gig Economy: Kerentanan Pekerja Lepas (Freelancer) di Kalangan Tenaga Kerja Terdidik. *Jurnal PolGov*, 3(1), 195–234. <https://doi.org/10.22146/polgov.v3i1.2866>.
- Florida, R. (2002). *The rise of the creative class: And how it's transforming work, leisure, community, and everyday life*. New York: Basic Books.

- Gaggiotti. (2006). Going from Spain and Latin America to Central Asia: decision-making of expatriation and meaning of work. IN: *The Central Asia Business Journal*, 1(1), 8-22.
- Gunawan, I. (2017). *Metode Penelitian Kualitatif Teori dan Praktik*. Jakarta: PT Bumi Aksara.
- Hermanto, A. Y., Munandar, A. S. (1994). *Makna bekerja: studi tentang makna bekerja dan hubungan antara makna bekerja dengan keterlibatan kerja pada karyawan perusahaan industri konstruksi dan manufaktur milik negara (Disertasi Doktoral)*. Universitas Indonesia. <https://lib.ui.ac.id/detail.jsp?id=74219>.
- Hidayah, A. (2021). Tantangan Kaum Freelancer Dan Pemerintah Indonesia Di Era Perkembangan Teknologi Digital (Analisis Kritik Globalisasi). *RESIPROKAL: Jurnal Riset Sosiologi Progresif Aktual*, 92-104.
- Hidayati, K. F. (2024). Mengenal Pekerjaan Illustrator dan Serba-serbinya. Retrieved from <https://glints.com/id/lowongan/kerja-illustrator/>.
- Hikmah, (2022, 22 Februari). Cara Jadi Freelance Illustrator, Dari Hobi Bisa Jadi Bisnis!. Diakses dari [https://swara.tunaiku.com/freelance-illustrator/?utm\\_source=chatgpt.com](https://swara.tunaiku.com/freelance-illustrator/?utm_source=chatgpt.com).
- Holley, D., Varga, E. A., Boorman, E. D., & Fox, A. S. (2024). Temporal Dynamics of Uncertainty Cause Anxiety and Avoidance. *Computational Psychiatry*, 8 (1), 85–91. <https://doi.org/10.5334/cpsy.105>.
- Hutahaean (2023). Hubungan Antara Dukungan Sosial Dengan Stres Kerja Perawat Instalasi Bedah Sentral Rsup Haji Adam Malik Medan. Skripsi. Universitas Medan Area.
- Huws, U. (2014). Labor in the global digital economy: The cybertariat comes of age. *Monthly Review*, 66(2), 67-81.
- Izzati, F. F., Larasati, R. S., Laksana, B. K. C., Apinino, R., Azali, K. (2021). *Pekerja Industri Kreatif Indonesia: Flexploitation, Kerentanan Dan Sulitnya Berserikat*. Jakarta: SINDIKASI x FNV Mondiaal.
- Kalleberg, A. L. (2000). Nonstandard employment relations: Part-time, temporary and contract work. *Annual Review of Sociology*, 26(1), 341-365.
- Karasek, R. A. (1979). Job Demands, Job Decision Latitude, and Mental Strain. *Administrative Science Quarterly*, 24(2).

- Kässi, O., & Lehdonvirta, V. (2018). Online labour index: Measuring the online gig economy for policy and research. *Technological Forecasting and Social Change*, 137, 241-248. <https://doi.org/10.1016/j.techfore.2018.07.056>.
- Kinapti, T. T. (2025, 22 Februari). Panduan Lengkap Cara Kerja Freelance: Tips Sukses Menjadi Pekerja Lepas Profesional. Diakses dari [https://www.liputan6.com/feeds/read/5880314/panduan-lengkap-cara-kerja-freelance-tips-sukses-menjadi-pekerja-lepas-profesional?utm\\_source=chatgpt.com](https://www.liputan6.com/feeds/read/5880314/panduan-lengkap-cara-kerja-freelance-tips-sukses-menjadi-pekerja-lepas-profesional?utm_source=chatgpt.com).
- Kraut, R. (2012). Technology, work, and life: Insights from psychological science. *American Psychologist*, 67(8), 663-674.
- Lazarus, R. S., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. Springer.
- Lehdonvirta, V. (2018). Flexibility in the gig economy: managing time on three online piecework platforms. *New Technology, Work and Employment*, 33(1), 13-29. <https://doi.org/10.1111/ntwe.12102>.
- MOW International Research, T. (1987). *The Meaning of Working*. London: Academic Press.
- Mulyadi, E. (2020, 22 Februari). Risiko Kesehatan Setelah Menatap Layar Komputer Terlalu Lama. Diakses dari <https://hellosehat.com/mata/penyakit-mata/risiko-kesehatan-komputer/>.
- Nurkancana, W. (1986). *Evaluasi Pendidikan*. Surabaya: Usaha Nasional.
- Pargament, K. I. (1997). *The psychology of religion and coping: Theory, research, practice*. New York: Guilford Press.
- Persadha, P. (2024). *Mengelola Stres Di Era Digital*. Jakarta : CISSReC - Yayasan Lembaga Riset Siber Indonesia.
- Prayoga, G. (2023). *Determinan Retensi Karyawan (Studi Kasus Pada Sales Force Pt Telkom Indonesia Witel Magelang)*, skripsi. Universitas Tidar.
- Prudential. (2025, 22 Februari). Side Hustle: Jalan Tambahan Menuju Kebebasan Finansial. Diakses dari [https://www.prudential.co.id/id/pulse/article/side-hustle/?utm\\_source=chatgpt.com](https://www.prudential.co.id/id/pulse/article/side-hustle/?utm_source=chatgpt.com).
- RI, K. K. (1969). *UNDANG-UNDANG NOMOR 14 TAHUN 1969*. Diakses dari JDIH:<https://jdih.kemenkeu.go.id/fulltext/1969/14TAHUN~1969Penj.UU.htm#:~:text=Makna%20bekerja%20ditinjau%20dari%20segi,jasa%20guna%20memuaskan%20kebutuhan%20masyarakat>.
- Robbins, S. P. (2017). *Organizational Behavior*. Pearson Education.

- Robbins, S. P., & Judge, T. A. (2018). *Organizational Behavior*. Pearson Education.
- Rosso, B. D. (2010). On The Meaning of Work: A Theoretical Integration and Review. *Journal Research in Organization Behavior*.
- Selye, H. (1976). *The Stress of Life*. McGraw-Hill.
- Sendari, A. A. (2022, maret 22). Hot.liputan 6. Diakses dari Liputan6.com: <https://hot.liputan6.com/read/4908953/freelance-adalah-bekerja-lepas-ketahui-konsep-dan-cara-memulainya>.
- Smith, R., Brown, J., & Lee, T. (2019). Occupational Stress and Health Among Creative Workers. *Journal of Occupational Health*, 61(2), 115-124.
- Steger, M. F. (2010). *Experiencing meaning in life: Optimal functioning at the nexus of well-being, psychopathology, and spirituality*. In P. T. P. Wong & P. S. Fry (Eds.), *The human quest for meaning: Theories, research, and applications* (pp. 165-184). Oxfordshire: Routledge.
- Steger, M. F., Dik, B. J., & Duffy, R. D. (2012). Measuring meaningful work: The work and meaning inventory (WAMI). *Journal of Career Assessment*, 20(3), 322-337.
- Sutopo. (2006). *Metodologi Penelitian Kualitatif*. Surakarta: UNS.
- Trikusuma, N. K. A., Puja, I. B. P., Wirata, I. N. (2020). *Pengaruh Beban Kerja dan Stress Kerja Terhadap Kinerja Karyawan di 99 Wedding and Event Organizer*. *Journal of Event and Convention Management*, Vol. 2(1), 1 – 15.
- Twenge, J. M. (2010). A review of the empirical evidence on generational differences in work attitudes. *Journal of Business and Psychology*, 25(2), 201-210.
- Ulfia, S. (2023). *Pengaruh Konflik Peran Ganda Dan Dukungan Sosial Suami Terhadap Stres Kerja Pada Pekerja Perempuan Mingguan Industri Sigaret*. Skripsi. Universitas Islam Negeri Walisongo Semarang.
- Wiedemann, J., & Heller, S. (2019). *The illustrator : 100 best from around the world*. Taschen.
- Wiltshire, A. H. (2016). The Meanings of Work in a Public Work Scheme in South Africa. *International Journal of Sociology and Social Policy*, 36(12), 18–35. <http://dx.doi.org/10.1108/IJSSP-02-2015-0014>.

Windiana, A. (2025, 22 Februari). Sebelum Memutuskan Jadi Freelancer, Pahami Dulu Plus-Minusnya. Diakses dari [https://id.prosple.com/career-planning/sebelum-memutuskan-jadi-freelancer-pahami-dulu-plus-minusnya?utm\\_source=chatgpt.com](https://id.prosple.com/career-planning/sebelum-memutuskan-jadi-freelancer-pahami-dulu-plus-minusnya?utm_source=chatgpt.com).

Wrzesniewski, A. E. (2003). *Finding Positive Meaning in Work*. San Fransisco: Berret-Kohler.

Zimmer, M., Al-yacoub, A., Ferreira, P., Hubbard, E., Zimmer, M., Al-yacoub, A., Ferreira, P., Hubbard, E., & Lohse, N. (2022). Experimental study to investigate mental workload of local vs remote operator in human-machine interaction remote operator in human-machine interaction. *Production & Manufacturing Research*, 10(1), 410–427.

Zip Recruiter. (2024, 20 Mei). Illustrator Salary. Diakses dari <https://www.ziprecruiter.com/Salaries/Illustrator-Salary#Monthly>.

Zippia. (2024, 20 Mei). Artist/Illustrator Demographics And Statistics In The US. Diakses dari <https://www.zippia.com/artist-illustrator-jobs/demographics/>.