

## DAFTAR PUSTAKA

- Ahmed, M., Muddasar, M., & Perviaz, S. (2012). The impact of work-family conflict and pay on employee job satisfaction with the moderating affect of perceived supervisor support in Pakistan banking sector. *Global Journal of Management and Business Research*, 12(9), 1–11.
- Aldwin, C. M. (2007). *Stress, Coping, and Development: An Integrative Perspective* (2nd ed.). New York: Guilford Press.
- Antariksa, Y. (2010, November 15). *Career plan: Jalur karir yang harus Anda tempuh*. Strategi + Manajemen. <https://strategimanajemen.net/2010/11/15/career-plan-jalur-karir-yang-harus-anda-tempuh/>
- Azwar, S (2016). *Skala Penyusunan Psikologi*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2012). *Reliabilitas dan Validitas* (4 ed.). Pustaka Pelajar.
- Badan Pusat Statistik. (2022). *Keadaan ketenagakerjaan Indonesia Februari 2022*. <https://www.bps.go.id>
- Bansal, N., & Agarwal, U. A. (2017). Exploring work-life balance among Indian dual working parents a qualitative study. *Journal of Management Research*, 17(2), 99–112.
- Barnett & Hyde. (1980). Women, work and family. *Labour / Le Travail*, 6, 251. <https://doi.org/10.2307/25140009>
- Bianchi, S. M., & Milkie, M. A. (2010). Work and family research in the first decade of the 21st century. *Journal of Marriage and Family*, 72(3), 705–725. <https://doi.org/10.1111/j.1741-3737.2010.00726.x>
- Clark. (2000). Work/family border theory: A new theory of work/family balance. In *Human Relations* (Vol. 53, Nomor 6, hal. 747–770). <https://doi.org/http://dx.doi.org/10.1177/0018726700536001%0D>
- Creswell, J. W. (2014). *Research design: Qualitative, quantitative, and mixed methods approaches* (4th ed.). SAGE Publications.
- Deswara, R. E. (2024). Hubungan work life balance dan ethical organization culture dengan burnout pada dosen hubungan work life balance dan ethical organization culture.
- Duxbury, L. E., & Higgins, C. A. (2001). *Work-life balance in the new millennium: Where are we? Where do we need to go?*. Ottawa: Canadian Policy Research Networks.
- Field, A. (2013). *Discovering statistics using IBM SPSS statistics* (4th ed.). SAGE Publications.
- 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>
- Greenhaus Jeffrey. (2011). *Work-family balance: a review and extension of the literature*. In *Handbook of occupational health psychology* (hal. 183–265).

- Greenhaus, J. H., & Beutell, N. J. (1985). Sources of conflict between work and family roles. *Academy of Management Review*, 10(1), 76–88. <https://doi.org/10.5465/amr.1985.4277352>
- Greenhaus, J. H., Collins, K. M., & Shaw, J. D. (2003). The relation between work-family balance and quality of life. *Journal of Vocational Behavior*, 63(3), 510–531. [https://doi.org/10.1016/S0001-8791\(02\)00042-8](https://doi.org/10.1016/S0001-8791(02)00042-8)
- Gunawan, G., Nugraha, Y., Sulastiana, M., & Harding, D. (2019). Reliabilitas dan validitas konstruk work-life balance di Indonesia. *Jurnal Psikologi Perkembangan dan Pendidikan*, 8(2), 143–152. <https://doi.org/10.21009/JPPP.082.05>
- Gunawan, G., Nugraha, Y., Sulastiana, M., & Harding, D. (2019). Reliabilitas dan validitas konstruk *work-life balance* di Indonesia. *Jurnal Psikologi Perkembangan dan Pendidikan*, 8(2), 143–152. <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>
- Himmawan, G. (2020). Gambaran work - life balance pada prajurit wanita yang berperan ganda di Dinas X TNI - AL Surabaya lebih yang dapat menimbulkan situasi yang ditempat kerja dan aktivitas lain diluar kerja dimana hal ini dapat menjadi sumber konflik Personal Life ( WIPL ). *Jurnal Sains Psikologi*, 9(2), 88–95.
- Hochschild, A. R., & Machung, A. (2012). *The second shift: working families and the revolution at home*.
- Honda, A., Abe, Y., Date, Y., & Honda, S. (2015). The impact of multiple roles on psychological distress among japanese workers. *Safety and Health at Work*, 6(2), 114–119. <https://doi.org/10.1016/j.shaw.2014.12.004>
- Huda, N., & Firdaus, M. F. (2020). Work-life balance pada wanita karier di inspektorat jenderal kementerian keuangan yang menjalani peran ganda. *Jurnal Psikologi*, 13(1), 46–55. <https://doi.org/10.35760/psi.2020.v13i1.2650>
- Hurlock, E. B. (1980). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan* (S. Istiwidayanti, Penerj.; ed. ke-5). Erlangga. (Karya asli diterbitkan 1978)
- Hurlock, E. B. (2002). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan* (Alih bahasa Istiwidayanti & Soedjarwo). Erlangga. (Karya asli diterbitkan tahun 1980)
- Hurlock, E. B. (2009). *Psikologi perkembangan: suatu pendekatan sepanjang rentang kehidupan*. Jakarta: Erlangga.
- Kossek, E. E., & Ozeki, C. (1998). Work-family conflict, policies, and the job-life satisfaction relationship: A review and directions for organizational behavior-human resources research. *Journal of Applied Psychology*, 83(2), 139–149. <https://doi.org/10.1037/0021-9010.83.2.139>
- Lachman, M. E., & Bertrand, R. M. (2001). Personality and aging: The role of control beliefs. In J. E. Birren & K. W. Schaie (Eds.), *Handbook of the Psychology of Aging* (5th ed., pp. 279–298). San Diego: Academic Press.

- Lie, D., Megumi, E. H., Zaneta, A., Zalukhu, P. M. B., Gianti, R., & Pribadi, R. B. (2022). Gambaran work-life balance pada wanita single parent yang bekerja. *Psikodimensia*, 21(2), 132–143. <https://doi.org/10.24167/psidim.v21i2.4656>
- Mahkamah Agung Republik Indonesia. (2018). Pedoman mengadili perkara perempuan yang berhadapan dengan hukum (Vol. 2, Nomor Aipj 2).
- Mangkuprawira, J. (2015). *Manajemen sumber daya manusia strategik*. Ghalia Indonesia.
- Mathis, R. L., & Jackson, J. H. (2011). *Human resource management* (13th ed.). Mason, OH: South-Western Cengage Learning.
- Mayssara, A. (2018). Hubungan beban kerja dengan work-life balance pada Pegawai Negeri Sipil (PNS) Wanita di Kementerian Agama kota Gorontalo. *Faculty of Psychology And Sociocultural Sciences*, 2011, 16–29.
- Miranti, V. (2019). *Peran ganda ibu rumah tangga pedagang kue tradisional di Pasar Doping Kelurahan Doping Kecamatan Penrang Kabupaten Wajo* (Skripsi tidak dipublikasikan). Universitas Muhammadiyah Makassar.
- Moerdijat, L. (2023). Partisipasi perempuan dalam dunia kerja harus terus ditingkatkan. MPR rumah kebangsaan. <https://www.mpr.go.id/berita/Partisipasi-Perempuan-dalam-Dunia-Kerja-Harus-Terus-Ditingkatkan>
- Mohehu, F. (2025, April 20). *Melampaui batas: Mengatasi work-life balance bagi wanita karir*. Fakultas Ekonomi dan Bisnis Universitas Negeri Gorontalo. <https://feb.ung.ac.id/home/berita/melampaui-batas-mengatasi-work-life-balance-bagi-wanita-karir>
- Pallant, J. (2020). *SPSS Survival Manual: A Step by Step Guide to Data Analysis Using IBM SPSS* (7th ed.). Routledge.
- Poulose, S., & Sudarsan, N. (2014). *Work-life balance: A conceptual review*. *International Journal of Advances in Management and Economics*, 3(2), 1–17. <https://www.managementjournal.info/index.php/IJAME/article/view/175>
- Prakoso, E. (2016). *Manajemen Sumber Daya Manusia Sektor Publik*. Yogyakarta: Gava Media.
- Putri, S. A. (2021). Faktor-faktor yang mempengaruhi work-life balance pada wanita buruh tani. *Jurnal Psikologi Malahayati*, 3(1), 28–38. <https://doi.org/10.33024/jpm.v3i1.3598>
- Rahmawati, W. (2023). Work life balance, apakah mungkin dilakukan? Rumah Sakit Olahraga Nasional. <https://rson.kemempora.go.id/artikel-detail/MjM/work-life-balance--apakah-mungkin-dilakukan->
- Robbins, S. P., & Judge, T. A. (2017). *Perilaku organisasi* (Edisi ke-16, alih bahasa Ratna Saraswati & Febriella Sirait). Salemba Empat. (Karya asli diterbitkan tahun 2017)
- Schaar, D. V. (2022). Pengangguran & Tenaga Kerja di Indonesia. Indonesia-Investments. Diunduh dari <https://www.indonesiainvestments.com/id/keuangan/angka-ekonomimakro/pengangguran/item255>
- Schabracq, M. J., Winnubst, J. A. M., & Cooper, C. L. (2004). *The handbook of work and health psychology: Second Edition*. In *The Handbook of Work and Health Psychology: Second Edition*. <https://doi.org/10.1002/0470013400>

- Sturges, J., & Guest, D. (2004). Working to live or living to work? Work/life balance early in the career. *Working to live or living to work? Work/life balance early in the career*, 14(4), 5–20.
- Sugiyono. (2022). *Metode penelitian kuantitatif kualitatif dan R&D*. Alfabeta.
- Sumra, M. K., & Schillaci, M. A. (2015). Stress and the multiple-role woman: Taking a closer look at the “superwoman.” *PLoS ONE*, 10(3), 1–24. <https://doi.org/10.1371/journal.pone.0120952>
- Suparman, S. (2017). Peran ganda istri petani (studi kasus di Desa Perangian Kecamatan Baraka Kabupaten Enrekang). *Edumaspul: Jurnal Pendidikan*, 1(2), 104–114. <https://doi.org/10.33487/edumaspul.v1i2.44>
- Upadhyay, A., & Sharma, D. (2024). AI and Workplace Well-being: A New Frontier for Work-Life Balance. *Frontiers in Health Informatics*.
- Voydanoff, P. (2005). Toward a conceptualization of perceived work–family fit and balance: A demands and resources approach. *Journal of Marriage and Family*, 67(4), 822–836. <https://doi.org/10.1111/j.1741-3737.2005.00178.x>