

DAFTAR PUSTAKA

- Azwar, S. (2016). *Penyusunan skala psikologi* (Edisi 2). Pustaka Pelajar.
- Azwar, S. (2021). *Penyusunan skala psikologi* (Edisi 3). Pustaka Pelajar.
- Barhate, B., & Dirani, K. M. (2022). Career aspirations of generation Z: A systematic literature review. *European Journal of Training and Development*, 45(1-2), 139-157. <https://doi.org/10.1108/EJTD-07-2020-0124>
- Caza, A., Caza, B. B., & Loughlin, C. (2020). Work-nonwork boundary permeability and employee well-being: A review. *Academy of Management Annals*, 14(1), 1-40. <https://doi.org/10.5465/annals.2018.0038>
- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Lawrence Erlbaum Associates.
- Deloitte Global. (2025). *2025 Gen Z and millennial survey*. Deloitte. <https://www.deloitte.com/us/en/insights/topics/talent/2025-gen-z-millennial-survey.html>
- Dudija, N., & Apriliansyah, M. D. (2024). Psychological well being among Generation Z employees: A literature review. *International Journal of Scientific Research and Management (IJSRM)*, 12(08), 79-87. <https://doi.org/10.18535/ijssrm/v12i08.gp01>
- Fauziah, Y. Z., Nurhastuti, E. S., & Astari, K. (2025). Hubungan antara work life balance dan psychological well-being pada ibu yang bekerja sebagai perawat (RSUP Dr. Hasan Sadikin Bandung). *In Search*, 24(1), 11-17.
- Firdauz, S., & Puspitadewi, N. W. S. (2025). Hubungan antara work life balance dengan psychological well being pada pegawai Generasi Z di Kecamatan X Kabupaten Gresik. *Liberosis: Jurnal Psikologi dan Bimbingan Konseling*, 15(4). <https://doi.org/10.6734/LIBEROSIS.V2I2.3027>
- 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>

- Galanakis, M., & Stalikas, A. (2022). Wellbeing as a dynamic construct: Reconceptualizing psychological well-being in light of contemporary research. *Psychology*, 13(3), 328–342. <https://doi.org/10.4236/psych.2022.133021>
- Gallup & Walton Family Foundation. (2025). *Voices of Gen Z study: Year 3 annual report*. Gallup Inc. <https://www.waltonfamilyfoundation.org/about-us/newsroom/gen-z-divide-students-thrive-adults-face-challenges-new-gallup-survey-finds>
- Gunawan, G., Nugraha, Y., Sulastiana, M., & Harding, D. (2019). Reliabilitas dan validitas konstruk work life balance di Indonesia. *JPP Jurnal Penelitian dan Pengukuran Psikologi*, 8(2), 88–94. <https://doi.org/10.21009/JPPP.082.05>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson Prentice Hall.
- Hudson. (2005). *The case for work/life balance: Closing the gap between policy and practice*. Hudson Highland Group.
- Huppert, F. A. (2009). Psychological well-being: Evidence regarding its causes and consequences. *Applied Psychology: Health and Well-Being*, 1(2), 137–164.
- Kalliath, T., & Brough, P. (2021). Work-life balance: A review of the meaning of the balance construct. *Journal of Management & Organization*, 14(3), 323–327. <https://doi.org/10.5172/jmo.837.14.3.323>
- Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82(6), 1007–1022. <https://doi.org/10.1037/0022-3514.82.6.1007>
- Kiani, A., Moghaddamzadeh, A., & Hasanlouei, F. (2021). Investigating the relationship between work-life balance dimensions and psychological wellbeing in working adults. *International Journal of Organizational Leadership*, 10(2), 150–165.
- Machado, A. L., Augusto, M. F., Salgueiro-Oliveira, A., & Graveto, J. (2022). Psychological well-being in working contexts: A systematic review of dimensions and instruments. *Nursing Open*, 9(1), 73–85. <https://doi.org/10.1002/nop2.1063>

- Mache, S., Servaty, R., & Herforth, A. (2020). Flexible working practices in the digital age and their impact on employees' work-life balance and wellbeing. *Journal of Occupational Medicine and Toxicology*, 15(1), 1–9. <https://doi.org/10.1186/s12995-020-00255-w>
- Mardlotillah, I. A. M., & Fahmawati, Z. N. (2023). Work life balance dan psychological well being pada karyawan perusahaan. *UMSIDA Preprints Server*, 1–9. <https://doi.org/10.21070/ups.2834>
- Marks, S. R., & MacDermid, S. M. (1996). Multiple roles and the self: A theory of role balance. *Journal of Marriage and the Family*, 58(2), 417–432.
- Papagayo, H. M. (2024). Work-life balance, self-determination, and psychological well-being among police personnel. *Journal of Interdisciplinary Perspectives*, 2(10), 6–23. <https://doi.org/10.69569/jip.2024.0362>
- Prasad, K. D. V. (2022). Effect of occupational stress on work-life balance and psychological wellbeing: An empirical study of hyderabad metro rail travelers concerning e-commerce industry employees during COVID-19 pandemic. *International Journal of Health Sciences*, 6(S5), 3349–3373. <https://doi.org/10.53730/ijhs.v6nS5.9367>
- Rachmayani, D., & Ramdhani, N. (2014). Adaptasi bahasa dan budaya skala psychological well-being. *Proceeding Seminar Nasional Psikometri*, 253–268.
- Rahim, N. B., Osman, I., & Arumugam, P. V. (2020). Linking work-life balance and employee well-being: Do supervisor support and family support moderate the relationship? *International Journal of Business and Society*, 21(2), 588–606. <http://dx.doi.org/10.33736/ijbs.3273.2020>
- Rejeki, S. S., Rahmi, F., & Maputra, Y. (2021). Peran work-life balance terhadap psychological well-being pegawai yang bekerja selama new normal Covid-19. *Jurnal Psikologi*, 17(2), 182–190.
- 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), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
- 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.

- Sari, I. D., Tirtabudi, M., Surjo, F. R., & Hastuti, R. (2024). The relationship between work life balance and psychological well-being among students participating in the MBKM program. *Journal of Social and Economics Research*, 6(1), 756–765. <https://idm.or.id/JSER/index.php/JSER>
- Sari, R. E., & Nugroho, A. D. (2024). Psychological well being and family supportive supervision behaviors with work life balance in working women. *Jurnal Psikologi Teori dan Terapan*, 15(1), 48–60. <https://doi.org/10.26740/jptt.v15n01p48-60>
- Septina, V. D., & Soeharto, T. N. E. D. (2023). Work life balance dan kepuasan kerja dengan psychological well-being pada anggota polisi wanita. *Jurnal Psikologi Malahayati*, 5(1), 141–152. <https://ejournalmalahayati.ac.id/index.php/PSIKOLOGI/index>
- Sugiyono. (2023). *Metode penelitian kuantitatif, kualitatif, dan R&D* (Edisi ke-2). Alfabeta.