

DAFTAR PUSTAKA

- Afifah, D. (2022, Mei 25). Fenomena Hustle culture di kalangan anak muda zaman sekarang. kumparan. Retrieved August 31, 2022, dari <https://kumparan.com/dhiyan-afifah/fenomena-hustle-culture-di-kalangan-anak-muda-zaman-sekarang-1y8U8WjKJX6>
- Ahdiyati, Adi. (2019, April 15). “Era Digital Bikin Jam Kerja Jadi Panjang? Ini Pandangan ILO”: *kbr.id*. https://kbr.id/nasional/0404-2019/era_digital_bikin_jam_kerja_jadi_panjang__ini_pandangan_ilo/99109
- Aliya, Humaira. (2021, April 18). “Walau Dianggap Normal, Hustle Culture Bisa Berdampak Buruk Untukmu, lho!”. *glints.com*. <https://glints.com/id/hustle-culture-adalah/#.YwlyT6HP0dV>
- Angker, Damon (2018, Desember 20) “*Work-life balance in the digital era*” : *certes.co.uk*. <https://certes.co.uk/work-life-balance-in-the-digital-era/manajer>
- Ahmadi, A., & S. Asl. (2013). “*A Study on the Effect of Workaholism on Human Resource Productivity: A Case Study of Managers of East Azerbaijan Water and Waste Water Company.*” *Management Science Letters* 3 (4): 1209–16.
- Andreassen, C. S., Griffiths, M. D., Hetland, J. & Pallesen, S. (2012). Development of a work addiction scale. *Scandinavian Journal of Psychology* 53, 265–272.
- Andreassen, C. S. (2014). *Workaholism: An overview and current status of the research*, *Journal of Behavioral Addictions*, 3(1), 1-11
- Annisa, Tsalis (2021, September 24). “9 Tanda kamu workaholic dan dampaknya dalam dunia kerja”: www.ekrut.com. <https://www.ekrut.com/media/workaholic>
- Azwar, Saifuddin. (2005). “*Sikap Manusia : Teori dan Pengukurannya*”. Yogyakarta : Pustaka Pelajar
- Azwar, Saifuddin. (2017). “*Reliabilitas dan Validitas*”. Yogyakarta : Pustaka Pelajar.
- Badan Pusat Statistik. (2018). “*Statistik gender tematik: Profil generasi milenial Indonesia. Kementerian Badan Pemberdayaan Perempuan dan Perlindungan Anak*”. Jakarta. Kementerian Pemberdayaan Perempuan dan Perlindungan Anak

- Balducci, C., Alessandri, G., Zaniboni, S., Avanzi, L., Borgogni, L., & Fraccaroli, F. (2021). “*The impact of workaholism on day-level workload and emotional exhaustion, and on longer-term job performance*”. *Work and Stress*, 35(1), 6–26. <https://doi.org/10.1080/02678373.2020.1735569>
- Baruch, Y. (2011). “*The positive wellbeing aspects of workaholism in cross cultural perspective: The chocoholism metaphor*”. *The Career Development International*, 16(6), 572–591. <https://doi.org/10.1108/13620431111178335>
- Budiati, I, *et.al.* (2018). *Profil Generasi Milenial Indonesia*. Jakarta : Badan Pusat Statistik. Kementerian Pemberdayaan Perempuan dan Perlindungan Anak
- Balkeran, A. (2020). *Hustle Culture And The Implications For Our Workforce*. Academicworks.Cuny.Edu, 1–50.
- Cempaka, M. (November 10, 2020). “Anak Muda Workaholic Tak Butuh Glorifikasi, Seringkali Mereka Tak Punya Pilihan Lain”: *Vice.com*. <https://www.vice.com/id/article/88and3/penyebab-anak-muda-indonesia-kecanduan-kerja-tren-glorifikasi-workaholic>
- Christy, G. L. (Juni 9, 2022). “Hustle Culture: Budaya yang Perlu Dibiasakan atau Justru Perlu Dibinasakan?”. *Kompasiana.com*. <https://www.kompasiana.com/gracelaura2404/62a17f6f2154ae04375d97c2/hustle-culture-budaya-yang-perlu-dibiasakan-atau-justru-perlu-dibinasakan>
- Clark, M. A., Michel, J. S., Zhdanova, L., Pui, S. Y., & Baltes, B. B. (2016). All work and no play? A meta-analytic examination of the correlates and outcomes of workaholism. *Journal of Management*, 42(7), 1836–1873. <https://doi.org/10.1177/0149206314522301>
- Clark, M. A., Smith, R. W., & Haynes, N. J. (2020). The Multidimensional Workaholism Scale: Linking the conceptualization and measurement of workaholism. *The Journal of applied psychology*, 105(11), 1281–1307. <https://doi.org/10.1037/apl0000484>
- Delecta, P. (2011). Work Life Balance . *International Journal of Current Research* Vol. 33, Issue, 4, pp.186-189
- Firdaus,R. (Februari 21, 2022) “*Hustle Culture* Penyumbang Stres Kerja Bagi Generasi Milenial”: *milenianews.com*. <https://milenianews.com/2022/02/25/mengenal-hustle-culture-budaya-gila-kerja-yang-diminati-anak-muda>
- Forsyth, S., & Polzer-Debruyne, A. (2007). The organisational pay-offs for perceived work-life balance support. *Asia Pacific Journal of Human Resources*, 45(1), 113–123. <https://doi.org/10.1177/1038411107073610>

- Savitri, G. (2020). *Everything Wrong With Hustle Culture | Beropini eps. 56 - YouTube*. Youtube. https://www.youtube.com/watch?v=p6o_y56zQMA
- HIMIESPA, FEB UGM. (2021, Juli 20) “Work-Life (Im)Balance: Memahami Hustle Culture Melalui Perspektif Ekonomi”, www.kompasiana.com. <https://www.kompasiana.com/himiespa/60f6b016b13fde65ab1e0363/work-life-im-balance-memahami-hustle-culture-melalui-perspektif-ekonomi>
- Irmawati. (2016) “*The Guilt Of Being A Workaholic Woman In Landline By Rainbow Rowell*”. Thesis. Faculty Of Humanities Diponegoro University Semarang
- Loscalzo, Y., & Giannini, M. (2019). “*What type of worker are you? work-related inventory (WI-10): A comprehensive instrument for the measurement of workaholism*”. *Work*, 62(3), 383–392. <https://doi.org/10.3233/wor-192875>
- Masliani, A. (Desember 8, 2021). “Pentingnya Menganut Prinsip Work-Life Balance di Kalangan Generasi Milenial”: www.frekuensinews.com. <https://www.frekuensinews.com/hiburan/pr-2892085684/pentingnya-menganut-prinsip-work-life-balance-di-kalangan-generasi-milenial>
- Masui, V. (2017). “Rancangan strategi pengembangan produk LOVE café| juice bar| test kitchen”. *Journal of Management and Business Review*, 10(2). Diakses dari <https://jmbr.ppm-school.ac.id/index.php/jmbr/article/download/65/52>
- Matuska, Kathleen. (2010). “*Workaholism, life balance, and well-being: A comparative analysis*”. *Journal of Occupational Science*. 17 (104-11) 10.1080/14427591.2010.9686681
- Muliawati, T. (2020). “Peran Work-Life Balance Dan Kepuasan Kerja Terhadap Kinerja Karyawan Milenial: STUDI LITERATUR”. *Jurnal Ilmu Manajemen* Volume XX Nomor XX, Vol 8 (2) 606-620
- Mulyono, A.(2007). “Hubungan Antara Perilaku Workaholic dengan Timbulnya Gejala Insomnia”. Skripsi. Fakultas Psikologi Universitas Islam Negeri Syarif Hidayatullah Jakarta [hustle-culture-melalui-perspektif-ekonomi](http://www.hustle-culture-melalui-perspektif-ekonomi)
- Muslim, M. I., & Perdhana, M. S. (2017). Glass ceiling: sebuah studi literatur. *Jurnal Bisnis Strategi*, 26(1), 28-38
- News, Vice.2021. *Feeling Unproductive? This Video Won't Help But It Will Explain Productivity to You | Complexify* [Video]. Youtube. <https://youtu.be/L1kU6SAvzXs>

- Nura'eni, Nadila.(November 1, 2021). "Hustle Culture: Budaya Gila Kerja Yang Janjikan Kesuksesan". Bogor-kita.com. <https://bogar-kita.com/hustle-culture-budaya-gila-kerja-yang-janjikan-kesuksesan/>
- Oates, Wayne E. (1971). *Confessions of a Workaholic: The Facts about Work Addiction*. New York: World Pub. Co
- Peiperl, M., & Jones, B. (2001). Workaholics and overworkers. *Group & Organization Management*, 26(3), 369–393. <https://doi.org/10.1177/1059601101263007>
- Purwanti, Teti (2022, Januari 11). Perempuan Lebih Berisiko Jadi Workaholic, Kok Bisa?. CNBCIndonesia.Com. <https://www.cnbcindonesia.com/lifestyle/20220111164433-33-30646>
- Pratiwi, M.A. (2019). *Work-Life Balance Pada Ibu Bekerja: Studi Eksplorasi Mengenai Kondisi, Makna Dan Strategi Work-Life Balance Ibu Pekerja Di Provinsi Kepri*. Seminar Nasional Ekonomi dan Bisnis (SNEB) 2019 STIE Pembangunan Tanjungpinang
- Robbins, S. P. & Judge, T. A. (2019). *Organizational Behavior* (18th Edition), New York, NY : Pearson Education
- Setiawan, Wawan. (2017) "Era Digital dan Tantangannya". Seminar Nasional Pendidikan, ISBN.978-602-50088-0-1
- Sugiyono. (2006). *Metode Penelitian Kuantitatif, Kualitatif dan R & D*. Bandung : Alfabeta.
- Sukmawijaya, Angga. (2017, November 23). Milenial, generasi tak beruntung terdampak krisis keuangan global. Kumparan.com. <https://kumparan.com/millennial/142UfpE2tZ>
- Spagnoli, P., Balducci, C., Fabbri, M., Molinaro, D., & Barbato, G. (2019). "Workaholism, Intensive Smartphone Use, and the Sleep-Wake Cycle: A Multiple Mediation Analysis". *International Journal of environmental research and public health*, 16(19), 3517. <https://doi.org/10.3390/ijerph16193517>
- Spence, J. T., dan Robbins, A. S. (1992). "Workaholism: Definisi, pengukuran, dan hasil awal". *Jurnal Penilaian Kepribadian*, 58(1), 160–178. https://doi.org/10.1207/s15327752jpa5801_15
- Syarifuddin, S., Nurtjahjanti, H., & Widayanti, C. G. (2013). "Hubungan Antara Persepsi Terhadap Lingkungan Kerja Psikologis Dengan Intensi Menjadi

- Workaholic Pada Karyawan Bank X Semarang”. *Jurnal EMPATI*, 2(3), 22-31. <https://doi.org/10.14710/empati.2013.524731>.
- Tim CNN Indonesia. (2021, Nov 25). “Burnout, Wabah Dunia Kerja dari Rumah”: CNNIndonesia.com. <https://www.cnnindonesia.com/gaya-hidup/20211124203607-260-725701/burnout-wabah-dunia-kerja-dari-rumah>.
- Tim Talenta (2016, September 29). Pegawai Negeri atau Swasta, Lebih Baik Mana?. : Talenta.Co. <https://www.talenta.co/blog/cerita-talenta/pegawai-negeri-atau-pegawai-swasta/>
- Triani. 2021. “Work-Life (Im)Balance: Memahami Hustle Culture Melalui Perspektif Ekonomi” Publikasi website. <https://himiespa.feb.ugm.ac.id/work-life-imbalance-memahami-hustle-culture-melalui-perspektif-ekonomi/>
- Van Beek, I., Taris, T. W., & Schaufeli, W. B. (2011). Workaholic and work engaged employees: Dead Ringers or worlds apart? *Journal of Occupational Health Psychology*, 16(4), 468–482. <https://doi.org/10.1037/a0024392>
- Widyasari, S. D., Susilawati, I. R., & Ula, I. I. (2015). Hubungan Antara Career Capital Dan Work-Life Balance Pada Karyawan Di PT. Petrokimia Gresik. *Jurnal Psikoislamika*. Malang: Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Brawijaya. Vol. 12, No. 1, Halaman: 13-2