

DAFTAR PUSTAKA

- Abioro, M. (2018). Work Life Balance Practices and Employees Productivity in the Nigerian University System. *Crawford Journal of Business and Social Sciences* (CJBASS), 8(2), 49–59.
- Adare, D., Sendow, G., & Kimbal, F. F. (2015). Beban Kerja, Organizational Citizenship Behavior, Dan Keterlibatan Kerja Pengaruhnya Terhadap Kinerja Karyawan PT. PLN (Persero) Wilayah Suluttenggo Area Manado. *Jurnal EMBA: Jurnal Riset Ekonomi, Manajemen, Bisnis Dan Akuntansi*, 3(2), 1061–1072. <https://doi.org/10.35794/emba.v3i2.9285>
- Bacharach, S. B., & Bamberger, P. A. (2007). 9/11 and New York City Firefighters' Post Hoc Unit Support and Control Climates: A Context Theory of the Consequences of Involvement in Traumatic Work-Related Events. *Academy of Management Journal*, 50(4), 849–868. <https://doi.org/10.5465/AMJ.2007.26279180>
- Baral, R., & Bhargava, S. (2010). Work-Family Enrichment as a Mediator between Organizational Interventions for Work-life Balance and Job Outcomes. *Journal of Managerial Psychology*, 25(3), 274–300. <https://doi.org/10.1108/02683941011023749>
- Darcy, C., McCarthy, A., Hill, J., & Grady, G. (2012). Work-life Balance: One Size Fits All? An Exploratory Analysis of the Differential Effects of Career Stage. *European Management Journal*, 30(2), 111–120. <https://doi.org/10.1016/j.emj.2011.11.001>
- Elloy, D. F., & Smith, C. R. (2003). Patterns of Stress, Work-family Conflict, Role Conflict, Role Ambiguity and Overload Among Dual-career and Single-career Couples: An Australian Study. *Cross Cultural Management: An International Journal*, 10(1), 55–66. <https://doi.org/10.1108/13527600310797531>
- Frone, M. R. (2003). Work-Family Balance. *Handbook of Occupational Health Psychology*, 143–162.
- Ghozali, I. (2018). *Aplikasi Analisis Multivariate Dengan Program SPSS 25* (9 ed.). Badan Penerbit Universitas Diponegoro.
- 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)

- Grzywacz, J. G., & Carlson, D. S. (2007). Conceptualizing Work—Family Balance: Implications for Practice and Research. *Advances in Developing Human Resources*, 9(4), 455–471. <https://doi.org/10.1177/1523422307305487>
- Hair, F. J., Black, C. W., Babin, J. B., & Anderson, E. R. (2014). *Multivariate Data Analysis*. London: Pearson Education Limited.
- Hammer, L. B., Kossek, E. E., Yragui, N. L., Bodner, T. E., & Hanson, G. C. (2009). Development and Validation of a Multidimensional Measure of Family Supportive Supervisor Behaviors (FSSB). *Journal of Management*, 35(4), 837–856. <https://doi.org/10.1177/0149206308328510>
- Heider, F. (1946). Attitudes and Cognitive Organization. *The Journal of Psychology: Interdisciplinary and Applied*, 21(1), 107-112.
- Hobfoll, S. E. (2002). Social and Psychological Resources and Adaptation. *Review of General Psychology*, 6(4), 307–324. <https://doi.org/10.1037/1089-2680.6.4.307>
- Holland, P., Tham, T. L., Sheehan, C., & Cooper, B. (2019). The Impact of Perceived Workload on Nurse Satisfaction with Work-life Balance and Intention to Leave the Occupation. *Applied Nursing Research*, 49(June), 70–76. <https://doi.org/10.1016/j.apnr.2019.06.001>
- Huselid, M. A., & Day, N. E. (1991). Organizational Commitment, Job Involvement, and Turnover: A Substantive and Methodological Analysis. *Journal of Applied Psychology*, 76(3), 380–391. <https://doi.org/10.1037/0021-9010.76.3.380>
- Kalliath, T., & Brough, P. (2008). Work–life Balance : A Review of the Meaning of the Balance Construct. *Journal of Management and Organization*, 14(3), 323–327.
- Kanungo, R. N. (1982). Measurement of Job and Work Involvement. *Journal of Applied Psychology*, 67(3), 341–349. <https://doi.org/10.1037/0021-9010.67.3.341>
- Karatepe, O. M. (2013). The Effects of Work Overload and Work-family Conflict on Job Embeddedness and Job Performance: The Mediation of Emotional Exhaustion. *International Journal of Contemporary Hospitality Management*, 25(4), 614–634. <https://doi.org/10.1108/09596111311322952>
- Le, H., Newman, A., Menzies, J., Zheng, C., & Fermelis, J. (2020). Work–life Balance in Asia: A Systematic Review. *Human Resource Management Review*, 30(4), 100766. <https://doi.org/10.1016/j.hrmr.2020.100766>

- Lockwood, N. R. (2003). Work/Life Balance: Challenges and Solutions for Human Resource Management. *SHRM Research, Research Quarterly*, 1–10.
- Nizam, I., & Kam, C. (2018). The Determinants of Work-Life Balance in the Event Industry of Malaysia. *International Journal of Management, Accounting and Economics*, 5(3), 141–168.
- Ojo, I. S., Salau, O. P., & Falola, H. O. (2014). Work-Life Balance Practices in Nigeria: A Comparison of Three Sectors. *Journal of Competitiveness*, 6(2), 3–14. <https://doi.org/10.7441/joc.2014.02.01>
- Post, T. J. (2012, November 1). Survey shows Indonesians worry about work-life balance. The Jakarta Post. Retrieved from <https://www.thejakartapost.com/news/2012/11/01/survey-shows-indonesians-worry-about-work-life-balance.html>. diakses tanggal 25 November 2020.
- Poulose, S., & Dhal, M. (2020). Role of Perceived Work-life Balance between Work Overload and Career Commitment. *Journal of Managerial Psychology*, 35(3), 169–183. <https://doi.org/10.1108/JMP-03-2018-0117>
- Putra, A. S. (2012). Analisi Pengaruh Beban Kerja Terhadap Kinerja Karyawan Divisi Marketing dan Kredit PT. WOM Finance Cabang Depok. *Jurnal Studi Manajemen Indonesia*.
- Rahmaniah, R., Mataram, U., Asmony, T., Mataram, U., Nurmayanti, S., & Mataram, U. (2019). Pengaruh Waktu Kerja dan Dukungan Supervisor Terhadap Keseimbangan Kehidupan Kerja Karyawan Generasi Y. *Jurnal Bisnis dan Manajemen*, 6(2), 88–97.
- Shanock, L. R., & Eisenberger, R. (2006). When Supervisors Feel Supported: Relationships with Subordinates' Perceived Supervisor Support, Perceived Organizational Support, and Performance. *Journal of Applied Psychology*, 91(3), 689–695. <https://doi.org/10.1037/0021-9010.91.3.689>
- Singh, S. (2014). Measuring Work-life Balance in India. *International Journal of Advance Research in Computer Science and Management Studies*, 7782(Online), 35–44.
- Sirgy, M. J., & Lee, D. J. (2018). Work-Life Balance: an Integrative Review. *Applied Research in Quality of Life*, 13(1), 229–254. <https://doi.org/10.1007/s11482-017-9509-8>
- Sugiyono. (2018). *Metode Penelitian Kuantitatif*. Alfabeta.
- Syihabudhin, S., Nora, E., Juariyah, L., Hariri, A., & Dhika, O. (2020). Effect of

- Workload on Employee Performance Through Work Life Balance at Ollino Garden Hotel Malang East Java. *Advances in Economics, Business and Management Research*, 149, 141–146. <https://doi.org/10.2991/aebmr.k.200812.025>
- Thakur, A., & Kumar, N. (2015). The Effect of Perceived Organizational Support, Role Related Aspects and Work Involvement on Work-Life Balance: Self Efficacy as a Moderator. *International Journal of Scientific and Research Publications*, 5(1), 1–8.
- Warren, T. (2015). Work-life balance/imbalance: The dominance of the middle class and the neglect of the working class. *British Journal of Sociology*, 66(4), 691–717. <https://doi.org/10.1111/1468-4446.12160>
- Wefald, A. J., Smith, M. R., Savastano, T. C., & Downey, R. G. (2008). A Structural Model of Workload, Job Attitudes, Stress, and Turnover Intentions. *Paper Presented at Midwest Academy of Management 2008 Annual Conference, St. Louis, MO*.
- Wu, L., Rusyidi, B., Claiborne, N., & McCarthy, M. L. (2013). Relationships between Work-life Balance and Job-related Factors Among Child Welfare Workers. *Children and Youth Services Review*, 35(9), 1447–1454. <https://doi.org/10.1016/j.childyouth.2013.05.017>