

DAFTAR PUSTAKA

- Abdullah, K., Jannah, M., Aiman, U., Hasda, S., Fadilla, Z., Taqwin, Ardiawan, M. K. N., & Sari, M. E. (2022). *Metodologi Penelitian Kuantitatif*. Yayasan Penerbit Muhammad Zaini.
- Abramson, T. A. (2015). Older Adults: The “Panini Sandwich” Generation. *Clinical Gerontologist*, 38(4), 251–267. <https://doi.org/10.1080/07317115.2015.1032466>
- Amalianita, B., & Putri, E. Y. (2023). Permasalahan psikologis pada sandwich generation serta implikasi dalam layanan bimbingan dan konseling. *JPGI (Jurnal Penelitian Guru Indonesia)*, 8(2), 163–171.
- Amaliyah, E. D. E., & Nugroho, B. S. (2022). Improving Personal Financial Management through Financial Technology, Financial Capability, and Spiritual Intelligence as Intervening Variable. *Admisi Dan Bisnis*, 23(1), 57–70.
- Annisa, N., & Nursanti, S. (2024). Pemaknaan Generasi Sandwich Dalam Perspektif Generasi Z A (Studi Fenomenologi Pada Generasi Z Di Kabupaten Kuningan) G Jurnal Ilmu Komunikasi Dan Media Sosial (JKOMDIS). *Jurnal Ilmu Komunikasi Dan Media Sosial (JKOMDIS)*, 04(03), 795–801.
- Asy’Syifa, F., & Surjaningrum, E. R. (2023). Narrative Review : Kondisi Beban Pengasuhan pada Generasi Sandwich Wanita terhadap Kesejahteraan Psikologis. *Jurnal Buletin Riset Psikologi Dan Kesehatan Mental*, 10, 3. <http://e-journal.unair.ac.id/BRPKM>
- Azwar, S. (2012). *Penyusunan Skala Psikologi* (2nd ed.). Pustaka Belajar.
- Broadbent, E., Gougoulis, J., Lui, N., Pota, V., & Simons, J. (2017). Generation Z: Global citizenship survey. What the World’s Young People Think and Feel. *The Varkey Foundation*, 4, 26–44.

https://notedipastoralegiovanile.it/images/documenti/global_young_people_report.pdf

Brüggen, E. C., Hogreve, J., Holmlund, M., Kabadayi, S., & Löfgren, M. (2017). Financial well-being: A conceptualization and research agenda. *Journal of Business Research*, 79, 228–237. <https://doi.org/10.1016/j.jbusres.2017.03.013>

CFPB. (2015). Measuring financial well-being: A guide to using the CFPB Financial Well-Being Scale. *Consumerfinance.Gov*, December, 31. [c:%5CUsers%5Crebec%5COneDrive%5CDocumentos%5CORGANIZADO_OK%5CCONHECIMENTO%5C2019_puc%5C2020_pesquisa_mestrado%5CRevisão de literatura%5C2021 materiais usados da dissertação%5Ccfpb_financial-well-being-scale-technical-report.pdf](https://www.consumerfinance.gov/your-rights/financial-well-being/)

Çikrikci, Ö. (2016). The effect of internet use on well-being: Meta-analysis. *Computers in Human Behavior*, 65, 560–566. <https://doi.org/10.1016/j.chb.2016.09.021>

Cohen, J. (1998). Statistical power analysis for the behavioral sciences. *United State of America: Lawrence Erlbaum Associates.*, 407–465.

Ghozali, I. (2021). *APLIKASI ANALISIS MULTIVARIATE Dengan Program IBM SPSS 26 IBM" SPSS" Statistics* » (Edisi 10). Badan Penerbit Universitas Diponegoro.

Humaidah, A., & Mulyono, R. (2025). Adaptasi Psychological Well-Being Short Scale pada Mahasiswa. *Edukatif: Jurnal Ilmu Pendidikan*, 7(1), 141–149.

Huppert, F. A. (2009). Psychological Well-being: Evidence Regarding its Causes and Consequences†. *Applied Psychology: Health and Well-Being*, 1(2), 137–164. <https://doi.org/10.1111/j.1758-0854.2009.01008.x>

Iannello, P., Sorgente, A., Lanz, M., & Antonietti, A. (2021). Financial Well-Being and Its Relationship with Subjective and Psychological Well-Being Among Emerging Adults: Testing the Moderating Effect of Individual Differences. *Journal of Happiness Studies*, 22(3), 1385–1411.

<https://doi.org/10.1007/s10902-020-00277-x>

IDN Research Institute. (2024). Indonesia Gen Z. *IDN Research Institute*, 102.
[https://cdn.idntimes.com/content-documents/indonesia-gen-z-report-](https://cdn.idntimes.com/content-documents/indonesia-gen-z-report-2024.pdf)

2024.pdf

Ilma, A. I. K., & Khusumadewi, A. (2024). Peran Makna Hidup Dalam Meningkatkan Kesejahteraan Psikologis Santri Smp Pondok Pesantren Insan Kamil Sidoarjo. *Ejournal.Unesa.Ac.Id*, 14(4).
<https://ejournal.unesa.ac.id/index.php/jurnal-bk-unesa/article/view/62694>

Indartini, M., & Mutmainah. (2024). *ANALISIS DATA KUANTITATIF Uji Instrumen, Uji Asumsi Klasik, Uji Korelasi dan Regresi Linier Berganda* (Vol. 14, Issue 5).

Janevatchararak, T., Suwannopas, R., & Fuangwong, N. (2024). The Emergence of ‘Open-Face Sandwich’ Generation: A New Market Segment. *Journal of Business Administration and Social Sciences Ramkhamhaeng University*, 7(2), 89–103.

Keyes, C. L. M., & Brim, G. (2002). Keyes and Human Development Program through mem-and Lopez. *Journal of Health and Social Research*, 43(2), 207–222.

Kusumaningrum, F. A. (2018). Generasi Sandwich: Beban Pengasuhan dan Dukungan Sosial pada Wanita Bekerja. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 23(2), 109–120.
<https://doi.org/10.20885/psikologika.vol23.iss2.art3>

Michael Collins, J., & Urban, C. (2020). Measuring Financial Well-Being Over The Lifecourse. *European Journal of Finance*, 26(4–5), 341–359.
<https://doi.org/10.1080/1351847X.2019.1682631>

Miller, D. A. (1981). The ‘sandwich’ generation: Adult children of the aging. *Social Work (United States)*, 26(5), 419–423. <https://doi.org/10.1093/sw/26.5.419>

Netemeyer, R. G., Warmath, D., Fernandes, D., & Lynch, J. G. (2018). How Am i Doing? Perceived Financial Well-Being, Its Potential Antecedents, and Its

- Relation to Overall Well-Being. *Journal of Consumer Research*, 45(1), 68–89. <https://doi.org/10.1093/jcr/ucx109>
- Noor, S., & Isa, F. M. (2020). Malaysian sandwich generation issues and challenges in elderly parents care. *International and Multidisciplinary Journal of Social Sciences*, 9(3), 289–312. <https://doi.org/10.17583/rimcis.2020.5277>
- Oetami, D. P. I. (2022). Pengaruh Financial Stress , Big-Five Personality , Dan Ridha Terhadap Financial Well-Being Pada Pekerja Yang Menikah Di Jabodetabek. *Skripsi*.
- Porter, N. M., & Thomas Garman, E. (1993). Testing a Conceptual Model of Financial Well-Being. *Journal of Financial Counseling and Planning*, 4(803), 135–164.
- Prawitz, A. D., Garman, E. T., Sorhaindo, B., O'Neill, B., Kim, J., & Drentea, P. (2006). InCharge financial distress/financial well-being scale: Development, administration, and score interpretation. *Journal of Financial Counseling and Planning*, 17(1), 34–50. <https://doi.org/10.1037/t60365-000>
- Priadana, M. S., & Sunarsi, D. (2021). Metode Penelitian Kuantitatif. In *Pascal Books*. Pascal Books.
- Priyandoko, A. N., & Rahmasari, D. (2023). Resiliensi pada Perempuan Sandwich Generation. *Character : Jurnal Penelitian Psikologi*, 10(01), 125–142.
- Pujiati, M., & Komarudin. (2024). Hubungan antara Strategi Coping dengan Psychological Well-Being pada Generasi Z. 5(9), 3616–3627.
- Rahayu, I. P., & Rifayani, H. (2024). Penerimaan Diri Pada Generasi Sandwich. *Journal of Creative Student Research (JCSR)*, 2(2), 69–82. <https://doi.org/10.55606/jcsrpolitama.v2i2.3636>
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, 52, 141–166. <https://doi.org/10.1146/annurev.psych.52.1.141>
- 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, 1069–1081.
- Ryff, C. D. (1995). Psychological Well-Being in Adult Life. *Current Directions in Psychological Science*, 4(4), 99–104. <https://doi.org/10.1111/1467-8721.ep10772395>
- 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. <https://doi.org/10.1037/0022-3514.69.4.719>
- Ryff, C. D., & Singer, B. (1996). Psychological Well-Being: Meaning, Measurement, and Implications for Psychotherapy Research Key Words Self-acceptance Purpose in life Positive relationships Personal growth Autonomy Environmental mastery Sociodemographic differences Vulnerability Resilience. *Psychother Psychosomatics*, 65, 14–23. <https://www.karger.com/Article/PDF/289026>
- Ryff, C. D., & Singer, B. H. (2013). *Know Thyself and Become What You are: A Eudaimonic Approach to Psychological Well-Being*. 97–116. https://doi.org/10.1007/978-94-007-5702-8_6
- Sabri, M. F., & Falahati, L. F. (2013). Predictors of Financial Well-Being among Malaysian Employees: Examining the Mediate Effect of Financial Stress. *Journal of Emerging Economies and Islamic Research*, 1(3), 61. <https://doi.org/10.24191/jeeir.v1i3.9130>
- Schmutte, P. S., & Ryff, C. D. (1997). Personality and well-being. *Journal of Personality and Social Psychology*, 73(3), 549–559. https://doi.org/10.1007/978-3-031-55308-0_7
- Sekar Arum, L., Amira Zahrani, & Duha, N. A. (2023). Karakteristik Generasi Z dan Kesiapannya dalam Menghadapi Bonus Demografi 2030. *Accounting Student Research Journal*, 2(1), 59–72. <https://doi.org/10.62108/asrj.v2i1.5812>
- Sugiyono, D. (2023). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. In

Alfabeta.

http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciu_rbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI

Wijoyo, H., Indrawan, I., Cahyono, Y., & Handokp. (2020). Generasi Z & Revolusi Industri 4.0 Penulis. In *Pena Persada Redaksi* (Issue July).

