

DAFTAR PUSTAKA

- Absher, E. (2020). *What You Love Is Killing You: Stopping Hustle culture In The Performing Arts*.
- Adistya, R. A., Kumbara, A., Ayu, I., & Laksmiwati, A. (2024). Analisis *Hustle culture* Terhadap Work Life Balance pada Pekerja Remote di Kota Denpasar. *Religion Education Social Laa Roiba Journal*, 6, 5843. <https://doi.org/10.47476/reslaj.v6i12.4821>
- Alifasa Iqbal, & Rinaldi, R. (2025). Perbedaan Hustle Culture sebagai Bentuk Workaholisme: Analisis Demografi pada Pekerja Startup. *INNOVATIVE: Journal Of Social Science Research*, Volume 5 Nomor 3, 6016–6026.
- Andari, N. D., Nugraheni, R., & Manajemen, J. (2016). Analisis Pengaruh Manajemen Waktu, Motivasi Kuliah, dan Aktualisasi Diri Terhadap Prestasi Akademik Mahasiswa yang Bekerja (Studi pada Mahasiswa Jurusan Manajemen Fakultas Ekonomika dan Bisnis Universitas Diponegoro Semarang). *Diponegoro Journal Of Management*, 5(2), 1–10. <http://ejournals1.undip.ac.id/index.php/management>
- Arifin, D. Z. M. P. (2012). *Evaluasi Pembelajaran*. www.diktis.kemenag.go.id
- Athifah Chairunnisah, & Lilawati Kurnia. (2023). *Hustle culture* in Social Media: Exploring the Imagined Success in the Modern Era. *Athena: Journal of Social, Culture and Society*, 1(4), 180–191. <https://doi.org/10.58905/athena.v1i4.151>
- Badan Pusat Statistik. (2022). Statistik ketenagakerjaan Indonesia Februari 2022. <https://www.bps.go.id>
- Balkeran, A. (2020). *Hustle culture and the Implications for Our Workforce*. https://academicworks.cuny.edu/bb_etds/101Discoveradditionalworksat:https://academicworks.cuny.edu
- Bellini, F., & Lomazzi, V. (2024). Changing Work Values: Beyond *Hustle culture*. *Sociologia (Slovakia)*, 56(6), 555–580. <https://doi.org/10.31577/sociologia.2024.56.6.20>
- Budiarjo, M. A., & Casmini. (2023). Prespektif Konselor Pada Fenomena *Hustle culture* Dikalangan Mahasiswa. *Sociocouns: Journal of Islamic Guidance and Counseling*, 3(2), 208–222. <https://doi.org/10.35719/sociocouns.vxix.xx>
- Budiarjo, M. A., & Ulinnuha, R. (2023). Strategic Appropriation On *Hustle culture* As Positive Trend. *Jurnal Mahasiswa BK An-Nur: Berbeda, Bermaknsa, Mulia*, 9(3). <https://ojs.uniska-bjm.ac.id/index.php/AN-NUR>
- Chamberlin, C. M., & Zhang, N. (2009). Workaholism, health, and self-acceptance. *Journal of Counseling & development*, 87(2), 159–169. <https://doi.org/10.1002/j.1556-6678.2009.tb00563.x>
- Christina, C., & Shasita, R. (2022). Multimodal Discourse Analysis on Motivational *Hustle culture* Quotes. *Metaphor*, 4(2), 52–69.

- Clark, M. A., Smith, R. W., & Haynes, N. J. (2020). The Multidimensional Workaholism Scale: Linking the conceptualization and measurement of workaholism. *Journal of Applied Psychology*, 105(11), 1281–1307. <https://doi.org/10.1037/apl0000484>
- Colaianne, B. A., & Falcone, R. S. (2025). We're Missing the Social Dimension in Adolescent Mindfulness Programs: A Student-Driven Perspective and Call to Action. *Mindfulness*, 16(10), 3069–3076. <https://doi.org/10.1007/s12671-025-02657-x>
- Dike, D. M. P. (2024). *Hustle culture* Mahasiswa Universitas Indo Global Mandiri Palembang: Analisis Stoikisme Marcus Aurelius. EL-FIKR: Jurnal Aqidah dan Filsafat Islam, 5(2), 121-136.
- Fatiroh, N. (2023). Pengaruh Kecerdasan Emosional pada Prestasi Akademik Siswa kecerdasan emosional , yang mencakup pemahaman dan pengelolaan emosi , empati dalam konteks pendidikan, pertanyaan muncul mengenai apakah terdapat korelasi akademik yang lebih baik ? Apakah kompo. *Jurnal Pendidikan Profesi Guru Agama Islam*, 3(5), 254–302.
- Fauzi, A. A., & Pahlevi, T. (2020). Analisis Hubungan Keaktifan Berorganisasi Terhadap Hasil Prestasi Akademik Mahasiswa Fakultas Ekonomi Universitas Negeri Surabaya. *Jurnal Pendidikan Administrasi Perkantoran (JPAP)*, 8(3), 449–457. <https://journal.unesa.ac.id/index.php/jpap>
- Huda Adi Prasetya, M., & Kusalandra Siharis, A. (2023). Pengaruh Motivasi Kerja, Manajemen Waktu, dan Stres Kerja Terhadap Kinerja Perkerja Paruh Waktu Yang Berstatus Mahasiswa Di Magelang. *Jurnal Ekonomi Kreatif Dan Manajemen Bisnis Digital*, 1(3), 403–413. <https://transpublika.co.id/ojs/index.php/JEKOMBITAL>
- Imasuen, K., & Aibinuomo, M. P. (2025). Investigating the impact of side hustles on the academic performance of undergraduates in nigerian universities. *African Journal of Educational Management, Teaching and Entrepreneurship Studies*, 14(1). Retrieved from <https://www.ajemates.org/index.php/ajemates/article/view/633>
- Inayah, D. N., Daud, M., & Nur, H. (2023). Pengaruh manajemen waktu terhadap prestasi akademik mahasiswa yang bekerja di Kota Makassar. *PESHUM: Jurnal Pendidikan, Sosial dan Humaniora*, 2(2), 266-273.
- Istikhomah, R., & Andik, S. (2023). Efek Bekerja Paruh Waktu Terhadap Prestasi Akademik Mahasiswa. *Ta'limuna*, 12(02), 179–188.
- Kapitan, I. K., Kareri, D. G. R., & Amat, A. L. S. (2021). Hubungan Motivasi Belajar Dengan Prestasi Akademik Mahasiswa Fakultas Kedokteran Di Nusa Tenggara Timur. *Cendana Medical Journal (CMJ)*, 9(1), 64–71. <https://doi.org/10.35508/cmj.v9i1.4937>
- Maharani, A. P., Martono, N., & Rizkidarajat, W. (2024). The Behavior of *Hustle culture* among Students in Faculty of Social and Political Science Jenderal

- Soedirman University. *International Journal of Multidisciplinary Sciences*, 2(1). <https://jayapanguspress.penerbit.org/index.php/IJMS>
- Mardalis, A., Khairunnisa, A., Sutrisno, S., Saleh, M., & Saleh, S. (2024). Differences In Students' Digital Talents Based On Demographic Characteristics (Vol. 1, Issue 2).
- Mardjuni, S., & Karim, A. (2023). *Hustle culture*, Fasilitas, Dan Kompensasi Terhadap Produktivitas Kerja Karyawan Pt. Sambang Jaya Indonesia. *Jurnal Mirai Management*, 8(2), 263–275.
- Metris, D., Sulaeman, M., Wakhidah, E. N., Teknologi, I., Bisnis, D., & Purbalingga, M. (2024). *Hustle culture*: Mencermati Tren Perilaku Yang Mendorong Kesuksesan Tanpa Henti. *Jurnal Komunikasi Bisnis Dan Manajemen*, 11(1).
- Mona, S., & Yunita, P. (2021). Faktor-Faktor Yang Berhubungan Dengan Prestasi Belajar Mahasiswa. *Menara Ilmu*, 15(2), 117–125.
- Nabilla Ulfah, M., & Fadhil Nurdin, M. (2022). *Hustle culture*: A New Face of Slavery. *Aliansi: Jurnal Politik, Keamanan, Dan Hubungan Internasional*, 226–233.
- Nardi, R., Syahbandi, Jaya, A., Fauzan, R., & Fahrana, Y. (2024). The Influence Of Cyberloafing and *Hustle culture* On Perfomance: Mental Health as Mediator Among Gen Z Employees. *Internatoinal Journal of Economics, Business and Accounting Research (IJEBAAR)* 1, 8(4). <https://jurnal.stie-aas.ac.id/index.php/IJEBAAR>
- Ningsih, S. W., & Astuti, A. M. (2024). Pengaruh Kecerdasan Emosional dan Motivasi Belajar terhadap Indeks Prestasi Kumulatif Mahasiswa. *Kognitif: Jurnal Riset HOTS Pendidikan Matematika*, 4(3). <https://doi.org/10.51574/kognitif.v4i3.2140>
- Novita Sari, A., Abidin, Zainal., & Poerana, A. F. (2023). Presentasi Diri dan Praktik *Hustle culture* pada Mahasiswa . *Da'watuna: Journal of Communication and Islamic Broadcasting*, 4(1), 296–307. <https://doi.org/10.47467/dawatuna.v4i1.3915>
- Oates, W. E. (1971). Confessions of a workaholic: The facts about work addiction.
- Putra, A., Jarudin, & Solina, W. (2021). Faktor Yang Mempengaruhi Hambatan Prestasi Belajar Mahasiswa BK Yang Kuliah Sambil Kerja (Studi Kasus Terhadap Mahasiswa X). *Jurnal Mudabbir*, 1(2021).
- Putri, C. P., Mayangsari, M. D., & Rusli, R. (2018). Pengaruh Stres Akademik Terhadap Academic Help Seeking Pada Mahasiswa Psikologi Unlam Dengan Indeks Prestasi Kumulatif Rendah. *Jurnal Kognisia*, 1(2).
- Regmi, R., & Manandhar, S. (2025). *Hustle culture* and Workplace Anxiety: The Psychological Effect of Overworked Behavior among Working Individuals. *DAV Research Journal*, 4(1), 18–33. <https://doi.org/10.3126/davmj.v4i1.85655>

- Rapanta, C., Botturi, L., Goodyear, P., Guàrdia, L., & Koole, M. (2020). Online University Teaching During and After the Covid-19 Crisis: Refocusing Teacher Presence and Learning Activity. *Postdigital Science and Education*, 2(3), 923–945. <https://doi.org/10.1007/s42438-020-00155-y>
- Rhoma Iskandar, & Novi Rachmawati. (2022). Perspektif “*Hustle culture*” Dalam Menelaah Motivasi Dan Produktivitas Pekerja. *Jurnal Publikasi Ekonomi Dan Akuntansi*, 2(2), 108–117. <https://doi.org/10.51903/jupea.v2i2.287>
- Ross, P., & Atkinson, A. P. (2020). Expanding simulation models of emotional understanding: The case for different modalities, body-state simulation prominence, and developmental trajectories. *Frontiers in Psychology*, 11, Article 309. <https://doi.org/10.3389/fpsyg.2020.00309>
- Safitri, A., Siti, R. Narindra, D., & Triana, N. A. (2025). Hustle culture among gen z university student: between ambition and burnout. *Proceeding International Symposium on Global Education, Psychology, and Cultural Synergy*, 2(1), 444–449. <https://doi.org/10.30651/psychoseries.v1i1.28735>
- Salsabila Aziz, K., & Adnans, A. A. (2023). The Effect of *Hustle culture* on Job Satisfaction Among Startup Workers in Indonesia Pengaruh *Hustle culture* Terhadap Kepuasan Kerja pada Pekerja Perusahaan Rintisan di Indonesia.
- Santika, N., & Pramesti, L. D. (2020). Faktor - Faktor Yang Mempengaruhi Prestasi Akademik Mahasiswa. *Jurnal Pendidikan*, 21(1), 1–17.
- Stiawati, T., & Maisaroh, I. (2023). Pengaruh *Hustle culture* Terhadap Motivasi dan Produktifitas dalam Organisasi Himpunan Mahasiswa Administrasi Publik 2022. *JRPP: Jurnal Review Pendidikan Dan Pengajaran*, 6(4).
- Yuningsih, Mardiana, N., Jima, H., & Prasetya, M. D. (2023). The Effect of *Hustle culture* on Psychological Distress with Self Compassion as Moderating Variable (pp. 1062–1073). https://doi.org/10.2991/978-2-38476-046-6_102
- Zimmerman, B.J. (2008). Investigating self-regulation and motivation: Historical background, methodological developments, and future prospects. *American Educational Research Journal*, 45 (1), 166-183