

DAFTAR PUSTAKA

BUKU

- Creswell, John W., dan J. David Creswell. *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Fifth edition. SAGE, 2018.
- DeVito, Joseph A. *The Interpersonal Communication Book*. 13th ed. Pearson, 2013.
- Parker, Stanley Robert. *Leisure and work*. Leisure and recreation studies 2. Allen & Unwin, 1983.
- Parker, Stanley Robert, Richard K. Brown, John Child, dan M. A. Smith. *The Sociology of Industry*. 4. ed., 5. impr. Studies in Sociology 1. Unwin Hyman, 1990.
- Sugiono. *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. ALFABETA, 2023.
- Weber, Max. *Economy and Society: An Outline of Interpretative Sociology*. Disunting oleh Guenther Roth dan Claus Wittich. University of California press, 1978.

JURNAL

- Alifah, Andini Fairuz, Lukman, dan Hilwa Anwar. "Work-Family Conflict dan Tingkat Stres Kerja Pada Ibu Bekerja yang Mengalami Long Work Hours." *PESHUM: Jurnal Pendidikan, Sosial dan Humaniora* 3, no. 1 (2023): 131–39. <https://doi.org/10.56799/peshum.v3i1.2650>.
- Bahri, Syaiful, Lailan Musfiroh Hasibuan, dan Sjahril Effendy Pasaribu. "Pengaruh Komunikasi Dan Beban Kerja Terhadap Kinerja Pegawai Melalui Kepuasan Kerja Pegawai Pada Kantor Dewan Perwakilan Rakyat Daerah Provinsi Sumatera Utara." *Jesya (Jurnal Ekonomi & Ekonomi Syariah)* 5, no. 1 (2022): 229–44. <https://doi.org/10.36778/jesya.v5i1.619>.
- Fleche, Sarah, Anthony Lepinteur, dan Nattavudh Powdthavee. "Gender Norms and Relative Working Hours: Why Do Women Suffer More than Men from Working Longer Hours than Their Partners?" *AEA Papers and Proceedings* 108 (Mei 2018): 163–68. <https://doi.org/10.1257/pandp.20181098>.
- Hanany, Rizqi Nurdina Tuti, dan Eny Purwandari. "Hubungan Kepuasan Kerja, Dukungan Keluarga, Motivasi Kerja dengan Keseimbangan Kehidupan dan Pekerjaan Pada Pegawai WFH." *Psikologika: Jurnal Pemikiran dan Penelitian Psikologi* 28, no. 1 (2023): 125–48. <https://doi.org/10.20885/psikologika.vol28.iss1.art9>.

- Harris, Candice, dan Jarrod Haar. "Work and Family Interaction Management: The Case for Zigzag Working." *The International Journal of Human Resource Management* 35, no. 18 (2024): 3001–23. <https://doi.org/10.1080/09585192.2024.2390986>.
- Hidayatullah, Muhammad, Tuti Bahfiarti, dan Jeanny Maria Fatimah. "The Effect of Family Communication Intensity to The Children's Knowledge Level Of Pancasila Language." *RETORIKA: Jurnal Bahasa, Sastra, dan Pengajarannya* 13, no. 1 (2020): 1. <https://doi.org/10.26858/retorika.v13i1.9803>.
- Hu, Nien-Chih, Jong-Dar Chen, dan Tsun-Jen Cheng. "The Associations Between Long Working Hours, Physical Inactivity, and Burnout." *Journal of Occupational & Environmental Medicine* 58, no. 5 (2016): 514–18. <https://doi.org/10.1097/JOM.0000000000000715>.
- Junaidi. "Pengaruh Komunikasi dan Lingkungan Kerja terhadap Kinerja Karyawan PT PLN (Persero) Cabang Banjarmasin." *At-Tadbir : jurnal ilmiah manajemen* 2, no. 1 (2018). <https://doi.org/10.31602/atd.v2i1.1190>.
- Karo, Karmila. "Pengaruh Intensitas Komunikasi Orang Tua dengan Anak terhadap Prestasi Belajar Siswa Kelas X Sma Katolik 2 Kabanjahe Tahun Pelajaran 2016/2017." *Komunikologi: Jurnal Pengembangan Ilmu Komunikasi dan Sosial* 2, no. 2 (2018). <https://doi.org/10.30829/komunikologi.v2i2.2941>.
- Kelly, Erin L., Phyllis Moen, J. Michael Oakes, dkk. "Changing Work and Work-Family Conflict: Evidence from the Work, Family, and Health Network." *American Sociological Review* 79, no. 3 (2014): 485–516. <https://doi.org/10.1177/0003122414531435>.
- Mauno, Saija, Ulla Kinnunen, dan Mervi Pyykkö. "Does Work–Family Conflict Mediate the Relationship between Work–Family Culture and Self-reported Distress? Evidence from Five Finnish Organizations." *Journal of Occupational and Organizational Psychology* 78, no. 4 (2011): 509–30. <https://doi.org/10.1348/096317905X37082>.
- Norman, Geoff. "Likert Scales, Levels of Measurement and the 'Laws' of Statistics." *Advances in Health Sciences Education* 15, no. 5 (2010): 625–32. <https://doi.org/10.1007/s10459-010-9222-y>.
- Pérez-Francisco, Darío Hilario, Gonzalo Duarte-Clíments, José María Del Rosario-Melián, Juan Gómez-Salgado, Macarena Romero-Martín, dan María Begoña Sánchez-Gómez. "Influence of Workload on Primary Care Nurses' Health and Burnout, Patients' Safety, and Quality of Care: Integrative Review." *Healthcare* 8, no. 1 (2020): 12. <https://doi.org/10.3390/healthcare8010012>.

- Pileri, Jessica, Marina Mondo, Alice Sgualdini, dan Silvia De Simone. "The Mediating Role of Work–Family Interface in the Relationship Between Quantitative Workload and Interpersonal Strain: A Gender-Based Moderation Analysis." *Healthcare* 12, no. 23 (2024): 2324. <https://doi.org/10.3390/healthcare12232324>.
- Schnettler, Berta, Andrés Concha-Salgado, Ligia Orellana, dkk. "Workload, job, and family satisfaction in dual-earning parents with adolescents: the mediating role of work-to-family conflict." *Frontiers in Psychology* 16 (Maret 2025): 1529092. <https://doi.org/10.3389/fpsyg.2025.1529092>.
- Siregar, Septi Mulyanti, dan Nadiroh Nadiroh. "Peran Keluarga dalam Menerapkan Nilai Budaya Suku Sasak dalam Memelihara Lingkungan." *Jurnal Green Growth dan Manajemen Lingkungan* 5, no. 2 (2017): 28–40. <https://doi.org/10.21009/jgg.052.04>.
- Tulhusnah, Lusiana, dan Puryantoro. "Pengaruh Jam Kerja dan Disiplin Kerja Terhadap Stres Kerja Karyawan di Kantor Kecamatan Kapongan Kabupaten Situbondo." *Jesya (Jurnal Ekonomi & Ekonomi Syariah)* 2, no. 2 (2018): 299–312. <https://doi.org/10.36778/jesya.v2i2.67>.
- Yang, Baoyan, Shaoqing Su, Zhaobiao Zong, Qiaoqiao Du, dan Junyi Wang. "Effects of thriving at work on employees' family role performance: A moderated mediation model." *Frontiers in Psychology* 14 (Maret 2023): 1079201. <https://doi.org/10.3389/fpsyg.2023.1079201>.

DOKUMEN PEMERINTAH DAN LAPORAN RESMI

- Badan Pusat Statistik Provinsi Dki Jakarta. *Keadaan Ketenagakerjaan Provinsi DKI Jakarta November 2025*.
- Peraturan Pemerintah Republik Indonesia Nomor 35 Tahun 2021 tentang Perjanjian Kerja Waktu Tertentu, Alih Daya, Waktu Kerja dan Waktu Istirahat, dan Pemutusan Hubungan Kerja, PP No. 35 Tahun 2021 (2021).