

DAFTAR PUSTAKA

- Adams, G. A., King, L. A., & King, D. W. (1996). Relationships of job and family involvement, family social support, and work-family conflict with job and life satisfaction. *Journal of Applied Psychology*, 81(4), 411–420. <https://doi.org/10.1037/0021-9010.81.4.411>
- Aguilera, A., Lethiais, V., Rallet, A., & Proulhac, L. (2016). Home-based telework in France: Characteristics, barriers and perspectives. *Transportation Research Part A: Policy and Practice*, 92, 1–11. <https://doi.org/10.1016/j.tra.2016.06.021>
- Akkermans, J., Richardson, J., & Kraimer, M. L. (2020). The Covid-19 crisis as a career shock: Implications for careers and vocational behavior. *Journal of Vocational Behavior*, 119(May), 1–5. <https://doi.org/10.1016/j.jvb.2020.103434>
- Allen, T. D., Golden, T. D., & Shockley, K. M. (2015). How effective is telecommuting? Assessing the status of our scientific findings. *Psychological Science in the Public Interest*, 16(2), 40–68. <https://doi.org/10.1177/1529100615593273>
- Asgari, H. (2015). On the Impacts of Telecommuting over Daily Activity/Travel Behavior: A Comprehensive Analysis through Different Telecommuting Patterns. *Insitutional Repository*, 1–216. <https://doi.org/10.25148/etd.FIDC000118>
- Bailey, D. E., & Kurland, N. B. (2002). A review of telework research: Findings, new directions, and lessons for the study of modern work. *Journal of Organizational Behavior*, 23(SPEC. ISS.), 383–400. <https://doi.org/10.1002/job.144>
- Beauregard, T. A., & Henry, L. C. (2009). Making the link between work-life balance practices and organizational performance. *Human Resource Management Review*, 19(1), 9–22. <https://doi.org/10.1016/j.hrmr.2008.09.001>
- Bell, A. S., Rajendran, D., & Theiler, S. (2012). Job stress, wellbeing, work-life balance and work-life conflict among Australian academics. *E-Journal of Applied Psychology*, 8(1), 25–37. <https://doi.org/10.7790/ejap.v8i1.320>
- Bellmann, L., & Hübler, O. (2020). Working from home, job satisfaction and work–life balance – robust or heterogeneous links? *International Journal of Manpower*. <https://doi.org/10.1108/IJM-10-2019-0458>
- Bloom, N., Liang, J., Roberts, J., Ying, Z. J., Cao, J., Qi, M., & Sun, M. (2014). Does Working From Home Work ? Evidence From A Chinese Experiment. *The Quarterly Journal of Economics*, 130(1), 165–218. <https://doi.org/10.1093/qje/qju032>.Advance

- Christensen, K. E., & Staines, G. L. (1990). Flextime: A Viable Solution to Work/Family Conflict? *Journal of Family Issues*, 11(4), 455–476. <https://doi.org/10.1177/019251390011004007>
- Chung, H., & van der Lippe, T. (2020). Flexible Working, Work–Life Balance, and Gender Equality: Introduction. *Social Indicators Research*, 151(2), 365–381. <https://doi.org/10.1007/s11205-018-2025-x>
- Clark, S. C. (2000). Work/family border theory: A new theory of work/family balance. *Human Relations*, 53(6), 747–770. <https://doi.org/10.1177/0018726700536001>
- Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior. Journal of Health and Social Behavior*, 24(4), 385–396.
- Cohen, S., & Williamson, G. (1988). Perceived Stress in a Probability Sample of the United States. *The Social Psychology of Health*.
- Crosbie, T., & Moore, J. (2004). Work–life Balance and Working from Home. *Social Policy and Society*, 3(3), 223–233. <https://doi.org/10.1017/s1474746404001733>
- Davis, K. Newstrom. 1996. Human Behavior at Work Organizational Behavior.
- Devadoss, A. V., & Minnie, J. B. (2013). A Study of Work Related Stress Factors Affecting Work Life Balance using Combined Overlap Block Fuzzy Cognitive Mapping (COBFCM). *International Journal of Computing Algorithm*, 2(1), 28–32. <https://doi.org/10.20894/ijcoa.101.002.001.008>
- Dizaho, E. kadarko, Salleh, R., & Abdullah, A. (2017). Achieveing work life balance through flexible work schedules and arrangements. *Global Business & Management Research*, 9(1), 455–465. <http://search.ebscohost.com/login.aspx?direct=true&AuthType=shib&db=bth&AN=122717287&site=eds-live&scope=site&custid=uphoenix>
- Economic Times. (2020). Panache. Diambil kembali dari The Economic Times: <https://economictimes.indiatimes.com/magazines/panache/work-from-home-burnout-stress-insomnia-anxiety-becoming-the-new-normal/articleshow/75425733.cms?from=mdr>
- Emslie, C., Hunt, K., & Macintyre, S. (2004). Gender, work-home conflict, and morbidity amongst white-collar bank employees in the United Kingdom. *International Journal of Behavioral Medicine*, 11(3), 127–134. https://doi.org/10.1207/s15327558ijbm1103_1
- Fatima, N., & Shamim A.Sahibzada, D. (2012). *An Empirical Analysis of Factors Affecting Work Life Balance among University Teachers: the case of Pakistan*. 12(1), 16–29.
- Fisher, G. G., Bulger, C. A., & Smith, C. S. (2009). Beyond Work and Family: A

- Measure of Work/Nonwork Interference and Enhancement. *Journal of Occupational Health Psychology*, 14(4), 441–456.
<https://doi.org/10.1037/a0016737>
- Fleetwood, S. (2007). Why work-life balance now? *International Journal of Human Resource Management*, 18(3), 387–400.
<https://doi.org/10.1080/09585190601167441>
- Fonner, K. L., & Roloff, M. E. (2010). Why teleworkers are more satisfied with their jobs than are office-based workers: When less contact is beneficial. *Journal of Applied Communication Research*, 38(4), 336–361.
<https://doi.org/10.1080/00909882.2010.513998>
- Frone, M. R. (2003). *Work-Family Balance*. 143–162.
- Gajendran, R. S., & Harrison, D. A. (2007). The Good, the Bad, and the Unknown About Telecommuting: Meta-Analysis of Psychological Mediators and Individual Consequences. *Journal of Applied Psychology*, 92(6), 1524–1541.
<https://doi.org/10.1037/0021-9010.92.6.1524>
- Golden, T. D. (2006). The role of relationships in understanding telecommuter satisfaction. *Journal of Organizational Behavior*, 27(3), 319–340.
<https://doi.org/10.1002/job.369>
- Golden, T. D., & Gajendran, R. S. (2019). Unpacking the Role of a Telecommuter's Job in Their Performance: Examining Job Complexity, Problem Solving, Interdependence, and Social Support. *Journal of Business and Psychology*, 34(1), 55–69. <https://doi.org/10.1007/s10869-018-9530-4>
- Greenhaus, J. H., & Allen, T. D. (2011). Work–family balance: A review and extension of the literature.
- Greenberg, J., & R. Baron. (2003). *Behavior in organizations: Understanding and managing the human side of work*. Prentice Hall.
- Greenhaus, J. H., & Beutell, N. J. (1985). Sources of Conflict between Work and Family Roles. *The Academy of Management Review*, 10(1), 76.
<https://doi.org/10.2307/258214>
- Greenhaus, J. H., Collins, K. M., & Shaw, J. D. (2003). *The relation between work – family balance and quality of life*. 63, 510–531.
[https://doi.org/10.1016/S0001-8791\(02\)00042-8](https://doi.org/10.1016/S0001-8791(02)00042-8)
- Gregory, A., & Milner, S. (2009). Editorial: Work-life Balance: A Matter of Choice? *Gender*, 16(1), 1–13. <https://doi.org/10.1111/j.1468-0432.2008.00429.x>
- Guest, D. E. (2002). Perspectives on the study of work-life balance. *Social Science Information*, 41(2), 255–279. <https://doi.org/10.1177/0539018402041002005>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate Data Analysis*. In *Pearson* (Seventh Ed).

<https://doi.org/10.1016/j.foodchem.2017.03.133>

- Härenstam, A., & Bejerot, E. (2001). Combining professional work with family responsibilities - A burden or a blessing? *International Journal of Social Welfare*, 10(3), 202–214. <https://doi.org/10.1111/1468-2397.00173>
- Harpaz, I. (2002). Advantages and disadvantages of telecommuting for the individual, organization and society. *Work Study*, 51(2), 74–80. <https://doi.org/10.1108/00438020210418791>
- Hashibuan, L. (2020, March 27). Fakta Work from Home: Jam Kerja Lebih Lama Dibanding Kantor. Diambil dari CNBC Indonesia: <https://www.cnbcindonesia.com/lifestyle/20200331171557-33-148849/fakta-work-from-home-jam-kerja-lebih-lama-dibanding-kantor>
- Hayman, J. (2005). Psychometric Assessment of an Instrument Designed to Measure Work Life Balance. *Research and Practice in Human Resource Management*, 13(1), 85–91. <https://doi.org/10.3102/00028312005002285>
- Hendrix, W. H., Spencer, B. A., & Gibson, G. S. (1994). Organizational and extraorganizational factors affecting stress, employee well-being, and absenteeism for males and females. *Journal of Business and Psychology*, 9(2), 103–128. <https://doi.org/10.1007/BF02230631>
- Hill, E. J., Ferris, M., & Martinson, V. (2003). Does it matter where you work? A comparison of how three work venues (traditional office, virtual office, and home office) influence aspects of work and personal/family life. *Journal of Vocational Behavior*, 63(2), 220–241. [https://doi.org/10.1016/S0001-8791\(03\)00042-3](https://doi.org/10.1016/S0001-8791(03)00042-3)
- Hill, E. J., Hawkins, A. J., Ferris, M., & Weitzman, M. (2001). Finding an Extra Day a Week : The Positive Influence of Perceived Job Flexibility on Work and Family Life Balance. *Family Relations*, 50(1), 49–58.
- Hyman, J., & Baldry, C. (2011). *The Pressures of Commitment : Taking Software Home*. 253–268. <https://doi.org/10.1007/978-3-642-16199-5>
- Hyman, J., & Summers, J. (2007). Work and life: Can employee representation influence balance? *Employee Relations*, 29(4), 367–384. <https://doi.org/10.1108/01425450710759208>
- Ilies, R., Wilson, K. S., & Wagner, D. T. (2009). The spillover of daily job satisfaction onto employees' family lives: The facilitating role of work-family integration. *Academy of Management Journal*, 52(1), 87–102. <https://doi.org/10.5465/AMJ.2009.36461938>
- International Labour Organization. (2020). Dalam menghadapi pandemi: Memastikan Keselamatan dan Kesehatan di Tempat Kerja. *Labour Administration, Labour Inspection and Occupational Safety and Health Branch (LABADMIN/OSH) Route*, 1–52. <https://www.ilo.org/wcmsp5/groups/public/---asia/---ro-bangkok/---ilo->

[jakarta/documents/publication/wcms_742959.pdf](#)

- Ivanova, I. (2020). Coronavirus lockdowns are making the workday longer. Diambil kembali dari CBS News: <https://www.cbsnews.com/news/covid-19-lockdown-work-from-home-day-one-hour-longer/>
- Jelita, I. N. (2020). Berita Megapolitan. Diambil dari Media Indonesia: <https://mediaindonesia.com/>
- Julien, M., Somerville, K., & Culp, N. (2011). Going beyond the work arrangement: the crucial role of supervisor support. *Public Administration Quarterly*, 167–204. <https://doi.org/10.2307/41506753>
- Kalliath, T., & Brough, P. (2008). Work–life balance: A review of the meaning of the balance construct. *Journal of Management & Organization*, 14(3), 323–327. <https://doi.org/10.1017/s1833367200003308>
- Kaur, J. (2013). Work-life Balance: Its correlation with satisfaction with life and personality dimensions amongst college teachers. *International Journal of Marketing, Financial Services & Management Research*, Volume 2(8), pp.24–35.
- Kinman, G., & Jones, F. (2003). “Running up the down escalator”: Stressors and strains in UK academics. *Quality in Higher Education*, 9(1), 21–38. <https://doi.org/10.1080/13538320308162>
- Kirchmeyer, C. (2000), “Work-life initiatives: greed or benevolence regarding workers' time?”, in Cooper, C.L. and Rousseau, D.M. (Eds), *Trends in Organizational Behavior*, Vol. 7, John Wiley and Sons, New York, NY, pp. 79–93.
- Kossek, E. E., Valcour, M., & Lirio, P. (2014). *The Sustainable Workforce. III*. <https://doi.org/10.1002/9781118539415.wbwell030>
- Laker, B. (2020, April 28). How to Dramatically Improve Work-Life Balance. Diambil dari Forbes: <https://www.forbes.com/sites/benjaminlaker/2020/04/28/how-to-dramatically-improve-work-life-balance-during-coronavirus-crisis/?sh=3ff0f5395b1e>
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer publishing company.
- Luthans, F. (2006). *Perilaku Organisasi edisi 10*. Jogjakarta : ANDI
- Krasulja, N., Vasiljevic-Blagojevic, M., & Radojevic, I. (2015). Working from home as alternative for acheving work-life balance. *Ekonomika*, 61(2), 131–142. <https://doi.org/10.5937/ekonomika1502131k>
- Lundberg, C. M. (Eds. . (1991). *Women, work and health: Stress and opportunities New York: Plenum*.
- Marimuthu, P., & Vasudevan, H. (2020). *the Psychological Impact of Working*

From Home During. June.

- Ma'rifah, D. (2020). Implementasi Work From Home: Kajian Tentang Dampak Positif, Dampak Negatif Dan Produktivitas Pegawai. *Civil Service*, 14(2), 53–64.
- McCrae, R. R., & John, O. P. (1992). An Introduction to the Five-Factor Model and Its Applications. *Journal of Personality*, 60(2), 175–215. <https://doi.org/doi:10.1111/j.1467-6494.1992.tb00970.x>
- Mirchandani, K. (2000). “The best of both worlds” and “cutting my own throat”: contradictory images of home-based work. *Qualitative Sociology*, 23(2), 159–182. <https://doi.org/10.1023/A:1005448415689>
- Morganson, V. J., Major, D. A., Oborn, K. L., Verive, J. M., & Heelan, M. P. (2010). Comparing telework locations and traditional work arrangements: Differences in work-life balance support, job satisfaction, and inclusion. *Journal of Managerial Psychology*, 25(6), 578–595. <https://doi.org/10.1108/02683941011056941>
- Mungkasa, O. (2020a). Bekerja dari Rumah (Working From Home/WFH): Menuju Tatahan Baru Era Pandemi COVID 19. *Jurnal Perencanaan Pembangunan: The Indonesian Journal of Development Planning*, 4(2), 126–150. <https://doi.org/10.36574/jpp.v4i2.119>
- Mungkasa, O. (2020b). Bekerja Jarak Jauh (Telecommuting): Konsep, Penerapan dan Pembelajaran. *Bappenas Working Papers*, 3(1), 1–32. <https://doi.org/10.47266/bwp.v3i1.52>
- Mustajab, D., Bauw, A., Rasyid, A., Irawan, A., Akbar, M. A., & Hamid, M. A. (2020). Working From Home Phenomenon As an Effort to Prevent COVID-19 Attacks and Its Impacts on Work Productivity. *TIJAB (The International Journal of Applied Business)*, 4(1), 13. <https://doi.org/10.20473/tijab.v4.i1.2020.13-21>
- Nilles, J. M., Carlson, F. R., Paul, G. J., & Hanneman, G. J. (1974). Development of policy on the Telecommunications-Transportation Tradeoff. *University of Southern California and the National Science Foundation*.
- Ojala, S., Nätti, J., & Anttila, T. (2012). Informal overtime at home instead of telework: increase in negative work-family interface. *International Journal of Sociology and Social Policy*, 34, 602–616.
- Ollo-López, A., Goñi-Legaz, S., & Erro-Garcés, A. (2020). Home-based telework: usefulness and facilitators. *International Journal of Manpower*. <https://doi.org/10.1108/IJM-02-2020-0062>
- Palumbo, R. (2020). Let me go to the office! An investigation into the side effects of working from home on work-life balance. *International Journal of Public Sector Management*, 33(6–7), 771–790. <https://doi.org/10.1108/IJPSM-06->

2020-0150

- Palumbo, R., Manna, R., & Cavallone, M. (2020). Beware of side effects on quality! Investigating the implications of home working on work-life balance in educational services. *TQM Journal*. <https://doi.org/10.1108/TQM-05-2020-0120>
- Pérez, M. P., Sánchez, A. M., & De Luis Carnicer, M. P. (2002). Benefits and barriers of telework: Perception differences of human resources managers according to company's operations strategy. *Technovation*, 22(12), 775–783. [https://doi.org/10.1016/S0166-4972\(01\)00069-4](https://doi.org/10.1016/S0166-4972(01)00069-4)
- Potter, E. E. (2003). Telecommuting: The future of work, corporate culture, and American society. *Journal of Labor Research*, 24(1), 73–84. <https://doi.org/10.1007/s12122-003-1030-1>
- Poulose, S., & Susdarsan, N. (2014). Work- Life Balance : A Conceptual Review. *International Journal of Advances in Management and Economics*, 3(2), 1–17.
- Rajadhyaksha, U. (2012). Work-life balance in South East Asia: the Indian experience. *South Asian Journal of Global Business Research*, 1(1), 108–127. <https://doi.org/10.1108/20454451211207615>
- Robbins, L. (2007). An essay on the nature and significance of economic science. Ludwig von Mises Institute.
- Robbins, S.P. (1998). Perilaku Organisasi, Jilid 1. Jakarta : Pearson Education Asia
- Robbins, S. P. (2006). Perilaku Organisasi, Edisi Kesepuluh, PT Indeks: Kelompok Gramedia.
- Robbins, S.P. & Timothy A. Judge. (2008). Perilaku Organisasi Edisi ke-12, Jakarta: Salemba Empat.
- 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 Resilien. *Psychother Psychosom*, 65, 14–23. <https://www.karger.com/Article/PDF/289026>
- Scholefield, G., & Peel, S. (2009). Managers' attitudes to teleworking, New Zealand. *Journal of Employment Relations*, 34 No 3, 1–13.
- Schultz, B & Schultz, J. 1990. Organizational Behavior. New York: Mc Graw Hills, Inc
- Schutte, N. S., Malouff, J. M., Hall, L. E., Haggerty, D. J., Cooper, J. T., Golden, C. J., & Dornheim, L. (1998). Development and validation of a measure of emotional intelligence. *Personality and Individual Differences*, 25(2), 167–177.

- Sekaran, U., & Bougie, R. (2016). *Research Methods for Business* (Seventh Ed). Wiley. www.wileypluslearningspace.com
- Skakon, J., Nielsen, K., Borg, V., & Guzman, J. (2010). Are leaders' well-being, behaviours and style associated with the affective well-being of their employees? A systematic review of three decades of research. *Work and Stress*, 24(2), 107–139. <https://doi.org/10.1080/02678373.2010.495262>
- Stanton, J. M., Balzer, W. K., Smith, P. C., Parra, L. F., & Ironson, G. (2001). A general measure of work stress: The stress in general scale. *Educational and Psychological Measurement*, 61(5), 866–888. <https://doi.org/10.1177/00131640121971455>
- Straub, C. (2012). Antecedents and organizational consequences of family supportive supervisor behavior: A multilevel conceptual framework for research. *Human Resource Management Review*, 22(1), 15–26. <https://doi.org/10.1016/j.hrmr.2011.08.001>
- Subramaniam, A. G., Overton, B. J., & Maniam, C. B. (2015). Flexible Working Arrangements, Work Life Balance and Women in Malaysia. *International Journal of Social Science and Humanity*, 5(1), 34–38. <https://doi.org/10.7763/ijssh.2015.v5.417>
- Sue Campbell. Clark. (2000). Work/family border theory: A new theory of work/family balance. In *Human Relations* (Vol. 53, Nomor 6, hal. 747–770).
- Sullivan, C. (2012). Remote Working and Work-Life Balance. In *Work and Quality of Life: Ethical Practices in Organizations* (hal. 1–507). <https://doi.org/10.1007/978-94-007-4059-4>
- Thompson, B. M., Kirk, A., & Brown, D. F. (2005). Work based support, emotional exhaustion, and spillover of work stress to the family environment: A study of policewomen. *Stress and Health*, 21(3), 199–207. <https://doi.org/10.1002/smi.1056>
- Warner, M. A., & Hausdorf, P. A. (2009). The positive interaction of work and family roles: Using need theory to further understand the work-family interface. *Journal of Managerial Psychology*, 24(4), 372–385. <https://doi.org/10.1108/02683940910952732>
- Wayne, J. H., Musisca, N., & Fleeson, W. (2004). Considering the role of personality in the work-family experience: Relationships of the big five to work-family conflict and facilitation. *Journal of Vocational Behavior*, 64(1), 108–130. [https://doi.org/10.1016/S0001-8791\(03\)00035-6](https://doi.org/10.1016/S0001-8791(03)00035-6)
- Wheatley, D. (2012). Work-life balance, travel-to-work, and the dual career household. *Personnel Review*, 41(6), 813–831. <https://doi.org/10.1108/00483481211263764>
- Wiener, N. (1988). *The human use of human beings: Cybernetics and society*. De Capo Press.

- Wilkinson, M. (2013). Work-life balance and psychological well-being in men and women. *A dissertation proposal submitted to the Graduate Faculty of Auburn University*, 107. <https://www.ijser.org/researchpaper/Psychological-Well-Being-and-Work-Life-Balance-of-Working-Women-A-co-relational-study.pdf>
- Xiaomeng, Z. (2020). Psychological resilience before and after work resumption during Covid-19: Episode #4: Stress management. Diambil dari Cheung Kong Graduate School of Business: <https://english.ckgsb.edu.cn/blog/psychological-resilience-before-and-after-work-resumption-during-covid-19episode-4-stress-management/>