



Daftar Pustaka

- AbouAssi, K., McGinnis Johnson, J., & Holt, S. B. (2021). Job Mobility Among Millennials: Do They Stay or Do They Go? *Review of Public Personnel Administration*, 41(2), 219–249. <https://doi.org/10.1177/0734371X19874396>
- Akhtar, H. (2019). Evaluasi properti psikometris dan perbandingan model pengukuran konstruk subjective well-being. *Jurnal Psikologi*, 18(1), 29-40.
- Aldao, A., & Nolen-Hoeksema, S. (2010). Specificity of cognitive emotion regulation strategies: A transdiagnostic examination. *Behaviour Research and Therapy*, 48(10), 974–983.
- Azwar, S. (2013). Sikap manusia: teori dan pengukurannya (edisi ke-2). Pustaka Pelajar.
- Ariati, J. (2017). Subjective Well-Being (Kesejahteraan Subjektif) Dan Kepuasan Kerja Pada Staf Pengajar (Dosen) di Lingkungan Fakultas Psikologi Universitas Diponegoro. *Jurnal Psikologi Undip*.
- BPS. (2023). Labor force situation in Indonesia February 2023. Badan Pusat Statistik. Diakses pada Januari 24, 2024, dari <https://www.bps.go.id/en/publication/2023/06/09/5ce5c75f3ffabce2d6423c4a/keadaan-angkatan-kerja-di-indonesia-februari-2023.html>
- Blue Cross Blue Shield. (2020, Februari 1). Let's talk about mental health and millennials. Blue Cross Blue Shield. Diakses Maret 28, 2023, dari <https://www.bcbs.com/smarter-better-healthcare/article/lets-talk-about-mental-health-and-millennials>



Bosse, T., Pontier, M., & Treur, J. (2010). A computational model based on Gross' emotion regulation theory. *Cognitive Systems Research*, 11(3), 211–230.

<https://doi.org/10.1016/j.cogsys.2009.10.001>

Brown, D. (2020, Desember 17). *The challenges of being a millennial during the COVID-19 pandemic. MILLENNIALS AND COVID-19: THE UNLUCKY GENERATION.* Retrieved March 7, 2023, from <https://www.cushmanwakefield.com/en/insights/the-edge/the-challenges-of-being-a-millennial-during-the-covid-19-pandemic>

Campos, J. J., Barrett, K. C., Lamb, M. E., Goldsmith, H. H., & Stenberg, C. (1983). Socioemotional development. *Handbook of Child Psychology*, 2.

DeVaney, S. A. (2015). Understanding the millennial generation. *Journal of financial service professionals*, 69(6).

Dharma, P., Windijarto, A. M., & Sucipto, T. H. (2021). STUDI EKSPLORASI DAMPAK BEKERJA DARI RUMAH (WFH) TERHADAP KINERJA KARYAWAN SELAMA PANDEMIK COVID-19.

Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71–75.

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143–156. <https://doi.org/10.1007/s11205-009-9493-y>

Dimock, M. (2019). Defining generations: Where Millennials end and Generation Z begins. *Pew Research Center*, 17(1), 1-7.



Eid, M., & Larsen, R. J. (Eds.). (2008). The science of subjective well-being.

Guilford Press.

Fadinger, H., & Schymik, J. (2020). The costs and benefits of home office during the Covid-19 pandemic: Evidence from infections and an input-output model for Germany. National Bureau of Economic Research, 9.

Feliu-Soler, A., Reche-Camba, E., Borràs, X., Pérez-Aranda, A., Andrés-Rodríguez, L., Peñarrubia-María, M. T., Navarro-Gil, M., García-Campayo, J., Bellón, J. A., & Luciano, J. V. (2017). Psychometric Properties of the Cognitive Emotion Regulation Questionnaire (CERQ) in Patients with Fibromyalgia Syndrome. *Frontiers in psychology*, 8, 2075.
<https://doi.org/10.3389/fpsyg.2017.02075>

Garnefski, N., Kraaij, V., & Spinhoven, P. (2001). Negative life events, cognitive emotion regulation and emotional problems. *Personality and Individual Differences*, 30(8), 1311–1327.

Ghozali, I. (2016). Aplikasi analisis multivariete dengan program IBM SPSS 23

Grandey, A. A. (2000). Emotion regulation in the workplace: a new way to conceptualize emotional labor. *Journal of Occupational Health Psychology*, 5(1), 95–110. <https://doi.org/10.1037/1076-8998.5.1.95>

Greig, J. (2021, May 25). *90% of millennials and Gen-Z do not want to return to full-time office work post-pandemic*. ZDNET. Retrieved March 7, 2023, from <https://www.zdnet.com/article/90-of-millennials-gen-z-do-not-want-to-return-to-full-time-office-work-post-pandemic-report/>



Gross, J. J. (2015). Emotion regulation: Current status and future prospects.

Psychological Inquiry, 26(1), 1–26.

Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. Review of General Psychology, 2(3), 271–299.

<https://doi.org/10.1037/1089-2680.2.3.271>

Gross, J. J. (1999). Emotion regulation: Past, present, future. Cognition and Emotion, 13(5), 551–573. <https://doi.org/10.1080/026999399379186>

Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: implications for affect, relationships, and well-being. Journal of Personality and Social Psychology, 85(2), 348.

Gross, J. J., & John, O. P. (2011). Emotion regulation. In Handbook of individual differences in social behavior (pp. 212-225). Guilford Press.

Hulin, C. L., & Judge, T. A. (2003). Job attitudes. Handbook of Psychology. <https://doi.org/10.1002/0471264385.wei1211>

Hülsheger, U. R., Alberts, H. J. E. M., Feinholdt, A., & Lang, J. W. B. (2013). Benefits of mindfulness at work: The role of mindfulness in emotion regulation, emotional exhaustion, and job satisfaction. Journal of Applied Psychology, 98(2), 310–325. <https://doi.org/10.1037/a0031313>

Hwang, W. J., & Park, E. H. (2022). Developing a structural equation model from Grandey's emotional regulation model to measure nurses' emotional labor, job satisfaction, and job performance. Applied Nursing Research, 64(November 2021), 151557. <https://doi.org/10.1016/j.apnr.2021.151557>



JobStreet. (2022, Juni 30). 73% Karyawan Tidak Puas Dengan pekerjaan mereka.

<https://www.jobstreet.co.id/id/career-advice/article/73-karyawan-tidak-puas-dengan-pekerjaan-mereka>

Judge, T. A., Bono, J. E., & Locke, E. A. (2000). Personality and job satisfaction: The mediating role of job characteristics. *Journal of applied psychology*, 85(2), 237.

Judge, T. A., Weiss, H. M., Kammeyer-Mueller, J. D., and Hulin, C. L. (2017). Job attitudes, job satisfaction, and job affect: a century of continuity and of change. *J. Appl. Psychol.* 102, 356–374. doi: 10.1037/apl0000181

Locke, E. A. (1969). What is job satisfaction? *Organizational Behavior and Human Performance*, 4(4), 309–336.

[https://doi.org/https://doi.org/10.1016/0030-5073\(69\)90013-0](https://doi.org/https://doi.org/10.1016/0030-5073(69)90013-0)

Locke, E. A. (1970). Job satisfaction and job performance: A theoretical analysis. *Organizational Behavior and Human Performance*, 5(5), 484–500.

[https://doi.org/https://doi.org/10.1016/0030-5073\(70\)90036-X](https://doi.org/https://doi.org/10.1016/0030-5073(70)90036-X)

Locke, Edwin. (1976). The Nature and Causes of Job Satisfaction. *The handbook of industrial and organizational psychology*. 31.

Luque-Reca, O., García-Martínez, I., Pulido-Martos, M., Burguera, J. L., & Augusto-Landa, J. M. (2022). Teachers' life satisfaction: A structural equation model analyzing the role of trait emotion regulation, intrinsic job satisfaction and affect. *Teaching and Teacher Education*, 113, 103668.



Madrid, H. P., Barros, E., & Vasquez, C. A. (2020). The Emotion Regulation Roots of Job Satisfaction. *Frontiers in Psychology*, 11(November), 1–8.

<https://doi.org/10.3389/fpsyg.2020.609933>

Mathieu, E., Ritchie, H., Rodés-Guirao, L., Appel, C., Giattino, C., Hasell, J., Macdonald, B., Dattani, S., Beltekian, D., Ortiz-Ospina, E., & Roser, M. (5 Maret, 2020). Coronavirus pandemic (COVID-19). Our World in Data. Diterima 1 Maret, 2023, from <https://ourworldindata.org/coronavirus>

Mauss, I. B., Bunge, S. A., & Gross, J. J. (2007). Automatic emotion regulation. *Social and Personality Psychology Compass*, 1(1), 146–167.

Mayer, J. D., Roberts, R. D., and Barsade, S. G. (2008). Human abilities: emotional intelligence. *Annu. Rev. Psychol.* 59, 507–536. 10.1146/annurev.psych.59.103006.093646

Mérida-López, S., Extremera, N., Quintana-Orts, C., & Rey, L. (2019). In pursuit of job satisfaction and happiness: Testing the interactive contribution of emotion-regulation ability and workplace social support. *Scandinavian Journal of Psychology*, 60(1), 59–66. <https://doi.org/10.1111/sjop.12483>

Menefee, D. S., Ledoux, T., & Johnston, C. A. (2022). The importance of emotional regulation in Mental Health. *American Journal of Lifestyle Medicine*, 16(1), 28–31. <https://doi.org/10.1177/15598276211049771>

Myers, K. K., & Sadaghiani, K. (2010). Millennials in the Workplace: A Communication Perspective on Millennials' Organizational Relationships and Performance. *Journal of Business and Psychology*, 25(2), 225–238. <http://www.jstor.org/stable/40605781>



Patel, D. (2017). 8 ways generation Z will differ from millennials in the Workplace. *Forbes*.

<https://www.forbes.com/sites/deeppatel/2017/09/21/8-ways-generation-z-will-differ-from-millennials-in-the-workplace/?sh=591b912076e5>

Perrewé, P. L., Rosen, C. C., & Halbesleben, J. R. B. (2013). The Role of Emotion and Emotion Regulation in Job Stress and Well Being.

[https://doi.org/10.1108/s1479-3555\(2013\)0000011018](https://doi.org/10.1108/s1479-3555(2013)0000011018)

Prastuti, E., Wagey Tairas, M. M., & Hartini, N. (2020). Adaptation and Validation of Cognitive Emotion Regulation Questionnaire (CERQ) in Indonesian Version. *Journal of Educational, Health and Community Psychology*, 9(2), 132–147. <https://doi.org/10.12928/jehcp.v9i2.14668>

Prensky, Marc. (2001). “Digital Natives, Digital Immigrants.” *On the Horizon*, 9(5): 1-6.

Prihadi, K. D., Chang, C. K., & Lyann, G. (2021). Keeping millennials from quitting due to work stress: The roles of mattering, commitment and entrepreneurship orientation. *International Journal of Public Health Science*, 10(2), 445-450.

Putri, A. A., Dhewanto, W., & Nurdyat, I. F. (2020). Understanding the role of job satisfaction in workplace from millennial generation’s perspective toward organizational performance. *KnE Social Sciences*, 1047-1063.

Rahmawati, Z., & Gunawan, J. (2020). Hubungan Job-related Factors, Work-life Balance dan Kepuasan Kerja pada Pekerja Generasi Milenial. *Jurnal SAINS Dan Seni ITS*, 8(2), D418-D423.



Riyono, B. (1996). Peranan Orientasi Nilai Budaya Pada Kepuasan Kerja. In

Psikologika: Jurnal Pemikiran dan Penelitian Psikologi (Vol. 1, Issue 1).

<https://doi.org/10.20885/psikologika.vol1.iss1.art7>

Smith, P. C., Kendall, L. M., & Hulin, C. L. (1969). The measurement of satisfaction in work and retirement: A strategy for the study of attitudes.

Smola, K. W., & Sutton, C. D. (2002). Generational differences: Revisiting generational work values for the new millennium. *Journal of Organizational Behavior*, 23, 363

Spreitzer, G. M., Sutcliffe, K. M., Dutton, J. E., Sonenshein, S., & Grant, A. M. (2005). A socially embedded model of thriving at work. *Organization Science*, 16(5), 537–549. <https://doi.org/10.1287/orsc.1050.0153>

Staw, B. M., & Ross, J. (1985). Stability in the midst of change: A dispositional approach to job attitudes. *Journal of Applied Psychology*, 70(3), 469–480.

<https://doi.org/10.1037/0021-9010.70.3.469>

Sugiyono. (2012). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta

Super, D. E. (1984). Career and Life Development. San Francisco: Jossey Bass

Thompson, R. A. (1990). Emotion and self-regulation. In Nebraska Symposium on Motivation, 1988: Socioemotional development. (pp. 367–467). University of Nebraska Press.

Tooby, J., & Cosmides, L. (1990). The Past Explains the Present: Emotional Adaptations and the Structure of Ancestral Environments. *Ethology and Sociobiology*, 11, 375–424. [https://doi.org/10.1016/0162-3095\(90\)90017-Z](https://doi.org/10.1016/0162-3095(90)90017-Z)



Troth, A. C., Lawrence, S. A., Jordan, P. J., & Ashkanasy, N. M. (2018).

Interpersonal Emotion Regulation in the Workplace: A Conceptual and Operational Review and Future Research Agenda. International Journal of Management Reviews, 20(2), 523–543. <https://doi.org/10.1111/ijmr.12144>

Watson, D. (2000). Mood and temperament. Guilford Press.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063.

Weiss, H. M. (2002). Deconstructing job satisfaction. Separating evaluations, beliefs and affective experiences. Hum. Resource. Manag. Rev. 12, 173–194.
doi: 10.1016/S1053-4822(02)00045-1