UNIVERSITAS
GADJAH MADA
Family-to-Work Conflict dan Work Engagement pada Ibu Bekerja di Indonesia: Peran Mediasi Recovery Experiences
Kayla Diva Wullur, Fuad Hamsyah, S.Psi., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Daftar Pustaka

Aarntzen, L., Derks, B., van Steenbergen, E., Ryan, M., & van der Lippe, T. (2019). Work-family guilt as a straightjacket. an interview and diary study on consequences of mothers' work-family guilt. *Journal of Vocational Behavior*, *115*, 103336. https://doi.org/10.1016/j.jvb.2019.103336

Abdou, A. H., El-Amin, M. a. M., Mohammed, E. F. A., Alboray, H. M. M., Refai, A. M. S., Almakhayitah, M. Y., Albohnayh, A. S. M., Alismail, A. M., Almulla, M. O., Alsaqer, J. S., Mahmoud, M. H., Elshazly, A. I. A., & Allam, S. F. A. (2024). Work stress, work-family conflict, and psychological distress among resort employees: a JD-R model and spillover theory perspectives. *Frontiers in Psychology*, *15*, 1326181. https://doi.org/10.3389/fpsyg.2024.1326181

Alimi, R., & Darwis, R. S. (2022). Kualitas Interaksi Keluarga dengan Kondisi Ibu Bekerja. *Focus Jurnal Pekerjaan Sosial*, *5*(1), 27. https://doi.org/10.24198/focus.v5i1.39609

Amstad, F. T., Meier, L. L., Fasel, U., Elfering, A., & Semmer, N. K. (2011). A meta-analysis of work–family conflict and various outcomes with a special emphasis on cross-domain versus matching-domain relations. *Journal of Occupational Health Psychology*, *16*(2), 151–169. https://doi.org/10.1037/a0022170

Ardelia, F. A., Sari, R. P., & Wibisono, H. A. (2023). Pengalaman Ibu Bekerja dalam Memenuhi Tugas Perkembangan Anak Usia Sekolah. *Cakrawala Medika Journal of Health Sciences*, *2*(1), 62–67. https://doi.org/10.59981/9czd7d54

Boonk, L., Gijselaers, H. J. M., Ritzen, H., & Brand-Gruwel, S. (2018). A review of the relationship between parental involvement indicators and academic achievement. *Educational Research Review*, *24*, 10–30. https://doi.org/10.1016/j.edurev.2018.02.001

Carlson, D. S., Kacmar, K. M., & Williams, L. J. (2000). Construction and initial validation of a multidimensional measure of work–family conflict. *Journal of Vocational Behavior*, *56*(2), 249–276. https://doi.org/10.1006/jvbe.1999.1713

Carvalho, C., Mónico, L., Pinto, A., Oliveira, S., & Leite, E. (2024). Effects of Work–Family conflict and Facilitation profiles on work engagement. *Societies*, *14*(7), 110. https://doi.org/10.3390/soc14070110

UNIVERSITAS GADJAH MADA
Family-to-Work Conflict dan Work Engagement pada Ibu Bekerja di Indonesia: Peran Mediasi Recovery Experiences
Kayla Diva Wullur, Fuad Hamsyah, S.Psi., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Corbeanu, A., & Iliescu, D. (2023). The link between work engagement and job performance. *Journal of Personnel Psychology*, *22*(3), 111–122. https://doi.org/10.1027/1866-5888/a000316

Eddleston, K. A., & Mulki, J. (2015). Toward understanding remote workers' management of work–family boundaries: The complexity of workplace embeddedness. *Group & Organization Management*, *42*(3), 346–387. https://doi.org/10.1177/1059601115619548

El Nokali, N. E., Bachman, H. J., & Votruba‐Drzal, E. (2010). Parent involvement and children's academic and social development in Elementary School. *Child Development*, *81*(3), 988–1005. https://doi.org/10.1111/j.1467-8624.2010.01447.x

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

Halbesleben, J. R., Harvey, J., & Bolino, M. C. (2009). Too engaged? A conservation of resources view of the relationship between work engagement and work interference with family. *Journal of Applied Psychology*, *94*(6), 1452–1465. https://doi.org/10.1037/a0017595

Hamsyah, F., Miyanaka, D., Tokita, M., Kawada, M., Mori, N., & Shimazu, A. (2024a). Validation of the Indonesian version of the recovery experience questionnaire. *Industrial Health*, *62*(2), 90–101. https://doi.org/10.2486/indhealth.2023-0070

Hamsyah, F., Shimazu, A., & Hakanen, J. J. (2024b). How work engagement and workaholism relate to individuals' and their intimate partners' mental well-being: a test of the spillover-crossover model among Indonesian dual-earner couples. *Industrial Health*, *62*(6), 377–391. https://doi.org/10.2486/indhealth.2024-0094

Hasni, N., Iswinarti, & Yuniardi, M. S. (2024). Parenting self-efficacy sebagai moderator dalam hubungan mindful parenting dan stres pengasuhan pada ibu yang memiliki anak usia dini. *Psychological Journal: Science and Practice*, *4*(2), 234–248. https://doi.org/10.22219/pjsp.v4i2.36265

Hobfoll, S. E. (1989). Conservation of resources: A new attempt at conceptualizing stress. *American Psychologist*, *44*(3), 513–524. https://doi.org/10.1037//0003-066x.44.3.513

Hutabarat, H. W., & Sulastra, M. C. (2023). Kontribusi Bentuk Perceived Social Support terhadap Parenting Stress pada Ibu yang Memiliki Anak Batita di Kota Bandung. *Humanitas (Jurnal Psikologi)*, *7*(3), 285–304. https://doi.org/10.28932/humanitas.v7i3.7575

UNIVERSITAS GADJAH MADA
Family-to-Work Conflict dan Work Engagement pada Ibu Bekerja di Indonesia: Peran Mediasi Recovery Experiences
Kayla Diva Wullur, Fuad Hamsyah, S.Psi., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Kristiana, I. F., Fajrianthi, F., & Purwono, U. (2019a). Analisis Rasch Dalam Utrecht work engagement scale-9 (uwes-9) Versi Bahasa Indonesia. *Jurnal Psikologi*, *17*(2), 204. https://doi.org/10.14710/jp.17.2.204-217

Liona, R. C., & Yurniardi, M. S. (2020). The contribution of work engagement and job satisfaction to workers' psychological well-being. *Humanitas Indonesian Psychological Journal*, *17*(2), 94. https://doi.org/10.26555/humanitas.v0i0.16251

Livingston, B. A., & Judge, T. A. (2008). Emotional responses to work-family conflict: An examination of gender role orientation among working men and women. *Journal of Applied Psychology*, *93*(1), 207–216. https://doi.org/10.1037/0021-9010.93.1.207 f

Lee, W. S., Lee, K. S., Ha, E. K., Kim, J. H., Shim, S. M., Lee, S. W., & Han, M. Y. (2022). Effect of parental supervision of infants at age 4 to 6 months on injuries at age 4 to 12 months. *Scientific Reports*, *12*(1). https://doi.org/10.1038/s41598-022-14321-8

Mattingly, M. J., & Blanchi, S. M. (2003). Gender differences in the quantity and quality of free time: The U.S. experience. *Social Forces*, *81*(3), 999–1030. https://doi.org/10.1353/sof.2003.0036

Memon, M. A., Thurasamy, R., Ting, H., & Cheah, J.-H. (2024). Purposive sampling: A review and Guidelines for Quantitative Research. *Journal of Applied Structural Equation Modeling*, *9*(1), 1–23. https://doi.org/10.47263/jasem.9(1)01

Mudannayake, B., Bhanugopan, R., & Frances Maley, J. (2024). Unlocking team excellence: The transformative power of work engagement, career commitment, and role innovation amidst conflict. *Heliyon*, *10*(7). https://doi.org/10.1016/j.heliyon.2024.e27259

Nahar, K. (2024). Double burden of working mothers in balancing family and workplace: A Qualitative analysis. *International Journal of Social Science and Human Research*, *07*(11). https://doi.org/10.47191/ijsshr/v7-i11-36

Netemeyer, R. G., Boles, J. S., & McMurrian, R. (1996). Development and validation of work–family conflict and family–work conflict scales. *Journal of Applied Psychology*, *81*(4), 400–410. https://doi.org/10.1037/0021-9010.81.4.400

Nomaguchi, K., & Fettro, M. N. (2018). Childrearing stages and work–family conflict: The role of job demands and resources. *Journal of Marriage and Family*, *81*(2), 289–307. https://doi.org/10.1111/jomf.12521

UNIVERSITAS
GADJAH MADA
Family-to-Work Conflict dan Work Engagement pada Ibu Bekerja di Indonesia: Peran Mediasi Recovery Experiences
Kayla Diva Wullur, Fuad Hamsyah, S.Psi., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Nurhayati, E. (2019). *Anteseden* Work-Family Conflict *Perempuan Menikah dan Bekerja, Studi pada Dosen Tetap Perguruan Tinggi Swasta di Jakarta dan Sekitarnya* (Disertasi tidak dipublikasikan). Fakultas Psikologi Universitas Gadjah Mada.

Olivieri, R., Lo Presti, A., Costa, S., Ariemma, L., & Fabbri, M. (2024). Mothers balancing work and family: the associations with emotional well-being, sleep–wake problems and the role of basic needs. *BMC Psychology*, *12*(1), 750. https://doi.org/10.1186/s40359-024-02241-3

Podsakoff, P. M., MacKenzie, S. B., Lee, J.-Y., & Podsakoff, N. P. (2003). Common method biases in behavioral research: A critical review of the literature and recommended remedies. *Journal of Applied Psychology*, *88*(5), 879–903. https://doi.org/10.1037/0021-9010.88.5.879

Prahara, S. A., & Noviyanti, R. (2023). Working mothers: Resilience and subjective well-being. *Insight Jurnal Ilmiah Psikologi*, *25*(1). https://doi.org/10.26486/psikologi.v25i1.3241

Rainer, P. (2024). Februari 2024, angkatan kerja perempuan meningkat. *GoodStats*. Diakses 2025, dari https://data.goodstats.id/statistic/februari-2024-angkatan-kerja-perempuan-meningkat-cpeoL.

Riany, Y. E., Cuskelly, M., & Meredith, P. (2018). Psychometric Properties of parenting measures in Indonesia. *Makara Human Behavior Studies in Asia*, *22*(2), 75. https://doi.org/10.7454/hubs.asia.1160118

Rosalina, M. P., Justiari, M. P. J., & Putra, R. A. K. P. (2024). Indonesia Belum Ramah pada Ibu Bekerja. *Kompas.Com*. Diakses pada 2025, dari https://www.kompas.id/artikel/indonesia-belum-ramah-pada-ibu-bekerja

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, *55*(1), 68–78. https://doi.org/10.1037/0003-066x.55.1.68

Santrock, J. W., Deater-Deckard, K., & Lansford, J. E. (2024). *Child development: Sixteenth edition*. McGraw-Hill.

Sanz-Vergel, A. I., Demerouti, E., Moreno-Jiménez, B., & Mayo, M. (2010). Work-family balance and energy: A day-level study on recovery conditions. *Journal of Vocational Behavior*, *76*(1), 118–130. https://doi.org/10.1016/j.jvb.2009.07.001

Sanz-Vergel, A. I., Demerouti, E., Bakker, A. B., & Moreno-Jiménez, B. (2011). Daily Detachment from work and home: The moderating effect of role

UNIVERSITAS
GADJAH MADA
**Family-to-Work Conflict dan Work Engagement pada Ibu Bekerja di Indonesia: Peran Mediasi Recovery
Experiences**
Kayla Diva Wullur, Fuad Hamsyah, S.Psi., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

salience. *Human Relations*, *64*(6), 775–799. https://doi.org/10.1177/0018726710393368

Schaufeli, W. B., & Bakker, A. B. (2004). Job Demands, Job Resources, and Their Relationship with Burnout and Engagement: A Multi‐Sample Study. *Journal of Organizational Behavior*, *25*(3), 293–315. https://doi.org/10.1002/job.248

Schaufeli, W. B., Bakker, A. B., & Salanova, M. (2006). The measurement of work engagement with a short questionnaire. *Educational and Psychological Measurement*, *66*(4), 701–716. https://doi.org/10.1177/0013164405282471

Siltaloppi, M., Kinnunen, U., & Feldt, T. (2009). Recovery experiences as moderators between psychosocial work characteristics and occupational well-being. *Work & Stress*, *23*(4), 330–348. https://doi.org/10.1080/02678370903415572

Sonnentag, S., & Fritz, C. (2007). The Recovery Experience Questionnaire: Development and validation of a measure for assessing recuperation and unwinding from work. *Journal of Occupational Health Psychology*, *12*(3), 204–221. https://doi.org/10.1037/1076-8998.12.3.204

Sonnentag, S., & Fritz, C. (2014). Recovery from job stress: The stressor-detachment model as an integrative framework. *Journal of Organizational Behavior*, *36*(1). https://doi.org/10.1002/job.1924

ten Brummelhuis, L. L., Bakker, A. B., & Euwema, M. C. (2010). Is family-to-work interference related to co-workers' work outcomes? *Journal of Vocational Behavior*, *77*(3), 461–469. https://doi.org/10.1016/j.jvb.2010.06.001

ten Brummelhuis, L. L., & Bakker, A. B. (2012). A resource perspective on the work–home interface: The work–home resources model. *American Psychologist*, *67*(7), 545–556. https://doi.org/10.1037/a0027974

Vacaru, S. V., Eckermann, H., Graat, G., & de Weerth, C. (2025). A healthy start: Examining the contribution of caregiving quality to child physical health from birth to 14 years. *Current Psychology*. https://doi.org/10.1007/s12144-025-08350-5

West, S. G., Finch, J. F., & Curran, P. J. (1995). Structural equation models with nonnormal variables: Problems and remedies. In R. H. Hoyle (Ed.), *Structural equation modeling: Concepts, issues, and applications* (pp. 56–75). Sage Publications.

UNIVERSITAS
GADJAH MADA
Family-to-Work Conflict dan Work Engagement pada Ibu Bekerja di Indonesia: Peran Mediasi Recovery Experiences
Kayla Diva Wullur, Fuad Hamsyah, S.Psi., M.Sc., Ph.D.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Zhan, X., Yang, W., Guo, Y., & Luo, W. (2022). Can patient gratitude compensate for depletion from family-to-work conflict in nurses? An experience sampling study. *Personnel Review*, *52*(9), 2153–2171. https://doi.org/10.1108/pr-12-2020-0891