

Daftar Pustaka

- Algoe, S. B. (2012). Find, remind, and bind: The functions of gratitude in everyday relationships. *Social and Personality Psychology Compass*, 6(6), 455–469. <https://doi.org/10.1111/j.1751-9004.2012.00439.x>
- American Psychological Association. (2018). *Stress in America: Generation Z*. <https://www.apa.org/news/press/releases/stress/2018/stress-gen-z.pdf>
- Ashagari, R. M., Hussien, M., Mulu, Y., Tessema, L. W., & Balcha, W. F. (2026). Work-related quality of life and associated factors among healthcare professionals in public hospitals of Bahir Dar City, Northwest Ethiopia. *BMC Health Services Research*, 26, 730. <https://doi.org/10.1186/s12913-026-14507-0>
- Aysila, A. F., & Kusmaryani, R. E. (2025). Quality of work life as a predictor of work engagement in Generation Z employees. *Research Horizon*, 5(3), 1039-1048. <https://doi.org/10.54518/rh.5.3.2025.585>
- Azhari, F., & Mulyani, I. (2025). Peran stres kerja dalam menjelaskan kualitas tidur karyawan Gen Z. *JlIP - Jurnal Ilmiah Ilmu Pendidikan*, 8(3), 3257–3262. <https://doi.org/10.54371/jljp.v8i3.7427>
- Badan Pusat Statistik. (2020). *Keadaan angkatan kerja di Indonesia Agustus 2020*. <https://www.bps.go.id/id/publication/2020/11/30/307a288d678f91b9be362021>
- Badan Pusat Statistik. (2024). *Keadaan angkatan kerja di Indonesia Agustus 2024*. <https://www.bps.go.id/id/publication/2024/12/09/6f1fd1036968c8a28e4cfe26>
- Babapour, A. R., Gahassab-Mozaffari, N., & Fathnezhad-Kazemi, A. (2022). Nurses' job stress and its impact on quality of life and caring behaviors: A cross-sectional study. *BMC Nursing*, 21, 75. <https://doi.org/10.1186/s12912-022-00852-y>
- Bielfeld, R. I., & Maree, D. J. F. (2025). Exploring a general construct underlying quality of life and well-being with bifactor exploratory structural equation modeling. *Social Indicators Research*, 180(2), 971–995. <https://doi.org/10.1007/s11205-025-03686-8>
- Boström, M., Sluiter, J. K., Hagberg, M., & Grimby-Ekman, A. (2016). Opportunities for recovery at work and excellent work ability: A cross-sectional population study among young workers. *BMC Public Health*, 16, 985. <https://doi.org/10.1186/s12889-016-3654-0>
- Boswell, W. R., Olson-Buchanan, J. B., & LePine, M. A. (2004). Relations between stress and work outcomes: The role of felt challenge, job control, and psychological strain. *Journal of Vocational Behavior*, 64(1), 165–181. [https://doi.org/10.1016/S0001-8791\(03\)00049-6](https://doi.org/10.1016/S0001-8791(03)00049-6)
- Cavanaugh, M. A., Boswell, W. R., Roehling, M. V., & Boudreau, J. W. (2000). An empirical examination of self-reported work stress among U.S. managers. *Journal of Applied Psychology*, 85(1), 65–74. <https://doi.org/10.1037/0021-9010.85.1.65>
- Crawford, E. R., LePine, J. A., & Rich, B. L. (2010). Linking job demands and resources to employee engagement and burnout: A theoretical

- extension and meta-analytic test. *Journal of Applied Psychology*, 95(5), 834–848.
<https://doi.org/10.1037/a0019364>
- Cropanzano, R., & Mitchell, M. S. (2005). Social exchange theory: An interdisciplinary review. *Journal of Management*, 31(6), 874–900.
<https://doi.org/10.1177/0149206305279602>
- De Bruin, G. P. (2006). The dimensionality of the General Work Stress Scale: A hierarchical exploratory factor analysis. *SA Journal of Industrial Psychology*, 32(4), 68–75.
<https://doi.org/10.4102/sajip.v32i4.250>
- Dimock, M. (2019). *Defining generations: Where Millennials end and Generation Z begins*. Pew Research Center.
<https://www.pewresearch.org/short-reads/2019/01/17/where-millennials-end-and-generation-z-begins/>
- Dufour, L., Maoret, M., & Montani, F. (2026). Balancing newcomer social integration and voice during organizational socialization: A longitudinal study of antecedents, consequences and boundary conditions. *Journal of Occupational and Organizational Psychology*, 99(1), e70097. <https://doi.org/10.1111/joop.70097>
- Dwidienawati, D., & Gandasari, D. (2018). Understanding Indonesia’s Generation Z. *International Journal of Engineering & Technology*, 7(3.25), 245–252.
<https://doi.org/10.14419/ijet.v7i3.25.17556>
- Edwards, J. R., & Rothbard, N. P. (2000). Mechanisms linking work and family: Clarifying the relationship between work and family constructs. *Academy of Management Review*, 25(1), 178–199.
<https://doi.org/10.5465/amr.2000.2791609>
- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of Kebersyukuran and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389.
<https://doi.org/10.1037/0022-3514.84.2.377>
- Etikan, I., Musa, S. A., & Alkassim, R. S. (2016). Comparison of convenience sampling and purposive sampling. *American Journal of Theoretical and Applied Statistics*, 5(1), 1–4.
- Fantazilu, I. F., & Prajna Devi, I. G. A. I. R. (2021). Konsep syukur pada orang Indonesia dan pengaruhnya terhadap kesejahteraan psikologis. *Prosiding Temu Ilmiah Nasional (TIN)*, 1, 61–83.
- Fitzgerald, P. (1998). Gratitude and justice. *Ethics*, 109(1), 119–153.
<https://doi.org/10.1086/233876>
- Folkman, S., & Moskowitz, J. T. (2000). Positive affect and the other side of coping. *American Psychologist*, 55(6), 647–654.
<https://doi.org/10.1037/0003-066X.55.6.647>
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218–226.
<https://doi.org/10.1037/0003-066X.56.3.218>

- Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 359(1449), 1367–1377. <https://doi.org/10.1098/rstb.2004.1512>
- Fuller, C. M., Simmering, M. J., Atinc, G., Atinc, Y., & Babin, B. J. (2016). Common methods variance detection in business research. *Journal of Business Research*, 69(8), 3192–3198. <https://doi.org/10.1016/j.jbusres.2015.12.008>
- Greenhaus, J. H., & Powell, G. N. (2006). When work and family are allies: A theory of work-family enrichment. *Academy of Management Review*, 31(1), 72–92. <https://doi.org/10.5465/AMR.2006.19379625>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson.
- Haldorai, K., Kim, W. G., & Phetvaroon, K. (2022). Beyond the bend: The curvilinear effect of challenge stressors on work attitudes and behaviors. *Tourism Management*, 90, 104482. <https://doi.org/10.1016/j.tourman.2021.104482>
- Horan, K. A., Nakahara, W. H., DiStaso, M. J., & Jex, S. M. (2020). A review of the challenge-hindrance stress model: Recent advances, expanded paradigms, and recommendations for future research. *Frontiers in Psychology*, 11, 560346. <https://doi.org/10.3389/fpsyg.2020.560346>
- Hu, L., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling: A Multidisciplinary Journal*, 6(1), 1–55. <https://doi.org/10.1080/10705519909540118>
- Ilies, R., Yao, J., Curseu, P. L., & Liang, A. (2015). Educated and happy: A four-year study explaining the links between education, job fit, and life satisfaction. *Applied Psychology: An International Review*, 64(2), 231–259. <https://doi.org/10.1111/apps.12028>
- International Labour Organization. (2016). *Workplace stress: A collective challenge*. <https://www.ilo.org/publications/workplace-stress-collective-challenge>
- Jans-Beken, L., Jacobs, N., Janssens, M., Peeters, S., Reijnders, J., Lechner, L., & Lataster, J. (2020). Gratitude and health: An updated review. *The Journal of Positive Psychology*, 15(6), 743–782. <https://doi.org/10.1080/17439760.2019.1651888>
- Juneman. (2013). Common method variance & bias dalam penelitian psikologis. *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*, 2(5), 364–381.
- Karadaş, A., & Duran, S. (2022). The effect of social support on work stress in health workers during the pandemic: The mediation role of resilience. *Journal of Community Psychology*, 50(3), 1640–1649. <https://doi.org/10.1002/jcop.22742>
- Kline, R. B. (2023). *Principles and practice of structural equation modeling* (5th ed.). Guilford Press.
- Kim, H.-K. (2022). In the COVID-19 era: Effects of job stress, coping strategies, meaning in life and resilience on psychological well-being of women workers in the

- service sector. *International Journal of Environmental Research and Public Health*, 19(16), 9824. <https://doi.org/10.3390/ijerph19169824>
- Komase, Y., Watanabe, K., Hori, D., Nozawa, K., Hidaka, Y., Iida, M., Imamura, K., & Kawakami, N. (2021). *Effects of gratitude intervention on mental health and well-being among workers: A systematic review. Journal of Occupational Health*, 63(1), e12290. <https://doi.org/10.1002/1348-9585.12290>
- Kunzelmann, A., Rigotti, T., & Crane, M. F. (2025). Latent profiles of challenge, hindrance, and threat appraisals on time pressure and job complexity: Antecedents and outcomes. *Australian Journal of Management*, 50(2), 431–458. <https://doi.org/10.1177/03128962231222825>
- Kupcewicz, E., Grochans, E., Kadučáková, H., Mikla, M., & Jóźwik, M. (2020). Analysis of the relationship between stress intensity and coping strategy and the quality of life of nursing students in Poland, Spain and Slovakia. *International Journal of Environmental Research and Public Health*, 17(12), 4536. <https://doi.org/10.3390/ijerph17124536>
- Land, K. C., Michalos, A. C., & Sirgy, M. J. (Eds.). (2012). *Handbook of social indicators and quality of life research*. Springer. <https://doi.org/10.1007/978-94-007-2421-1>
- Lin, C.-C. (2015). The relationships among gratitude, self-esteem, depression, and suicidal ideation among undergraduate students. *Scandinavian Journal of Psychology*, 56(6), 700–707. <https://doi.org/10.1111/sjop.12252>
- Listiyandini, R. A., Nathania, A., Syahniar, D., Sonia, L., & Nadya, R. (2015). Mengukur rasa syukur: Pengembangan model awal skala bersyukur versi Indonesia. *Jurnal Psikologi Ulayat: Indonesian Journal of Indigenous Psychology*, 2(2), 473–496. <https://doi.org/10.24854/jpu39>
- Malhotra, N. K. (2012). *Marketing research: An applied orientation* (6th ed.). Pearson.
- Manita, E., Mawarpury, M., Khairani, M., & Sari, K. (2019). Hubungan stres dan kesejahteraan (well-being) dengan moderasi kebersyukuran. *Gadjah Mada Journal of Psychology (GamaJoP)*, 5(2), 178–186. <https://doi.org/10.22146/gamajop.50121>
- McCullough, M. E., Tsang, J.-A., & Emmons, R. A. (2004). Gratitude in intermediate affective terrain: Links of grateful moods to individual differences and daily emotional experience. *Journal of Personality and Social Psychology*, 86(2), 295–309. <https://doi.org/10.1037/0022-3514.86.2.295>
- McDonald, R. P., & Ho, M.-H. R. (2002). Principles and practice in reporting structural equation analyses. *Psychological Methods*, 7(1), 64–82. <https://doi.org/10.1037/1082-989X.7.1.64>
- Ollier-Malaterre, A., Jacobs, J. A., & Rothbard, N. P. (2019). Technology, work, and family: Digital cultural capital and boundary management. *Annual Review of Sociology*, 45, 425–447. <https://doi.org/10.1146/annurev-soc-073018-022433>

- Ono, H. (2016). Career-urgency and career-urgency-provoking situation among young adult workers: How these two concepts are relevant with turnover intention. *Japanese Journal of Counseling Science*, 49(1), 1–10.
https://doi.org/10.11544/cou.49.1_1
- Opriş, I., & Cenuşă, V. E. (2017). Subject-spotting experimental method for Gen Z. *TEM Journal: Technology, Education, Management, Informatics*, 6(4), 683–692.
<https://doi.org/10.18421/TEM64-06>
- Parker, D. E., & DeCotiis, T. A. (1983). Organizational determinants of job stress. *Organizational Behavior and Human Performance*, 32(2), 160–177.
[https://doi.org/10.1016/0030-5073\(83\)90145-9](https://doi.org/10.1016/0030-5073(83)90145-9)
- Park, Y. A., Liu, Y., & Headrick, L. (2020). When work is wanted after hours: Testing weekly stress of information communication technology demands using boundary theory. *Journal of Organizational Behavior*, 41(6), 518–534.
<https://doi.org/10.1002/job.2461>
- Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. Oxford University Press & American Psychological Association.
- Petrocchi, N., & Couyoumdjian, A. (2016). The impact of gratitude on depression and anxiety: The mediating role of criticizing, attacking, and reassuring the self. *Self and Identity*, 15(2), 191–205.
<https://doi.org/10.1080/15298868.2015.1095794>
- Pindek, S., Meyer, K., Valvo, A., & Arvan, M. (2024). A dynamic view of the challenge-hindrance stressor framework: A meta-analysis of daily diary studies. *Journal of Business and Psychology*, 39(5), 1107–1125.
<https://doi.org/10.1007/s10869-024-09933-y>
- 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>
- Podsakoff, N. P., Freiburger, K. J., Podsakoff, P. M., & Rosen, C. C. (2023). Laying the foundation for the challenge–hindrance stressor framework 2.0. *Annual Review of Organizational Psychology and Organizational Behavior*, 10, 165–199.
<https://doi.org/10.1146/annurev-orgpsych-080422-052147>
- Polak, E. L., & McCullough, M. E. (2006). Is gratitude an alternative to materialism? *Journal of Happiness Studies*, 7(3), 343–360.
<https://doi.org/10.1007/s10902-005-3649-5>
- Salim, O. Ch., Sudharma, N. I., Kusumaratna, R. K., & Hidayat, A. (2007). Validitas dan reliabilitas World Health Organization Quality of Life-BREF untuk mengukur kualitas hidup lanjut usia. *Universa Medicina*, 26(1), 27–38.
<https://doi.org/10.18051/UnivMed.2007.v26.27-38>
- Sekaran, U., & Bougie, R. (2010). *Research methods for business: A skill-building approach* (5th ed.). Wiley.

- Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.
- Seemiller, C., & Grace, M. (2018). *Generation Z: A century in the making*. Routledge.
- Setyawan, M. A., & Riyadi, R. (2020). Persamaan dan perbedaan syukur menurut psikologi Barat, Islam, dan budaya Jawa. *Al-Muaddib: Jurnal Ilmu-Ilmu Sosial dan Keislaman*, 5(2), 272–281. <https://doi.org/10.31604/muaddib.v5i2.272-281>
- Sholihah, N. M. (2024). *Pengaruh gratitude dan job crafting terhadap employee well-being pada dosen* [Undergraduate thesis, Universitas Islam Negeri Sunan Ampel Surabaya]. UIN Sunan Ampel Surabaya Institutional Repository. <https://digilib.uinsa.ac.id/id/eprint/67571>
- Sirgy, M. J., & Lee, D.-J. (2018). Work-life balance: An integrative review. *Applied Research in Quality of Life*, 13(1), 229–254. <https://doi.org/10.1007/s11482-017-9509-8>
- Skevington, S. M., Lotfy, M., & O'Connell, K. A. (2004). The World Health Organization's WHOQOL-BREF quality of life assessment: Psychometric properties and results of the international field trial. A report from the WHOQOL Group. *Quality of Life Research*, 13(2), 299–310. <https://doi.org/10.1023/B:QURE.0000018486.91360.00>
- Sonnentag, S. (2018). The recovery paradox: Portraying the complex interplay between job stressors, lack of recovery, and poor well-being. *Research in Organizational Behavior*, 38, 169–185. <https://doi.org/10.1016/j.riob.2018.11.002>
- Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan R&D* (Ed. 2). Alfabeta.
- Tavakol, M., & Wetzel, A. (2020). Factor analysis: A means for theory and instrument development in support of construct validity. *International Journal of Medical Education*, 11, 245–247. <https://doi.org/10.5116/ijme.5f96.0f4a>
- Triyandhiningsih, A., & Indiyati, D. (2024). Pengaruh stres kerja terhadap kinerja karyawan pada Generasi Z di Jawa Barat. *eProceedings of Management*, 11(2), 1202–1207. <https://openlibrarypublications.telkomuniversity.ac.id/index.php/management/article/view/22913>
- Wartono, T. (2017). Pengaruh stres kerja terhadap kinerja karyawan (Studi pada karyawan majalah Moother and Baby). *KREATIF: Jurnal Ilmiah Prodi Manajemen*, 4(2), 41–55. <https://core.ac.uk/download/pdf/337609617.pdf>
- Waters, L. (2012). Predicting job satisfaction: Contributions of individual Kebersyukuran and institutionalized Kebersyukuran. *Journal of Positive Psychology*, 7(4), 243–252. <https://doi.org/10.1080/17439760.2012.691924>
- Wakeel, F., Hannah, J., & Gorfinkel, L. (2023). Stress, coping, and quality of life in the United States during the COVID-19 pandemic. *PLoS ONE*, 18(5), e0277741. <https://doi.org/10.1371/journal.pone.0277741>
- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L. (2003). Gratitude and happiness: Development of a measure of Kebersyukuran, and relationships with subjective well-being. *Social Behavior and Personality: An International Journal*, 31(5), 431–452. <https://doi.org/10.2224/sbp.2003.31.5.431>



UNIVERSITAS
GADJAH MADA

Peran Kebersyukuran dalam Memoderasi Hubungan Antara Stres Kerja dan Kualitas Hidup Pada Karyawan Gen Z

Dwi Lestari, Dr. Rizqi Nurâ€™aini Aâ€™yuninnisa, S.Psi., M.Sc.

Universitas Gadjah Mada, 2026 | Diunduh dari <http://etd.repository.ugm.ac.id/>

- Watkins, P. C. (2014). *Gratitude and the good life: Toward a psychology of appreciation*. Springer. <https://doi.org/10.1007/978-94-007-7253-3>
- WHOQOL Group. (1998). Development of the World Health Organization WHOQOL-BREF quality of life assessment. *Psychological Medicine*, 28(3), 551–558.
- Wicaksono, A. R. (2018). *Pengaruh pelatihan karyawan dan stres kerja terhadap turnover intentions dengan komitmen organisasi sebagai variabel intervening pada kantor pusat PT. Tiga Serangkai Pustaka Mandiri Surakarta* [Bachelor's thesis, Universitas Islam Indonesia]. UII Repository.
- Wijaya, K. S., Koesma, R., & Zamralita, Z. (2019). Peranan reaksi stres kerja terhadap kualitas hidup pada pekerja level operator. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 3(1), 159–168.
<https://doi.org/10.24912/jmishumsen.v3i1.3510>
- Wood, A. M., Froh, J. J., & Geraghty, A. W. A. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review*, 30(7), 890–905.
<https://doi.org/10.1016/j.cpr.2010.03.005>
- Xie, Y., Tian, J., Jiao, Y., Liu, Y., Yu, H., & Shi, L. (2021). The impact of work stress on job satisfaction and sleep quality for couriers in China: The role of psychological capital. *Frontiers in Psychology*, 12, 730147. <https://doi.org/10.3389/fpsyg.2021.730147>
- Yan, H., Wu, H., Du, J., He, X., Shang, S., & Lang, H. (2022). Occupational stress and the quality of life of nurses in infectious disease departments in China: The mediating role of psychological resilience. *Frontiers in Psychology*, 13, 817639.
<https://doi.org/10.3389/fpsyg.2022.817639>