

## DAFTAR PUSTAKA

- Arini, D. P. (2020, June 07). Sandwich Generation: Apa dan Mengapa???. Retrieved from <https://www.kompasiana.com/dianaarini/5edcbcbcd541df1f6b770bb2/sandwichgeneration-apa-dan-mengapa?page=all>
- Aulia, S. (2020, October 01). 11 Potret Kehidupan Wanita Zaman Dulu yang Bikin Kamu Bersyukur Hidup di Masa Sekarang. Retrieved from <https://www.idntimes.com/life/women/aulia-ratna-safira/11-potret-kehidupan-wanita-zaman-dulu-yang-bikin-kamu-bersyukur-hidup-di-masa-sekarang?page=all>
- Basharpoor, S., Daneshvar, S., & Noori, H. (2016). The relation of self-compassion and anger control dimensions with suicide ideation in university students. *International Journal of High Risk Behaviors and Addiction*, 5(4), e25156. DOI: 5812/ijhrba.26165
- Biber, D. D., & Ellis, R. (2017). The effect of self-compassion on (the self-regulation of health behaviors: A systematic review. *Journal of Health Psychology*, 00, 1-12. doi:<https://doi.org/10.1177/1359105317713361>
- Bungin, B. (2005). *Metodologi Penelitian Kuantitatif: Komunikasi, Ekonomi, dan Kebijakan Publik Serta Ilmu-Ilmu Sosial Lainnya*. Jakarta: Kencana.
- Burke, R. J., & Calvano, L. M. (2017). *The sandwich generation caring for oneself and others at home and at work*. Cheltenham: Edward Elgar Publishing. doi:<https://doi.org/10.4337/9781785364969>
- Campbell, S., Greenwood, M., Prior, S., Shearer, T., Walkem, K., Young, S., ... Walker, K. (2020). Purposive sampling: complex or simple? Research case examples. *Journal of Research in Nursing*, 174498712092720. doi:10.1177/1744987120927206
- Cron, E. A. (2001). Job Satisfaction in Dual-Career Women at Three Family Life Cycle Stages. *Journal of Career Development*, 28(1), 17–28. doi:10.1177/089484530102800102
- Dasa, S., Dr. (2015). *Career Woman: The Violence of Modern Jobs And The Lost Art of Home Making [First]*. Retrieved from [http://www.dradasa.com/uploads/5/3/6/3/5363764/career\\_women\\_-\\_the\\_violence\\_of\\_modern\\_job\\_and\\_the\\_lost\\_art\\_of\\_home\\_making.pdf](http://www.dradasa.com/uploads/5/3/6/3/5363764/career_women_-_the_violence_of_modern_job_and_the_lost_art_of_home_making.pdf)
- Definition and Three Elements of Self Compassion: Kristin Neff. (2020, July 09). Retrieved October 7, 2020, from <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
- Djamaluddin, A. (2018). Wanita Karier Dan Pembinaan Generasi Muda. *Al-MAIYYAH : Media Transformasi Gender Dalam Paradigma Sosial Keagamaan*, 11(1), 111-131. doi:10.35905/almayyah.v11i1.546
- Effendy, N. (2016). Konsep Flourishing dalam Psikologi Positif : Subjective Well-being atau berbeda?. Retrieved from <https://mpsi.umm.ac.id/files/file/326-333%20nurlaila%20efendy.pdf>
- Effendy, N., & Subandriyo, H. (2017). Tingkat Flourishing Individu Dalam Organisasi PT X Dan Y. *Jurnal Experientia*, 5(1). <https://media.neliti.com/media/publications/231801-tingkat-flourishing-individu-dalam-organ-ad007ce6.pdf>

- Elfida, D., Milla, M. N., Mansoer, W. W. D., & Takwin, B. (2021). Adaptasi dan uji properti psikometrik The PERMA-Profiler pada orang Indonesia. *Persona: Jurnal Psikologi Indonesia*, 10(1), 81-103. DOI: <https://doi.org/10.30996/persona.v10i1.4986>
- Empowerment, W. (2022, September 11). *Double burden, Contoh Nyata Ketidaksetaraan gender*. Women's Empowerment Indonesia. <https://www.womensempowerment.id/double-burden-contoh-nyata-ketidaksetaraan-gender/>
- Fitriyani. (2019, October 08). Sandwich Generation, Dilema Parents milenial, Andakah salah satunya? Retrieved from <https://id.theasianparent.com/sandwich-generation/>
- Harmandini, F. (2013, July 16). Alasan Perempuan Indonesia Mengejar Karier. Retrieved from <https://lifestyle.kompas.com/read/2013/07/16/2247341/Alasan.Perempuan.Indonesia.Mengejar.Karier>
- Indah, A. N. (2021). Self-Compassion Adalah Cara Menyayangi Diri Sendiri, Apa Manfaatnya? Retrieved from <https://www.sehatq.com/artikel/self-compassion-adalah-cara-menyayangi-diri-sendiri-apa-manfaatnya>
- Keyes, C. L. M. (2002). The Mental Health Continuum : From Languishing to Flourishing in Life. *Journal of Health and Social Research*, 43(2), 207–222. <https://doi.org/10.2307/3090197>
- Kim, H., Chang, M., Rose, K., & Kim, S. (2012). Predictors of caregiver burden in caregivers of individuals with dementia. *Journal of Advanced Nursing*, 68(4), 846-855.
- Kirandita, P. (2020, December 9). *Beban Pekerja Perempuan Generasi "sandwich" berlapis*. Magdalene. <https://womenlead.magdalene.co/2020/11/06/pekerja-perempuan-sandwich-generation-hadapi-beban-berlapis/>
- Kompasiana.com. (2021, December 30). *Fenomena double burden (Beban Ganda) di Masa Pandemi*. KOMPASIANA. <https://www.kompasiana.com/yolandapratiwi3174/61cdc6dc4b660d4d512a7022/peran-ganda-maraknya-perempuan-bekerja-di-masa-pandemi>
- Koriatun. (2011). Profil perempuan Indonesia 2011. Jakarta: Kerjasama Kementerian Pemberdayaan Perempuan dan Perlindungan Anak dengan Badan Pusat Statistik.
- Kusumaningrum, F. A. (2018). Generasi Sandwich: Beban Pengasuhan dan Dukungan Sosial pada Wanita Bekerja. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 23(2), 109-120. doi:10.20885/psikologika.vol23.iss2.art3
- Lestari, R. F. (2020). Hubungan Antara Self-Compassion dan Flourishing Pada Mahasiswa. Retrieved from <https://dspace.uui.ac.id/bitstream/handle/123456789/28735/16320185%20Rachma%20Fitriani%20Lestari.pdf?sequence=1&isAllowed=y>
- Loomis, L. S., & Booth, A. (1995). Multigenerational Caregiving and Well-Being. *Journal of Family Issues*, 16(2), 131-148. doi:10.1177/019251395016002001
- Mayangsari, M. D., & Amalia, D. (2018). Keseimbangan Kerja-Kehidupan Pada Wanita Karir. *Jurnal Ecopsy*, 5(1), 43-50.

- Mcnealey, S. (2012). Sensitive Issues in Surveys: Reducing Refusals While Increasing Reliability and Quality of Responses to Sensitive Survey Items. *Handbook of Survey Methodology for the Social Sciences*, 377-396. doi:10.1007/978-1-4614-3876-2\_22
- Muttaqin, D., Yunanto, T. A., Fitria, A. Z., Ramadhanty, A. M., & Lempang, G. F. (2020). Properti psikometri self-compassion scale versi Indonesia: Struktur Faktor, reliabilitas, Dan Validitas Kriteria. *Persona: Jurnal Psikologi Indonesia*, 9(2), 189–208. <https://doi.org/10.30996/persona.v9i2.3944>
- Nurlaila., & Mohunggo, Y. (2017). Persepsi Wanita Karier Terhadap Konflik Pekerjaan dan Keluarga. *Jurnal Manajemen Sinergi*, 1-17.
- Priherdityo, E. (2016, March 08). Wanita Karier Indonesia Terbanyak Keenam di Dunia. Retrieved from <https://www.cnnindonesia.com/gaya-hidup/20160308121332-277-116053/wanita-karier-indonesia-terbanyak-keenam-di-dunia>
- Person. (2020, June 15). Untuk Perempuan Generasi 'Sandwich': Kamu Berhak Bahagia. Retrieved from <https://magdalene.co/story/untuk-perempuan-generasi-sandwich-kamuberhak-bahagia>
- Rahmat, P. S., (2009). Penelitian Kualitatif. *EQUILIBRIUM*, 5(9), 1-8.
- Riley, L. D., & Bowen, C. “. (2005). The Sandwich Generation: Challenges and Coping Strategies of Multigenerational Families. *The Family Journal*, 13(1), 52-58. doi:10.1177/1066480704270099
- Ryan, J., Curtis, R., Olds, T., Edney, S., Vandelanotte, C., Plotnikoff, R., & Maher, C. (2019). Psychometric Properties of the Perma Profiler for measuring wellbeing in Australian Adults. *PLOS ONE*, 14(12). <https://doi.org/10.1371/journal.pone.0225932>
- Samudra, R., R Wisana, D., G., K., (2016). Female labor force participation of sandwich generation in Indonesia. The 13th Indonesian Regional Sciences Association International Institution Conference, Malang, Indonesia.
- Sekarini, A., Hidayah, N., & Hayati, E. N. (2020). Konsep Dasar flourishing Dalam Psikologi positif. *Psycho Idea*, 18(2), 124. <https://doi.org/10.30595/psychoidea.v18i2.6502>
- Seligman, M. (2010). Flourish: Positive Psychology And Positive Interventions. University of Michigan. [https://tannerlectures.utah.edu/\\_resources/documents/a-to-z/s/Seligman\\_10.pdf](https://tannerlectures.utah.edu/_resources/documents/a-to-z/s/Seligman_10.pdf)
- Shin, N. Y., & Lim, Y. (2018). Contribution of self-compassion to positive mental health among Korean university students. *International Journal of Psychology*, 54(6), 800- 806. doi:10.1002/ijop.12527
- Sugianto, D., Suwartono, C & Sutanto, S. H. (2020). Reliabilitas Dan Validitas Self-Compassion Scale Versi Bahasa Indonesia. *Jurnal psikologi Ulayat*, 7(2), 177-191. <https://doi.org/10.24854/jpu107>
- Sukmadinata, N. S. (2010). Metode Penelitian Pendidikan. PT Remaja Rosdakarya: Bandung.
- Verma, Y., & Tiwari, G. K. (2017). Self-compassion as the predictor of flourishing of the students. *The International Journal of Indian Psychology*, 4(3), 10-29. DOI: 10.25215/0403.122
- Wakirin. 2017. *Wanita Karier Dalam Perspektif Islam*. No. 1 : 1-14

- Zulfa, N. A., & Prastuti, E. (2020). 'Welas Asih Diri' dan 'bertumbuh': Hubungan self-compassion Dan flourishing Pada Mahasiswa. *Mediapsi*, 6(1), 71–78. <https://doi.org/10.21776/ub.mps.2020.006.01.8>
- Zulfikar, F. (n.d.). *Mengurus Kebutuhan Keluarga & Diri sendiri, Anak Muda Memasuki Generasi Sandwich?*. detikedu. <https://www.detik.com/edu/detikpedia/d-6723987/mengurus-kebutuhan-keluarga--diri-sendiri-anak-muda-memasuki-generasi-sandwich>

