

DAFTAR PUSTAKA

- Aini, K., & 'Alwan, F. F. (2025). The relationship between working from home and employee performance: The role of family climate as a moderating variable. *MORFAI Journal*, 6(1), 1699–1707. <https://doi.org/10.54443/morfai.v6i1.4573>
- Alam, Roslina. 2022. *Burnout (Teori, Perilaku Organisasi, Psikologi, Aplikasi dan Penelitian)*. 1 ed. ed. Muhamad Husein Maruapey. Jogjakarta: Penerbit Kampus.
- Alrashedi, H., Alnomasy, N., Banappagoudar, S. B., & Abou Hashish, E. (2026). *Technostress, Perceived Organizational Support, and Burnout Among Healthcare Professionals: A Suppression Mediation Model*. *Nursing Reports*, 16(7), 239. <https://doi.org/10.3390/nursrep16070239>
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2025). *Survei penetrasi internet dan perilaku penggunaan internet Indonesia 2025*. <https://survei.apjii.or.id/survei>
- Atrian, A., & Ghobbeh, S. (2023). *Technostress and Job Performance: Understanding the Negative Impacts and Strategic Responses in the Workplace*. <http://arxiv.org/abs/2311.07072>
- Ayyagari, R., Grover, V. dan Purvis, R. (2011). *Technostress: Technological Antecedents and Implications*
- Bencsik, A., & Juhasz, T. (2023). Impact of *Technostress* on work-life balance. *Human Technology*, 19(1), 41–61. <https://doi.org/10.14254/1795-6889.2023.19-1.4>
- Bešlić, M., & Alibegović, S. Đ. (2024). Causes and effects of *Technostress* in the workplace: A systematic literature review. *Poslovna Ekonomija*, 18(1), 67–82. <https://doi.org/10.5937/poseko25-49686>
- Brod, C. (1986). *Technostress: The Human Cost of the Computer Revolution* Craig BrodPublisher: Addison-Wesley Publishing Company, Reading, MA Year of Publication: 1984 Materials: 242 pages. *Social Science Microcomputer Review*, 4(4), 553–556.
- Burnout an “occupational phenomenon”: International Classification of Diseases. Geneva: World Health Organization; 2019. Available from: <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>
- Costantini, A., Vignoli, M., & Avanzi, L. (2025). Remote working and heavy work investment across employee fulfillment-crafting profiles. *Personnel Review*. <https://doi.org/10.1108/PR-12-2023-1048>
- Dangmei, J., & Singh, A. (2016). Understanding the generation Z: the future workforce. *South-Asian Journal of Multidisciplinary Studies*, 3(3), 1–5.
- Direktorat Sumber Daya Manusia Universitas Islam Indonesia. (2025). *Seimbang di kantor dan rumah, bisa kah?*

- Farmanesh, P., Vehbi, A., & Solati Dehkordi, N. (2025). Uprooting *Technostress*: Digital Leadership Empowering Employee Well-Being in the Era of Industry 4.0. Sustainability (Switzerland), 17(19). <https://doi.org/10.3390/su17198868>
- Fisher-McAuley, Gwenith, Stanton, J.M., Jolton, J.A., & Gavin, J. (2003). Modeling the relationship between work/life balance and organizational outcomes. The Annual Conference of the Society for Industrial/Organizational Psychology. Michigan: Institute for Social Research, University of Michigan.
- Francis, T., & Hoefel, F. (2018, November 12). 'True Gen': Generation Z and its implications for companies. Retrieved from McKinsey & Company: <https://www.mckinsey.com/industries/consumer-packaged-goods/ourinsights/truegen-generation-z-and-its-implications-for-companies>
- Greenhaus, J. H., & Allen, T. D. (2011). Work–family balance: A review and extension of the literature. In J. C. Quick & L. E. Tetrick (Eds.), Handbook of occupational health psychology (2nd ed., pp. 165–183).
- Greenhaus, J. H., Collins, K. M., & Shaw, J. (2003). The relation between work-family balance and quality of life. Journal of Vocational Behavior, 63, 510-531. [https://doi.org/10.1016/S0001-8791\(02\)00042-8](https://doi.org/10.1016/S0001-8791(02)00042-8)
- Gusjana, M. A., & Ardianti, R. (2023). EMPLOYEE WELL-BEING, WORK-LIFE BALANCE, DAN PERCEIVED SUPERVISOR SUPPORT: STUDI KUALITATIF PADA SALESPERSON. Jurnal Ilmiah Manajemen Dan Bisnis (JIMBis), 2(2), 230–241. <https://doi.org/10.24034/jimbis.v2i2.5976>
- Hair, J. F., Hult, G. T. M., Ringle, C. M., Sarstedt, M., Danks, N. P., & Ray, S. (2021). *Partial least squares structural equation modeling (PLS-SEM) using R: A workbook*. Springer international publishing.
- Handayani, K., & Purnasiwi, R. G. (2026). *Mental health pekerja Generasi Z : Technostress dan burnout*. 15(1), 39–57.
- Hariri, N. I. M., Othman, W. N. W., Anuar, S. B. A., Lin, T. Y., & Zainudin, Z. N. (2024). Effect of Work-Life Balance on Employees' Well-Being. Open Journal of Social Sciences, 12(12), 705–718. <https://doi.org/10.4236/jss.2024.1212044>
- Imam Ghazali, Karlina Aprilia Kusumadewi. (2023). *PARTIAL LEAST SQUARES Menggunakan Program SmartPLS 4.0 Untuk Penelitian Empiris* (Ed :1). SEMARANG: Yoga Pratama.
- Imany, K., Psikologi, D., Psikologi, F., Airlangga, U., & Sosial, D. (2024). Artikel-Pengaruh Work-Life Balance dan Dukungan Sosial Terhadap Burnout pada Karyawan Generasi Z (1). (2019), 1–12.
- Jena, R. K. (2015). Impact of *Technostress* on Job Satisfaction: an Empirical Study Among Indian Academician. The International Technology Management 84 Review, 5(3), 117. <https://doi.org/10.2991/itm.2015.5.3.1>
- Kandita, et al. (2024). the Effect of Career Growth on Turnover Intention With Organizational Commitment As a Mediation Variable. |3191 Journal of Education

- and Teaching Review, 7(2), 1–15.
<http://journal.universitaspahlawan.ac.id/index.php/jrppVolume>
- Korunovska, J., & Spiekermann-Hoff, S. (2021). *The Effects of Information and Communication Technology Use on Human Energy and Fatigue: A Review*. Working Papers / Institute for IS & Society <https://doi.org/10.57938/bc331bef-3bfc-422c-8cd2-081f05ffc1a1>
- Kumar, P. S. (2024). *TECHNOSTRESS: A comprehensive literature review on dimensions, impacts, and management strategies*. Computers in Human Behavior Reports, 16(August 2023), 100475. <https://doi.org/10.1016/j.chbr.2024.100475>
- La Torre, G., Esposito, A., Sciarra, I., & Chiappetta, M. (2019). Definition, symptoms and risk of techno-stress: a systematic review. International archives of occupational and environmental health, 92, 13-35. <https://doi.org/10.1007/s00420-018-1352-1>
- Leonardi, P. M. (2020). COVID-19 and the new technologies of organizing: digital exhaust, digital footprints, and artificial intelligence in the wake of remote work. *Journal of Management Studies*, 58(1), 249.
- Maslach, C., & Jackson, S. E. (1981). The measurement of experienced burnout. *Journal of Organizational Behavior*, 2(2), 99–113. <https://doi.org/10.1002/job.4030020205>
- Mawhinney, L. (2014). Techno-change: A new study of the cause of *Technostress*, University of Derby, School of Business.
- Microsoft. (2025). *Breaking down the infinite workday: The state of work in 2025*. Microsoft WorkLab. <https://www.microsoft.com/en-us/worklab/work-trend-index/breaking-down-infinite-workday>
- Naylamadina Rizky, G. R., Suprpto, C., & Prasetyo, T. (2026). Pengaruh *Technostress* terhadap Employee Well-Being melalui Work-Life Balance sebagai Variabel Mediasi pada Pekerja Remote Generasi Z. *Jurnal Manajemen, Akuntansi, Ekonomi*, 5(1), 571–582. <https://doi.org/10.59066/jmae.v5i1.2334>
- Okebaram dan Moses, S. (2013). Minimizing The Effects of *Technostress* in Today's Organization, International Journal of Emerging Technology and Advanced Engineering, Vol 3, Issue 11
- Park, C. Y., & Inocencio, A. M. (2020). COVID-19 is no excuse to regress on gender equality. ADB Briefs. <http://dx.doi.org/10.22617/BRF200317-2>
- Park, Ho J dan Cho, June S. (2016). The influence of information security *Technostress* on the job satisfaction of employees, Journal of Business and Retail Management Research (JBRMR), Vol. 11 Issue 1
- Poulose, S., & Sudarsan, N. (2014). Work life balance: A conceptual review. International Journal of Advances in Management and Economics, 3(2), 1–17
- Pradnya Dhaniswari, N. M. (2024). Asset : Jurnal Manajemen dan Bisnis Pengaruh Work-Life Balance dan Burnout terhadap Kinerja Karyawan Gen Z di Kota Denpasar. *Universitas Muhammadiyah Ponorogo*, 7(1), 53–62.
<http://journal.umpo.ac.id/index.php/asset>

- Prensky, M. (2001). Digital Natives, Digital Immigrants. *Offender rehabilitation in practice: Implementing and evaluating effective programs.*, 9(1), 97–120. <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=psyc3&NEWS=N&AN=2003-04619-005>
- Problematika membalas WhatsApp pekerjaan di luar jam kerja. CXO Media. <https://www.cxomedia.id/business-and-career/20220923120730-61-176307/problematika-membalas-whatsapp-pekerjaan-di-luar-jam-kerja>
- Putri, F. Y., Primasanti, Y., & Indriastiningsih, E. (2025). *Pengaruh Work-Life Balance Terhadap Burnout Dengan Self-Efficacy Sebagai Variabel Moderasi Pada Karyawan PT Nusatama Sejahtera Abadi*. 3(1), 57–74.
- Raj, A. B., & Goute, A. K. (2025). Internal branding and *Technostress* among employees - the mediation role of employee wellbeing and moderating effects of digital internal communication. *Acta Psychologica*, 255. <https://doi.org/10.1016/j.actpsy.2025.104943>
- Ratnasari, R., & Rohmah, N. (2024). Dukungan Sosial dan Strategi Coping Mahasiswa yang Mengalami Quarter Life Crisis. *Inspira: Jurnal Bimbingan dan Konseling Islam*, 6(1), 101–112. <https://journal.iainlangsa.ac.id/index.php/inspira/article/view/6977>
- Saim, M. A. S. M., Rashid, W. E. W., & Ma'on, S. N. (2021). *Technostress* creator and work life balance: a systematic literature review. *Revista Romana de Informatica si Automatica*, 31(1), 77–88. <https://doi.org/10.33436/v31i1y202106>
- Saleem, F., & Malik, M. I. (2023). *Technostress*, quality of work life, and job performance: A moderated mediation model. *Behavioral Sciences*, 13(12), 1014.
- Sari, A. R., & Sahrah, A. (2023). Keterikatan Kerja Dan Beban Kerja Dengan Work Life Balance. *Jurnal Psikologi*, 19(1), 32–39. Retrieved from <https://ejournal.up45.ac.id/index.php/psikologi/article/view/1483>
- Schneider, S., & Sunyaev, A. (2016). Determinant factors of cloud-sourcing decisions: Reflecting on the IT outsourcing literature in the era of cloud computing. *Journal of Information Technology*, 31(1), 1-31. <https://doi.org/10.1057/jit.2014.25>
- Setyaningsih, S. H., & Satwika, P. A. (2024). Fleksibilitas dan burnout karyawan pasca pandemi COVID-19: Menguji peran mediasi keseimbangan kehidupan kerja: Employee flexibility and burnout post COVID-19 pandemic: Testing the mediating role of work-life balance. *Persona: Jurnal Psikologi Indonesia*, 13(1), 154-172.
- Sugiyono. (2023). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: CV Alfabeta.
- Suhardiman, M., & Saragih, S. (2022). *Technostress* Dan Work Life Balance Pada Karyawan: Kepuasan Kerja Sebagai Variabel Mediasi. *INOBISS: Jurnal Inovasi Bisnis Dan Manajemen Indonesia*, 6(1), 30–45. <https://doi.org/10.31842/jurnalinoibis.v6i1.255>
- Susyana, F., Fauziah, A., Anisa, N., Aprilinda, J., & Martri Aji Buana, D. (2021). Work-Life Balance in Higher Education: Literature Review and Future Agenda. *Solid State*

<https://repository.widyatama.ac.id/server/api/core/bitstreams/a6457247-736f-473d-b7ea-9b13c6db8c67/content>

- Tapscott, D. (2009). Grown Up Digital – How the Net Generation Is Changing Your World. In *Industrial and Commercial Training* (Vol. 41, Nomor 2). <https://doi.org/10.1108/00197850910939162>
- Tarafdar, M., Tu, Q., Ragu-nathan, B. S., & Ragu-Nathan, T. S. (2007). The Impact of *Technostress* on Role Stress and Productivity The Impact of *Technostress* on Role Stress and Productivity. *Journal of Management Information Systems*, 24(1), 301–328. <https://doi.org/10.2753/MIS0742-1222240109>
- Tarafdar, M., Tu, Q., Ragu-Nathan, T.S., Ragu-Nathan, B.S. (2011), Crossing to the dark side. Examining creators, outcomes, and inhibitors of *Technostress*, *Journal of Communications of the acm*, vol 54 no 9. <https://doi.org/10.2753/MIS0742-1222240109>
- Why Gen Z workers are already so burned out.* BBC Worklife.
- Wibowo, S. W., & Ahmadi, M. A. (2024). Pengaruh Work-Life Balance Dan Kepuasan Kerja Terhadap Kinerja Karyawan Gen Z. *Jurnal Media Akademik (Jma)*, 2(12), 3031–5220.
- Yulia Putri, T. V., Aprillia Rahayu Putri, N. P. T., & Prasetyaningtyas, S. W. (2023). The Effect Of Techno-Stressors On Work Life Balance With Self-Efficacy Moderation And Emotional Exhaustion Mediation On Digital Transformation Study at PERUMDA Air Minum Tirta Sewakadarma. *JURNAL ILMIAH EDUNOMIKA*, 8(1). <https://doi.org/10.29040/jie.v8i1.10992>