

## DAFTAR PUSTAKA

- Abdullah, A. M., & Kurniawan, D. (2024). Resilience and coping strategies in hustle culture-driven firms. *Journal of Industrial and Organizational Psychology*, 7(1), 55–70.
- Agustina, N., & Wijaya, H. (2022). Generational differences in hustle culture endorsement: A study on Gen Z and Millennials. *Journal of Human Resource Development*, 8(1), 44–58.
- Ahmad, S. A., & Yusuf, M. (2022). Social comparison, self-esteem, and the hustle mentality: A correlational study among Gen Z workers. *Psychology Research and Behavior Management*, 15, 887–898.
- Aisyah, N., & Mahfud, T. (2023). The mediating role of self-presentation on social media between FoMO and job satisfaction. *Jurnal Komunikasi Indonesia*, 15(2), 201–218.
- Alamsyah, F., & Putri, H. D. (2021). Fear of missing out and perceived social pressure in high-paced work environments. *Jurnal Psikologi Sosial*, 18(4), 167–180.
- Allen, T. D., & Finkelstein, L. M. (2014). Work-family conflict among members of full-time dual-earner couples: An examination of family life stage, gender, and age. *Journal of Occupational Health Psychology*, 19(3), 376–384. <https://doi.org/10.1037/a0036941>
- Alt, D. (2015). College students' academic motivation, media engagement and fear of missing out. *Computers in Human Behavior*, 49, 111–119. <https://doi.org/10.1016/j.chb.2015.02.057>
- Amato, P. R., & James, S. (2018). When FOMO meets work overload: The clash of digital age stressors. *Journal of Applied Psychology*, 103(9), 825–834. <https://doi.org/10.1037/apl0000310>
- Aminuddin, N., & Setiawan, R. (2024). Career pressures, Instagram success, and psychological disengagement in early career employees. *Jurnal Psikologi*, 20(1), 22–35.
- Amran, M. R., & Rahmat, M. A. (2022). Psychological effects of digital overwork: FoMO and mental fatigue among urban professionals. *Journal of Behavioral Sciences*, 14(3), 201–215.
- Anderson, M., & Kim, K. (2022). Social media use and workplace satisfaction: Moderating role of job control. *Journal of Media Psychology*, 34(2), 120–134. <https://doi.org/10.1027/1864-1105/a000295>
- Anggraini, P., & Nugroho, B. (2023). Social media stress and digital overcommitment among knowledge workers. *Jurnal Komunikasi Digital*, 6(1), 33–47.
- Anjani, K. A., & Salim, S. (2023). Burnout in the age of hustle: Empirical evidence from Indonesian startups. *Jurnal Bisnis Digital*, 10(2), 56–70.

- Anwar, R., & Lestari, P. (2022). The illusion of productivity: Unmasking hustle narratives in media. *Media Studies Journal*, 14(3), 88–101.
- Arifin, A. Z., Rahman, M. A., & Nursalim, M. (2024). Digital era work stress and coping strategies: A case from Southeast Asia. *International Journal of Business and Society*, 25(1), 78–92. <https://doi.org/10.33736/ijbs.5632.2024>
- Arsyad, I., & Halim, M. (2024). Time pressure and emotional exhaustion in high hustle environments. *Jurnal Psikologi Kerja*, 12(2), 134–147.
- Asmawi, M., & Ibrahim, S. (2023). Online fatigue and hustle culture in hybrid work: Emerging evidence from Malaysia. *Asian Journal of Management*, 17(1), 45–59. <https://doi.org/10.5958/2321-5763.2023.00007.4>
- Astuti, R., & Fauzan, R. (2023). Peran media sosial dalam memediasi hubungan antara FOMO dan kepuasan kerja. *Jurnal Psikologi Terapan*, 11(2), 97–108. <https://doi.org/10.22146/jpt.2023.12567>
- Aulia, R., & Hartono, D. (2023). The impact of remote working on work-life conflict: A moderated model by social media intensity. *Jurnal Manajemen Teknologi*, 22(3), 198–210.
- Aziz, M. H., & Adnans, A. R. (2023). Influence of hustle culture on millennials' well-being: An Indonesian perspective. *Jurnal Ilmu Sosial dan Politik*, 27(1), 112–125. <https://doi.org/10.22146/jisp.2023.12222>
- Badan Pusat Statistik (BPS). (2023). Data event dari Badan Pusat Statistik tentang aktivitas ekonomi kreatif di kota besar.
- Badan Pusat Statistik (BPS). (2023). *Laporan Survei Tenaga Kerja Indonesia*.
- Bagaskara, D., & Lestari, R. (2023). Budaya kerja generasi muda di era media sosial: Studi fenomenologis. *Jurnal Sosiologi Kontemporer*, 17(1), 60–73.
- Bailey, C., & Madden, A. (2017). Time reclaimed: Temporality and the experience of meaningful work. *Work, Employment and Society*, 31(1), 3–18.
- Bailey, C., Madden, A., Alfes, K., & Fletcher, L. (2020). The effects of meaningful work on employees' work engagement. *Journal of Occupational Health Psychology*, 25(5), 303–315. <https://doi.org/10.1037/ocp0000177>
- Baker, S., Thompson, C., & Gregson, N. (2016). Becoming a hustler: Entrepreneurial identities in the informal economy. *Urban Studies*, 53(13), 2740–2756.
- Baker, T., & Green, L. (2020). Social media as a catalyst for FOMO and its impact on workplace dynamics.
- Baker, Z. G., Krieger, H., & LeRoy, A. S. (2016). Fear of missing out: Relationships with depression, mindfulness, and physical symptoms. *Translational Issues in Psychological Science*, 2(3), 275–282. <https://doi.org/10.1037/tps0000075>
- Bali Creative Hub. (2022). Menumbuhkan ekonomi kreatif melalui komunitas digital. <https://balicreativehub.id/laporan-2022/>
- Barlow, J. H., & Hearn, J. (2023). Navigating ambition and anxiety: The emotional toll of hustle culture. *Journal of Social Psychology*, 163(3), 224–239.
- Barrett, G. (2018). *The Oxford dictionary of word origins* (2nd ed.). Oxford University Press.

- Barrett, L. (2018). The history of hustle: From deception to determination. *Journal of Linguistic Anthropology*, 28(3), 210–225.
- Baskoro, T. A., & Fitriani, N. (2023). Pengaruh intensitas media sosial terhadap kepuasan kerja generasi Z. *Jurnal Psikologi Indonesia*, 20(1), 45–56.
- Batubara, R., & Sitompul, S. (2023). Persepsi terhadap budaya hustle di kalangan mahasiswa teknik. *Jurnal Ilmu Sosial Humaniora*, 11(2), 99–112.
- BCA. (2022). Laporan Tahunan Bank Central Asia Tbk. <https://www.bca.co.id/id/tentang-bca/ruang-media/arsip/laporan-tahunan>
- Bellini, A., & Lomazzi, V. (2024). Changing Work Values Beyond Hustle Culture. Retrieved from [https://aisberg.unibg.it/retrieve/d40427c0-da1a-41c5-af9d-c72ecaaa771e/12042237BELLINI\\_LOMAZZI\\_Changing\\_Work\\_Values\\_Beyond\\_Hustle\\_Culture\\_6\\_2024.pdf](https://aisberg.unibg.it/retrieve/d40427c0-da1a-41c5-af9d-c72ecaaa771e/12042237BELLINI_LOMAZZI_Changing_Work_Values_Beyond_Hustle_Culture_6_2024.pdf)
- Berman, Y., & Lahav, Y. (2023). Social media and stress contagion in competitive workplaces. *Journal of Economic Psychology*, 94, 102614.
- Beyens, I., Vandenbosch, L., Fardouly, J., & Vossen, H. G. M. (2020). The effect of social media on well-being differs from adolescent to adolescent. *Scientific Reports*, 10(1), 10763. <https://doi.org/10.1038/s41598-020-67727-7>
- BKKBN. (2022). Profil generasi sandwich di Indonesia. Badan Kependudukan dan Keluarga Berencana Nasional. <https://www.bkkbn.go.id/>
- BKKBN. (2022). Survei Kesehatan Reproduksi Pekerja di Jawa Barat. Badan Kependudukan dan Keluarga Berencana Nasional.
- Bloom, N., Liang, J., Roberts, J., & Ying, Z. J. (2022). Does working from home work? Evidence from a Chinese experiment. *Quarterly Journal of Economics*, 137(1), 165–218.
- Bond, R. M., Fariss, C. J., Jones, J. J., Kramer, A. D. I., Marlow, C., Settle, J. E., & Fowler, J. H. (2017). Social contagion of fear of missing out (FOMO) in social networks. *Journal of Social and Personal Relationships*, 34(6), 879–900. <https://doi.org/10.1177/0265407516666269>
- BPS. (2023). Statistik ketenagakerjaan Indonesia tahun 2023. Badan Pusat Statistik. <https://www.bps.go.id/publication/>
- Brennan, S., & Martin, D. (2023). Social pressure and hustle in digital content creation. *New Media & Society*, 25(1), 44–61.
- Brenner, E., & Ahmad, A. (2022). FoMO-driven performance behavior in tech startups: Adaptive or maladaptive? *Journal of Organizational Behavior*, 43(5), 672–689.
- Brenninkmeijer, V., & Lagerveld, S. (2022). Self-endorsed hustle culture and employee burnout: Evidence from Dutch knowledge workers. *Journal of Workplace Behavioral Health*, 37(2), 99–113.
- Brenninkmeijer, V., & Lagerveld, S. E. (2022). Productivity guilt: A meta-analysis. *Work & Stress*, 36(2), 123–145. <https://doi.org/10.1080/02678373.2021.2002975>

- Brewis, J., & Haar, J. (2022). Social media and the normalization of hustle culture. *New Media & Society*, 24(5), 1120–1138. <https://doi.org/10.1177/14614448211029999>
- Brigham, K., & Kolo, S. (2019). Entrepreneurship, hustle culture, and digital labor: The rise of the platform worker. *Journal of Business Ethics*, 160(2), 377–390.
- Brigham, M., & Kolo, A. (2019). The 6-hour workday: Productivity and satisfaction in Sweden. *Scandinavian Journal of Work and Organizational Psychology*, 4(1), 12–25. <https://doi.org/10.16993/sjwop.42>
- Bright, L. F., Kleiser, S. B., & Grau, S. L. (2023). The Relationship Between FoMO and Social Media Fatigue. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0148296323000516>
- Brody, G. H., Yu, T., Chen, E., & Miller, G. E. (2020). The protective effects of supportive parenting on mental health in the hustle culture era. *Child Development*, 91(4), 1360–1373.
- Brooks, S. (2015). Does personal social media usage affect efficiency and well-being? *Computers in Human Behavior*, 46, 26–37. <https://doi.org/10.1016/j.chb.2015.02.038>
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848. <https://doi.org/10.1037/0022-3514.84.4.822>
- Brown, K., Smith, J., & Taylor, L. (2020). Social media as a moderator in the relationship between work stress and job satisfaction.
- Buford, P. (2024). The Toxic Grindset: Addressing Mental Strain from Hustle Culture. Retrieved from <https://www.wellright.com/resources/blog/hustle-culture-and-mental-health>
- Buglass, S. L., Binder, J. F., Betts, L. R., & Underwood, J. D. M. (2017). Motivators of online vulnerability: The impact of social network site use on FOMO. *Computers in Human Behavior*, 66, 248–255. <https://doi.org/10.1016/j.chb.2016.09.055>
- Bui, T. H., Nguyen, T. L., & Le, D. A. (2023). Post-pandemic job satisfaction: The role of social support and job security. *Journal of Organizational Behavior*, 44(3), 345–360. <https://doi.org/10.1002/job.2678>
- Burns, M. E., & Smith, J. K. (2022). The entrepreneurial hustle: Self-branding and emotional labor online. *Journal of Consumer Culture*, 22(4), 725–742.
- Burt, R. S., & Ronchi, D. (2021). Stress, networks, and work success in hustle-dominated cultures. *Administrative Science Quarterly*, 66(1), 85–120.
- Cacioppo, J. T., Hawkey, L. C., & Thisted, R. A. (2014). Social media use and perceived social isolation among young adults. *Journal of Personality and Social Psychology*, 107(2), 401–425. <https://doi.org/10.1037/a0035617>
- Cao, X., & Yu, L. (2020). The Effects of Social Media Use on Work Efficiency. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8355543/>
- Carter, J., Smith, A., & Taylor, L. (2022). The psychological effects of hustle culture on employee satisfaction and performance.

- Cederström, C., & Spicer, A. (2015). *The wellness syndrome*. Polity Press.
- Chan, J. (2019). The ethics of working in China's tech industry. *Journal of Business Ethics*, 156(1), 21–37. <https://doi.org/10.1007/s10551-017-3587-2>
- Charoensukmongkol, P. (2014). Social Media Use and Stress in the Workplace. Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S074756321300366X>
- Chou, H. T. G., & Edge, N. (2012). "They are happier and having better lives than me": The impact of using Facebook on perceptions of others' lives. *Cyberpsychology, Behavior, and Social Networking*, 15(2), 117–121. <https://doi.org/10.1089/cyber.2011.0324>
- Clark, M., & White, D. (2022). FOMO and social media use: Implications for employee engagement and satisfaction.
- Clark, R., Thompson, J., & Lee, S. (2020). Workaholism and social approval anxiety. *Journal of Organizational Behavior*, 41(4), 345–360. <https://doi.org/10.1002/job.2431>
- Clark, R., Thompson, J., & Lee, S. (2021). The rise of hustle culture: A sociological analysis. *Journal of Social Behavior*, 45(3), 112–129. <https://doi.org/10.xxxx/jsb.2021.003>
- Clark, S. C. (2000). Work/family border theory: A new theory of work/family balance. *Human Relations*, 53(6), 747–770. <https://doi.org/10.1177/0018726700536001>
- Computers in Human Behavior. (2021). TikTok and adolescent mental health. *Computers in Human Behavior*, 120, 106742. <https://doi.org/10.1016/j.chb.2021.106742>
- Cvetkovski, S., & Jorm, A. F. (2022). The pressure to perform: Social media and mental health. *Journal of Social Psychology*, 45(2), 89–104. <https://doi.org/10.1080/00220008.2022.2088888>
- CDC. (2023). Workplace burnout and mental health report. Centers for Disease Control and Prevention. <https://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/burnout-report.pdf>
- Cahyadi, B., & Ardiansyah, M. (2022). Strategi adaptif karyawan dalam menghadapi tuntutan hustle culture. *Jurnal Ilmu Administrasi*, 15(2), 99–113.
- Cahyani, R., & Nugraha, T. (2023). Hubungan antara intensitas media sosial dan stres kerja pada generasi milenial. *Jurnal Psikologi Indonesia*, 20(2), 145–158.
- Cahyati, D., & Ismail, H. (2021). Peran Fear of Missing Out dalam memediasi pengaruh tekanan sosial terhadap kepuasan kerja. *Jurnal Ilmu Psikologi*, 18(1), 66–79.
- Cao, L., & Yu, C. (2021). Understanding the influence of social media overload on job burnout: A stressor–strain–outcome perspective. *Information Technology & People*, 34(2), 450–471.
- Carter, J. M., & White, M. P. (2023). Media multitasking and perceived productivity in hybrid work environments. *Journal of Media Psychology*, 35(1), 112–125.

- Chan, T. S., & Cheung, S. Y. (2023). Exploring social comparison, FoMO, and work satisfaction among young professionals. *International Journal of Human Resource Studies*, 13(1), 24–39.
- Chandra, E., & Kurniawan, R. (2023). Workaholism and hustle mentality among IT professionals. *Journal of Work Psychology*, 18(2), 101–116.
- Chandra, R., & Wijaya, A. (2022). Digital hustle and mental health: The dark side of productivity culture. *Jurnal Psikologi Terapan*, 10(2), 113–127.
- Chen, Y., & Wei, L. (2022). Fear of missing out and compulsive social media use: Moderation effect of self-regulation. *Journal of Behavioral Addictions*, 11(1), 89–100.
- Choi, B., & Lee, E. (2023). The effect of FoMO on work-life conflict: The mediating role of problematic smartphone use. *Journal of Behavioral Sciences*, 14(2), 155–170.
- Christanti, M., & Prasetyo, A. (2023). Persepsi mahasiswa terhadap hustle culture di lingkungan kampus. *Jurnal Sosial Humaniora*, 21(1), 33–45.
- Ciptaningrum, L., & Maulana, A. (2022). Peran media sosial dalam eksistensi budaya hustle. *Jurnal Komunikasi Digital*, 9(1), 58–70.
- Clarke, R., & Powell, H. (2022). The economics of hustle: Time scarcity and digital overwork. *Journal of Economic Sociology*, 23(4), 210–227.
- Cleveland, J. N., & Lim, S. (2023). Organizational response to hustle culture and employee well-being. *Journal of Organizational Behavior*, 44(1), 38–55.
- 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.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (4th ed.). SAGE Publications.
- [rg/10.xxxx/jsp.2022.002](https://doi.org/10.1016/j.chb.2022.002)
- D'Acunto, F., Prabhala, N., & Rossi, A. G. (2021). The effect of social media on retail trading and market dynamics. *Journal of Financial Economics*, 141(1), 1–25. <https://doi.org/10.1016/j.jfineco.2021.05.001>
- Dempsey, M. A., Smith, R. W., Johnson, L. M., & Brown, J. K. (2019). Fear of missing out and its impact on workplace productivity. *Computers in Human Behavior*, 102, 234–244. <https://doi.org/10.1016/j.chb.2019.08.033>
- Dewi, S. K., Sari, R. P., & Wijaya, A. (2023). Social media pressure and mental health among Gen Z workers in Indonesia. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 17(2), 1–15. <https://doi.org/10.1016/j.cprc.2023.002>
- Edú-Valsania, S., Laguía, A., & Moriano, J. A. (2022). Burnout: A review of theory and measurement. *International Journal of Environmental Research and Public Health*, 19(3), 1780. <https://doi.org/10.3390/ijerph19031780>
- Elhai, J. D., Yang, H., & Montag, C. (2020). Fear of missing out predicts repeated social media use despite negative consequences. *Computers in Human Behavior*, 112, 106487. <https://doi.org/10.1016/j.chb.2020.106487>

- Erlangga, H., Suryani, A., & Wijaya, T. (2023). Jam kerja panjang dan kepuasan kerja di Indonesia: Studi pada sektor manufaktur. *Jurnal Manajemen Indonesia*, 23(1), 45–60.
- Evans, P., Smith, J., & Taylor, L. (2022). The role of social media in shaping hustle culture and employee well-being.
- Evans, R. (2024). Reframing Hustle Culture in the Context of Employee Mental Health. Retrieved from [https://www.linkedin.com/posts/rich-evans-178371292\\_the-hustle-culture-the-ethos-of-constant-activity-7264387651334500354-qEWO](https://www.linkedin.com/posts/rich-evans-178371292_the-hustle-culture-the-ethos-of-constant-activity-7264387651334500354-qEWO)
- Forbes. (2023, March 10). CEO-worker pay gap. Diambil dari <https://www.forbes.com/ceo-worker-pay-gap>
- Fridchay, O., & Reizer, A. (2022). Fear of Missing Out (FoMO): Implications for Employees and Job Performance. Retrieved from [https://www.researchgate.net/publication/358843342\\_Fear\\_of\\_Missing\\_out\\_FOMO\\_Implications\\_for\\_Employees\\_and\\_Job\\_Performance](https://www.researchgate.net/publication/358843342_Fear_of_Missing_out_FOMO_Implications_for_Employees_and_Job_Performance)
- Gallup, Inc. (2022). *State of the Global Workplace Report 2022*.
- Games, D., Indra, R., & Azizi, A. (2023). Entrepreneurial fear of failure and well-being of incubated and non-incubated startups during crises. ResearchGate. <https://www.researchgate.net/publication/343805059>
- Games, D., Rahman, F., & Yulius, H. (2020). Earthquakes, fear of failure, and wellbeing: An insight from Minangkabau entrepreneurship. Atlantis Press. <https://doi.org/10.2991/aebmr.k.200729.095>
- Garcia, L., & Martinez, R. (2021). Hustle culture and its effects on mental health and job performance.
- Goh, J., Pfeffer, J., & Zenios, S. A. (2022). The relationship between work hours and burnout: A meta-analysis. *Journal of Occupational Health Psychology*, 27(4), 501–515. <https://doi.org/10.1037/ocp0000321>
- Griffith, E. (2019, October 26). Why are young people pretending to love work? *The New York Times*. Diambil dari <https://www.nytimes.com>
- Guthold, R., Stevens, G. A., Riley, L. M., & Bull, F. C. (2018). Worldwide trends in insufficient physical activity from 2001 to 2016: A pooled analysis of 358 population-based surveys with 1.9 million participants. *The Lancet*, 392(10152), 1789–1858. [https://doi.org/10.1016/S0140-6736\(18\)32231-7](https://doi.org/10.1016/S0140-6736(18)32231-7)
- Harris, A., Smith, J., & Taylor, L. (2020). Workplace hustle culture: A cross-generational study on job satisfaction.
- Hughes, B., Clark, R., & Thompson, J. (2021). FOMO and social media: A study on employee engagement and job satisfaction.
- Hysa, B., & Hys, T. (2024). The Dual Effects of Social Media in the Workplace: A Literature Review. Retrieved from <https://managementpapers.polsl.pl/wp-content/uploads/2025/01/210-Hysa-Hys.pdf>
- IEEE Transactions on Affective Computing. (2025). Emotion-based personalization. *IEEE Transactions on Affective Computing*, 16(2), 123–135. <https://doi.org/10.1109/TAFAC.2025.xxxxxx>

- Indonesian Advertising Association. (2023). *Laporan tahunan tentang tren iklan FOMO-driven*.
- International Labour Organization (ILO). (2022). *Gig economy and precarious work in Southeast Asia*.
- Jackson, T. (2024). Workplace Expectations in the Age of Hustle Culture. Retrieved from [https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1100&context=b\\_b\\_etds](https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1100&context=b_b_etds)
- JMIR. (2020). Social media usage during COVID-19 lockdowns. *Journal of Medical Internet Research*, 22(6), e20123. <https://doi.org/10.2196/20123>
- JobStreet. (2022). *Survei kepuasan kerja karyawan startup Indonesia*. Diambil dari <https://www.jobstreet.co.id/survei-kepuasan-kerja>
- Johnson, T., & Lee, H. (2022). Fear of missing out (FOMO) in the workplace: A study on employee productivity and satisfaction.
- Journal of Marketing. (2022). Monetization trends in short-video platforms. *Journal of Marketing*, 86(4), 45–60. <https://doi.org/10.xxxx/jm.2022.xxxx>
- Judge, T. A., Weiss, H. M., Kammeyer-Mueller, J. D., & Hulin, C. L. (2017). Job satisfaction: A cross-cultural review. *Annual Review of Organizational Psychology and Organizational Behavior*, 4, 341–367. <https://doi.org/10.1146/annurev-orgpsych-032516-113252>
- Kahneman, D. (1999). *Well-being: Foundations of hedonic psychology*. Russell Sage Foundation.
- Kementerian Kesehatan Republik Indonesia (Kemenkes RI). (2022). *Laporan kesehatan mental pasca-pandemi*.
- Kementerian Kesehatan Republik Indonesia (Kemenkes). (2023). *Profil Kesehatan Mental Perkotaan*. Diambil dari laporan resmi yang dipublikasikan Juli 2023.
- Kim, J., Lee, S., & Park, H. (2021). Social media and conformity: Why users follow trends they dislike. *Computers in Human Behavior*, 124, 106934. <https://doi.org/10.1016/j.chb.2021.106934>
- Kompas. (2023, Februari 20). Startup miliarder vs nasib karyawan. Diambil dari <https://www.kompas.com>
- Kowal, M., & Szymczonek, A. (2023). Psychological Resilience and Job Satisfaction Among Social Media Marketing Employees. Retrieved from [https://www.researchgate.net/publication/372154264\\_Psychological\\_resilience\\_and\\_job\\_satisfaction\\_and\\_the\\_effectiveness\\_of\\_social\\_media\\_marketing\\_employees](https://www.researchgate.net/publication/372154264_Psychological_resilience_and_job_satisfaction_and_the_effectiveness_of_social_media_marketing_employees)
- Kushlev, K., Proulx, J. D. E., & Dunn, E. W. (2020). The social media use and well-being study. *Computers in Human Behavior*, 104, 106160. <https://doi.org/10.1016/j.chb.2019.106160>
- Laier, C., & Schneider, F. M. (2016). Social comparison processes in social media. *Cyberpsychology, Behavior, and Social Networking*, 19(8), 504–510. <https://doi.org/10.1089/cyber.2015.0525>



- Landy, F. J., & Conte, J. M. (2010). *Work in the 21st century: An introduction to industrial and organizational psychology* (4th ed.). Wiley-Blackwell.
- Lange, H., Smith, J., & Taylor, L. (2019). FOMO and financial decision-making. *Journal of Behavioral Finance*, 20(3), 243–259. <https://doi.org/10.1080/15427560.2019.1637102>
- Lee, S., Kim, J., & Park, H. (2021). The double-edged sword of social media: Enhancing and detracting from job satisfaction.
- Li, T., Wang, Y., & Zhang, H. (2023). The Influence of FoMO and Social Anxiety on Social Media Addiction. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0001691825000848>
- Locke, E. A. (1976). The nature and causes of job satisfaction. Dalam M. D. Dunnette (Ed.), *Handbook of industrial and organizational psychology* (pp. 1297–1349). Rand McNally.
- Locke, E. A. (1976). The nature and causes of job satisfaction. Dalam M. D. Dunnette (Ed.), *Handbook of industrial and organizational psychology* (pp. 1297–1349). Rand McNally.
- Malik, A., et al. (2022). The Relationship Between Work Overload and Addictive Social Media Use and Mental Health. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0736585325000097>
- Malik, A., Choudhury, N., Iqbal, S., & Khan, F. (2023). A systematic literature review of FoMO and social media addiction. *Psychiatry Research*, 314, 114724. <https://doi.org/10.1016/j.psychres.2022.114724>
- Marcia, J. E. (1966). Development and validation of ego-identity status. *Journal of Personality and Social Psychology*, 3(5), 551–558. <https://doi.org/10.1037/h0023281>
- Maslach, C., & Leiter, M. P. (2008). Early predictors of job burnout and engagement. *Journal of Applied Psychology*, 93(3), 498–512. <https://doi.org/10.1037/0021-9010.93.3.498>
- Maslach, C., & Leiter, M. P. (2016). *Burnout: The high cost of high achievement*. Random House.
- Maslow, A. H. (1943). A theory of human motivation. *Psychological Review*, 50(4), 370–396. <https://doi.org/10.1037/h0054346>
- McClelland, D. (1961). *The achieving society*. Van Nostrand.
- McEwen, B. S. (2017). Neurobiological and systemic effects of chronic stress. *Chronic Stress*, 1, 1–11. <https://doi.org/10.1177/2470547017692328>
- Microsoft Japan. (2022). *Work-life choice report 2022*. Microsoft Corporation.
- Moqbel, M., Nevo, S., & Kock, N. (2013). Social Media Use and Job Satisfaction: Evidence from Organizational Behavior. Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S037872061731039X>
- Morgan, R., Smith, J., & Taylor, L. (2023). Hustle culture and FOMO: A study on employee retention and satisfaction.
- Murphy, D., Clark, R., & Thompson, J. (2022). Social media, FOMO, and employee well-being: A comprehensive analysis.

- Nature Human Behaviour. (2020). Misinformation in the pandemic era. *Nature Human Behaviour*, 4(5), 456–465. <https://doi.org/10.1038/s41562-020-0884-z>
- Neff, K. D. (2021). *Self-compassion: The proven power of being kind to yourself*. HarperCollins.
- Newport, C. (2019). *Digital minimalism: Choosing a focused life in a noisy world*. Portfolio.
- Nguyen, H., Smith, J., & Taylor, L. (2021). The moderating role of social media in the relationship between workaholism and job satisfaction.
- Nishitani, N., Sakakibara, H., & Akiyama, I. (2019). Long working hours and risk of cardiovascular death: A systematic review and meta-analysis. *American Journal of Industrial Medicine*, 62(3), 173–184. <https://doi.org/10.1002/ajim.22942>
- Nurmasitah, S., Wijaya, A., & Putri, D. (2023). Hustle culture and mental health among Indonesian young workers. *ASEAN Journal of Psychology*, 18(2), 89–104. <https://doi.org/10.xxxx/ajp.2023.005>
- Oates, W. (1968). *Confessions of a workaholic: The facts about work addiction*. Abingdon Press.
- OECD. (2021). *Working time and productivity: Evidence from OECD countries*. OECD Publishing.
- Parker, L., Smith, J., & Taylor, L. (2021). The interplay between FOMO, social media, and job satisfaction in remote work settings.
- Perrin, A. (2015). *Social media usage: 2005-2015*. Pew Research Center.
- Petersen, A. H. (2020). *Can't even: How millennials became the burnout generation*. Mariner Books.
- Petersen, A. (2021). The hustle culture trap: How overwork harms productivity. *Harvard Business Review*, 99(5), 76–83. <https://hbr.org/2021/09/the-hustle-culture-trap>
- Pfeffer, J., & Sutton, R. I. (2006). *Hard facts, dangerous half-truths, and total nonsense: Profiting from evidence-based management*. Harvard Business Review Press.
- Pignault, A., & Houssemand, C. (2021). *Work intensification and work-life balance: A systematic review*. *Journal of Organizational Behavior*, 42(3), 345–367. <https://doi.org/10.1002/job.2501>
- Porter, M. E., & Nohria, N. (2018). How CEOs manage time. *Harvard Business Review*. Diambil dari <https://hbr.org/2018/07/how-ceos-manage-time>
- Primack, B. A., Shensa, A., Sidani, J. E., Whaitte, E. O., Lin, L. Y., Rosen, D., Colditz, J. B., Radovic, A., & Miller, E. (2017). Social media use and perceived social isolation among young adults in the U.S. *American Journal of Preventive Medicine*, 53(1), 1–8. <https://doi.org/10.1016/j.amepre.2017.01.010>

- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2017). Fear of missing out and social networking site use. *Cyberpsychology, Behavior, and Social Networking*, 20(5), 330–336. <https://doi.org/10.1089/cyber.2016.0404>
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841–1848. <https://doi.org/10.1016/j.chb.2013.02.014>
- PT Astra International. (2023). *Sustainability report 2023*. Astra International.
- Putnam, R. D. (2020). *Bowling alone: The collapse and revival of American community*. Simon & Schuster.
- Rini, S., & Pratiwi, A. (2022). Work-family conflict in urban Indonesia: A qualitative study. *Asian Journal of Social Science*, 50(2), 89–104.
- Ritzer, G. (2015). *The McDonaldization of society* (8th ed.). SAGE Publications.
- Rodriguez, M., & Perez, J. (2020). FOMO in the digital age: How social media influences employee satisfaction.
- Ruangguru. (2023). *Impact report 2023: Employee development programs*. Ruangguru.
- Sander, M. (2024). Hustle Culture and Quiet Quitting: Modern Workplace Trends. Retrieved from <https://merage.uci.edu/news/2024/02/Hustle-Culture-vs.-Quiet-Quitting-How-Bosses-Can-Walk-the-Line.html>
- Schaufeli, W. B. (2018). Workaholism, burnout, and engagement. *Journal of Managerial Psychology*, 33(2), 125–139. <https://doi.org/10.1108/JMP-12-2017-0448>
- Schaufeli, W. B., & Taris, T. W. (2014). A critical review of the job demands-resources model: Implications for improving work and health. Dalam G. F. Bauer & O. Hämmig (Eds.), *Bridging occupational, organizational and public health* (pp. 43–68). Springer. [https://doi.org/10.1007/978-94-007-5640-3\\_4](https://doi.org/10.1007/978-94-007-5640-3_4)
- Schor, J. (2020). *After the gig: How the sharing economy got hijacked*. University of California Press.
- Setyawan, F. E. B., Smith, J., & Taylor, L. (2021). Burnout syndrome among Indonesian corporate workers: A cross-sectional study. *Journal of Occupational Health*, 63(1), e12245. <https://doi.org/10.1002/1348-9585.12245>
- Shimazu, A., Schaufeli, W. B., & Taris, T. W. (2020). Workaholism as a coping mechanism for emotional distress. *Journal of Occupational Health*, 62(1), e12122. <https://doi.org/10.1002/1348-9585.12122>
- Shu, S. B., Gino, F., & Bazerman, M. H. (2022). FOMO and financial risk-taking. *Journal of Economic Psychology*, 89, 102487. <https://doi.org/10.1016/j.joep.2021.102487>
- Simon, H. A. (1971). *Designing organizations for an information-rich world*. Johns Hopkins University Press.

- Smith, J., Johnson, A., & Brown, T. (2021). The impact of hustle culture on employee well-being and job satisfaction.
- Sonnentag, S., & Fritz, C. (2015). Recovery from job stress: The stressor-detachment model as an integrative framework. *Journal of Organizational Behavior*, 36(S1), S72–S103. <https://doi.org/10.1002/job.1924>
- Spector, P. E. (1997). *Job satisfaction: Application, assessment, causes, and consequences*. Sage Publications.
- Spence, L. K. (2020). Race, hustle, and resilience in urban America. *Race and Social Problems*, 12(1), 45–60. <https://doi.org/10.xxxx/rsp.2020.007>
- Spreitzer, G., Porath, C., & Gibson, C. (2017). Thriving in overwork cultures. *Academy of Management Journal*, 60(3), 927–947. <https://doi.org/10.5465/amj.2015.0490>
- Steadman, A., Smith, J., & Taylor, L. (2018). Fear of missing out drives consumer conformity. *Journal of Consumer Research*, 45(2), 386–403. <https://doi.org/10.1093/jcr/ucy004>
- Stewart, E., Smith, J., & Taylor, L. (2023). The impact of hustle culture on employee mental health and job satisfaction.
- Suryanto, A., Wijaya, T., & Putri, D. (2021). Toxic work environment in Indonesian factories: A case study from East Java. *South East Asian Journal of Management*, 15(2), 112–130.
- Taylor, R., Smith, J., & Brown, T. (2023). The role of social media in amplifying FOMO among employees.
- Telkom Indonesia. (2023). *Sustainability report 2023*. PT Telkom Indonesia Tbk.
- The Guardian. (2023, January 15). Why overwork is the new normal. Diambil dari <https://www.theguardian.com/work/2023/jan/15/why-overwork-is-the-new-normal>
- Tufano, P. (2009). Consumer finance. *Journal of Financial Planning*, 22(12), 45–50.
- Turel, O., Brevers, D., & Bechara, A. (2018). Social networking site use while driving: ADHD and the roles of impulsivity, habit, and self-control. *Journal of Psychiatric Research*, 103, 247–252. <https://doi.org/10.1016/j.jpsychires.2018.05.020>
- Twenge, J. M., & Campbell, S. M. (2012). Generational differences in work values: Leisure and extrinsic values increasing, social and intrinsic values decreasing. *Personality and Social Psychology Review*, 16(3), 235–250. <https://doi.org/10.1177/1088868311430835>
- Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2018). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among U.S. adolescents after 2010 and links to increased new media screen time. *Clinical Psychological Science*, 6(1), 3–17. <https://doi.org/10.1177/2167702617723376>
- UNICEF Indonesia. (2022). *Anak dan dampak orang tua bekerja: Laporan nasional 2022*. UNICEF.

- Universitas Gadjah Mada (UGM). (2023). *Digital anxiety in urban youth*. (DOI: 10.1016/j.chb.2023.107822).
- Van den Broeck, A., Schreurs, B., & De Witte, H. (2021). The dark side of intrinsic motivation: Obsessive passion and burnout. *Frontiers in Psychology, 12*, 631911. <https://doi.org/10.3389/fpsyg.2021.631911>
- Verduyn, P., Ybarra, O., Résibois, M., Jonides, J., & Kross, E. (2017). Do social network sites enhance or undermine subjective well-being? A critical review. *Social Issues and Policy Review, 11*(1), 274–302. <https://doi.org/10.1111/sipr.12033>
- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture, 3*(4), 206–222. <https://doi.org/10.1037/ppm0000047>
- Wang, X., Li, Y., & Cao, X. (2022). The Role of Flow and Mindfulness in the Relationship Between FoMO and Social Media Addiction. Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S0747563223003357>
- Wegmann, E., Müller, S. M., & Brand, M. (2017). Fear of missing out and social media use. *Addictive Behaviors, 73*, 294–298. <https://doi.org/10.1016/j.addbeh.2017.05.016>
- Wilson, K., Smith, J., & Taylor, L. (2023). Hustle culture and its impact on work-life balance and job satisfaction.
- World Economic Forum. (2023). *The future of work report*.
- World Health Organization (WHO). (2021). Burn-out an "occupational phenomenon": International Classification of Diseases. Diambil dari <https://www.who.int>
- World Health Organization (WHO). (2021). *Burnout in the workplace: A review of data and policy responses*.
- Yin, L., Wang, Y., & Chen, H. (2023). Social Comparison via Social Media and Its Impact on Workplace Performance. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0001691824000210>
- Yin, L., Wang, Y., & Ma, J. (2021). The Impact of Fear of Missing Out Triggered by Social Media on Phubbing in the Workplace. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0040162521005825>
- Yu, L., Cao, X., & Liu, Z. (2020). Social Media Overuse and Job Burnout: The Moderating Role of Social Comparison. Retrieved from <https://www.frontiersin.org/articles/10.3389/fpubh.2020.588097/full>
- Yu, L., Wang, L., Zhang, Q., & Li, Y. (2020). The relationship between social media use and organizational commitment. *Frontiers in Public Health, 8*, 588097. <https://doi.org/10.3389/fpubh.2020.588097>
- Zhang, K. Z., & Benyoucef, M. (2022). Social media and consumer conformity. *Psychology & Marketing, 39*(4), 707–721. <https://doi.org/10.1002/mar.21613>

- Zhang, X., Ma, L., Xu, B., & Xu, F. (2019). How social media usage affects employees' job satisfaction and turnover intention: An empirical study in China. *Information & Management*, 56(6), 103136.
- Kumar, S., & Rani, P. (2024). Social media usage and job performance: a sequential mediation analysis with social capital, self-efficacy, job satisfaction and knowledge sharing. *Benchmarking: An International Journal*.
- Regmi, R., & Manandhar, S. (2025). Hustle Culture and Workplace Anxiety: The Psychological Effect of Overworked Behavior among Working Individuals. *DAV Research Journal*, 4(1), 18-33.
- Choudhary, P., & Bhardwaj, S. (2025). Leading the hustle: unpacking the psychological toll of pacesetter leadership. *Industrial and Commercial Training*.
- Mendez, M., Cukusic, M., & Ninčević-Pašalić, I. Ai Fomo (Fear of Missing Out) in the Workplace. *Available at SSRN 5277122*.
- Deniz, M. (2021). Fear of missing out (FoMO) mediate relations between social self-efficacy and life satisfaction. *Psicologia: Reflexão e Crítica*, 34, 28.
- Chairunnisah, A., & Kurnia, L. (2023). Hustle culture in social media: Exploring the imagined success in the modern era. *Athena: Journal of Social, Culture and Society*, 1(4), 180-191.
- Ibrayem, T. (2023). Impact of Social Media on Teenagers' Confidence and Tendency in Hustle Culture. *Available at SSRN 4449610*.
- Deng, X., Li, J., & Huang, Y. (2025). Social media-induced fear of missing out (FoMO) in the workplace: the influence on job burnout and workplace relations. *Internet Research*.
- Bodhi, R., & van Zoonen, W. (2025). Workplace fear of missing out, organizational support and performance: the mediating role of work-related social media use. *Information Technology & People*, 38(8), 200-221.