

## DAFTAR PUSTAKA

- Adnan, A., Fatimah, M., Zulfia, M., & Hidayati, F. (2016). Pengaruh dukungan sosial terhadap harga diri remaja desa wono ayu Kecamatan Wajak. *Jurnal Psikologi Islam*, 13(2), 53-58.
- Akbar, Z., & Kartika, K. (2016). Konflik peran ganda dan keberfungsian keluarga pada ibu bekerja. *Jurnal penelitian dan pengukuran psikologi*, 5(2), 63-69.
- Alshibani, S., & Volery, T. (2020). Social support and life satisfaction among entrepreneurs: a latent growth curve modelling approach. *International Journal of Manpowe*.
- Apsaryanthi, N., & Lestari, M. (2017). Perbedaan tingkat psychological well-being pada ibu rumah tangga dengan ibu bekerja di kabupaten di Gianyar. *Jurnal Psikologi Udayana*, 4(1), 110-118.
- Baer, R., Smith, G., & Allen, K. (2004). Assessment of mindfulness by self-report: the kentucky inventory of mindfulness skills. *Assessment*, 11(3), 191.
- Berger, E. (2012). Happy working mothers investigating the effect of maternal employment on life satisfaction. *Economica*, 01, 1–21.
- Bester, E., Pravani, N., & Botha, A. (2015). The role of mindfulness in the relationship between life satisfaction and spiritual wellbeing amongst the elderly. *Social Work*, 52(2), 245-266. <http://dx.doi.org/10.15270/52-2-503>
- Brown, K., & Ryan, R. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848.
- Brown, K., Ryan, R., & Creswell, J. (2007). Mindfulness: theoretical foundations and evidence for its salutary effects. *Psychological Inquiry*, 18(4), 211-237.
- Chen, J.-M., & Lan-Lin, P. (2000). Daily life demands, social support, life satisfaction, and health working women and housewives. *Humanities and Social Sciences*, 2(1), 119-127.
- Dami, Z., Tameon, S., & Alexander, F. (2018). Spiritual well-being as an intervening variable mindfulness and life satisfaction. *Konselor*, 7(4), 124-137.
- Dianto, M. (2017). Profil dukungan sosial orangtua siswa di smp negeri Kecamatan Batang Kapas Pesisir Selatan. *Jurnal counseling Care*, 1(1), 42-51.

- Didonna, F. (2008). *Clinical handbook of mindfulness*. Springer.
- Diener, E., & Biswas-Diener, R. (2008). *Happiness unlocking the mysteries of psychological wealth*. Blackwell Publishing.
- Fauzi, M. (2018). *Diklat psikologi keluarga* (Edisi-1). PSP Nusantara.
- Garmer, C., Siegel, R., & Fulton, P. (2005). *Mindfulness and psychotherapy*. Guilford Publications.
- Han, J., Leng, X., Gu, X., Li, Q., Wang, Y., & Chen, H. (2021). The role of neuroticism and subjective social status in the relationship between perceived social support and life satisfaction. *Personality and Individual Differences*, 168, 1-6. <https://doi.org/10.1016/j.paid.2020.110356>
- Handayani, A., Afiati, T., & Adiyanti, M. (2015). Studi eksplorasi makna keseimbangan kerja keluarga pada ibu bekerja. *Seminar Psikologi & Kemanusiaan: Psychology Forum UMM*. 30-36
- Huda, N. (2012). *Kontribusi dukungan sosial terhadap kepuasan hidup*. [Skripsi, Universitas Airlangga]. Perpustakaan Universitas Airlangga. <http://journal.unair.ac.id/download-fullpapers-jpkka087c0f39ffull/>
- Huston, D., Garland, E., & Farb, N. (2011). Mechanisms of Mindfulness in Communication Training. *Journal of Applied Communication Research*, 39(4), 406-421.
- Islamiyah, A., Sismawati, M., & Kaloeti, V. (2020). Pengaruh psikoedukasi mindfulness singkat pada kemampuan regulasi emosi mahasiswa. *Jurnal Ilmiah Psikologi Terapan*, 8(1), 66-74.
- Kabat-Zinn, J. (2001). Mindfulness based interventions in context: past, present, and future. *Mindfulness in Medicine, Health Care, and Society*, 10(1), 144-156.
- Kaptyen, A., Smith, J., & Soest, A. V. (2009). *Comparing Life*. Rand Labor and Population publications.
- Kasprzak, E. (2010). Perceived social support and life-satisfaction. *Polish Psychological Bulletin*, 41(4), 144-154.
- Kirana, A., & Moordiningsih. (2010). Studi korelasi efikasi diri dan dukungan sosial dengan prestasi akademik: telaah pada siswa perguruan tinggi. *Jurnal Ilmiah Berkala Psikologi*, 12(1), 47-54.
- Kong, F., Wang, X., & Zhao, J. (2014). Dispositional mindfulness and life satisfaction: the role of core self-evaluations. *Personality and Individual Differences*, 56, 165–169.

- Kumampung, D. (2020, Desember 10). *Kelelahan jalani peran ibu adalah hal yang nyata*. Lifestyle.kompas.com. <https://lifestyle.kompas.com/read/2020/kelelahan-jalani-peran-ibu-adalah-hal-yang-nyata/>
- Langer, E. (2000). Mindful Learning. *Current directions in psychological science*, 9(6), 220-223.
- Lestari, D. (2016). Eksistensi perempuan dalam keluarga (kajian peran perempuan sebagai jantung pendidikan anak). *Muwazah*, 8(2), 258-267.
- Lestari, S. (2016). *Psikologi keluarga: penanaman nilai dan penanganan konflik dalam keluarga* (Edisi-1). Prenadamedia Grub.
- Marni, Y., & Yuniawati, R. (2015). Hubungan antara dukungan sosial dengan penerimaan diri pada lansia di panti wredha budhi dharma Yogyakarta. *Emphaty*, 3(1), 1-7.
- Martikainen, L. (2009). The many faces of life satisfaction among finnish young adults' humak, university of applied sciences. *Journal Happiness Study*, 10, 721-737
- Maslihah, S. (2011). Studi tentang hubungan dukungan sosial, penyesuaian sosial di lingkungan sekolah dan prestasi akademik siswa smpit assyfa boarding school Subang Jawa Barat. *Jurnal Psikologi Undip*, 10(2), , 103-114.
- Megawati, F. (2019). Review literatur: adult life satisfaction. *Psikovidya*, 23(1), 46-63.
- Moreno-Murcia, J., Beladon, N., Huéscar, E., & Torres, M. (2017). Social support, physical exercise and life satisfaction in women. *Revista Latinoamericana de Psicología*, 1-9. <http://doi.org/10.1016/j.rlp.2016.08.002>
- Munandar, H., Situmorang, N., & Tentama, F. (2010). Subjective well-being pada pekerja perempuan. *Seminar nasional dan call for paper : "community psychology" sebuah kontribusi psikologi menuju masyarakat berdaya dan sejahtera*. Fakultas Psikologi Universitas Muhammadiyah Jember. 28-36
- Na-Nan, K., & Wongwiwatthananukit, S. (2020). Development and validation of a life satisfaction instrument in human resource practitioners of thailand. *Journal Open Innovation Technology Market Complexcity*, 6, 1-16.
- Novanto, Y. (2018). *Kepuasan Hidup Akademisi di Indonesia: Suatu Studi Kepustakaan*. Seminar Nasional dan Temu Ilmiah Positive Psikologi. Universitas Airlangga. 349-358

- Novanto, Y., & Pali, M. (2019). Teacher's life satisfaction in palopo and toraja: an analysis study based on demographic factors. *Jurnal Sains Psikologi*, 8(2), 207-217.
- Nurjannah, F. (2019). *Hubungan antara work family balance dan mindfulness dengan kebahagiaan pada karyawan di kota Yogyakarta*. [Skripsi, Universitas Ahmad Dahlan]. Perpustakaan Universitas Ahmad Dahlan. <http://eprints.uad.ac.id/14792/>
- Oh, H., Ozkaya, E., & Iarose, R. (2014). How does online social networking enhance life satisfaction the relationships among online supportive interaction, affect, perceived social support, sense of community, and life satisfaction. *Computers in Human Behavior*, 30, 69–78.
- Pavot, W., & Diener, E. (2008). The satisfaction with life scale and the emerging construct of life satisfaction. *The Journal of Positive Psychology*, 3(2), 137–152.
- Princy, & Kang, T. (2013). Life satisfaction as a correlate of death anxiety among elderly. *Indian Journal of Health and Wellbeing*, 4(1), 121-124.
- Putri, S., & Yudianto, A. (2021). Mindfulness kurang efektif untuk meningkatkan kepuasan hidup: studi meta-analisis. *Jurnal Psikologi Udayana*, 8(1), 49-57.
- Raboteg-Šarić, Z., Brajša-Žganec, A., & Šakić, M. (2008). Life satisfaction in adolescents: the effects of perceived family economic status self-esteem and quality of family and peer relationships. *Institute of Social Sciences Ivo Pilar*, 3(4), 547-564.
- Raharjo, Y., & Sumargi, A. (2018). Dukungan sosial dan kepuasan hidup pada mahasiswa universitas katolik widya mandala Surabaya yang berasal dari luar Jawa. *Jurnal Experientia*, 6(1), 1-9.
- Rekawati, E., Sahar, J., & Wati, D. (2020). Dukungan penghargaan keluarga berhubungan dengan kualitas dan kepuasan hidup lansia di Depok. *Jurnal Penelitian Kesehatan Suara Forikes*, 11(2), 116-169.
- Rusyanti, A. (2017). *Pengaruh dukungan sosial terhadap psychological well-being wanita dewasa madya*. [Skripsi, Universitas Muhammadiyah Malang]. Perpustakaan Universitas Muhammadiyah Malang. <http://eprints.umm.ac.id/43858/>
- Sarafino, E., & Smith, T. (2011). *Health psychology biopsychosocial interactions* (Edisi-7). John Wiley & Sons, Inc.

- Sarason, I., Pierce, G., & Sarason, B. (2015). Social support and interactional processes: a triadic hypothesis. *Journal of Social and Personal Relationship*, 7, 495-506.
- Sarriera, J., Bedin, L., Cassas, F., Calza, T., & Abs, D. (2015). Relationship between social support, life satisfaction and subjective well-being in Brazilian adolescents. *Psychological*, 14(2), 460-473.
- Sears, D., Freedman, J., & Peplau, L. (2008). *Psikologi sosial* (Edisi-5). Erlangga.
- Taheri, A., Ahadi, H., Kashani, F., & Kermani, R. (2014). Mental hardiness and social support in life satisfaction of breast cancer patients. *Social and Behavior Sciences*, 159, 406-409.
- Tusya'ni, A. (2010). *Hubungan dukungan sosial dan kesejahteraan psikologis pada ibu bekerja di kantor sekretariat daerah pemerintah Provinsi Jawa Tengah*. [Skripsi, Universitas Medan Area]. Perpustakaan Universitas Medan Area. <http://repository.uma.ac.id/bitstream/>
- Umniyah., & Afiyatin, T. (2009). Pengaruh pelatihan pemusatan perhatian (mindfulness) terhadap peningkatan empati perawat. *Jurnal Intervensi Psikologi*, 1(1), 17-40.
- Wafiq, A. (2019). *Hubungan antara mindfulness dengan distress psikologis pada penyandang diabetes melitus tipe 2*. [Skripsi, Universitas Islam Negeri Sunan Ampel Surabaya]. Perpustakaan Universitas Islam Negeri Sunan Ampel Surabaya. <http://library.uinsby.ac.id/30584/>
- Wahyuni, E., & Maulida, I. (2019). Hubungan antara kepuasan hidup dan kesejahteraan psikologis pada siswa sma negeri se-Jakarta Pusat. *Jurnal Bimbingan dan Konseling*, 8(2), 173-180.
- Wang, W., Li, J., Sun, G., Cheng, Z., & Zhang, X. (2017). Achievement goals and life satisfaction: the mediating role of perception of successful agency and the moderating role of emotion reappraisal. *Psicologia: Reflexão e Crítica*, 3, 30-25.
- Waskito, P., Loekmono, J., & Dwikurnaningsih, Y. (2018). Hubungan antara mindfulness dengan kepuasan hidup mahasiswa bimbingan dan konseling. *Jurnal Kajian Bimbingan dan Konseling*, 3(3), 99-107. <https://doi.org/10.17977/um001v3i32018p099>
- Yeni, F. (2013). Hubungan emosi positif dengan kepuasan hidup pada lanjut usia (lansia) di Kota Padang Provinsi Sumatera Barat. *Ners Jurnal Keperawatan*, 9(1), 10-21.
- Yuan, Z., Xiang, Y., & Chen, Z. (2020). Mindfulness associates life satisfaction: the mediating role of internal control and the presence of meaning in life.

*Mental Health Promotion*, 23(1), 15-25.  
<http://doi.org/10.32604/IJMHP.2021.012787>

Yunita, R. D. (2000). *Dilema Ibu Bekerja*. Surakarta: Universitas Muhammadiyah Surakarta.

Yustari, A., & Sari, J. (2020). Perbedaan tingkat kepuasan hidup ibu bekerja dan ibu rumah tangga. *Jurnal ikesma*, 16(1), 1-6.

Zupancic, M., Komidar, L., & Levpuscek, M. (2014). Individuation in slovene emerging adults: its associations with demographics, transitional markers, achieved criteria for adulthood, and life satisfaction. *Journal of Adolescence*, 3(14), 1-13.

