

DAFTAR PUSTAKA

- Andejumo, V. (2021). Beyond Diversity, Inclusion, And Belonging. *Leadership*, 17(1), 62-73. <https://doi.org/10.1177/1742715020976202>
- Annafi, B. U., Hasan, R. Y., & Ticoalu, L. D. (2025). Pengenaan Pajak Daerah Terhadap Perguruan Tinggi Negeri Badan Hukum. *Jurnal Kajian Konstitusi*, 5(1), 104–128. <https://doi.org/10.19184/J.Kk.V5i1.53702>
- Alam, L. (2016). Internalisasi Nilai-Nilai Pendidikan Islam Dalam Perguruan Tinggi Umum Melalui Lembaga Dakwah Kampus. *Istawa : Jurnal Pendidikan Islam*, 1(2), 101–119. <https://doi.org/10.24269/Ijpi.V1i2.171>
- Alhabsyi, M., Azma, A., & Hamka, H. (2023). Implementasi Manajemen Mutu Pendidikan Di Sma Al Azhar Mandiri Palu. *Jurnal Integrasi Manajemen Pendidikan*, 2(1), 20-29.
- Amir, F. (2021). Manajemen Program Ekstrakurikuler Untuk Meningkatkan Kegiatan Prestasi Non-Akademik Siswa Di Man 3 Cirebon. *Eduvis: Jurnal Manajemen Pendidikan Islam*, 6(1), 80-92.
- Arora, A., Khanna, B., Kamra, A., & Rai, M. (2024). Relationship Between Hustle Culture And Psychological Wellbeing Of Secondary School Students. *International Journal Of Humanities And Social Science Invention*. <https://doi.org/10.35629/7722-1309101107>
- Baron, Robert A.; Byrne, Donn R. 2000. *So-Cial Psychology* (9th Edition). Usa: Al-Lyn & Bacon.
- Balkeran, A. (2020). *Hustle Culture And The Implications For Our Workforce*. Cuny Academic Works.
- Braun, V., & Clarke, V. (2021). *Thematic Analysis: A Practical Guide*. Sage Publications.
- Budiarjo, M. A., & Ulinnuha, R. (2022). Strategic Appropriation On Hustle Culture As Positive Trend. *Jurnal Mahasiswa Bk An-Nur: Berbeda, Bermakna, Mulia*, 9(3), 102–110.
- Budiarjo, M. A., & Ulinnuha, R. (2023). Strategic Appropriation On Hustle Culture As Positive Trend. *Jurnal Mahasiswa Bk An-Nur: Berbeda, Bermakna, Mulia*, 9(3).

- Byrne, E., Ferris-France, N., & Crehan, E. (2025). Singing And Wellbeing. In *Routledge International Handbook Of Wellbeing Arts* (Pp. 267-277). Routledge.
- Cameron, N., & Schell, L. (Eds.). (2021). *Human Growth And Development*. Academic Press.
- Casali, E. (2022). *Disrupting Hustle Culture: An Explorative Research Project Addressing The Question, "What Does It Mean To Be Productive?"*.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, And Mixed Methods Approaches* (4th Ed.). Sage Publications.
- Creswell, J. W., & Poth, C. N. (2018). *Qualitative Inquiry And Research Design: Choosing Among Five Approaches* (4th Ed.). Sage Publications.
- Christina, J. L., Alamelu, R., & Nigama, K. (2025). Synthesizing The Impact Of Sustainable Human Resource Management On Corporate Sustainability Through Multi Method Evidence. *Discover Sustainability*, 6(1), 666.
- Denzin, N. K. (2017). *The Research Act: A Theoretical Introduction To Sociological Methods*. Routledge.
- Dingle, G. A., Sharman, L. S., Bauer, Z., Beckman, E., Broughton, M., Bunzli, E., Davidson, R., Draper, G., Fairley, S., Farrell, C., Flynn, L. M., Gomersall, S., Hong, M., Larwood, J., Lee, C., Lee, J., Nitschinsk, L., Peluso, N., Reedman, S. E., ... Wright, O. R. L. (2021). How Do Music Activities Affect Health And Well-Being? A Scoping Review Of Studies Examining Psychosocial Mechanisms. *Frontiers In Psychology*, 12, 713818. <https://doi.org/10.3389/fpsyg.2021.713818>
- Duffy, R. D., Dik, B. J., Douglass, R. P., England, J. W., & Velez, B. L. (2021). Obsessive Passion, Workaholism, And The Perils Of The Hustle Culture. *Journal Of Counseling Psychology*, 68(1), 1–14. <https://doi.org/10.1037/Cou0000485>
- 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.

- Formica, S., & Sfodera, F. (2022). The Great Resignation And Quiet Quitting Paradigm Shifts: An Overview Of Current Situation And Future Research Directions. *Journal Of Hospitality Marketing & Management*, 31(8), 899–907. <https://doi.org/10.1080/19368623.2022.2136601>
- Freedman-Diamond, P. (2024). *Toxic Striving: Why Hustle And Wellness Culture Are Leaving Us Anxious, Stressed, And Burned Out—And How To Break Free*. New Harbinger Publications.
- Hamill, L. (2019). How Organizations Can Actively Show Employees They Care. *Forbes*. Retrieved October 26, 2022.
- Hamka, H., Hakim, L., & Thohri, M. (2023). The Influence Of Organizational Culture, Teacher Performance, And Teacher Competence On The Quality Of Education At Mts. Putra Nurul Hakim, Kediri District. *Jurnal Ilmiah Profesi Pendidikan*, 8(2), 1286-1291.
- Hamouche S, Koritos C, Papastathopoulos A (2023), "Quiet quitting: relationship with other concepts and implications for tourism and hospitality". *International Journal of Contemporary Hospitality Management*, Vol. 35 No. 12 pp. 4297–4312, doi: <https://doi.org/10.1108/IJCHM-11-2022-1362>
- Handfield, R. B., & Melnyk, S. A. (1998). The Scientific Theory-Building Process: A Primer Using The Case Of Tqm. *Journal Of Operations Management*, 16(4), 321–339. [https://doi.org/10.1016/S0272-6963\(98\)00017-5](https://doi.org/10.1016/S0272-6963(98)00017-5)
- Harter, J. (2022). Is Quiet Quitting Real. Gallup. Com.
- Hastuti, P., Wahyuningrat, W., & Setianto, A. Y. (2025). The Phenomenon Of Quiet Quitting In The World Of Work: A Sociological Perspective On The Change In The Professional Ethos Of Generation Z. *Socius Journal*, 2(3), 51-56.
- Headlee, C. A. (2020). *Do Nothing: How To Break Away From Overworking, Overdoing, And Underliving*. Harmony.
- <https://undip.ac.id/organisasi-kemahasiswaan>
- Irma, I., Azzahra, R. Q., Patiung, R., & Bakar, R. M. (2022). Pencegahan Perilaku Hustle Culture Pada Karyawan Di Pt Pertamina Patra Niaga

Regional Sulawesi Melalui Psikoedukasi Non-Pelatihan. *Devote: Jurnal Pengabdian Masyarakat Global*, 1(2), 71–76.

Iskandar, R., & Rachmawati, N. (2022). Perspektif Hustle Culture Dalam Menelaah Motivasi Dan Produktivitas Pekerja. *Jurnal Publikasi Ekonomi Dan Akuntansi (Jupea)*, 2(2), 108–117.

Jones, J. W. (1981). Dishonesty, Burnout, And Unauthorized Work Break Extensions. *Personality And Social Psychology Bulletin*, 7(3), 406–409.

Kelly, J. (2019). More Than Half Of Us Workers Are Unhappy In Their Jobs. Here's Why And What Needs To Be Done Now. Pick: Forbes. [Ochttps://Www. Forbes. Com/Sites/Jackkelly/2019/10/25/More-Than-Half-Of-Usworkers-Are-Unhappy-In-Their-Jobs-Heres-Why-And-What-Needs-To-Be-Donenow.](https://www.forbes.com/sites/jackkelly/2019/10/25/more-than-half-of-us-workers-are-unhappy-in-their-jobs-heres-why-and-what-needs-to-be-donenow)

Klotz, A., & Bolino, M. (2022, September 15). When Quiet Quitting Is Worse Than The Real Thing. *Harvard Business Review*. [https://Hbr.Org/2022/09/When-Quiet-Quitting-Is-Worse-Than-The-Real-Thing](https://hbr.org/2022/09/when-quiet-quitting-is-worse-than-the-real-thing)

Kouzes, J. M., & Posner, B. Z. (2017). *A Coach's Guide To Developing Exemplary Leaders: Making The Most Of The Leadership Challenge And The Leadership Practices Inventory (Lpi)*. John Wiley & Sons.

Kumar, A. (2025). "Silent Resistance or Strategic Withdrawal? Rethinking Employee Engagement in the Era of Quiet Quitting". *Journal of Informatics Education and Research*. <https://doi.org/10.52783/jier.v5i2.3034>.

Kvale, S., & Brinkmann, S. (2009). *Interviews: Learning The Craft Of Qualitative Research Interviewing* (2nd Ed.). Sage Publications.

Lincoln, Y. S., & Guba, E. G. (1985). *Naturalistic Inquiry*. Sage Publications.

Lincoln, Y. S., & Guba, E. G. (1991). *Naturalistic Inquiry*. Sage Publications.

Lomazzi, V. (2022). A Catalyst For Social Change? Work-Life Balance And The Covid-19 Pandemic Response Policies: Implications For Gender Equality. *Autonomie Locali E Servizi Sociali*, 1, 25–34. [https://Doi.Org/10.1447/104027](https://doi.org/10.1447/104027)

- Lorelie, C. (2020). *Hustle Culture: Why Is Everyone Working Too Hard. The Post-Grad Survival Guide.*
- Mahand, T., & Caldwell, C. (2023). Quiet Quitting—Causes And Opportunities. *Business And Management Research*, 12(1), 9-19.
- Marshall, C., & Rossman, G. B. (2021). *Designing Qualitative Research* (7th Ed.). Sage Publications.
- Martignetti, F. (2024). “Sing, Sit, And Leave”: Engagement And Disillusionment In A High School Chorus. *International Journal Of Research In Choral Singing*, 12.
- Maslach, C., & Jackson, S. E. (1981). The Measurement Of Experienced Burnout. *Journal Of Occupational Behaviour*, 12, 99–113.
- Maslach, C., & Leiter, M. P. (1997). *The Truth About Burnout*. Jossey-Bass.
- Maslach, C., & Leiter, M. P. (2021). Understanding The Burnout Experience: Recent Research And Its Implications. *World Psychiatry*, 20(2), 216–225. <https://doi.org/10.1002/Wps.20864>
- Maslach, C., Leiter, M. P., & Schaufeli, W. B. (2008). Measuring Burnout. In C. L. Cooper & S. Cartwright (Eds.), *The Oxford Handbook Of Organizational Wellbeing* (Pp. 86–108). Oxford University Press.
- Matos, K., O'Neill, O., & Lei, X. (2018). Toxic Leadership And The Masculinity Contest Culture: How “Win Or Die” Cultures Breed Abusive Leadership. *Journal Of Social Issues*, 74(3), 500-528.
- Metris, D. (2024). Hustle Culture: Menceremati Tren Perilaku Yang Mendorong Kesuksesan Tanpa Henti. *Al-Kalam: Jurnal Komunikasi, Bisnis Dan Manajemen*, 11(1), 111-131.
- Miles, M. B., & Huberman, A. M. (1994). *Qualitative Data Analysis: A Sourcebook Of New Methods*. Sage Publications.
- Miles, M. B., & Huberman, A. M. (2007). *Analisis Data Kualitatif*. Universitas Indonesia Press.
- Miles, M. B., Huberman, A. M., & Saldaña, J. (2014). *Qualitative Data Analysis: A Methods Sourcebook* (3rd Ed.). Sage Publications.

- Mn, J., Cp, P. K., & Bhanu, B. (2025). Hustle Culture In Academia: A Study On Its Impact On Faculty Performance In Bangalore-Based Higher Education Institutions. *Advances In Consumer Research*, 2(4).
- Moran, H., Karlin, L., Lauchlan, E., Et Al. (2020). Understanding Research Culture: What Researchers Think About The Culture They Work In. *Wellcome Open Research*, 5, 201. <https://doi.org/10.12688/Wellcomeopenres.15832.1>
- Moustakas, C. (1994). *Phenomenological Research Methods*. Sage Publications.
- Narendra, Z. A., & A'yuninnisa, R. N. (2025). Emotional Well-Being Matters Most: How Job Flourishing Reduces Quiet Quitting Among Generation Z In Indonesia. *Jurnal Ilmu Perilaku*, 9(1), 1–19. <https://doi.org/10.25077/Jip.9.1.1-19>
- Nurendra, A. M., & Saraswati, M. P. (2016). Model Peranan Work-Life Balance, Stres Kerja Dan Kepuasan Kerja Pada Karyawan. *Humanitas*, 13(2), 84–96.
- Öztürk, C., & Özdoğan, D. (2022). Örgütsel Bağlılık İle İş Doyumu İlişkisi: Tatvan Devlet Hastanesi Örneği. *Uluslararası Yönetim Ve Sosyal Araştırmalar Dergisi*, 9(17), 1-10.
- Pichler, S., Kohli, C., & Granitz, N. (2021). Ditto Untuk Gen Z: Kerangka Kerja Untuk Memanfaatkan Keunikan Gen-Baru Erasi. *Cakrawala Bisnis*, 64(5), 599e610
- Reslaj: Religion Education Social Laa Roiba Journal volume 6 Nomor 12 (2024) 5843 –5859p-Issn 2656-274xe-Issn 2656-4691doi: 10.47476/Reslaj.V6i12.48215843| Volume 6 Nomor 12 2024
- Robbins, S. P., & Judge, T. A. (2011). *Perilaku Organisasi*. Salemba Empat.
- Robbins, S. P., & Judge, T. A. (2012). *Organizational Behavior* (14th Ed.). Nobel Yayincilik.
- Rothbard, N. P., & Edwards, J. R. (2022). Quiet Quitting: Understanding Disengagement At Work. *Academy Of Management Perspectives*, 36(4), 589–604. <https://doi.org/10.5465/Amp.2022.0064>

- Rozentals, A. (2022, October 12). The Hustle Culture Has No Future—Enter The Break Culture. *Forbes*.
- Saldaña, J. (2021). *The Coding Manual For Qualitative Researchers* (4th Ed.). Sage Publications.
- Scheyett, A. (2022). Quiet Quitting. *Social Work*, 68(1), 5–7. <https://doi.org/10.1093/sw/swac051>
- Schaufeli, W. B., Bakker, A. B., & Van Rhenen, W. (2009). How Changes In Job Demands And Resources Predict Burnout, Work Engagement, And Sickness Absenteeism. *Journal Of Organizational Behavior*, 30, 893–917. <https://doi.org/10.1002/job.595>
- Schaufeli, W. B., Salanova, M., González-Romá, V., & Bakker, A. B. (2002). The Measurement Of Engagement And Burnout. *Journal Of Happiness Studies*, 3(1), 71–92. <https://doi.org/10.1023/A:1015630930326>
- Serenko, A. (2023). The Great Resignation, Quiet Quitting, And The Future Of Work. *Journal Of Business Research*, 156, 113491. <https://doi.org/10.1016/j.jbusres.2022.113491>
- Serenko, A. (2024). The Human Capital Management Perspective On Quiet Quitting. *Journal Of Knowledge Management*, 28(1), 27–43. <https://doi.org/10.1108/jkm-10-2022-0792>
- Simons, H. (1993). Why Singers Quit. *The Choral Journal*, 34(3), 37–40.
- Sitorus, M. G., & Rachmawati, R. (2024). Analysis Of The Quiet Quitting Phenomenon With Work Engagement And Job Satisfaction As Mediators, Study Of Employees In Indonesia Banking Industry. *Eduvest-Journal Of Universal Studies*, 4(11), 10671-10793.
- Smith, J., & Johnson, L. (2022). Mentorship In Choirs: Impact On Individual Growth And Overall Choir Development. *Journal Of Research In Choral Education*, 36(2), 78–92.
- Spradley, J. P. (1980). *Participant Observation*. Holt, Rinehart And Winston.
- Skodova, Z., Lajciakova, P., & Banovcinova, L. (2017). Burnout Syndrome Among Health Care Students: The Role Of Type D Personality. *Western Journal Of Nursing Research*, 39(3), 416-429.

- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif, Dan R&D*. Alfabeta.
- Sussman, M., & Bateman, T. S. (2021). The Normalization Of Overwork. *Human Relations*, 74(11), 1793–1817. <https://doi.org/10.1177/00187267211001234>
- Takacs Haynes, K., & Rašković, M. (2021). Living With Corruption In Central And Eastern Europe: Social Identity And The Role Of Moral Disengagement. *Journal Of Business Ethics*, 174(4), 825-845.
- Toska, A., Dimitriadou, I., Togas, C., Nikolopoulou, E., Fradelos, E., Papathanasiou, I., Sarafis, P., Malliarou, M., & Saridi, M. (2025). Quiet Quitting in the Hospital Context: Investigating Conflicts, Organizational Support, and Professional Engagement in Greece. *Nursing Reports*, 15. <https://doi.org/10.3390/nursrep15020038>.
- Undang-Undang No. 12 Tahun 2012 Tentang Perguruan Tinggi
- Van Der Sandt, J., & Nardi, C. (2024). The Benefits Of Choral Singing. *International Journal Of Community Music*. https://doi.org/10.1386/ijcm_00098_1
- Van Manen, M. (1990). *Researching Lived Experience*. Suny Press.
- Wardani, M., Riyadi, S., & Sumiati, S. (2024). The Influence Of Work Motivation, Work-Life Balance, And Work Productivity On Hustle Culture. *International Journal Of Social Science Humanity & Management Research*. <https://doi.org/10.58806/ijsshmr.2024.V3i1n20>
- Watkins, M. (2013). What Is Organizational Culture? And Why Should We Care. *Harvard Business Review*, 15(1), 1-5.
- Xueyun, Z., Yang, Q., & Al Mamun, A. (2024). Predicting The Quiet Quitting Intention Among The Generation Z Workforce In Hotel Industry. *Journal Of Quality Assurance In Hospitality & Tourism*, 1–30. <https://doi.org/10.1080/1528008x.2024.2393336>
- Yang, X., Li, J., & Zhang, Y. (2023). Hustle Culture And Employee Well-Being. *Frontiers In Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1187421>

Yang, X., Li, J., & Zhang, Y. (2023). Work Overload, Burnout, And Quiet Quitting Intentions. *Frontiers In Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1193847>

Zenger, J., & Folkman, J. (2022). Quiet Quitting Is About Bad Bosses, Not Bad Employees. *Harvard Business Review*, 31.

Zepeda, G. L. (2019). Factors Affecting Millennials' Attrition In The Workplace And How To Boost Retention.

