

SUBJECTIVE WELL BEING THE CAREER WOMAN OF MIDDLE AGE ADULTS WHO ARE SINGLE

Tetty Winda Siregar

Tigabolon. Sidamanik 21171
tetty.siregar@yahoo.com

Faculty Master of Science Degree In Psychology-Industrial and Organizational,
University Gunadarma,
Street Margonda Raya No. 100, Depok 16424

ABSTRACT

This research aims to find out the cause of the subject is still single, knowing depiction of subjective well being the subject and aware of the factors that led to the existence of subjective well being in the subject. The methods used are qualitative research methods. The subject of the study amounted to one person of the female sex, age 41 years, becoming a career woman who is still single or unmarried. Engineering data collection done is interview and observation. The results showed that the cause of women's careers associate adulthood still single because the subject feel comfortable and enjoy his life as well as the subject too think his career so forget his personal life as well as the subject of family giving the freedom to define the subject in his life. The description of the SWB in women adult age career associate is subject more to feel positive feelings such as joy aphek, grateful, concern for the family, share against fellow and try to improve the situation although the subject ever feel like a failure and negative aphek is desperate, and the subject also has the satisfaction of living. Factors that cause the SWB on the subject was the Extrovert nature of factors (open), optimistic, positive relationships, social contacts and an understanding of the meaning and purpose.

Keywords: Subjective Well Being, Career Woman, An Adult Associate

INTRODUCTION

In the span of human life will always happen the developmental process. (Hurlock, 1996) divides the life span can be divided into nine periods, i.e. before the birth, the new born (until the end of the second week), infancy (the end of the second week to the end of the second year), early childhood (2-10 years), puberty (10-13 years), teenagers (13-18 years), adults (18-40 years), adults (40-60 years) intermediate, advanced and mature (60 years until he died). Of the nine that period can be seen that when compared to the previous period, the deawas is the longest time in the life span of an individual. Havighurst (in Hurlock, 2004) said that the age of majority or popular Vice with the term middle-aged has the longest span of time compared to the previous period. In the period of adult individual with Vice generally experienced a number of problems related to the adjustment of the role of the new, starting from the achievement or job, declining physical condition, the streotip society, the family and other so on. so interfere with the balance which had been formed earlier.

One of the characteristics known at adult age i.e. associate associate is the age period of achievement. According to Erikson in Hurlock (1980), people will be more successful or otherwise they stop and not doing anything else. Moreover, persons aged adults associate has a strong willpower to succeed, they will reach its peak at this age and glean results from periods of preparation and hard work that was done before.

Achievement on someone can be done one of them with work. In accomplishing a feat no restrictions both men and women. They each have equal opportunities in the working world. Undeniable in the era of globalization as now, not a few women who choose to work outside the home. According to the Central Bureau of statistics (2012), in the year 2012 there were 43.3 million the number of women working in Indonesia and the amount of the increase in the amount of 1, 642 million from the previous year. At the age of adult women in Indonesia, associate the work reached the amount of 14 million people.

Currently target women work more than earn revenue, but also wanted to perform meaningful, for others, self actualize and modify the image as long as it States they do not have the ability to work optimally. Gender equality is indeed has become an international issue, this is shown by the movement of radical feminism that tends to the Western world. In the Western world, the plural is already a career and become a major life choices for women. While married and bear children often become life-choice number two. Careers more attractive and more "appreciated" rather than struggling with the Affairs of children and households.

Women who decide to work there is also married who is unmarried (single). For single women chose to pursue a career in addition to economic demands, too pessimistic because they to get married. At the age of twenty years, the goal of most unmarried women is marriage. When unmarried at the age of 30 years old they tend to swap life goals and values towards the values and objectives as well as a new lifestyle that berorientasi on the job, success in career and personal enjoyment (Hurlock, 1980) to perform the block. something Hurlock (1980) mention, thirty years of age as a critical age for women who are not married. For them, the age of thirty is a choice that has the intersection. Usually their lives often tinged with anxiety when at the age of three has not yet married. The advantages gained from single status that is owned by a woman for example have the freedom, to have privacy and personal rights intact, allowing a person in pursuit of the goal of a career without having to compromise commensurate with others, more permits to build or undergo a variety of interpersonal relationships (relationship of friendship) and expand the Association. While the loss may be felt by people who aren't married is a sense of loneliness and the incidence of feeling out-group because of being in a community that a majority of its people are the ones who are already married. (Matlin, 1987). Khastiti (2012) in its survey in Fimela mentioned that there are several reasons a single career woman. A career woman originally menyampingkan affair partner because it was enjoying the job and pursue a career focus. When all requirements have been met that arose late persaan married. Iskandar (Femina, 2002) stated that married or not married, in the age of now is an option. The decision to single taken with full awareness, not because ' not sold ' or nothing like it. Further in the interview conducted with a few single women in Femina (2002) they state that the reason they got now single because they asyikdengan his career, not feeling confident that with married they are definitely happy, and they feel happy when there is no binding or prohibit. The good being single by choice or because of other things will affect the level of life satisfaction. Mature women associate today prefer living single due to its own life satisfaction for the individual. Sarnianto (2002) explains that the requirements of the community often make single people experiencing mental or emotional pressure, one of which they can not feel satisfaction in live his life. Satisfaction of life itself is a term often associated with happiness and quality of life. For some people the happiness is measured by the satisfaction of seeing how his life is

going. If they are satisfied they will also tell her happy. Whereas to assess life satisfaction is different for each individual. Each individual has his own ideal constraints are used to measure the level of satisfaction of his life. Therefore it becomes very subjective life satisfaction depends on restricted ideal which is owned by each individual. When we talk about life satisfaction, then there could be released from how one assesses the quality of his life. Assessment of quality of life are usually seen from the individual satisfaction against his life and vice versa. People will feel satisfied when the quality of his life is good. On the other hand, people have a good quality of life because it was satisfied that the achievement will have been reached.

Reality can be found people who are satisfied with everything you have in your life, such as material, position and family but still not feeling happy with her life. There's also a feel bad qualities of her life but turned out to be in the keterpurukannya it could still feel the happiness. Then it can be said that someone could just be satisfied but not happy, feel happy but her life worse or feel happy although not satisfied with her life.

Life satisfaction is a subjective assessment on the quality of life of a person (Sousa & Lyubomirsky in Diponegoro, 2008). Furthermore can be interpreted as satisfaction or acceptance of someone over the events in his life or the fulfillment of the desires and needs of someone in his life as a whole. One other term also relates to the kepuasanhidup adalahsubjective well beingatau the subjective well-being. Diener et al (1999) revealed that subjective well being is composed of two components, namely aphek and life satisfaction. Aphek is a direct evaluation of the individual picture over events that occurred in his life, the individual will be in action with positive aphek if you have something good, and vice versa. The dominant positive aphek tend to be reflected as subjective well being. Diener, Scollon and Lucas (2003) mention that subjective well being is not definable way in one form only. subjective well being can mean pleasure, happiness, life satisfaction, positive emotions, the meaningfulness of life or the sense of love. Study of subjective well being indicates that psychological experts increasingly believe that there are positive aspects in man which is important for the researched. Positive psychology viewed humans as a figure able to decide how to look at life. Positive psychology is centered on the meaning of life, how human beings interpret everything that is happening in itself, where the meaning is very subjective (Seligman, 2005). Subjective well being already since a long time regarded as a core component of the good life (the good life). Individuals with a level of subjective well being that high in General has a number of awesome quality (Diener, 2000). This individual will be better able to control his emotions and deal with a variety of events in life with better, but individuals with a level of subjective well being that low would look down his life and considers events occurring as that is not fun so arise unpleasant emotions such as anxiety, depression, and anger (Myers and Diener in the Alky, 2009). When individuals are unable to resolve the issue that is being experienced firsthand, it will be unpleasant emotions arise within him. This situation can cause the individual concerned feel dissatisfied and unhappy in his life. According to Diener, Suh, and Oishi (1997) internal experiences that that individual is described as a subjective well being. To achieve the subjective well being, the individual themselves that determine the ideal standards of life to prosper. Adult associate not forever be a trap and an empty nest but could also be the best age. Women career status married/already raised a family or career woman with the status still single could be an option. The opinion of Lul (in Perry, 1995 Felce &), stating that things that are considered important by each individu

different from the one and the other. While Edgerton (in Perry, 1995 Felce &), said that only the individual can determine his own influences and aspects of life against the welfare of her life

Departing from this, subjective well-being is very important so that human beings with different background, with a variety of subjektifitas, can achieve satisfaction or referred to by the term subjective well being. Interesting to then examine the subjective well-being in adulthood with Vice. As for the research of subjective well being that suggests about job satisfaction and subjective well being if some research shows a positive relationship between the job satisfaction with subjective well being, Judge and Locke (in Russel, 2008) find the relationship of the interplay between job satisfaction with subjective well being on nurses. The cause was perceived by the individual well-being affect them in the gathering and merecall information about their work. Individuals that happy or unhappy tend to save, evaluate, and merecall information in a way that berebeda compared to individuals who are not happy.

Based on the above description of the researchers are interested in seeing how the description of subjective well being of adult age career women associate who is still single. Where the period of adult onset time was associate emotional pressures that affect satisfaction in living the life. The State of the Vice and mature age are still single would affect the evaluation of the individual adult single welfare assessment against vice subjektifnya.

RESEARCH METHODS

The approach was conducted in this study is a qualitative approach. The qualitative approach is research that intends to understand the phenomenon of what is experienced by the subject, such as behavior, perception, action and other holistically with mendiskripsikannya in the form of words and language at a special natural context and make use of a variety of natural methods. (Moleong, 2006). The characteristics of qualitative research according to Patton (in Poerwandari, 1998) posited that the study in the natural situation in the sense of discovery-oriented researchers.

The methods used to collect data in this study is to conduct an interview with the subject of women associate that adulthood career still unattached and significant other (a close friend of the subject) as well as through the observations of non participants.

RESULTS AND DISCUSSION

The cause of the subject is still single

Based on the statements of the subject and the significant other at the time of the interview, then it can be known that causes the subject still single because the subject feel comfortable and enjoy his life because the subject is aware that with his own life or not have a non subject husband do anything like going to bed quickly, want to go home the night of the can and a career to a foreign country and out of the area could be free. The subject is too think his career so forget about his personal life. In addition, the family of the subject providing freedom in determining their life because of the subject's family have also seen positive things from the subject matter that is the subject of the work is not just for myself but also subject to help families and also help people about the needy. This corresponds to about the causes of the factors raised by single women

Hurlock (1996), which States that women are single because it is eager to pursue a career and still want freedom they have, too busy taking care of a parent, brother or sister because of the great affection to live out his family.

The description of subjective well being of adult age career woman on vice

Based on the statements of the subject and the significant other at the time of the interview, then it can be known that subjective well being owned by the subject quite well. The subject enjoyed his career because it can transmit and receive his kedaannya although still unattached and make use of the time to the positive. The subject thanks to the style and sincere raring to go because of the hard work of the subject can also be handed out to helping people in need. Subject memenuhin needs his father, helping his brother in need and never send his nephew to graduation. The subject of his work or the results of their hard work not only for himself but also handed out to helping fellow who needs such as helping orphans, adek adek-organization and helps around the needs and work the rigors of distributed also to help others who need such as helping orphans, adek adek-organization and helps the needy. The subject of the plan want to resign from work now because it wanted to try new things such as careers in the investment so that the subject would later have a lot of time to reach your goals and personal rights as well as the subject has time to memorizing the Qur'an. It shows that the subject feel such positive feelings aphek joy, grateful, concern for the family, share against fellow and try to improve the situation. It is in accordance with the theory of Diener (2006) the menyatakan that positive or of achzib aphek fun present mood and emotions are wonderful, such as compassion. Positive emotions or fun is part of subjective well being, because of the emotion-emotion reflects one's reaction against events which shows that life goes according to what he wanted. Further Watson and Tellegen (Diener, Scollon & Lucas, 2003), said that positive aphek is a combination of things that evoke nature (arousal) and incidental fun (pleasantness). Individuals who successfully achieve the subjective well being are generally characterized by high feeling positive or happy. Subjective well being related to the evaluation of a person about his life which includes emotional assessment against various events experienced cognitive assessment of compliance against the satisfaction and fulfillment of life (Diener and Larsen, Edington's, 2005). According to Diener, et al. (1999) positively affects individuals aphek level subjective well being are things that include lightening (joy), the sense of joy (elation), satisfaction (contentment), pride (pride), have a sense of affection (affection), happiness (happiness) , and the excitement of the very (ecstasy).

The subject never experienced failure when the subject wants to take the decision in trying new things but the results did not match the expected time. This relates to the theory expressed by Diener (2006) as saying that the negative or aphek aphek unpleasant present mood and unpleasant emotions and reflect on the negative response experienced by someone as the reaction against life, keadaan and events that they have experienced. In addition, the subject also never felt despair when the subject of the initial work, the subject feels unable to work recently was given but the subject of getting used to it and finally be able to do it. Watson and Tellegen (Diener, Scollon & Lucas, 2003), said that the negative aphek is a combination of things that evoke nature (arousal) and things that are not pleasant (unpleasantness). Some negative affects individuals aphek level subjective well being, that guilt and shame (guilt and shame),

sadness (sadness), anxiety and concern (anxiety and worry), anger (anger), pressure (stress), depression (depression), and malice (Diener, 1999).

The subject of a career in translation can be satisfied to transmit his writing career as an auditor and subject can enjoy an outing to a foreign country and outside areas as well as the subject felt there was satisfaction in her life can see the people who dibantunya successful. It shows that the subject felt the life satisfaction. This is in accordance with the theory by Eid and Larsen (2008), is assessed holistically, whole of life according to the individual or total assessment of life in the period of his life. This reflects that not only the total quantity of things that menyejahterakan lives of individuals at any given time, but also about the quality of distribution, whether it can bring prosperity at individual further more permanent or not. According to Diener (1999) some individual that affects life satisfaction levels of subjective well being, namely the desire to change your life (desire to change life), satisfaction at the moment of the life of the current (satisfaction with current life), satisfaction in life the past (satisfaction with past), future life satisfaction later on (satisfaction with future), and the opinion of the people closest to you about his life (significant others ' views of one life) in (Julia, 2013).

The factors that cause the subjective well being of adult age career women associate who, still single

Based on the above statement inferred that the subject has a subjective well being of a good where the subject more feel positive although the subject of aphek also feel any negative in aphek lived his life. The subject feel any satisfaction in her life. This is in accordance with the theory of Diener & Lucas (Ryan & Deci, 2011) which States that a person can be said to have a high subjective well being when he assesses his life satisfaction is high and feel positive more often compared to aphek aphek negative.

Based on the statements of the subject and the significant other at the time of the interview, then it can be noted that the factors that lead to subjective well being of the subject as it is the subject belongs Extrovert (open) it is apparent from the subject open to his boss about the work and the subject is also happy to tell you about his experience against his friends. This is in accordance with statement of Bradburn (1969) that a social Extrovert nature of the components is the thing that is most associated with well-being, more people hanging out having a greater chance for a positive relationship with others and more opportunities to get positive feedback about him from other people, this means a better well-being.

The subject is optimistic in the achievement of her career in the future, and the subject is also responsible for his job this time by way of working on her duties with full responsibility. In general people are more optimistic about the future reported feeling more happy and satisfied upon her life (Dierner et al., 1999). Scheneider (Ariati, 2010) added that the welfare of themselves will be created when the optimistic attitude that is owned by the individual are realistic.

Of factors positive relationship subject matter against the surrounding environment by helping the environment when there is need. According to Martin Seligman (in 2003, Diener & Scoollon) suggests that the relationship of the individual who is happy to have a good social relationships and quality. Furthermore, the subject also has a good social contacts in the environment as a subject given his brother's legacy even though the subject is not married because families see the goodness of the subject with the help of the family, the subject is appreciated in his work environment because

the subject also has the potential and the subject is appreciated by the people who assisted the subject. This is in accordance with Diener and Seligman (2004) which found that a good social relationships is something that is necessary, but not enough to make subjective well being of a person. That is, a good social relationships does not make someone have subjective well being that tall, but someone with a high subjective well being have traits associated with social good.

Factor in the understanding of the meaning and purpose are also factors that are important in the subjective well being, the subject considers that religion is a living guide and Handbook of living subject in live their lives and the subject is also actively seeking religious activities such as follow the instruction in the environment. Religious people who believe that God has a main control in their lives. Ariati (2010) summarizes in a few studies that have meaning and purpose of life leads to the problem of religuisitas. Ariati (2010) also says that individuals who have a great religiosity will have subjective well being that great anyway.

SUMMARY AND ADVICE

From the results of research on the subject, can be drawn the conclusion that it is basically subject to feel comfortable and enjoy his life because the subject is aware that with live still alone or don't have a non subject husband do anything like going to bed fast can, want to go home the night of the can and a career overseas and out of the area could be free. The subject is too think his career so forget about his personal life. In addition, the family of the subject provides for freedom of untuksubjek in determining their life because of the subject's family have also seen positive things from the subject matter that is the subject of the work is not just for myself but also subject to help families and also help people around who need.

From the results of research on the subject, can be drawn the conclusion that the subjective well being in women career age of Vice dewsa that are still single may be described as the subject feel positive in his life seen aphek from subject enjoyed his career because it can transmit and receive his circumstances although still unattached and make use of the time to the positive. The subject is also thanks to the style and sincere raring to go because of the hard work of the subject can also be handed out to helping people in need. The subject of his father needs help menuhin and her sister in need as well as the subject ever send his nephew to graduation. the subject of his hard work is handed out to helping fellow who needs such as helping orphans, adek adek-organization and helps the needy. The subject of his hard work is handed out to helping fellow who needs such as helping orphans, adek adek-organization and helps the needy. The subject of the plan want to resign from work now because it wanted to try new things such as the careers of investment so that the subject would later have a lot of time to reach your goals and personal rights as well as the subject has time to memorize the Quran.

The subject also never had such negative aphek subject never experienced failure when the subject wants to take the decision in trying new things but the results did not match the expected time and never feel hopeless when the subject of the initial work, the subject feels unable to work recently was given but the subject is getting used to it and finally be able to do it. However, the subject is more feel any aphek positive in his life so that the subject feel any satisfaction in his life seen from the subject of a career in translation can be satisfied to transmit his writing career as an auditor and the

subject can enjoy an outing to a foreign country and outside areas as well as the subject felt there was satisfaction in her life can see the ones that dibantunya successfully. From the results of research on the subject, can be drawn the conclusion that the factors that lead to subjective well being in the subject factor is Extrovert (open), optimism, positive relationships, social contacts and understanding of the meaning and purpose. Extrovert factors seen from the openness of the subject against his boss about the problem of employment and openness of the subject against his friends about his experience. The subject is very optimistic in the achievement of his career to the next and is responsible for the tasks that are carried out. The subject has a good social relationship is visible from the subject matter to the environment. An understanding of the meaning and purpose of the dimilki high subject considers religion is the number one guideline for him in running live and of the subject is also active in seeking the feel of activities religion.

Based on the results of the study so the advice given is as follows:

For The Subject

We recommend that you not just focused on her career but should also think about personal stuff that is a companion of life because in the age of the subject who has reached adulthood it would be more happy if the Assistant is already have a companion for life.

For The Family

The family is expected to not only support the career of the subject but should pay more attention to personal matters about the subject so the subject isn't just focused on her career but also support or give advice so that the subject is willing to find a companion for life.

For The Next Researcher

For researchers interested in the next, against research on subjective well being woman Vice usiadewasa career that is still single, he should seek the refinement process of research so that research results of subjective well being in adult age career women who still associate Bachelorette more optimal. For example, examine when the subject in terms of personality and prososial

BIBLIOGRAPHY

- Abdams I. (1991). Hubungan konsep diri dengan perilaku konsumtif pada buruh wanita di Jakarta. Skripsi (Tidak diterbitkan). Depok: Fakultas Psikologi Universitas Indonesia
- Alky. (2009). Subjective well-being. <http://wartawarga.gunadarma.ac.id/2009/11/subjective-well-being/> Akses 10 Juli 2014.
- Ariati, Jati., 2010 Subjective Well Being (Kesejahteraan subjektif) dan kepuasan kerja pada staff pengajar (Dosen) Dilingkungan Fakultas Psikologi Universitas Diponegoro. Jurnal Psikologi Undip Vol.8, No.2.
- Atwer. E. (1983). Psychology Of Adjustment(2nd edition) . New Jersey: Prentice Hall, Inc.

- Badan Pusat Statistik. (2011). Presentase Rumah Tangga menurut daerah Tempat Tinggal, Kelompok Umur, Jenis Kelamin Kepala Rumah Tangga, dan Status Perkawinan, 2009-2011. [Online]. Tersedia: www.bps.go.id. [05 Juli 2014]
- Bambang Riyanto. 2005, Dasar-Dasar Pembelanjaan Perusahaan, Edisi Keempat, Cetakan Ketujuh, Yogyakarta : YBPFE UGM.
- Basuki, A.M.H. (2006). Penelitian kualitatif untuk ilmu-ilmu kemanusiaan dan budaya. Jakarta: Universitas Gunadarma.
- Bradburn, N.M. (1969). The structure of psychological well-being. Chicago: Aldine.
- Diener, E., Suh E.M., & Oishi, S. (1997). Recent Findings on Subjective Well Being. Indiana Journal of Clinical Psychology.
- Diener, E. D. (1999). Subjective Well Being :Three Decades of Progress. Psychological Bulletin.
- Diener, E. Schwarz, N. (1999). Well-Being: The Foundations of Hedonic Psychology. New York: Russell Sage Foundation
- Diener, E., Suh, M., Lucas, E., Smith, L. (1999). Subjective Well-Being: Three Decades of Progress. Washington, DC: American Psychological Association
- Diener, E. (2000). The optimum level of well-being : Can people be too happy. Departement of Psychology University of Virginia.
- Diener, E. & Scollon, C. 2003. Subjective Well Being is Desirable, but not the Summum Bonum. Workshop on Well Being. Diakses tanggal 22 Maret 2012, dari www.psych.edu.
- Diener, E., Lucas, R. E., dan Oishi, S. (2005). Subjective Well Being: The Science of Happiness and Life Satisfaction. Handbook of Positive Psychology. NC: Oxford University Press.
- Diener, E. (2009). The Science of Well Being: The Collected Works of Ed Diener. USA:Springer.
- Diponegoro, M.. (2008). Psikologi Konseling Islam Psikologi Positif (2th ed.). Yogyakarta: UAD Press.
- Eddington, N. dan Shuman, R.(2005). Subjective Well Being (Happiness).Continuing Psychology Education: 6 Continuing Education Hours.
- Eid, M & J Larsen. (2008). The science of subjective well being. New York, London: The Guildford Press.
- Havighurst, Robert J. (1972). Perkembangan Manusia dan Pendidikan. Bandung: Allyn and Bacon
- Hurlock, E.B. (1980). Psikologi perkembangan : suatu pendekatan sepanjang rentang kehidupan Jakarta : Erlangga.
- Hurlock, E. B. (1993). Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan. (edisi 5). Erlangga
- Hurlock, E. (2004). Psikologi Perkembangan. Jakarta : PT Gramedia Pustaka
- Hoffman, M.L & H.D Saltzstein. (1975). Altruistic Behavior and The Parent Child Relationship. Journal Of Personality and Social Psychology, Vol 5, No.1:45-57
- Julia. 2013. Perbedaan Subjective Well Being Pada Dewasa Awal Yang Sudah Menikah dan Yang Belum Menikah. Skripsi.Fakultas Psikologi Universitas Medan Area.
- Khastiti. (2012). Melajang, Nasib atau Pilihan?. [Online]. Tersedia : <http://http://www.fimela.com/read/2012/05/25/melajang-nasib-atau-pilihan?page=0.0>. [17 Juli 2014]
- Matlin, M.W. (1987). The psychology of women. America: Holt, Rinehart & Winstron, Inc.

- Moleong, L.J. (1999). Metode penelitian kualitatif. Bandung: PT Remaja Rosdakarya
- Moleong, L.J. (2004). Metode penelitian kualitatif. Bandung: PT Remaja Rosdakarya
- Munandar, S.C.U. (2001). Wanita Karier: tantangan dan peluang dalam wanita dalam masyarakat Indonesia: akses, pemberdayaan dan kesempatan. Yogyakarta: Sunan Kalijaga Press.
- Narramore, C. M. (1963). *A Woman's World*. Michigan : Zordevan Publishing House.
- Pavot & Diener, 2004. The Subjective Evaluation of Well-Being in Adulthood: Findings and Implication..
- Perlmutter, M. & Hall, Elizabeth. (1985). Adult Development and Aging. New York: John Wiley&Sons, Inc.
- Perry, J., & Felce, D. (1995). Asessment of Quality of Life. Asociation on Mental Retardation, 1, 63-72
- Poerwandari, E.K. (1998). Pendekatan kualittatif dalam penelitian psikologi. Depok : Lembaga Perkembangan Sarana Pengukuran dan Pendidikan Psikologi Fakultas Psikologi Universitas Indonesia
- Poerwandari, E. K. (2001). Pendekatan kualitatif untuk penelitian perilaku manusia. Jakarta: Lembaga Pengembangan Sarana Pengukuran dan Pendidikan
- Poerwandari, E.K (2005). Pendekatan kualitatif untuk penelitian perilaku manusia. Jakarta: Lembaga Pengembangan dan Pendidikan Psikologi Universitas Indonesia
- Riyanti, B.P.D. & Prabowo, H. (1996). Seri Diktat Kuliah : Psikologi Umum 2. Jakarta: Universitas Gunadarma.
- Russel, J.E.A. 2008. Promoting Subjective Well- Being at Work. Journal of Career Assessment, 16: 118-132
- Ryan, R. M., & Deci, E. L. (2001). On Happines and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being
- Santrock, J. W..2002. Perkembangan Masa Hidup. Jakarta : Erlangga.
- Saxton, L. (1986). The Individual, Marriage and The Family. California: Wadsworth Publishing Company.
- Sigelman, C.K. (1999). Life Span- human Development 3rd edition. USA: Brooks Cole Publishing Company.
- Stein, P. J. (1976) . single. New Tersey : Prentice Hall Inc.
- Seligman, M. E. P (2005). Autentic Happiness: menciptakan kebahagiaan dengan psikologi positif. Bandung: Penerbit Mizan.