

DAFTAR PUSTAKA

- Abdullah. (2004). *Tafsir Ibnu Katsir jilid 7*. Jakarta: Pustaka Imam asy-Syafi'i.
- Adliyani, Z. O. (2015). Pengaruh perilaku individu terhadap hidup sehat. *Majority*, 4(7), 109-114.
- Agustiawan, M. N. (2017). Spiritualisme dalam Islam. *Jurnal Ilmiah Hukum dan Keadilan*, 4(2), 88-106.
- Ainiyah, Q. (2017). Social learning theory dan perilaku agresif anak dalam keluarga. *Jurnal Ilmu Syariah dan Hukum*, 2(1), 91-104.
- Aldwin, C. M., Park, C. L., Jeong, Y.-J., & Nath, R. (2014). Differing pathways between religiousnes, spirituality, and health: a self-regulation perspective. *Psychology of Religion and Spirituality*, 6(1), 9-21.
- Ali, S., & Malik, J. A. (2015). Consistency or predictors across generation: explaining quality of life by family functioning and health-promoting behaviors. *Quality of Life and Resilience*, 24, 2105-2112.
- Amala, Z. (2020, 29 Juni). 8 tips membangun keluarga harmonis menurut Islam, yuk coba! *Pernikahan dan Seks*. Retrieved from <https://www.orami.co.id/magazine/amp/tips-membangun-keluarga-harmonis-menurut-islam/>
- Amin, S. (2019). Eksistensi kajian tauhid dalam keilmuan ushuluddin. *Majalah Ilmu Pengetahuan dan Pemikiran Keagamaan Tajdid*, 22(1), 71-83.
- Ammendolia, C., Cote, P., Cancelliere, C., Cassidy, J. D., Hartvigsen, J., Boyle, E., . . . Ill, B. A. (2016). Healthy and productive workers: using intervention mapping to design a workplace health promotion and wellness program to improve presenteeism. *BMC Public Health*, 16(1190), 1-18.
- Amri, M. S., & Tulab, T. (2018). Tauhid: prinsip keluarga dalam Islam (Problem Keluarga di Barat). *Jurnal Studi dan Penelitian Hukum Islam*, 1(2), 95-134.
- Anam, K. (2016). Pendidikan perilaku hidup bersih dan sehat dalam perspektif Islam. *Jurnal Sagacious*, 3(1), 67-78.
- Andona, A. (2013). Spirituality at workplace. *National Conference on Paradigm for Sustainable Business*, 1-12.
- Apriyono, A., & Taman, A. (2013). Analisis overreaction pada saham perusahaan manufaktur di Bursa Efek Indonesia (BEI) Periode 2005-2009. *Jurnal Nomina*, 2(2), 76-96.

- Ardian, I. (2016). Konsep spiritualitas dan religiusitas (spiritual and religion) dalam konteks keperawatan pasien diabetes melitus Tipe 2. *Jurnal Keperawatan dan Pemikiran Ilmiah*, 2(5), 1-9.
- Ariadi, P. (2013). Kesehatan mental dalam perspektif Islam. *Jurnal Kedokteran dan Kesehatan*, 3(2), 118-127.
- Ariyadi. (2018). Bisnis dalam Islam. *Jurnal Hadratul Madaniyah*, 5(1), 13-26.
- Asamane, E. A., Greig, C. A., Aunger, J. A., & Thompson, J. L. (2019). Perceptions and factors influencing eating behaviours and physical function in community-dwelling ethnically diverse older adults: a longitudinal qualitative study. *Nutrients*, 11, 1-24.
- Ayuwardani, R. P. (2018). Pengaruh informasi keuangan dan non keuangan terhadap underpricing harga saham pada perusahaan yang melakukan initial public offering. *Jurnal Nominal*, 1, 143-158.
- Azwar, S. (2015). *Dasar-dasar psikometrika*. Yogyakarta: Pustaka Belajar.
- Bafadhol, I. (2017). Tujuan hidup dalam perspektif Al-Qur'an. *Al-Tadabbur Jurnal Ilmu Al-Quran dan Tafsir*, 2(3), 25-40.
- Bauto, L. M. (2014). Perspektif agama dan kebudayaan dalam kehidupan masyarakat Indonesia. *Jurnal Pendidikan Ilmu Sosial*, 23(2), 11-25.
- Bertan, C. V., Dundu, A., & Mandagi, R. (2016). Pengaruh pendayagunaan sumber daya manusia (tenaga kerja) terhadap hasil pekerjaan. *Jurnal Sipil Statik*, 4(1), 13-20.
- Bigman, G., Rajesh, V., Koehly, L. M., Strong, L. L., Oluyomi, A. O., Strom, S. S., & Wilkinson, A. V. (2015). Family cohesion and moderate-to-vigorous physical activity among Mexican origin adolescents: a longitudinal perspective. *Journal of Physical Activity and Health*, 12(7), 1023-1030.
- Blum, R., Kelly, A., & Ireland, M. (2001). Health-risk behaviors and protective factors among adolescents with mobility impairments and learning and emotional disabilities. *Journal Adolescent Health*, 28, 481-490.
- Bodling, A., Heneghan, M., Walsh, J. C., Yoon, D. P., & Johnstone, B. (2013). The brief multidimensional measure of religiousness/spirituality with an Irish sample: a factor analysis. *International Journal of Therapy and Rehabilitation*, 20(2), 72-78.
- Bosco-Ruggiero, S. A. (2018). The relationship between americans spirituality/religious beliefs and behaviors and mental health: new evidence from the 2016 general social survey. *Journal of Spirituality in Mental Health*.

- Bourdeaudhuij, I. D., & Oost, P. V. (1998). Family characteristics and health behaviors of adolescents and families. *Psychology and Health, 13*, 785-803.
- Bressert, S. (2020, May 17). *Stress and drinking*. Retrieved from Psych Central: <https://psychcentral.com/lib/stress-and-drinking#1>
- Bronfenbrenner, U. (1986). Ecology of the family as a context for human development: research. *Developmental Psychology, 2*(6), 723-742.
- Cahyaningrum, S. A. (2018). Uji validitas konstruk pada instrumen religiusitas dengan metode Confirmatory Factor Analysis (CFA). *Jurnal Pengukuran Psikologi dan Pendidikan, 7*(1), 49-61.
- Campbell, J., Yoon, D., & Johnstone, B. (2010). Determining relationship between physical health and spiritual experience, religious practices, and congregational support in a heterogeneous medical sample. *Journal of Religion and Health, 49*(1), 3-17.
- Chadajah, S. (2018). Karakteristik keluarga sakinah dalam Islam. *Rausyan Fikr, 14*(1), 113-128.
- Chao, R. C.-L., Manita, J., & Northart, D. (2012). Bronfenbrenner, Urie. *The Encyclopedia of Cross-Cultural Psychology*, 1-2.
- Chen, S.-F., & Lin, C.-C. (2010). The predictors of adopting a health-promoting lifestyle among work site adults with prediabetes. *Journal of Clinical Nursing, 27*13 - 2719.
- Chen, W.-L. (2020). Living arrangements and health-related lifestyle among Taiwanese college students. *Journal of American College Health, 1*-9.
- Choi, A. W. (2012). The relationship between family cohesion and intimacy in dating relationship: a study based on attachment and exchange theories. *Discovery - SS Student E-Journal, 1*, 91-109.
- Coulson, I., Strang, V., Marino, R., & Minichiello, V. (2004). Knowledge and lifestyle behaviors of healthy older adults related to modifying the onset of vascular dementia. *Archives of Gerontology and Geriatrics, 39*, 43-58.
- Daaleman, T. (2004). Religion, spirituality, and the practice of medicine. *Journal of the American Board of Family Practice, 17*, 370-376.
- Dandona, A. (2013). Spirituality at workplace. *National Conference on Paradigm for Sustainable Business, 1*-12.

- Darmawan, A. A. (2016). Faktor-faktor yang mempengaruhi perilaku kunjungan masyarakat terhadap pemanfaatan pelayanan posyandu di Desa Pemecutan Kelod kecamatan Denpasar Barat. *Jurnal Dunia Kesehatan*, 5(2), 29-39.
- Delaney, C. (2003). Spirituality: development, refinement, and psychometric testing of an instrument to assess the human spiritual dimension. *Unpublished Doctoral Dissertation*.
- Dewi, K. S., & Ginanjar, A. S. (2019). Peranan faktor-faktor interaksional dalam perspektif teori sistem keluarga terhadap kesejahteraan keluarga. *Jurnal Psikologi*, 18(2), 245-263.
- Djakfar, M. (2008). *Etika bisnis Islami: tataran teoritis dan praktis*. Malang: UIN-Malang Press.
- Djazari, M., Rahmawati, D., & Nugroho, M. A. (2013). Pengaruh sikap menghindari risiko sharing dan knowledge self-efficacy terhadap informal knowledge sharing pada mahasiswa FIse UNY. *Jurnal Nominal*, 2(2), 181-209.
- Doane, M. J., & Elliott, M. (2015). Religiosity and Self-related health: a longitudinal examination of their reciprocal effects. *Journal of Religion and Health*.
- Dull, V. T., & Skokan, L. A. (1995). A cognitive model of religion's influence on health. *Journal of Social Issues*, 51(2), 49-64.
- Dundas, I. (1994). The family adaptability and cohesion scale iii in a Norwegian sample. *Clinical Research*, 33, 191-202.
- Ekowarni, E. (2001). Pola perilaku sehat dan model pelayanan kesehatan remaja. (2), 97- 104.
- Elkins, D. N., Hedstrom, L. J., Hughes, L. L., Leaf, J. A., & Saunders, C. (1988). Toward humanistic-phenomenological spirituality: definition, description, and measurement. *Journal of Humanistic Psychology*, 28(5), 5-18.
- Ellison, C. G., & Burdette, A. M. (2012). Religion and the sense of control among U.S. Adults. *Sociology of Religion*, 73(1), 1-22.
- Fikar, F. N., Suroto, & Widjasena, B. (2017). Hubungan indeks massa tubuh, durasi kerja, dan beban kerja fisik terhadap kebugaran jasmani karyawan konstruksi di PT. X. *Jurnal Kesehatan Masyarakat*, 5(1), 358-368.
- Fahimah, I. (2019). Kewajiban orang tua terhadap anak dalam perspektif Islam. *Jurnal Hawa*, 1(1), 35-50.
- Faqih, I. (2020). Hak dan kewajiban anak dalam perspektif pendidikan Islam. *Jurnal Studi Agama Islam*, 13(1), 44-63.

- Fisher, J. (2011). The four domains model: connecting spirituality, health, and well-being. *Religions*, 17-28.
- Fok, C. C., Allen, J., Henry, D., & Team, P. A. (2014). The brief family relationship scale: a brief measure of the relationship dimension in family functioning. *Assessment*, 21(1), 67-72.
- Franko, D. L., Thompson, D., Bauserman, R., Affenito, S. G., & Striegel-Moore, R. H. (2008). What's love got to do with it? family cohesion and healthy eating behaviors in adolescent girls. *International Journal of Eating Disorder*, 41(4), 360-367.
- Galen, L. (2012). Does religious belief promote prosociality? A critical examination. *Psychological Bulletin*, 138, 876-906.
- Hamat, A. A. (2017). Representasi keluarga dalam konteks hukum Islam. *Jurnal Pemikiran Hukum dan Hukum Islam*, 8(1), 139-154.
- Hamzah, S. R., Suandi, T., Ismail, M., & Muda, Z. (2018). Association of the personal factors of culture, attitude and motivation with health behavior among adolescents in Malaysia. *International Journal of Adolescence and Youth*, 1 - 11.
- Hanna, K. L., & Collins, P. F. (2015). Relationship between living alone and food and nutrient intake. *Nutrition Reviews*, 73(9), 594-611.
- Hart, A., Bowen, D. J., Kuniyuki, A., Hannon, P., & Campbell, M. K. (2007). Environment within between the social environment within religious organizations and intake of fat versus fruits and vegetables. *Health Education and Behavior*, 34(3), 503-516.
- Hasan, I. (2014). Tasawuf: Jalan rumpil menuju Tuhan. *An-Nuha*, 1(1), 45-63.
- Hatch, R., Burg, M., Naberhaus, D., & Hellnich, L. (1998). The spiritual involvement and beliefs scale. *Journal of Family Practice*, 46, 476-486.
- Hendiarto, Y., & Hamidah. (2014). Hubungan antara self-efficacy dengan perilaku sehat pada penderita jantung koroner. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 03(02), 85 - 89.
- Hijriah, H. Y. (2016). Spiritualitas Islam dalam kewirausahaan. *Jurnal TSAQFAH*, 12(1), 187-208.
- Holt, C. L., Lewellyn, L. A., & Rathweg, M. J. (2005). Exploring religion-health mediators among African American parishioners. *Journal of Health Psychology*, 10(4), 511-527.

- Hsu, W., Chiang, C., & Yang, S. (2014). The effect of individual factors on health behaviors among college students: the mediating effects of ehealth literacy. *Journal of Medical Internet Research, 16*(12), 1 - 11.
- Huang, S.-L., Li, R.-H., & Tang, F.-C. (2010). Comparing disparities in the health-promoting lifestyles of Taiwanese workers in various occupations. *Industrial Health, 48*, 256-264.
- Hulukati, W. (2015). Peran lingkungan keluarga terhadap perkembangan anak. *Musawa, 7*(2), 265-282.
- Hurlbut, J. M., Robbins, L. K., & Hoke, M. M. (2011). Correlations between spirituality and health-promoting behaviors among sheltered homeless women. *Journal of Community Health Nursing, 28*(81), 81-91.
- Husin, A. F. (2014). Islam dan kesehatan. *Islamuna, 1*(2), 194-209.
- Ichsan, N. (2015). Kerja, bisnis, dan sukses menurut Islam. *The Journal of Tauhidinomics, 1*(2), 167-182.
- Ijanson. (2013, March 11). *Emotional undereating*. Retrieved from UNC Center of Excellence for Eating Disorders: <https://uncexchanges.org/2013/03/11/emotional-undereating/>
- Ismatulloh, A. M. (2015). Konsep Sakinah, Mawaddah, dan Rahmah dalam Al-Qur'an (perspektif penafsiran kitab Al-Qur'an dan tafsirnya). *Jurnal Pemikiran Hukum Islam, 14*(1), 53-64.
- Jannah, M. (2018). Konsep keluarga idaman dan Islami. *International Journal of Child and Gender Studies, 4*(2), 87-102.
- Jawaid, H. (2014). Impact of religion/spirituality on health: what are the evidences? *Journal of Psychiatry, 17*(6), 1-5.
- John E. Fetzer Institute. (1999). *Multidimensional measurement of religiousness/spirituality for use in health research: a report of the Fetzer Institute/National Institute on aging working group*. Kalamazoo: Fetzer Institute.
- Jordan, K. D., Masters, K. S., Hooker, S. A., Ruiz, J. M., & Smith, T. W. (2013). An interpersonal approach to religiousness and spirituality: implications for health and well-being. *Journal of Personalidty, 5*, 418-431.
- Jumala, N. (2019). *Nilai spiritual dalam perspektif Islam*. Aceh: MAN 1 Aceh Besar.
- Jumala, N., & Abubakar. (2019). Internalisasi nilai-nilai spiritual Islami dalam kegiatan pendidikan. *Jurnal Serambi Ilmu, 20*(1), 160-172.

- Kallang, A. (2018). Konteks ibadah menurut Al-Quran. 1-13.
- Kaplan, R., & Saccuzzo, D. (2010). *Psychological testing: principle, applications, and issues*. Belmont: Wadsworth.
- Karimulloh & Putra, J. S. (2019). Favoritisme kelompok: perspektif agama Islam. *Dialogia: Jurnal Studi Islam dan Sosial*, 17(2), 241-260.
- Khairunnisa, Sabrian, F., & Safri. (2015). Hubungan gaya hidup dengan prestasi akademik mahasiswa keperawatan Universitas Riau. 2(2), 1186-1194.
- Khalqi, K. (2019). Nilai-nilai utama karakter spiritual keagamaan dan integritas dalam kisah Al-Quran. *Falasifa*, 10(2), 160-176.
- Koenig, H. G. (2012). Religion, spirituality, and health: the research and clinical implications. *International Scholarly Research Network Psychiatry*, 1-33.
- Krishnakumar, S., & Neck, C. P. (2002). The "what", "why", and "how" of spirituality in the workplace. *Journal of Managerial Psychology*, 17(3), 153-164.
- Kumar, R. (2011). *Research methodology: a step-by-step guide for beginners* (3rd ed.). London: SAGE Publications Ltd.
- Lajnah Pentashihan Mushaf Al-Qur'an. (2010). *Spiritual dan akhlak* (Seri 1). Badan Litbang dan Diklat Kementerian Agama RI.
- Lawman, H. G., & Wilson, D. K. (2012). A review of family and environmental correlates of health behaviors in high-risk youth. *Behavior and Psychology*, 20(6), 1142-1157.
- Lerner, D. J., Amick III, B. C., Malspeis, S., & Rogers, W. H. (2000). A national survey of health-related work limitation among employed persons in the United States. *Disability and Rehabilitation*, 22(5), 225-232.
- Levin, J. S. (1994). Religion and health: is there an association, is it valid, is it causal? *Social Science Medical*, 38(11), 1475-1482.
- Levine, D. M., & Stephan, D. F. (2009). *Even you can learn statistics: a guide for everyone who has ever been afraid of statistics*. New Jersey: FT Press.
- Lim, B. C., Kueh, Y. C., Arifin, W. N., & Ng, K. H. (2016). Validation of health promoting lifestyle profile-ii: a confirmatory study with a Malaysian undergraduate students sample. *Education in Medicine Journal*, 8(2), 65-77.
- Lim, L. L., & Kua, E.-H. (2011). Living alone, loneliness, and psychological well-being of older persons in Singapore. *Current Gerontology and Geriatrics Research*, 1-9.

- Lin, W.-H., & Yi, C.-C. (2017). The effect of family cohesion and life satisfaction during adolescence on later adolescent outcomes: a prospective study. *Youth and Society*, 1-27.
- Lozano, F. (2014). *Workweeks are mostly a white-collar issue*. The New York Times.
- Magee, C. A., Heaven, P. C., & Miller, L. M. (2013). Personality change predicts self-reported mental and physical health. *Journal of Personality*, 81(3), 324-334.
- Masters, K. S., Carey, K. B., Maisto, S. A., Cadwell, P. E., Wolfe, T. V., Hackney, H. L., . . . Himawan, L. (2009). Psychometric examination of the brief multidimensional measure of religiousness/spirituality among college students. *The International Journal for the Psychology of Religion*, 19, 106-120.
- McKeown, R. E., Garrison, C. Z., Jackson, K. L., Cuffe, S. P., Addy, C. L., & Waller, J. L. (1997). Family structure and cohesion, and depressive symptoms in adolescents. *Journal of Research on Adolescence*, 7(3), 267-281.
- Meihan, L., & Chung-Ngok, W. (2010). Validation of the psychometric properties of the health-promoting lifestyle profile in a sample of Taiwanese women. *Quality of Life Research*, 20(4), 523-528.
- Misdayanti, S. K., Devy, S. R., & Etika, R. (2016). Relationship between health resources support with exclusive breastfeeding: an observational analytic study. *International Journal of Preventive and Public Health Sciences*, 2(2), 23-26.
- Moos, R. H., & Moos, B. S. (1976). A typology of family social environments. *Family Process*, 15, 351-371.
- Moreira, H., Frontini, R., Bullinger, M., & Canavarro, M. C. (2013). Family cohesion and health-related quality of life of children with type 1 diabetes: the mediating role of parental adjustment. *Journal of Child Family Study*, 1-13.
- Mujahidah. (2015). Implementasi teori ekologi bronfenbrenner dalam membangun pendidikan karakter yang berkualitas. *Lentera*, 21(2), 171-185.
- Murray, J., Fenton, G., Honey, S., Bara, A. C., Hill, M. K., & House, A. (2013). A qualitative synthesis of factors influencing maintenance of lifestyle behaviour change in individuals with high cardiovascular risk. *Cardiovascular Disorders*, 13(48), 1-11.
- Nashrullah, N. (2020). *Rasulullah SAW jelaskan ciri apakah jiwa anda stabil?* Republika.
- Nasution, M. S. (2015). Perspektif filsafat hukum Islam atas hak dan kewajiban suami istri dalam perkawinan. *Jurnal Studi Keislaman*, 15(1), 63-80.

- Nathasia. (2017). *Orang sering lembur lebih rentan kena penyakit mental & mati muda*. IDN Times.
- Neziri, I., & Kamberi, I. (2016). Family cohesion and the efficacy of employees in the working environment. *Mediterranean Journal of Social Sciences*, 7(2), 427-434.
- Neziri, I., & Kamberi, I. (2016). Family cohesion and the efficacy of employees in the working environment. *Mediterranean Journal of Social Sciences*, 7(2), 427-434.
- Oktaviani, Z. (2020). *10 Hadits tentang kesehatan dan kebersihan*. Jakarta: Republika. Retrieved from <https://republika.co.id/berita/q5u6te366/10-hadits-tentang-kesehatan-dan-kebersihan>
- Olson, D. H. (1999). Circumplex model of marital & family systems. *The Journal of Family Therapy*.
- Oman, D., & Thoresen, C. E. (2002). 'Does religion cause health?': differing interpretations and diverse meanings. *Journal of Health Psychology*, 7(4), 365-380.
- Ornelas, I. J., Perreira, K. M., & Ayala, G. X. (2007). Parental influences on adolescent physical activity: a longitudinal study. *International Journal of Behavioral Nutrition and Physical Activity*, 4(3), 1-10.
- Pappas, S. (2012). *8 Ways religion impacts your life*. New York: Live Science.
- Park, C. L. (2007). Religiousness/spirituality and health: a meaning systems perspective. *Journal of Behavioral Medicine*.
- Park, C. L., Edmondson, D., Hale-Smith, A., & Blank, T. O. (2009). Religiousness/spirituality and health behaviors in younger adult cancer survivors: does faith promote a healthier lifestyle? *Journal of Behavioral Medicine*, 32, 582-591.
- Park, C. L., Waddington, E., & Abraham, R. (2018). Different dimensions of religiousness/spirituality are associated with health behaviors in breast cancer survivors. *Psycho-Oncology*, 27(10).
- Parker, C. B. (2014). *Spirituality shaped through cultural understandings*, *Stanford anthropologis says*. Stanford: Standord News.
- Perez-Fortis, A., Diez, S. M., & Padilla, J.-L. (2012). Psychometric properties of the Spanish version of the Health-Promoting Lifestyle Profile II. *Research in Nursing & Health*, 35, 301-313.

- Place, M., Hulsmeir, J., Brownrigg, A., & Soulsby, A. (2005). The Family Adaptability and Cohesion Evaluation Scale (FACES): an instrument worthy of rehabilitation? *Psychiatric Bulletin*, 29, 215-218.
- Polisetty, A., & Sheela. (2017). Factors influencing spirituality. *Journal of Business and Management*, 19(9), 38-42.
- Pradesha, N. T. (2015). *Hasil survei: warga Jakarta kebanyakan kerja, kurang olahraga*. Jakarta: CNN Indonesia.
- Pratomo, D. S., & Astuti, E. Z. (2015). Analisis regresi dan korelasi antara pengunjung dan pembeli terhadap nominal pembelian di indomaret kedungmundu semarang dengan metode kuadrat terkecil.
- Prihartono, N. A., Fitriyani, & Riyadina, W. (2018). Cardiovascular disease risk factors among blue and white-collar workers in Indonesia. *Acta Med Indones - Indones J Intern Med*, 50(2).
- Rahayu, M. (2019). Pola makan menurut hadis Nabi SAW (suatu kajian tahlili). *Jurnal Diskursus Islam*, 7(2), 295-313.
- Rauf, A., Karim, R. A., Marmaya, N. H., Razak, N. A., Khalid, N. N., & Yusof, K. M. (2018). Public awareness towards healthy lifestyle. *International Journal of Academic Research in Business & Social Sciences*, 8(10), 927 - 936.
- Rew, L., & Wong, Y. J. (2006). A systematic review of associations among religiosity/spirituality and adolescent health attitudes and behaviors. *Journal of Adolescent Health*, 38, 433-442.
- Roehlkepartain, E., King, P. E., Wagener, L., & Benson, P. L. (2006). *The handbook of spiritual development in childhood and adolescence*. New Delhi: SAGE Publications.
- Said, S. (2017). Wawasan Al-Qur'an tentang ibadah. *Jurnal Syari'ah dan Hukum Diktum*, 15(1), 43-54.
- Sainul, A. (2018). Konsep keluarga harmonis dalam Islam. *Jurnal Al-Maqasid*, 4(1), 86-98.
- Sakdiyah, E. H. (2013). Dimensi perilaku promosi kesehatan remaja berdasarkan perbedaan jenis kelamin. *Jurnal Psikoislamika*, 10(1), 12-21.
- Saputro, I. W. (2016). Konsep tauhid menurut Abdul Karim Amrullah dan implikasinya terhadap tujuan pendidikan Islam. *Jurnal At-Ta'dib*, 11(2), 259-284.

- Sartika, E., Rodiana, D., & Syahrullah. (2017). Keluarga sakinah dalam tafsir Al-Qur'an. *Al-Bayan: Jurnal Studi Al-Qur'an dan Tafsir*, 2(2), 103-131.
- Sasongko, A. (2015). *Survei: 50 Persen pekerja abaikan gaya hidup sehat*. Jakarta: Republika.
- _____. (2019). *Rasulullah SAW dikenal sebagai pekerja keras*. Jakarta: Reuplika.
- Sessanna, L., Finnell, D., & Jezewski, M. A. (2007). Spirituality in nursing and health-related literature. *Journal of Holistic Nursing*, 25(4), 252-262.
- Sharma, S. K., & Sharma, O. (2016). Spirituality leads to happiness: a correlative study. *The International Journal of Indian Psychology*, 3(2), 50-54.
- Shobir, L. M. (2020). Spiritualitas dalam perspektif agama-agama: sebuah pencarian titik temu. *Indonesian Journal of Humanities and Social Sciences*, 1(1), 119-130.
- Sitanggang, S. (2018). *Memahami Ukhuwah*. Jakarta: Republika.
- Slicker, E. K. (1997). Family adaptability and cohesion: relationship to older adolescent behaviors. 3-13.
- Smedley, T. (2017). *Mengapa generasi milenial hindari acara minum beralkohol di kantor?* BBC Capital.
- Smeer, Z. B. (2009). Kajian hadis-hadis etika makan ditinjau dari aspek kesehatan. *el-Harakah*, 11(2), 85-98.
- Stibich, M., & Gans, S. (2020). *Religion and your health; religion might add years to your life*. Verywell Mind.
- Subdirektorat Statistik Upah dan Pendapatan. (2017). *Statistik pendapatan Februari 2017*. Jakarta: Badan Pusat Statistik.
- Suciani, T., & Nuraini, T. (2017). Kemampuan spiritualitas dan tingkat stres pasien diabetes mellitus di rumah perawatan: studi pendahuluan. *Jurnal Keperawatan Indonesia*, 20(2), 102-109.
- Sudarsono. (2018). Pendidikan ibadah perspektif Al-Quran dan Hadits. *Jurnal Studi Keislaman*, 4(1), 54-65.
- Tabei, S. Z., Zarei, N., & Joulaei, H. (2016). The impact of spirituality on health. *Shiraz E Medical Journal*, 17(6), 1-6.

- Tan, M.-M., Chan, C. K., & Reidpath, D. D. (2013). Religiosity and spirituality and the intake of fruit, vegetable, and fat: a systematic review. *Evidence-Based Complementary and Alternative Medicine*, 1-18.
- Tang, J., Galbraith, N., & Truong, J. (2019). Living alone in Canada. *Insight of Canadian Society*, 1-21.
- Tanjani, P. T., Azadbakht, M., Garmaroudi, G., Sahaf, R., & Fekrizadeh, Z. (2016). Validity and reliability of Health Promoting Lifestyle Profile II in the Iranian elderly. *International Journal of Preventive Medicine*, 7(74).
- Tasbih. (2015). Membentuk keluarga sakinah menurut hadis Nabi SAW. *Jurnal UIN Alauddin*, 69-81.
- Theodorou, A. E. (2015). *Americans are in the middle of the pack globally when it comes to importance of religion*. Washington DC: Pew Research Center.
- Timmins, F., & Caldeira, S. (2019). *Spirituality in healthcare: perspective for innovative practice*. Switzerland: Springer Nature Switzerland.
- Tomljenovic, H., & Bubic, A. (2019). Cognitive and emotional factors in health behaviour: dual-process reasoning, cognitive styles and optimism as predictors of healthy lifestyle, healthy behaviours, and medical adherence. *Current Psychology*.
- Trost, S. G., Sallis, J. F., Pate, R. R., Freedson, P. S., Taylor, W. C., & Dowda, M. (2003). Evaluating a model of parental influence on youth physical activity. *American Journal of Preventive Medicine*, 25(4), 277-282.
- Varekamp, I., van Dijk, F., & Kroll, L. (2013). Workers with a chronic disease and work disability. *Bundesgesundheitsbl*, 56, 406-414.
- Vedanthan, R., Bansilal, S., Soto, A. V., Kovacic, J. C., Latina, J., Jaslow, R., . . . Fuster, V. (2016). Family-based approaches to cardiovascular health promotion. *Journal of The American College of Cardiology*, 67(14), 1725-1737.
- Villarreal-Zegarra, D., & Paz-Jesus, A. (2017). Family cohesion, adaptability and composition in adolescents from Callao, Peru. *Propositos y Representaciones*, 5(2), 21-64.
- von Bonsdorff, M. B., Seitsamo, J., von Bonsdorff, M. E., Ilmarinen, J., Nygard, C.-H., & Rantanen, T. (2012). Job strain among blue-collar and white-collar employees as a determinant of total mortality: a 28-year population-based follow-up. *BMJ Open*, 2, 1-7.

- Waharjani. (2015). Makanan yang halal lagi baik dan implikasinya terhadap kesalehan seseorang. *Jurnal Komunikasi dan Pendidikan Islam*, 4(2), 193-204.
- Walian, A. (2013). Konsepsi Islam Tentang Kerja. *An Nisa'A*, 8(1), 63-80.
- Walker, S. N., Sechrist, K. R., & Pender, N. J. (1995). Health promotion model - instruments to measure health promoting lifestyle: Health-Promoting Lifestyle Profile [HPLP II] (Adult Version). *Deep Blue*.
- Walker, S. N., Volkan, K., Sechrist, K. R., & Pender, N. J. (1988). Health-promoting life styles of older adults: Comparisons with young and middle-aged adults, correlates and patterns. *Advance in nursing science*, 11(1), 76-90.
- Walker, S., & Hill-Polerecky, D. (1996). Psychometric evaluation of the Health-Promoting Lifestyle Profile II. *Unpublished Manuscript*.
- White, J. (2019, October 21). *White-collar vs. blue-collar jobs: what's the difference?* Retrieved from The Street: <https://www.thestreet.com/personal-finance/white-collar-vs-blue-collar-jobs-15132749>
- WHO. (2013). Family as centre of health development. *report of the regional Meeting* (pp. 1-35). Thailand: World Health Organization Publications.
- Widhiarso, W. (2010). *Uji linearitas hubungan*. Yogyakarta: Fakultas Psikologi.
- Widowati, U. (2015). *Tempat kerja yang sehat punya sedikit pegawai yang obesitas*. CNN Indonesia.
- Windratie. (2015). *Stres pekerjaan, pemicu utama stroke masyarakat modern*. Jakarta: CNN Indonesia.
- Wong, W. P. (2012). Underestimated impact of family climate on young adult: mediation and moderation effects of psychosocial maturity on well-being. *Discovery - SS Student E-Journal*, 1, 60-90.
- Yanggo, H. T. (2013). Makanan dan minuman dalam perspektif hukum Islam. *Jurnal Tahkim*, 9(2), 1-21.
- Yudha, S. K. (2018). *Konsultasi syariah: bekerja di usaha yang tidak halal*. Jakarta: Republika.
- Yusfita, L. Y. (2018). Hubungan perilaku sedentari dengan sindrom metabolik pada pekerja. *The Indonesian Journal of Public Health*, 13(2), 143 - 155.
- Zaini, A. (2015). Meneladani etos kerja Rasulullah SAW. *Jurnal Bisnis dan Manajemen Islam*, 3(1), 115-134.

- Zarzycka, B., & Zietek, P. (2019). Spiritual growth or decline and meaning-making as mediators of anxiety and satisfaction with life during religious struggle. *Journal of Religion and Health, 58*, 1072-1086.
- Zeidi, I. M., Hajiagha, A. P., & Zeidi, B. M. (2012). Reliability and validity of Persian version of the Health-Promoting Lifestyle Profile. *Journal of Mazandaran University of Medical Sciences, 21*(1), 102-113.