

An Overview of The Psychological Well-Being of Entrepreneurs in Riau Province

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Abstract

At this time when competition in the economy is increasing and the COVID-19 pandemic situation, not all entrepreneurship entrepreneurs can reach the level of psychological well-being because no one can guarantee whether the business will be successful or not.

This study aims to describe the psychological well-being of entrepreneurs in Riau Province during the COVID-19 pandemic and to determine the differences in psychological well-being among entrepreneurs in Riau Province based on the demographic data of entrepreneurs.

The method used to collect the data on psychological well-being and a demographic scale to distribute the questionnaires to 130 entrepreneurs in Riau Province. The sampling technique used is cluster random sampling. The analytical method used is descriptive analysis and different tests using the program SPSS 23.0.

Based on the analysis test, it was found that entrepreneurs' psychological well-being level in Riau Province was classified as moderate. The dimensions of self-acceptance, positive relationships with others, autonomy, purpose in life, and environmental mastery in entrepreneurship in Riau Province are moderate, while the dimensions of personal growth in entrepreneurship in Riau Province are high. The results also show that the hypothesis is rejected with no significant difference in the psychological well-being of Riau Province entrepreneurs based on the demographic factors tested.

Keywords: *psychological well-being, entrepreneurship, covid-19*



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INTRODUCTION

The more developed a country, the more educated people and the more unemployed people. Therefore, the world of entrepreneurship is increasingly felt important. The development will be more successful if it is supported by entrepreneurs who can create jobs. This is because the government's capacity is very limited. The government will not be able to build all buildings, facilities, and other things because these things will certainly require a lot of budgets, personnel, and supervision (Alma, 2010).

The number of entrepreneurs in Indonesia is not as much as the number of entrepreneurs in neighboring countries such as Malaysia, Singapore, and Thailand. As reported by the Global Entrepreneurship Monitor (GEM) (2016), the number of entrepreneurs in Indonesia only reaches 1.65 percent of the total population of 250 million people. In Riau Province, the number of entrepreneurs is also still small. Data from the Riau Central Statistics Agency (2020) states that the number of entrepreneurs in Riau Province is only 0.10 percent of the 867 million people. This condition is very unfortunate, considering that entrepreneurship has a great opportunity to improve the living economy compared to other jobs, such as civil servants.

If we look further, there are many benefits of entrepreneurship, such as increasing work capacity, reducing unemployment, generating development in the field of production, distribution, environmental protection, welfare, and so on (Alma, 2010). However, not all entrepreneurs can reach the level of happiness and psychological well-being when dealing with globalization at this time when everything is changing so fast.

As the news quoted from LIPUTAN6.com (2014), found an owner of a shop suicide attempt at a hotel in the Jakarta area. This is not the first time an entrepreneur who failed in his efforts chose to end his life. There are several cases presented in the media, such as a president director of a company and vice general treasurer Indonesian Young Entrepreneurs Association (HIPMI), who ended his life by hanging himself at his residence. This is a result of the inability of the individual to develop himself personally so that he cannot determine new attitudes and behaviors that must be taken. In addition, this is also a negative effect of the work pressure faced by an entrepreneur; a good entrepreneur should have self-efficacy, optimism, hope, and the ability to rise so that they can reduce the stressors faced by an entrepreneur.

Being an entrepreneur requires not only physical but psychological factors; an entrepreneur must also consider psychological well-being, in which an entrepreneur must be able to accept himself as a whole, both in his present and his past. Based on research of Ryff on the psychological well-being of individuals. Ryff said that An individual is said to be able to accept himself if he has an attitude positive about himself, knows and accepts everything about him, including his good and bad qualities, and feels positive about his past experiences (Ryff & Keyes, 1995).

Seeing the importance of psychological well-being in entrepreneurship makes the author interested in researching the psychological well-being of entrepreneurs based on demographic data. This is because there are not many studies that show the level of psychological well-being in entrepreneurs based on demographics.

LITERATURE REVIEW

Ryff formulated the concept of psychological well-being, which integrates several theories of human development, clinical psychology theory, and the conception of mental health. Based on this theory, Ryff (1989) defines psychological well-being as a condition in which individuals have positive attitudes towards themselves and others, can make their own decisions, regulate their behavior, can create and manage an environment that suits their needs, have a purpose in life, make life more meaningful, and trying to explore and develop themselves.

Ryff (1995) takes a eudaimonic perspective in describing multifaceted dimensions of psychological well-being. There are six dimensions of psychological well-being, namely: the dimensions of self-acceptance (self-acceptance), positive relationships with others (positive relations with others), autonomy (autonomy), environmental mastery (environmental mastery), the purpose of life (purpose in life), and the dimension of personal development (personal growth).

People who carry out entrepreneurial activities are referred to as entrepreneurs or simply called self-employed entrepreneurs. Frances (2004) said that an entrepreneur responds to the opportunities that exist and has a sense of freedom (sense of freedom) both within himself and the organization to act on opportunities.

Buchari (2010) mentions that an entrepreneur has the following characteristics: belief in one's abilities, orientation to the given task, daring to take risks, having a soul of an effective leader, being future-oriented, possessing original creativity and innovation.

Some entrepreneurs stated that the work they do is their pleasure. Psychological Well-Being is support from inside and from outside. Support from within can be obtained from emotional intelligence in each entrepreneur, and support from outside can be obtained from social support from people around the entrepreneur.

The Psychological Well-Being they got came from their freedom. The freedom to run their business freely is another reward for an entrepreneur. Psychological Well-Being reflects the fulfillment of personal work. Desire strong enough to make their own decisions, take risks, and get rewarded for themselves can be achieved when Entrepreneurs have the freedom to organize their lives personally (Longenecker, 2001).

Based on the explanation above, the hypothesis put forward in this study are:

1. There are differences in the psychological well-being of entrepreneurs based on the length of business.
2. There are differences in the psychological well-being of entrepreneurs based on the type of business.
3. There are differences in the psychological well-being of entrepreneurs based on monthly business turnover.

RESEARCH METHOD

Bungin (2010) revealed that the data collection method is part of the data collection instrument that determines the success or not of a study. In this study, the author uses descriptive quantitative research to know the psychological well-being of entrepreneurs in the Riau Province. The tools used to collect the data in this research area use the form of a scale, which is a way of collecting data by using a list of questions or statements given to the subject that contains items (Azwar, 2012). The Scale of Psychological well-being was created by Carol Ryff in 1989 and has been translated into various languages. The Psychological Well-being Scale used in this study is based on Ryff's (1989) theory with the following aspects self-acceptance, positive relation with others, autonomy, environmental mastery, purpose in life, and personal growth.

In this study, the validity used is content validity, namely the relevance of items with behavioral indicators and with measurement objectives that can be evaluated through common sense, which can assess whether the contents of the scale support the construct theory being measured (Azwar, 2012).

In this study, the reliability test was carried out using the Cronbach alpha formula and the SPSS 23.0 for the windows program. The reliability coefficient value using Cronbach's alpha in this study was 0.846.

This study uses two statistical test analyses calculated using the SPSS 23.0 for windows computer program. The first analysis used is descriptive, and the second statistical analysis is the independent sample T-Test which is used to determine whether there is a significant difference between the two independent groups (Siregar, 2014).

The one-way analysis of variance (One-Way ANOVA) is the subsequent analysis. This analysis tests the presence or absence of differences in studies using one factor, where one factor has three or more groups.

FINDINGS AND DISCUSSION

1. Psychological Well-being Statistics Test Based on Length of Business

Homogeneity Test		Average Value				Average Differences	f	Sig
F	Sig.	1-3 yo	4-6 yo	7-9 yo	Up 10 yo			
0,4	0,7	234,38	231,84	242,55	230,95	601,686	1,544	0,208

Based on the psychological well-being difference analysis test entrepreneurs who are in business for one to three years, four up to six years, seven to nine years, and above ten years.

It is known that entrepreneurs who have been in business for 7-9 years get the highest average score among the other groups with the acquisition of an average value of 242.55, while for the group, the lowest average score is the entrepreneur who has undergone business for over 10 years with an average value of 230.95.

The difference that there are shows a not too significant difference with the value of significance (p) = 0.208 ($p > 0.05$). This shows that there is no significant difference between the psychological well-being of entrepreneurs who are in business for one to three years, four to six years, seven to nine years, and over ten years.

Furthermore, the table below will explain the differences in each dimension of psychological well-being based on the length of effort:

Psychological well-being Dimension	Homogenitas test		Kuadrat Average	f	Sig
	F	Sig			
Self Acceptance	1,153	0,332	12,833	0,67	0,646
Positive Relation With Others	0,805	0,494	18,344	0,54	0,739
Autonomy	1,698	0,173	21,274	1,07	0,384
Purpose in Life	0,869	0,460	17,752	0,62	0,682
Personal Growth	0,193	0,901	9,541	0,39	0,849
Environmental Mastery	1,396	0,249	3,956	0,31	0,903

In the self-acceptance dimension, it is known that entrepreneurs who have been in business for 7-9 years show a better response higher than the other groups, with an average value of 38.90, while the group that shows the lowest response is the group an entrepreneur who has been in business for 4-6 years with an average grade of 36.15. But the differences that exist show differences that are not too significant, with a significance value (p) = 0.646 ($p > 0.05$). This matter showed no significant difference between the dimensions of acceptance to entrepreneurs who have been in business for one to three years, four to six years, seven to nine years, and over ten years.

On the dimension of positive relationships with others, it is known that entrepreneurs who have been in business for 7-9 years show higher responses than the other groups, with an average value of

40.63, while the group showing the lowest response is a group of entrepreneurs who have been in business for 4-6 years with an average value of 39.37. Nevertheless, the differences that exist show that the difference is not too significant, with a significance value (p) = 0.739 ($p > 0.05$). This shows no significant difference between dimensions of positive relationships with others in entrepreneurs who are in business for one to three years, four to six years, seven to nine years, and over ten years.

In the autonomy dimension, it is known that entrepreneurs who have done business for 7-9 years show a higher response than the other groups, with an average value of 39.81, while the group that showed the lowest response was the group an entrepreneur who has been in business for more than 10 years with a value of an average of 35.80. However, the differences that exist show significant differences not too significant with a significance value (p) = 0.384 ($p > 0.05$). This matter showed no significant difference between the dimensions of autonomy in entrepreneurs who have been in business for one to three years, four to six years, seven to nine years, and over ten years.

In the dimension of purpose in Life, it is known that entrepreneurs who have done business for 7- 9 years show a higher response than the other groups, with an average value of 42.54, while the group that showed the lowest response was the group an entrepreneur who has been in business for 1-3 years with an average score of 40.70. But the differences that exist show

differences that are not too significant, with a significance value (p) = 0.682 (p > 0.05). This matter showed no significant difference between the objective dimensions that live on entrepreneurs who run businesses for one to three years, four to six years, seven to nine years, and above ten years.

In the dimension of personal growth, it is known that entrepreneurs who have been in business for 4-6 years show a better response higher than the other groups, with an average value of 41.56, while the group that shows the lowest response is the group an entrepreneur who has been in business for more than 10 years with a value of an average of 40.70. However, the differences that exist show significant differences not too significant with a significance value (p) = 0.849 (p > 0.05). Thing This shows that there is no significant difference between the objective dimensions live on entrepreneurs who run businesses for one to three years, four to six years, seven to nine years, and above ten years.

In the environmental mastery dimension, it is known that entrepreneurs who have been in business for 7-9 years show a better response higher than the other groups with an average value of 39.54, while the group that shows the lowest response is the group an entrepreneur who has been in business for more than 10 years with a value of an average of 36.15. However, the differences that exist show significant differences not too significant with a significance value (p) = 0.903(p > 0.05). This matter showed no significant difference between the mastery dimensions environment for entrepreneurs who run businesses for one to three years, four to six years, seven to nine years, and above ten years.

2. Psychological Well-being Statistics Test Based on Type of Business

Homogenitas Test	F	1,707
	Sig.	0,140
Average Score	Accessories and Clothes	228,46
	Electronic	237,92
	Health and Beauty	224,72
	Culinary	234,94
	Otomotif	247,66
	Household Appliances	227,60
<i>One-Way Anova Test</i>	Average Difference	660,057
	F	1,728
	Sig.	0,136

Based on the psychological well-being comparative analysis test, entrepreneurs who run businesses in accessories and clothing, electronics, health, and beauty, culinary, automotive, and household appliances obtained a significance value (p) = 0.136 (p > 0.05). This shows no significant difference between entrepreneurs' psychological well-being in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

The data above also show differences between groups that are not too significant. An entrepreneur who opened an automotive business has a higher average value than other groups, with an average value of 247.66, while the response with the lowest average value indicated by the entrepreneur who opened a household appliance business with an average value of 227.60. More Furthermore, table 4.21 below will explain the differences between each dimension of psychological well-being based on the type of business:

Psychological well-being Dimension	Homogenitas test		Kuadrat Average	F	Sig
	F	Sig			
Self Acceptance	0,49	0,77	46,51	1,98	0,08
Positive Relation With Others	1,36	0,24	30,46	1,04	0,39
Autonomy	0,85	0,51	37,61	1,61	0,16
Purpose in Life	2.18	0,06	22,31	0,77	0,56
Personal Growth	0.72	0,60	19,14	0,97	0,43
Environmental Mastery	1,00	0,41	15,82	1,04	0,39

In the dimension of self-acceptance, it is known that entrepreneurs who open automotive businesses show a higher response than other groups, with an average value of 39.66, while the group that shows the lowest response is the group of entrepreneurs who open electronic businesses, with an average value of 35.88. However, the difference is not very significant, with a significance value (p) = 0.078 ($p > 0.05$). This shows that there is no significant difference between the dimensions of self-acceptance in entrepreneurs who run businesses in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

In the dimension of positive relationships with other people, it is known that entrepreneurs who open automotive businesses show a higher response than the other groups, with an average value of 41.66, while the group with the lowest response is the group of entrepreneurs who open electronic businesses with an average value. 38.00. However, the difference is not very significant, with a significance value (p) = 0.372 ($p > 0.05$). This shows no significant difference between the dimensions of positive relationships with other entrepreneurs who run businesses in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

In the autonomy dimension, it is known that entrepreneurs who open health and beauty businesses show a higher response than other groups, with an average value of 39.00, while the group that shows the lowest response is the group of entrepreneurs who open an automotive business with an average value of 34.16. However, the difference is not very significant, with a significance value of (p) = 0.092 ($p > 0.05$). This shows that there is no significant difference between the dimensions of autonomy for entrepreneurs who run businesses in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

In the dimension of life goals, it is known that entrepreneurs who open automotive businesses show a higher response than other groups, with an average value of 42.50, while the group that shows the lowest response is the group of entrepreneurs who open electronic businesses with an average value of 39.73. However, the difference is not very significant, with a significance value (p) = 0.446 ($p > 0.05$). This shows that there is no significant difference between the dimensions of life goals for entrepreneurs who run businesses in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

In the dimension of personal growth, it is known that entrepreneurs who open health and beauty businesses show a higher response than other groups, with an average value of 42.72, while the group that shows the lowest response is the group of entrepreneurs who open accessories and clothing businesses with an average value 39.38. However, the difference is not very significant, with a significance value (p) = 0.715 ($p > 0.05$). This shows no significant difference between the dimensions of personal growth in entrepreneurs who run businesses in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

In the environmental mastery dimension, it is known that entrepreneurs who open health and beauty businesses show a higher response than other groups, with an average value of 37.81, while the group that shows the lowest response is the group of entrepreneurs who open a

household appliance business with an average value of 37.81. 35.00 average. However, the difference is not very significant, with a significance value (p) = 0.335 ($p > 0.05$). This shows no significant difference between the dimensions of environmental mastery in entrepreneurs who run businesses in accessories and clothing, electronics, health and beauty, culinary, automotive, and household appliances.

3. Psychological Well-being Statistics Test Based on Monthly Turnover

Homogenitas Test	F	1,333
	Sig.	0,257
Average Score	1-5 Million	236.61
	6-10 Million	231.46
	11-50 Million	233.14
	Up 60 Million	236.33
	Not Fixed	225.80
<i>One-Way Anova Test</i>	Average Difference	
	f	0.733
	Sig.	0.572

Based on the comparative analysis of psychological well-being, entrepreneurs who earn an income of 1-5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month, it is known that entrepreneurs who earn a turnover of 1-5 million per month earn the average score is higher among other groups with an average score of 236.61 while for the group the lowest average value is entrepreneurs who get a non-fixed monthly turnover with an average value of 225.80.

The difference in the average value indicated by the response above did not have a significant difference with a significance value (p) = 0.572 ($p > 0.05$). This shows no significant difference between psychologically well-being entrepreneurs earning incomes of 1-5 million, 6- 10 million, 11-50 million, above 60 million, and income that is not fixed monthly. Furthermore, table 4.23 below will explain the differences in each dimension of psychological well-being based on monthly turnover:

Psychological well-being Dimension	Homogenitas test		Kuadrat Average	f	Sig
	F	Sig			
Self Acceptance	0,35	0,84	44,095	1,983	0,103
Positive Relation With Others	0,62	0,64	46,786	1,758	0,144
Autonomy	0,85	0,49	17,394	0,816	0,518
Purpose in Life	0,68	0,60	14,917	0,542	0,705
Personal Growth	1,72	0,15	5,819	0,281	0,890
Environmental Mastery	1,08	0,36	52,885	2,364	0,200

In the dimension of self-acceptance, it is known that entrepreneurs who get a turnover of 1-5 million per month show a higher response than the other groups, with an average value of 38.63, while the group that shows the lowest response is the group of entrepreneurs who get a non-fixed monthly turnover with average value 37.00. However, the difference is not very significant, with a significance value (p) = 0.103 ($p > 0.05$). This shows no significant difference between the dimensions of self-acceptance in entrepreneurs who earn an income of 1-5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month.

On the dimension of positive relationships with other people, it is known that entrepreneurs who get a monthly turnover of more than 60 million show a higher response than the other groups, with an average value of 42,333, while the group that shows the lowest

response is the group of entrepreneurs who get a non-fixed monthly turnover with an average value of 37.60. However, the difference is not very significant, with a significance value (p) = 0.144 ($p > 0.05$). This shows that there is no significant difference between the dimensions of positive relationships with other people in entrepreneurs who earn incomes of 1-5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month.

In the dimension of autonomy, it is known that entrepreneurs who get a turnover of 1-5 million per month show a higher response than the other groups, with an average value of 37.88, while the group that shows the lowest response is a group of entrepreneurs who get a monthly turnover with a value of an average of 35.20. However, the difference is not very significant, with a significance value (p) = 0.518 ($p > 0.05$). This shows that there is no significant difference between the dimensions of autonomy for entrepreneurs who earn an income of 1-5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month.

In the dimension of life goals, it is known that entrepreneurs who get a turnover of 1-5 million per month show a higher response than the other groups, with an average value of 42.08, while the group that shows the lowest response is the group of entrepreneurs who get a turnover of 6-10 million per month with an average value of 40.30. However, the difference is not very significant, with a significance value (p) = 0.705 ($p > 0.05$). This shows that there is no significant difference between the dimensions of life goals for entrepreneurs who get an income of 1-5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month.

In the dimension of personal growth, it is known that entrepreneurs who get a turnover of 11-50 million per month show a higher response than the other groups, with an average value of 41.51, while the group that shows the lowest response is the group of entrepreneurs who get a turnover of more than 60 million per month with an average value of 39.83. However, the difference is not very significant, with a significance value (p) = 0.890 ($p > 0.05$). This shows that there is no significant difference between the dimensions of life goals for entrepreneurs who earn an income of 1-5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month.

In the environmental mastery dimension, it is known that entrepreneurs who get a turnover of 1-5 million per month show a higher response than the other groups, with an average value of 37.11, while the group that shows the lowest response is the group of entrepreneurs who get a non-fixed monthly turnover with an average value of 37.11. the average value is 20.40. However, the difference is not very significant, with a significance value (p) = 0.200 ($p > 0.05$). This shows that there is no significant difference between the dimensions of environmental control in entrepreneurs who earn incomes of 1- 5 million, 6-10 million, 11-50 million, above 60 million, and income that is not fixed every month.

CONCLUSIONS

The psychological well-being of entrepreneurs in Riau Province is mainly in the moderate category. In the dimensions of self-acceptance, positive relationships with others, autonomy, and environmental control, the majority of entrepreneurs in Riau Province are in the medium category, while in the dimension of personal growth, the majority of entrepreneurs in Riau Province are in the high category. Based on the results of the research data analysis, the suggestion put forward by the writer for this research is that further researchers can look for other factors that can later affect the level of psychological well-being in the field of entrepreneurship.

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