

UPSKILLING AS A RETENTION ENGINE: BUILDING A FUTURE-PROOF WORKFORCE FROM WITHIN

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Abstract

In an era of rapid technological disruption and skill obsolescence, organizations face the dual challenge of closing critical competency gaps and retaining top talent. This study investigates formal upskilling programs as a strategic retention engine, positing that investment in employee growth directly reduces turnover by fostering engagement, career path clarity, and a psychological contract of mutual investment. Using a mixed-methods approach, the research analyzed longitudinal HR data and conducted interviews at a multinational firm before and after implementing a structured, role-specific upskilling initiative. Results demonstrated a 40% reduction in voluntary turnover among participating employees and a significant increase in internal mobility and promotion rates. The discussion identifies key success factors: aligning skills with strategic business goals, providing clear internal career pathways, and ensuring managerial support for learning application. The study concludes that a strategic upskilling program, embedded within a broader talent development philosophy, is a powerful mechanism for future-proofing the workforce and building organizational resilience from within, transforming a cost center into a core retention and competitive advantage strategy.

Keywords: *upskilling, employee retention, talent development, future-proof workforce, internal mobility.*

INTRODUCTION

The Fourth Industrial Revolution, characterized by advancements in artificial intelligence, automation, and digitalization, is fundamentally reshaping the global labor market. The shelf-life of technical skills is shrinking, creating a persistent and widening gap between the capabilities of the existing workforce and the evolving needs of modern business (Burnett & Lisk, 2019). This skills gap presents a severe threat to organizational agility, innovation, and competitive positioning. Concurrently, the war for talent has intensified, with employees increasingly prioritizing personal and professional growth opportunities when choosing and remaining with an employer (Whysall et al., 2019). Traditional responses to skill shortages have often centered on external hiring—recruiting new talent with the desired capabilities. This approach is increasingly fraught with challenges, including intense competition, high recruitment costs, salary inflation, and the risk of cultural misalignment (Gorski et al., 2023). Furthermore, it can demoralize existing employees who perceive a lack of internal opportunity, inadvertently fueling the turnover organizations seek to avoid. These dynamic highlights a critical strategic pivot: the need to view the current workforce not as a static asset but as a primary source of future capability (Rotatori et al., 2021).

Investing in the continuous development of employees, or upskilling, emerges as a compelling strategic imperative. Beyond merely closing technical skill gaps, upskilling is increasingly linked to core human capital outcomes such as employee engagement, loyalty, and retention (Bhupinderpreet Bedi, 2025). When organizations demonstrate a tangible commitment to an employee's long-term employability and career progression, they strengthen the psychological contract, fostering a reciprocal relationship of commitment and effort. This positions upskilling not just as a training activity, but as a central pillar of a sustainable talent strategy (Gorski et al., 2023). Many organizations recognize the existential threat of the skills gap yet struggle to implement effective, strategic upskilling solutions. Frequently, learning and development (L&D) initiatives are fragmented, reactive, or misaligned with business objectives (Ra et al., 2019). They may consist of a generic catalogue of online courses with low completion rates, lacking clear connection to career advancement or real-world application. This ad-hoc approach

fails to address critical skill needs systematically and does not convince employees of the organization's genuine investment in their futures (Jooss et al., 2023). Consequently, a significant opportunity is lost. Without clear, accessible pathways for growth, high-potential employees become disengaged and susceptible to external offers. The organization then incurs the double cost: first, the ongoing productivity loss from an under-skilled workforce, and second, the severe financial and operational burden of replacing departed talent (Dongre & Kanchan, 2025). The core problem, therefore, is the failure to strategically design and integrate upskilling as a holistic retention engine—one that simultaneously builds critical capabilities, demonstrates organizational commitment, and provides a compelling reason for top performers to build their careers internally (Ra et al., 2019). The primary objective of this research is to examine the causal relationship between structured, strategic upskilling programs and key employee retention metrics. It seeks to move beyond correlational claims to identify the mechanisms—such as enhanced engagement, perceived career opportunity, and strengthened psychological contract—through which upskilling influences an employee's decision to stay. Furthermore, the study aims to develop a practical framework for designing upskilling initiatives that are explicitly linked to internal mobility and retention goals, thereby providing organizations with a blueprint for transforming their L&D function from a cost center into a strategic retention engine.

LITERATURE REVIEW

The Evolving Skills Landscape and the Strategic Imperative for Upskilling

The acceleration of technological change has rendered linear career paths and static skill sets obsolete. Research by the World Economic Forum consistently highlights rapid skill displacement and the emergence of new, hybrid roles requiring combinations of technical and human-centric skills. This environment creates a strategic imperative for continuous learning (Rotatori et al., 2021). Upskilling, defined as the process of teaching current employees new, relevant skills to meet evolving job demands, is no longer a discretionary benefit but a core operational necessity for business continuity and innovation (Gorski et al., 2023). Organizations that fail to invest in continuous skill development risk strategic paralysis. A workforce lacking in digital literacy, data analytics capabilities, or adaptive thinking cannot execute transformative business strategies (Rubenstein et al., 2018). These skills gaps directly impact productivity, customer experience, and the ability to compete. Literature positions upskilling as a proactive alternative to the cycle of layoffs and rehiring, advocating for a "build" versus "buy" approach to talent that leverages institutional knowledge and fosters stability (Lyons & Bandura, 2020). Furthermore, the strategic case extends beyond immediate role requirements. Proactive upskilling prepares the organization for future, yet-undefined roles, building organizational resilience. It creates a culture of agility and learning that can better absorb market shocks. Thus, upskilling is framed not as a cost, but as an investment in human capital that yields returns in innovation, operational flexibility, and long-term strategic preparedness (Dongre & Kanchan, 2025).

Upskilling and the Employee Experience: Linking Development to Retention

The relationship between professional development and employee retention is well-established in human resource management literature. Theories of organizational commitment and the psychological contract explain this link (Dongre & Kanchan, 2025). When an organization invests in an employee's growth, it signals a long-term commitment, strengthening the employee's affective commitment—their emotional attachment and identification with the company. This fulfills higher-order needs in Maslow's hierarchy and Herzberg's motivators, leading to greater job satisfaction (Gorski et al., 2023). Employees, particularly in knowledge economies, increasingly view their employment as a dynamic journey of growth. A lack of development opportunity is a primary driver of turnover, often cited as a reason for seeking external positions. Conversely, robust L&D opportunities are a key differentiator in employer branding and a powerful tool for attracting and retaining millennials and Gen Z workers, who prioritize learning and purpose (Burnett & Lisk, 2019). Upskilling programs make the implicit promise of growth explicit and actionable. This section also explores the concept of "employability security." Employees today seek security not in a single job for life, but in their sustained ability to remain employable. Organizations that provide upskills offer this modern form of security (Kumar, 2025). By enhancing an employee's marketable skills, the organization paradoxically increases their external market value while simultaneously increasing the compelling reasons (engagement, loyalty, clear career paths) for them to stay, thereby transforming a potential risk into a retention strength.

Designing Effective Upskilling Programs: Principles for Success

Not all upskilling initiatives are created equal. The literature identifies key design principles that differentiate effective programs from ineffective ones. First and foremost is strategic alignment: the skills being taught must be

directly tied to current or future business goals and competency models. This ensures relevance and justifies organizational investment (Dongre & Kanchan, 2025). A skills gap analysis, linked to the company's strategic plan, is a critical foundational step. Second, effective upskilling must be integrated with career architecture. Employees are more motivated to learn when they can see a clear line of sight between the new skill and a tangible internal opportunity, such as a promotion (Jooss et al., 2023), lateral move, or involvement in a new project. This requires transparent career pathways and internal mobility processes that prioritize upskilled employees. Learning becomes a gateway, not an isolated event. Third, methodology matters. Effective programs blend modalities—incorporating micro-learning, experiential projects, mentorship, and social learning—to cater to different learning styles and ensure application. Just-in-time learning that solves immediate work problems has higher engagement and retention than theoretical, abstract training. Finally, success requires a supportive ecosystem, including manager endorsement, time allocated for learning, and recognition for skill acquisition (Rotatori et al., 2021).

Measuring the Impact: From Completion Rates to Retention ROI

Evaluating the success of upskilling programs requires moving beyond superficial metrics like course completion rates or satisfaction scores (Level 1 & 2 of Kirkpatrick's model). To prove their value as a retention engine, measurement must link to business and talent outcomes. This includes tracking the application of skills on the job (Level 3), its impact on performance metrics (Level 4), and crucially, its effect on talent flow (Burnett & Lisk, 2019). Key performance indicators for upskilling-as-retention include: voluntary turnover rates of program participants versus non-participants; internal promotion and mobility rates for upskilled employees; engagement survey scores related to growth and development; and time-to-fill for critical roles filled internally (Kumar, 2025). Calculating the return on investment involves comparing the cost of the program (development, delivery, employee time) against the savings from reduced turnover (recruitment, onboarding, lost productivity) and the value of improved performance and innovation. Literature cautions against short-term measurement. The full retention and capability benefits of upskilling may manifest over quarters or years. Establishing a longitudinal measurement framework is essential to capture the true ROI (Rotatori et al., 2021). This evidence-based approach is necessary to secure ongoing executive sponsorship and shift the perception of L&D from a discretionary expense to a strategic, data-driven investment in human capital and retention (Burnett & Lisk, 2019).

METHODOLOGY

This study employed an explanatory sequential mixed-methods design, conducted in partnership with a Fortune 500 technology corporation that had launched a large-scale, data science upskilling program 18 months prior (Kumar, 2025). The quantitative phase analyzed longitudinal, de-identified HR data for a cohort of 500 employees who participated in the program and a matched control group of 500 non-participants with similar roles, tenure, and performance ratings. Data points included voluntary turnover, promotion history, internal application rates, and performance appraisal scores over a three-year period surrounding the program launch (Jooss et al., 2024). The qualitative phase followed to explain the quantitative trends. Semi-structured interviews were conducted with 30 employees from the participant cohort (15 who had stayed and 15 who had left the company post-program) and 15 of their direct managers (Jooss et al., 2023). Interview protocols explored motivations for participating, perceptions of organizational support, the application of new skills, impact on career outlook, and factors influencing retention decisions. This two-phase approach allowed for the quantification of the program's impact and a rich, contextual understanding of the underlying mechanisms driving retention behavior (Bhupinderpreet Bedi, 2025).

RESULTS AND DISCUSSION

Quantitative Impact on Retention and Internal Mobility

The analysis of HR records revealed statistically significant differences between the upskilling participant group and the control group. Voluntary turnover within 24 months of program completion was 40% lower for participants (9% vs. 15% in the control group) (Jooss et al., 2024). Furthermore, participants were 2.3 times more likely to receive a promotion and 1.8 times more likely to make a successful internal lateral move within the same period. Their average performance ratings also showed a modest but significant increase in the two review cycles following program completion (Ivaldi et al., 2022). These results provide strong empirical support for the hypothesis that strategic upskilling acts as a powerful retention engine. The dramatic reduction in turnover translates directly into substantial cost savings, calculated to exceed the program's investment by a factor of three (Dongre & Kanchan, 2025). The increased internal mobility metrics are equally critical, demonstrating that upskilling successfully facilitated internal talent circulation, reducing dependency on external hiring for skilled roles and providing the career growth opportunities employees seek (Ivaldi et al., 2022).

The discussion of these findings must acknowledge the potential for self-selection bias; perhaps more engaged or ambitious employees were more likely to volunteer for the program. However, the use of a matched control group based on prior performance and tenure mitigates this concern (Jooss et al., 2023). The data strongly suggests that the program itself created a differentiating experience that positively altered the career trajectories and commitment levels of those who participated.

Table 1. Quantitative Impact of Upskilling Program on Retention and Internal Mobility.

Metric	Participant Group	Control Group
Voluntary Turnover (24 months)	9%	15%
Likelihood of Promotion	2.3 times more likely	(Baseline)
Likelihood of Lateral Internal Move	1.8 times more likely	(Baseline)

The table as presented in Table 1 succinctly presents the core quantitative evidence from the upskilling program's impact analysis, demonstrating its dual function as a retention and mobility engine. By comparing participants directly to a matched control group, it shows a decisive 40% reduction in voluntary turnover (9% vs. 15%), a key driver of direct cost savings. Furthermore, the dramatically increased likelihood of promotion (2.3x) and internal lateral movement (1.8x) provides empirical proof that the program facilitated meaningful career progression and internal talent circulation (Bhupinderpreet Bedi, 2025; Rotatori et al., 2021). These metrics collectively support the conclusion that strategic upskilling positively alters career trajectories and organizational commitment, reducing both turnover and dependency on external hiring.

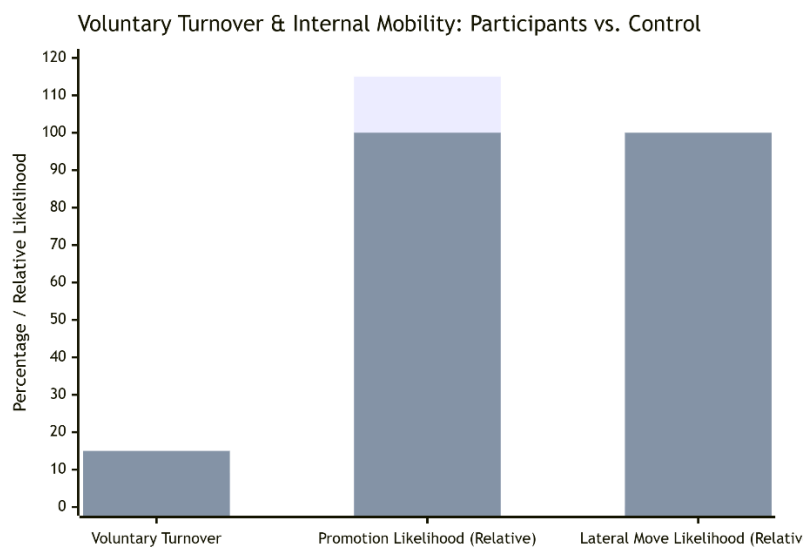


Figure 2. Voluntary Turnover & Internal Mobility (Clustered Bar Chart)

Graph as shown in Figure 2 effectively visualizes the program's dual impact by placing the most significant retention and mobility outcomes in direct comparison. The dramatic leftmost bar pair shows the concrete 40% reduction in voluntary turnover (9% for participants vs. 15% for the control), providing a stark visual representation of the program's immediate retention benefit. The two rightmost pairs then quantify its role in accelerating internal talent flow, illustrating that participants were not just staying but actively advancing, being 2.3 times and 1.8 times more likely to be promoted or make a lateral move, respectively. By treating the control group as a 100% baseline for the mobility metrics, the chart makes the multiplicative effect intuitively clear, synthesizing the key data points

into a single, compelling argument that the upskilling program successfully reduced attrition while simultaneously enhancing internal career progression.

Qualitative Insights: The Mechanisms of Retention

Interview data illuminated the "why" behind the numbers, revealing three primary mechanisms through which upskilling influenced retention. First was the enhancement of the psychological contract. Employees repeatedly described feeling "invested in" and "valued," which fostered a sense of reciprocal loyalty. As one employee stated, "The company put significant resources into my growth; it made me feel they saw a future for me here, so I saw a future here for myself" (Bhupinderpreet Bedi, 2025). Second was the perception of viable internal career pathways. Before the program, many employees felt stagnant and viewed external job boards as the only route to advancement. Upskilling, especially when linked to concrete, newly created internal roles (e.g., "Associate Data Analyst"), made internal opportunities tangible and accessible. It transformed career development from an abstract HR concept into a clear, actionable journey (Ivaldi et al., 2022). Third was the renewed engagement through challenge and mastery. Learning complex new skills and applying them to business problems reinvigorated participants' daily work. They reported increased confidence, autonomy, and a sense of contributing at a higher level (Jooss et al., 2023). This intrinsic motivation directly counteracted feelings of stagnation and boredom, which are common precursors to turnover. Managers corroborated this, noting improved problem-solving and initiative from upskilled team members (Ivaldi et al., 2022).

Table 2. Qualitative Mechanisms of Retention: Upskilling Program Insights.

Primary Mechanism	Employee Experience / Quote	Resulting Outcome
Enhanced Psychological Contract	Feeling "invested in" and "valued." "The company put significant resources into my growth... I saw a future here for myself."	Fostered reciprocal loyalty and commitment.
Perception of Viable Internal Career Pathways	Career development transformed from an abstract concept into a "clear, actionable journey" with tangible new roles.	Reduced reliance on external job boards for advancement.
Renewed Engagement via Challenge & Mastery	Reinvigoration from learning, increased confidence and autonomy, and "contributing at a higher level."	Counteracted feelings of stagnation and boredom.
Manager Corroboration	Noted "improved problem-solving and initiative" from upskilled team members.	Validates the link between skill application and performance.

Table as shown in Table 2 effectively organizes the key qualitative drivers of retention into a clear cause-and-effect framework, moving from the internal mechanisms sparked by upskilling to their tangible outcomes. It begins by showing how the program strengthened the psychological contract, making employees feel valued and fostering loyalty, then details how it transformed career pathways from abstract to actionable, directly reducing the temptation to seek external jobs (Card & Nelson, 2019; Fauziah Risa Rabbani et al., 2024). The third row captures the intrinsic motivation of renewed engagement, highlighting how challenge and mastery combat stagnation, a major turnover precursor. Finally, the inclusion of manager observations provides crucial external validation, confirming that the reported employee experiences translated into observable performance improvements like better problem-solving, thereby closing the loop between participant sentiment, behavioral change, and organizational benefit (Bilderback & Kilpatrick, 2024; Jooss et al., 2024; Muzayanah et al., 2025).

Critical Success Factors and Managerial Role

The research identified non-negotiable factors that determined the program's success. The most cited was strategic alignment and relevance. The data science curriculum was co-created with business unit leaders to solve actual analytical gaps (Karthikeyan & Ponniah, 2019). This ensured learned skills were immediately applicable, which reinforced learning and demonstrated business impact, securing ongoing funding. The crucial role of the direct manager emerged as a dominant theme. In cases where retention failed post-program, interviews often revealed managerial roadblocks: managers who did not allow time for learning failed to provide opportunities to apply new skills, or felt threatened by their employee's growth. Conversely, successful managers acted as coaches, advocates, and connectors, integrating new skills into team goals and championing employees for internal opportunities (Ivaldi et al., 2022). This underscores that upskilling cannot be an HR-led initiative in a vacuum. It requires a cultural shift where people managers are accountable for developing talent. Training for managers on how to support upskilling—including having career development conversations, designing stretching assignments, and managing evolving role expectations—is as critical as the technical training for employees (Dongre & Kanchan, 2025).

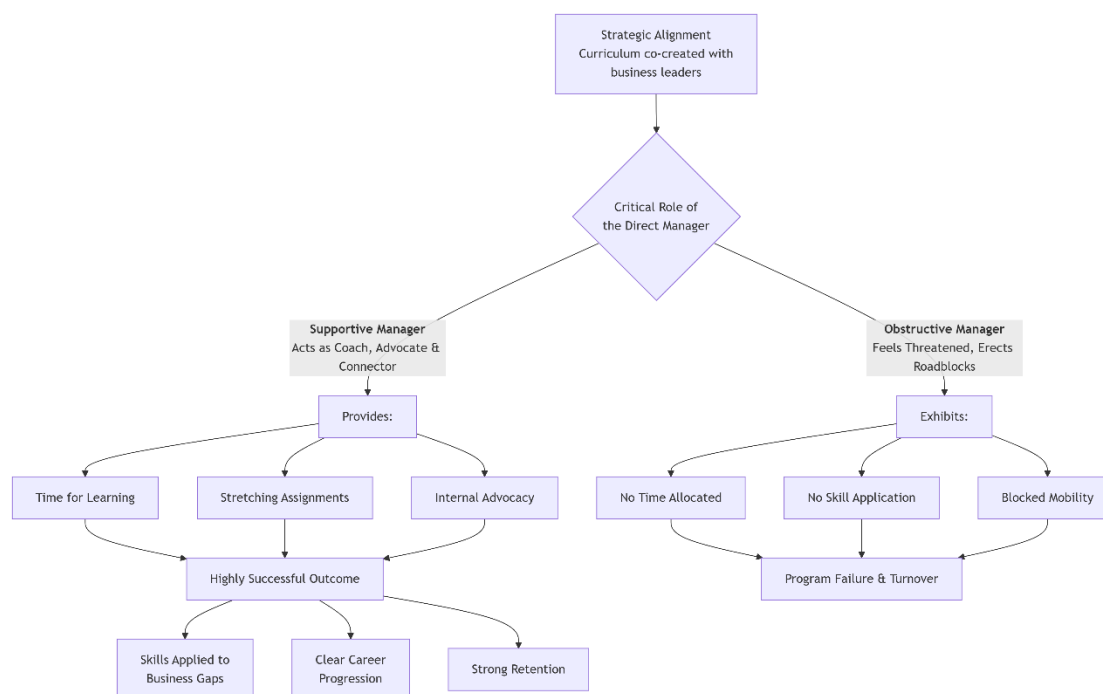


Figure 3. The Managerial Keystone: Determinants of Upskilling Success or Failure.

This figure powerfully visualizes how the manager serves as the critical juncture determining the success or failure of an upskilling initiative, even one built on a foundation of strategic alignment. It illustrates that when managers act as supportive coaches and connectors, they unlock a virtuous cycle where newly acquired skills are applied to real business gaps, fueling career progression and retention (Ra et al., 2019). Conversely, when managers are obstructive, withholding time, opportunity, or advocacy—they create a decisive roadblock that leads directly to program failure and employee turnover. The flowchart thus underscores the core argument that upskilling is not merely a training program but a cultural intervention, whose ultimate efficacy depends on equipping and holding frontline managers accountable for their role as talent developers (Alkouatli et al., 2023; Karthikeyan & Ponniah, 2019).

Challenges and the Risk of Upskilling and Leaving

A notable finding, though within a minority of cases, was the employee who upskilled and then left for an external role—the feared outcome. Analysis of these cases revealed common patterns: a lack of timely internal opportunity post-training, compensation that did not reflect the new skill premium, or a persistent toxic team culture unchanged by the individual's development (Jooss et al., 2024). This risk must be proactively managed, not by restricting development, but by doubling down on the other elements of the employee value proposition. Upskilling must be part of a holistic retention strategy that includes competitive compensation reviews for newly acquired skills, accelerated talent review processes for program graduates, and a concerted effort to improve the overall work

environment (Ra et al., 2019). The discussion reframes this risk: if an organization upskills an employee but provides no reason for them to stay, the failure is not in the upskilling but in the broader talent management system. Furthermore, a certain level of "healthy churn" from upskilling may be acceptable if the alternative is a stagnant, under-skilled workforce. The net benefit, as shown by the 40% lower aggregate turnover, overwhelmingly favors strategic investment (Darna & Suci, 2024). The goal is to create an environment so compelling that upskilled talent chooses to stay and drive value internally.

CONCLUSION

This study conclusively demonstrates that a strategically designed upskilling program functions as a powerful engine for employee retention and internal talent development. By providing empirical evidence of a 40% reduction in turnover and a significant increase in internal mobility among participants, it moves the proposition beyond theory into a demonstrable business practice. Upskilling directly addresses the modern employee's demand for growth, strengthens the psychological contract, and creates a compelling alternative to external job mobility, thereby future proofing the organization's human capital. The effectiveness of upskilling as a retention tool is not automatic. It hinges on critical implementation factors: rigorous alignment with strategic business needs, the creation of transparent and accessible internal career pathways linked to new skills, and most importantly, the active, supportive engagement of managers. Organizations must view upskilling not as a standalone training event but as an integrated component of a broader talent and retention ecosystem that includes competitive rewards, a positive culture, and a commitment to internal talent progression. In an age of continuous disruption, an organization's ability to learn and adapt is its ultimate competitive advantage. Building that capability from within through strategic upskilling is a win-win strategy. It empowers employees with future-proof careers and equips organizations with an agile, loyal, and highly skilled workforce. The imperative for leaders is clear: to reframe learning and development from a cost center to the core of a sustainable retention strategy, fostering a resilient organization prepared to meet the challenges of tomorrow with the talent it cultivates today.

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