

DUKUNGAN SUAMI DAN *WORK-LIFE BALANCE* PADA WANITA BEKERJA
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INTISARI

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan suami dan WLB. Empat faktor instrumen dengan 39 aitem (Rincy & Panchanatham, 2010) diadaptasi untuk mengukur WLB dan 40 aitem dari Family Support Inventory digunakan untuk mengukur dukungan suami. Data berhasil dikumpulkan dari 61 pekerja perempuan yang berasal dari tujuh instansi. Penelitian ini mengungkapkan bahwa dukungan suami merupakan salah satu faktor yang dapat mempengaruhi WLB pada pekerja wanita. Skala pengukuran dukungan suami dan WLB ditemukan memiliki reliabilitas yang tinggi didasarkan pada nilai alpha Cronbach. Uji hipotesis dilakukan dengan menggunakan teknik korelasi Product Moment dari Spearman menggunakan *SPSS 21 for windows*. Hasil uji korelasi mendapatkan korelasi koefisien $r=0.404$, $p=0.001$ ($p<0.05$).

Kata kunci: Dukungan Suami, *Work-life balance*, Wanita Bekerja

THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND WORK-LIFE BALANCE (WLB) AMONG MARRIED WORKING WOMEN

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Abstract

The issue of work-life balance (WLB) especially among working woman has been receiving increased attention. This study attempted to find the relation between husband support and work-life balance among married working woman in Yogyakarta, Indonesia. A 39 items of four instruments developed by Rincy & Panchanatham (2010) is used for measuring WLB, and 40 items Family Support Inventory (King, Mattimore, King, & Adams, 1995) is used for measuring husband support. The data was collected from 61 married working woman in the categories civil-service employee, medical personnel and teacher. This study revealed that husband support is one of the major factors influencing the WLB of married working woman. The husband support and WLB measurement scale was found to be having high reliability with dependable Cronbach alpha values. Hypothesis was done using Spearman's rank correlation coefficient through SPSS 21 for Windows and resulted correlation coefficient $r=0.404$, $p=0.001$ ($p<0.05$).

KEYWORDS: Work-life balance, husband's support, working woman