

# **WORK FAMILY BALANCE DAN KUALITAS HIDUP PADA IBU BEKERJA**

Utami Anggun Serapatiningtyas

Mira Aliza Rachmawati

## **INTISARI**

Penelitian ini bertujuan untuk mengetahui hubungan antara *work family balance* dan kualitas hidup pada ibu bekerja ditinjau dari jenis pekerjaan. Hipotesis dalam penelitian ini adalah ada hubungan antara *work family balance* dan kualitas hidup pada ibu bekerja. Subjek dalam penelitian ini berjumlah 95 ibu bekerja dengan kriteria bekerja sebagai perawat, guru, atau karyawan, memiliki anak usia dibawah 10 tahun, dan memiliki suami bekerja. Data yang dikumpulkan menggunakan skala *work family balance* adaptasi dari Sari (2016) dan skala kualitas hidup dari WHOQOL-BREF. Teknik analisis data menggunakan analisis korelasional, analisis anova, dan analisis regresi ganda. Hasil penelitian menunjukkan bahwa ada hubungan antara *work family balance* dan kualitas hidup pada ibu bekerja dengan  $r = 0.512$  dan  $p = 0.000$  ( $p < 0.05$ ). Hasil penelitian juga menemukan bahwa tidak ada perbedaan kualitas hidup dan *work family balance* pada ibu bekerja ditinjau dari jenis pekerjaan. Hasil analisis regresi ganda menunjukkan  $R\ square = 0.305$ . Hal tersebut memiliki makna bahwa aspek-aspek *work family balance* memiliki sumbangan efektif sebesar 30.5% terhadap kualitas hidup pada ibu bekerja.

**Kata Kunci :** *Work family balance*, kualitas hidup, ibu bekerja

# WORK FAMILY BALANCE AND QUALITY OF LIFE OF WORKING MOTHERS

Utami Anggun Serapatiningtyas

Mira Aliza Rachmawati

## ABSTRACT

*This study aim to determine the relationship between work family balance and quality of life of working mothers concerning to type of works. Hypothesis of this research belieced that there was relationship between work family balance and quality of life experienced bymothers who work. The total number of respondents was 95 working mothers who worked as nurse, teacher, or employees, had children under 10 years old, and had working husband. The data were collected by using scale of work family balance adapted from Sari (2016) and life quality scale of WHOQOL-BREF. Techniques in analyzing data were correlational analysis, anova analysis, and multiple regression analysis. The results showed that there was a relationship between work family balance and quality of life of working mother with  $r = 0.512$  and  $p = 0.000$  ( $p < 0.05$ ). The results also found that there was no difference in quality of life and work family balance concerning to occupations. The result of multiple regression analysis showed R square = 0.305. This meant that aspects of work family balance had 30.5% effective contribution to the quality of life of working mothers.*

**Keywords :** *Work family balance, quality of life, working mothers*