

ABSTRAK

HUBUNGAN ANTARA *WORK-FAMILY CONFLICT* DENGAN *PSYCHOLOGICAL WELL-BEING* PADA IBU YANG BEKERJA DI PUSKESMAS GUNUNG LABU KAB. KERINCI

Penelitian ini bertujuan untuk mengetahui hubungan antara *work-family conflict* dengan *psychological well-being* pada ibu yang bekerja di Puskesmas Gunung Labu Kab. Kerinci. Variabel bebas dalam penelitian ini adalah *work-family conflict* sedangkan variabel terikat adalah *psychological well-being*. Alat ukur yang digunakan dalam penelitian ini adalah skala *work-family conflict* dan skala *psychological well-being*. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *sampling* jenuh. Sampel dalam penelitian ini adalah 61 orang ibu yang bekerja di Puskesmas Gunung Labu Kab. Kerinci. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *Alpha Cronbach*. Hasil koefisien validitas pada skala *work-family conflict* bergerak dari $r_{ix} = 0,322$ sampai dengan $r_{ix} = 0,810$ dengan koefisien reliabilitas sebesar $\alpha = 0,932$ sedangkan hasil koefisien validitas pada skala *psychological well-being* bergerak dari $r_{ix} = 0,325$ sampai dengan $r_{ix} = 0,743$ dengan koefisien reliabilitas sebesar $\alpha = 0,938$. Berdasarkan analisis data, diperoleh nilai koefisien korelasi sebesar $r_{xy} = -0,653$ dengan signifikansi $p = 0,000$ yang berarti hipotesis diterima. Hal ini menunjukkan bahwa terdapat hubungan yang kuat dan sangat signifikan antara *work-family conflict* dengan *psychological well-being* pada ibu yang bekerja di Puskesmas Gunung Labu Kab. Kerinci.

Kata kunci: *work-family conflict*, *psychological well-being*, ibu yang bekerja.

ABSTRACT

THE RELATIONSHIP BETWEEN WORK-FAMILY CONFLICT AND PSYCHOLOGICAL WELL-BEING IN MOTHERS WHO WORK AT THE GUNUNG LABU COMMUNITY HEALTH CENTER, KERINCI REGENCY

This research aims to determine the relationship between work-family conflict and psychological well-being in mothers who work at the Gunung Labu Community Health Center, Kerinci Regency. The independent variable in this research is work-family conflict while the dependent variable is psychological well-being. The measuring instruments used in this research are the work-family conflict scale and the psychological well-being scale. The sampling technique in this research used a saturated sampling technique. The sample in this study was 61 mothers who worked at the Gunung Labu Community Health Center, Kerinci Regency. Validity and reliability testing in this research used the Cronbach's Alpha technique. The validity coefficient results on the work-family conflict scale move from $r_{ix} = 0.322$ to $r_{ix} = 0.810$ with a reliability coefficient of $\alpha = 0.932$, while the validity coefficient results on the psychological well-being scale move from $r_{ix} = 0.325$ to $r_{ix} = 0.743$ with a reliability coefficient of $\alpha = 0.938$. Based on data analysis, a correlation coefficient value of $r_{ix} = -0.653$ was obtained with a significance of $p = 0.000$, which means the hypothesis was accepted. This shows that there is a strong and very significant relationship between work-family conflict and psychological well-being in mothers who work at the Gunung Labu Community Health Center, Kerinci Regency.

Key words: work-family conflict, psychological well-being, working mother.