

**THE RELATIONSHIP OF SOCIAL SKILLS AND PERCEIVED SOCIAL
SUPPORT WITH RESILIENCE IN WORKING MOTHERS WHO HAVE
ELEMENTARY SCHOOL CHILDREN DURING THE COVID-19
PANDEMIC**

ABSTRACT

In the midst of the COVID-19 pandemic situation as it is today has a huge impact on life. Since the Implementation of Restrictions on Community Activities (PPKM) Emergency, making Indonesian people must do all their activities from home such as some policies implemented by educational institutions, namely the implementation of Distance Learning (PJJ) and also the policy of working from home. Working Mothers are among those affected by this pandemic situation. Moreover, Working Mothers who have elementary school education, it is very important for them to survive in completing their work at home and accompanying children to study at the time of Distance Learning (PJJ). Social skills and social support are expected to help improve resilience and adapt working mothers who have elementary school education in the COVID-19 pandemic. The purpose of this study is to address social skills and perceived social support for the resilience of working mothers who have elementary school education children in the COVID-19 pandemic. The design of this research is quantitative with correlational methods. The subjects in the study were working mothers who had elementary school children in the COVID-19 pandemic as many as 193 people. Individual resilience is measured on the CD-RISC scale, social skills are measured using the SSQ-I scale and perceived social support is measured using the MSPSS scale. The results showed that there is a positive and significant relationship between social skills and resilience, as well as perceived social support with resilience. This suggests that social skills and perceptions of social support can increase individual resilience for working mothers who have elementary school children. This research is expected to provide new insights for working mothers, as well as in the field of science.

Keywords: Individual Resilience, Social Skills, Perceived Social Support, Working Mother

**HUBUNGAN *SOCIAL SKILLS* DAN *PERCEIVED SOCIAL SUPPORT*
DENGAN RESILIENSI PADA IBU BEKERJA YANG MEMILIKI ANAK
JENJANG PENDIDIKAN SD PADA PANDEMI COVID-19**

ABSTRAK

Ditengah situasi pandemi COVID-19 seperti saat ini memberikan dampak yang sangat besar bagi kehidupan. Sejak Pemberlakuan Pembatasan Kegiatan Masyarakat (PPKM) Darurat, membuat masyarakat Indonesia harus melakukan segala aktivitasnya dari rumah seperti beberapa kebijakan yang diterapkan oleh lembaga pendidikan yaitu pelaksanaan Pembelajaran jarak Jauh (PJJ) dan juga kebijakan bekerja dari rumah (*work from home*). Ibu Bekerja merupakan salah satu yang terkena dampak dari situasi pandemi ini. Apalagi Ibu Bekerja yang Memiliki Anak Jenjang Pendidikan SD, sangat penting sekali untuk mereka dapat bertahan dalam menyelesaikan pekerjaannya di rumah dan mendampingi anak belajar pada saat Pembelajaran Jarak Jauh (PJJ). Keterampilan sosial dan persepsi akan dukungan sosial yang dimiliki diharapkan dapat membantu meningkatkan ketahanan dan beradaptasi Ibu bekerja yang memiliki Anak Jenjang Pendidikan SD pada pandemi COVID-19. Tujuan penelitian ini untuk mengetahui hubungan *social skills* dan *perceived social support* terhadap resiliensi ibu bekerja yang memiliki anak jenjang pendidikan SD pada pandemi COVID-19. Desain penelitian ini adalah kuantitatif dengan metode korelasional. Subjek dalam penelitian ini adalah ibu bekerja yang memiliki anak SD pada pandemi COVID-19 sebanyak 193 orang. Resiliensi individu diukur dengan skala CD-RISC, *social skills* diukur menggunakan skala SSQ-I dan *perceived social support* diukur menggunakan skala MSPSS. Hasil penelitian menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara *social skills* dengan resiliensi, begitu juga dengan *perceived social support* dengan resiliensi. Hal ini menunjukkan bahwa keterampilan sosial dan persepsi akan dukungan sosial dapat meningkatkan resiliensi individu bagi ibu bekerja yang memiliki anak SD. Penelitian ini diharapkan dapat memberikan wawasan baru bagi ibu-ibu bekerja, maupun pada bidang keilmuan.

Kata Kunci: Resiliensi Individu, Keterampilan Sosial, Dukungan sosial yang dirasakan, Ibu Bekerja