

ABSTRAK

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Judul Laporan Skripsi : Pengaruh Konflik Peran Ganda Terhadap Subjective Well Being Pada Ibu Muda Yang Bekerja
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Tingginya tuntutan hidup di Jakarta mendorong semakin banyak Ibu muda yang bekerja untuk menyokong ekonomi keluarga. Kondisi ini dapat memunculkan konflik peran sebagai ibu dan pekerja, yang bisa menurunkan *subjective well-being*-nya. Penelitian kuantitatif ini bertujuan untuk menguji pengaruh konflik peran ganda terhadap *subjective well-being* ibu muda yang bekerja di Jakarta. Teknik pengambilan sampel menggunakan *incidental sampling* dan didapatkan sebanyak 506 responden. Alat pengumpulan data yang digunakan berupa skala yang terdiri *Flourishing Scale* dan *Scale of Positive Affect Negative Affect* (SPANE) untuk dari Diener et.al (2019) mengukur *subjective well being* dan WFCS (*Work-Family Conflict Scale*). Analisis data menggunakan regresi linear. Hasil penelitian menunjukkan adanya pengaruh negatif yang signifikan dari konflik peran ganda terhadap *subjective well-being* pada dimensi *flourishing* sebesar 86,5% dan terhadap dimensi pengalaman afektif sebesar 91,5% pada ibu muda yang bekerja di Jakarta. Konflik peran ganda berpengaruh lebih besar dimensi pengalaman afeksi dibandingkan dengan dimensi *flourishing* pada variabel *subjective well-being*. Tingkat pendidikan, bidang pekerjaan, jenis pekerjaan, penghasilan dan jam kerja merupakan variabel demografi yang membedakan kedua variabel tersebut. Penelitian ini berimplikasi pada pentingnya program yang mengembangkan kemampuan regulasi diri agar ibu muda mampu mengatasi konflik peran yang dihadapi, agar tetap mencapai sejahtera secara subjektif.

Kata Kunci : Konflik Peran Ganda, *Subjective Well-being*, Ibu Muda yang bekerja

ABSTRACT

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The high demands of life in Jakarta encourage more young mothers to work to support their family's economy. This condition can lead to role conflict as a mother and worker, which can reduce her subjective well-being. This quantitative study aims to examine the effect of multiple role conflict on the subjective well-being of young mothers working in Jakarta. The sampling technique used incidental sampling and obtained as many as 506 respondents. The data collection tool used is in the form of a scale consisting of the Flourishing Scale and the Scale of Positive Affect Negative Affect (SPANE) from Diener et.al (2019) measuring subjective well-being and WFCS (Work-Family Conflict Scale). Data analysis using linear regression. The results showed that there was a significant negative effect of multiple role conflict on subjective well-being on the flourishing dimension of 86.5% and on the affective experience dimension of 91.5% in working young mothers. P in Jakarta. Multiple role conflict has a greater influence on the affective experience dimension than the flourishing dimension on the subjective well-being variable. Level of education, field of work, type of work, income and working hours are the demographic variables that differentiate the two variables. This research has implications for the importance of programs that develop self-regulation abilities so that young mothers are able to overcome the role conflicts they face, in order to continue to achieve subjective well-being.

Keywords: *Dual Role Conflict, Subjective Well-being, Working Young Mothers*