

HUBUNGAN ANTARA DUKUNGAN SOSIAL SUAMI TERHADAP *WORK FAMILY BALANCE* PADA IBU BEKERJA YANG EMMILIKI ANAK USIA DINI

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RINGKASAN

Work family balance merupakan kondisi individu dapat merasakan kepuasan dalam menjalani peran sebagai pekerja dan anggota keluarga. Kepuasan yang dimaksud adalah perasaan nyaman saat individu mampu memenuhi kebutuhan pekerjaan dan keluarganya. Tujuan dalam penelitian ini untuk mengetahui hubungan antara dukungan sosial suami terhadap *work family balance* pada ibu bekerja yang memiliki anak usia dini. Subjek dalam penelitian ini merupakan wanita bekerja, berstatus menikah, dan memiliki anak usia dini (0-6 tahun). Metode yang digunakan dalam penelitian ini adalah kuantitatif korelasional untuk melihat adanya hubungan antar variabel. Alat ukur yang digunakan dalam penelitian ini adalah skala *work family balance* dari Sinaga (2023) dan skala dukungan sosial suami dari Siswandi dan Caninsti (2020) yang dimodifikasi dan disesuaikan dengan kepentingan penelitian. Nilai reliabilitas pada variabel dukungan sosial suami sebesar 0,872 dan *work family balance* 0,915. Hasil uji hipotesis penelitian ini sebesar 0,481 dengan nilai $p < 0,000$ ($p < 0,01$) sehingga menunjukkan bahwa penelitian ini diterima, artinya terdapat hubungan positif antara dukungan sosial suami dengan *work family balance* pada ibu bekerja yang memiliki anak usia dini. Persentase sumbangan efektif variabel dukungan sosial suami terhadap *work family balance* sebesar 32,9%.

Kata kunci: Dukungan Sosial Suami, Keseimbangan Kerja-Keluarga, Ibu Bekerja

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THE RELATIONSHIP BETWEEN HUSBAND'S SOCIAL SUPPORT AND WORK FAMILY BALANCE IN WORKING MOTHERS WITH YOUNG CHILDREN

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ABSTRACT

Work family balance is a condition where individuals can feel satisfaction in living their roles as workers and family members. The satisfaction in question is a feeling of comfort when individuals are able to meet the needs of their work and family. The purpose of this study was to determine the relationship between husband's social support on work family balance in working mothers who have early childhood. The subjects in this study were working women, married, and had early childhood (0-6 years). The method used in this research is quantitative correlation to see the relationship between variables. The measuring instruments used in this study were the work family balance scale from Sinaga (2023) and the husband's social support scale from Siswandi and Caninsti (2020) which were modified and adjusted to the interests of the study. The reliability value on the husband's social support variable is 0.872 and the work family balance is 0.915. The hypothesis test results of this study amounted to 0.481 with a p value of 0.000 ($p < 0.01$), thus indicating that this study was accepted, meaning that there is a positive relationship between husband's social support and work family balance in working mothers who have early childhood. The percentage of effective contribution of husband's social support variables to work family balance is 32.9%.

Keywords: *Husband's Social Support, Work-Family Balance, Working Mothers*

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