

Efektivitas Pelatihan Manajemen Waktu Terhadap *Work life balance* pada Mahasiswa pekerja *Part time* di DIY

RINGKASAN

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Work-life balance adalah keseimbangan antara tuntutan pekerjaan dan kehidupan pribadi agar individu dapat mengelola waktu dan energi secara proporsional. Mahasiswa pekerja *part-time* sering menghadapi tantangan dalam menyeimbangkan peran akademik dan pekerjaan. Penelitian ini bertujuan menguji efektivitas pelatihan manajemen waktu dalam meningkatkan *work-life balance* pada mahasiswa pekerja *part-time* di Daerah Istimewa Yogyakarta. Penelitian menggunakan metode true experimental dengan desain *pretest-posttest control group*. Subjek berjumlah 21 orang, terdiri dari 11 partisipan kelompok eksperimen dan 10 kelompok kontrol, dipilih secara *purposive*. Instrumen menggunakan skala *work-life balance* dari Fisher dkk. (2009) dan modul pelatihan berdasarkan teori Macan (1990). Analisis data dilakukan menggunakan *Welch's t-test* dikarenakan *data tidak homogen*. Hasil menunjukkan bahwa terdapat perbedaan yang sangat signifikan antara kelompok eksperimen dan kontrol setelah intervensi, dengan nilai $t = -3,432$, dan nilai $p = 0,007$ ($p < 0,05$). Dengan demikian, pelatihan manajemen waktu terbukti sangat efektif dalam meningkatkan *work-life balance* pada mahasiswa pekerja *part-time*.

Kata kunci: *Work-life balance*, manajemen waktu, mahasiswa pekerja *part-time*, pelatihan.

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***The Effectiveness of Time Management Training on Work-Life Balance
Among Part-Time Working Students in DIY***

ABSTRACT

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Work-life balance is the balance between work demands and personal life so that individuals can manage time and energy proportionally. Part-time working students often face challenges in balancing academic and work roles. This study aims to test the effectiveness of time management training in improving work-life balance in part-time working students in the Special Region of Yogyakarta. The study used a true experimental method with a pretest-posttest control group design. Twenty-one subjects, consisting of 11 participants in the experimental group and 10 in the control group, were selected purposively. The instrument used the work-life balance scale from Fisher et al. (2009) and a training module based on the theory of Macan (1990). Data analysis was performed using Welch's t-test due to the data being heterogeneous. The results showed that there was a very significant difference between the experimental and control groups after the intervention, with a t value = -3.432, p = 0.007 (p < 0.05). Thus, time management training proved very effective in improving work-life balance in part-time working students.

Keywords: *Work-life balance, time management, part-time student workers, training.*

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