

## HUBUNGAN *WORK-LIFE BALANCE* DAN STRES KERJA PADA GURU WANITA YANG TELAH MENIKAH

### ABSTRAK

Cantika Dewi, Bunga Florida. 2024. Hubungan Work-Life Balance dan Stres Kerja pada Guru Wanita yang Telah Menikah. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menemukan bukti empiris mengenai hubungan antara *work-life balance* dan stres kerja pada guru wanita yang telah menikah. Hipotesis dalam penelitian ini adalah adanya hubungan negatif antara *work-life balance* dan stres kerja pada guru wanita yang telah menikah. Penelitian ini memperoleh 120 partisipan dengan kriteria berprofesi sebagai guru, seorang wanita, dan telah menikah. Penelitian ini menggunakan metode kuantitatif dengan teknik pengambilan sampel *convenience sampling*. Metode pengumpulan data yang digunakan ialah desain penelitian survey dengan alat ukur *work-life balance scale* (Fisher, Bulger, & Smith, 2009) dan skala stres kerja (Robbins & Judge, 2017). Berdasarkan hasil uji coba, *work-life balance scale* memiliki nilai koefisien reliabilitas sebesar 0,874 dan skala pada stres kerja sebesar 0,871. Teknik analisis data dalam penelitian ini menggunakan teknik korelasi *pearson product moment* karena data berdistribusi normal ( $0,000 < 0,05$ ). Hasil uji korelasi menunjukkan skor koefisien korelasi sebesar  $r = -0,601$  dengan nilai signifikansi sebesar  $p = 0,000$  ( $p < 0,05$ ). Oleh karena itu, kesimpulan dari penelitian ini ialah terdapat hubungan yang negatif dan signifikan antara *work-life balance* dan stres kerja pada guru wanita yang telah menikah.

**Kata kunci:** *work-life balance*, stres kerja, guru wanita yang telah menikah

***THE RELATIONSHIP BETWEEN WORK-LIFE BALANCE  
AND WORK STRESS AMONG MARRIED FEMALE TEACHERS***

**ABSTRACT**

Cantika Dewi, Bunga Florida. 2024. The Relationship between Work-Life Balance and Job Stress in Married Female Teachers. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

*This study aims to provide empirical evidence regarding the relationship between work-life balance and work stress among married female teachers. The hypothesis of this study is that there is a negative correlation between work-life balance and work stress among married female teachers. The study involved 120 participants who met the criteria of being teachers, women, and married. The study employed a quantitative method with a convenience sampling technique. The data collection method used a survey research design with measurement tools consisting of the work-life balance scale (Fisher, Bulger, & Smith, 2009) and the work stress scale (Robbins & Judge, 2017). Based on the research's try out, the work-life balance scale had a reliability coefficient value of 0.874 and the work stress scale had a reliability coefficient value of 0.871. The data analysis technique in this study used the Pearson product-moment correlation technique because the data was normally distributed ( $0.000 < 0.05$ ). The correlation test results yielded a correlation score of  $r = -0.601$  with a significance value of  $p = 0.000$  ( $p < 0.05$ ). Therefore, the conclusion of this study is that there is a negative and significant relationship between work-life balance and work stress among married female teachers.*

**Keywords:** *work-life balance, work stress, married female teachers*