

## ABSTRAK

Ayuningtyas, B. S. D. 2023. Hubungan antara Konflik Pekerjaan-Keluarga dan Kesejahteraan Psikologis pada Guru Swasta di Kota Yogyakarta. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara *work-family conflict* dan kesejahteraan psikologis guru swasta di Kota Yogyakarta. Hipotesis penelitian ini adalah terdapat hubungan negatif antara *work-family conflict* dan kesejahteraan psikologis pada guru swasta di Kota Yogyakarta. Sampel dalam penelitian ini adalah 115 guru swasta sekolah Katolik (SD, SMP, dan SMA) di Kota Yogyakarta dengan kriteria: berstatus sebagai guru swasta di Sekolah Katolik Kota Yogyakarta dan telah bekerja sebagai guru selama 1 tahun. Alat ukur yang digunakan adalah skala terjemahan *work-family conflict* (Carlson dkk., 2000) dan adaptasi skala *Ryff's Psychological Well-being* milik Kusuma (2021). Skala *work-family conflict* memiliki reliabilitas *alpha cronbach* sebesar 0,916 dan skala *Ryff's Psychological Well-being* memiliki reliabilitas *alpha cronbach* sebesar 0,917. Penelitian ini menggunakan teknik *Spearman Rho's* untuk melakukan analisis data. Hasil menunjukkan bahwa terdapat hubungan yang negatif dan signifikan antara *work-family conflict* dan kesejahteraan psikologis ( $r = -0,439$ ,  $p = < 0,01$ ). Artinya, semakin tinggi *work-family conflict* yang dimiliki oleh guru swasta maka kesejahteraan psikologisnya semakin rendah. Hasil penelitian juga menunjukkan bahwa terdapat hubungan yang negatif dan signifikan antara *work-to-family conflict* dengan kesejahteraan psikologis ( $r = -0,436$ ,  $p = < 0,01$ ). *Family-to-work conflict* juga memiliki hubungan negatif dan signifikan dengan kesejahteraan psikologis ( $r = -0,350$ ,  $p = < 0,01$ ). Artinya, semakin tinggi *work-to-family conflict* atau *family-to-work conflict* yang dimiliki oleh guru swasta, maka kesejahteraan psikologisnya akan semakin rendah.

**Kata kunci:** Guru Swasta, Kesejahteraan Psikologis, *Family-to-work Conflict*, *Work-family Conflict*, *Work-to-family Conflict*

## **ABSTRACT**

Ayuningtyas, B. S. D. 2023. Correlation between Work-Family Conflict and Psychological Well-Being among Private Teachers In Yogyakarta City. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

*This study aimed to determine the relationship between work-family conflict and the psychological well-being of private school teachers in Yogyakarta City. The hypothesis proposed is that there is a negative relationship between work-family conflict and psychological well-being among private school teachers in Yogyakarta City. The sample in this study were 115 private school teachers in Catholic schools (elementary, junior high schools, and senior high schools) in Yogyakarta City, with the following criteria: status as a private teacher in a Catholic school in Yogyakarta City and has worked as a teacher for at least 1 year. The measuring instruments used were the work-family conflict translation scale (Carlson et al., 2000) and the adaptation of Ryff's Psychological Well-being scale conducted by Kusuma (2021). The work-family conflict scale has a Cronbach's alpha reliability of 0,916, and the Ryff's Psychological Well-being Scale has a Cronbach's alpha reliability of 0.917. This study used Spearman's Rho technique to analyze the data. The results indicated that there is a negative and significant relationship between work-family conflict and psychological well-being ( $r = -0,439$ ,  $p = < 0,01$ ). The result showed that the higher the work-family conflict owned by private teachers, the lower their psychological well-being. The result also indicated that there is a negative and significant relationship between work-to-family conflict and psychological well-being ( $r = -0,436$ ,  $p = < 0,01$ ). Family-to-work conflict also has a negative and significant relationship with psychological well-being ( $r = -0,350$ ,  $p = < 0,01$ ). It means that the higher the work-to-family conflict or family-to-work conflict owned by private teachers, the lower the psychological well-being.*

**Keywords:** *Family-to-work Conflict, Private Teachers, Psychological Well-being, Work-family conflict, work-to-family conflict,*