

PERAN CAREGIVER BURDEN TERHADAP PSYCHOLOGICAL WELL- BEING SANDWICH GENERATION DIMODERATORI OLEH RELIGIUSITAS

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Abstrak. Penelitian ini bertujuan untuk mengetahui peran *caregiver burden* terhadap *psychological well-being sandwich generation* dengan dimoderatori oleh religiusitas. Subjek penelitian ($N = 195$) adalah individu berusia 20-40 tahun yang memiliki peran ganda dalam merawat orang tua lanjut usia dan keluarganya (*sandwich generation*). Pada penelitian ini, *psychological well-being* diukur dengan skala *psychological well-being* Ryff yang dikembangkan oleh Prasetyo (2014), *caregiver burden* diukur dengan *Zarit Burden Interview* yang diadaptasi oleh Rahmat (2019), sedangkan religiusitas diukur menggunakan skala yang dikembangkan oleh Ernawati (2017). Metode penelitian yang digunakan adalah kuantitatif dengan uji teknik *Moderated Regression Analysis* (MRA). Dari hasil analisis, religiusitas terbukti memoderatori hubungan *caregiver burden* dan *psychological well-being*

Kata Kunci: *Caregiver burden, Psychological well-being, Religiusitas, Sandwich generation*

Abstract. This study aims to determine the role of *caregiver burden* on *psychological well-being sandwich generation* moderated by religiosity. Research subjects ($N = 195$) were individuals aged 20-40 years, having a dual role in caring for elderly parents and their families (*sandwich generation*). In this study, *psychological well-being* was measured by Ryff's *psychological well-being* scale developed by Prasetyo (2014), *caregiver burden* was measured by *Zarit Burden Interview* adapted by Rahmat (2019), while religiosity was measured using a scale developed by Ernawati (2017). The research method used is quantitative with the *Moderated Regression Analysis* (MRA). From the results of the analysis, religiosity was proven to moderate the relationship between *caregiver burden* and *psychological well-being*

Keywords: *Caregiver burden, Psychological well-being, Religiosity, Sandwich generation*