

Peran Religiusitas dan Ikhlas terhadap Resiliensi pada Ibu Bekerja

Raissa Widyasari¹, Lu'luatul Chizanah²

^{1,2}Universitas Gadjah Mada

Abstrak. Ibu bekerja menghadapi berbagai tantangan dalam menjalankan peran gandanya sehingga ibu bekerja memerlukan resiliensi yang baik agar terhindar dari permasalahan psikologis. Penelitian ini bertujuan untuk mengungkap peran religiusitas dan ikhlas terhadap resiliensi. Partisipan penelitian terdiri atas 118 orang ibu bekerja. Pengumpulan data penelitian dilaksanakan secara daring. Religiusitas diukur menggunakan *The Centrality of Religiosity Scale* (CRS), resiliensi diukur menggunakan *Connor-Davidson Resilience Scale* (CD-RISC), dan ikhlas diukur menggunakan Skala Ikhlas. Hasil analisis regresi berganda menunjukkan religiusitas dan ikhlas berpengaruh secara simultan terhadap resiliensi sebesar 4,2% ($p < 0,05$), namun, peran secara parsial tidak ditemukan. Analisis tambahan menunjukkan adanya korelasi positif antara resiliensi, religiusitas, dan ikhlas. Pembahasan lebih lanjut didiskusikan dalam tulisan. Penelitian ini mengembangkan kajian terkait religiusitas-spiritualitas dan resiliensi di Indonesia khususnya pada ibu bekerja.

Kata kunci: *Resiliensi, Religiusitas, Ikhlas, Ibu Bekerja*

Abstract. Working mothers face various challenges in carrying out their dual roles. In this case, working mothers need good resilience to avoid psychological problems. This study aims to reveal the role of religiosity and sincerity towards resilience. The research participants consisted of 118 working mothers. Data for this research was collected online. Religiosity was measured using *The Centrality of Religiosity Scale* (CRS), resilience was measured using the *Connor-Davidson Resilience Scale* (CD-RISC), and sincerity was measured using the *Ikhlas Scale*. The results of multiple regression analysis showed that religiosity and sincerity had a simultaneous effect on resilience of 4.2% ($p < 0.05$), however, a partial role of both variables was not found. Additional analysis showed a positive correlation between resilience, religiosity, and sincerity. Further discussion is explained in the article. This research develops studies related to religiosity-spirituality and resilience in Indonesia, especially in working mothers.

Keyword: *Resilience, Religiosity, Sincerity, Working Mother*