

## Peran Kepuasan Pernikahan terhadap Stres Pengasuhan Dimediasi Oleh Efikasi Pengasuhan Pada Ibu Bekerja

*Zahra Nur Laela<sup>1</sup>, Sutarimah Ampuni<sup>2</sup>*

### Abstrak

Ibu bekerja seringkali dituntut untuk melaksanakan dua peran sekaligus, padahal peran ganda yang dilakukan secara intensif dapat mengakibatkan munculnya stres pengasuhan. Stres pengasuhan yang dialami oleh ibu bekerja dapat berdampak negatif terhadap *well-being* ibu dan perkembangan anak. Penelitian ini menguji peran kepuasan pernikahan terhadap stres pengasuhan pada ibu bekerja melalui efikasi pengasuhan sebagai mediator. Sebanyak 174 ibu bekerja penuh waktu, berusia 25 – 40 tahun, memiliki anak berusia 3 – 12 tahun, dan telah menikah minimal selama 3 tahun berpartisipasi dalam penelitian ini. Data diambil menggunakan alat ukur Parenting Stress Index - Short Form (PSI), ENRICH Marital Satisfaction (EMS), dan Self-efficacy for Parenting Tasks Index (SEPTI). Analisis dilakukan menggunakan mediasi sederhana melalui SPSS dengan penambahan *Process Macro*. Hasil menunjukkan bahwa kepuasan pernikahan berperan secara signifikan terhadap penurunan stres pengasuhan pada ibu bekerja melalui efikasi pengasuhan sebagai mediator parsial. Penelitian ini menekankan pentingnya kepuasan pernikahan dan efikasi pengasuhan sebagai faktor protektif dari stres pengasuhan pada ibu bekerja.

Kata kunci: *kepuasan pernikahan, stres pengasuhan, efikasi pengasuhan, ibu bekerja*

## Abstract

Working mothers who had children are often required to perform two roles at once, whereas the dual role that is carried out intensively can cause parenting stress. Parenting stress experienced by mothers can have a negative impact on mother's well-being and child development. This study examines the role of marital satisfaction on parenting stress in working mothers who had children through parenting efficacy as a mediator. A total of 174 full-time working mothers, aged 25-40 years, having children aged 3-12 years, and having been married for at least 3 years participated in this study. Data were collected using the Parenting Stress Index - Short Form (PSI), ENRICH Marital Satisfaction (EMS), and Self-Efficacy for Parenting Tasks Index (SEPTI) measuring instruments. The analysis was conducted using simple mediation through SPSS with the addition of Process Macro. The results showed that marital satisfaction played a significant role in reducing parenting stress in working mothers who had children through parenting efficacy act as a partial mediator. This study emphasizes the importance of marital satisfaction and parenting efficacy as protective factors for parenting stress in working mothers who had children.

*Key words: marital satisfaction, parenting efficacy, parenting stress, working mother*