



Peran *Work Life Balance* terhadap Stres Kerja pada Polisi Wanita di Polda D.I. Yogyakarta

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Abstract. *This research aims to examine and analyze the role of work life balance toward work stress of police women in Polda DIY. This research design uses quantitative techniques and uses purposive sampling as a sampling technique. The instrumen of this research are the Work Life Balance scale by Fisher, Bulger, & Smith (2009) which consists of 24 items with three dimension namely WIPL, PLIW, and WEPL, as well as the Work Stress Scale which consists 37 items by National Institute of Occupational Safety and Health Generic Job Stress Questionnaire as measuring tool in research. A total of 83 police women in Polda DIY were involved in this research. Data was analysis using multiple linear regression method. The result of this research showed that work life balance has an effect toward work stress ($F=98,796$; $p<0,01$) with an effective contribution of 79%.*

Keywords: *Work Life Balance, Work Stress, Police women.*

Abstrak. Penelitian ini bertujuan untuk mengetahui peran *work life balance* terhadap stres kerja pada polisi wanita di Polda DIY. Desain penelitian ini menggunakan teknik kuantitatif dan menggunakan *purposive sampling* sebagai teknik pengambilan sampel. Alat ukur dalam penelitian ini adalah skala *Work Life Balance* dari Fisher, Bulger, & Smith (2009) yang terdiri dari 24 aitem dengan tiga dimensi yaitu WIPL, PLIW dan WEPL serta skala Stres Kerja terdiri dari 37 aitem menggunakan kuesioner stres kerja dari *National Institute of Occupational Safety and Health*. Sejumlah 83 polisi wanita di Polda Daerah Istimewa Yogyakarta (DIY) terlibat dalam penelitian ini. Data dianalisis menggunakan analisis regresi linear berganda. Hasil analisis menunjukkan bahwa dimensi *work life balance* berperan terhadap stres kerja ($F=98,796$; $P<0,01$) dengan sumbangan efektif sebesar 79%.

Kata Kunci: *Polisi Wanita, Stres Kerja, Work Life Balance.*