

**HUBUNGAN ANTARA STRES KERJA DAN *WORK LIFE BALANCE*
DENGAN *PROBLEM FOCUSED COPING* SEBAGAI MODERATOR**

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INTISARI

Penelitian ini bertujuan untuk mengetahui peran *problem focused coping* terhadap hubungan antara stres kerja dan *work life balance* pada karyawan wanita. Hipotesis dalam penelitian ini adalah penggunaan *problem focused coping* mempengaruhi besar kecilnya peran tingkat stres kerja terhadap *work life balance* pada karyawan wanita. Subjek penelitian (N=106) merupakan karyawan tetap di salah satu perusahaan perbankan di Yogyakarta, yang berjenis kelamin wanita dan dengan status sudah menikah. Pengambilan data menggunakan skala *work life balance* (20 aitem), skala stres kerja (9 aitem), dan skala *problem focused coping* (9 aitem). Data dianalisis menggunakan *Moderated Regression Analysis (MRA)* dengan bantuan *software SPSS version 16.0 for Windows*. Hasilnya menunjukkan koefisien regresi sebesar -0,087 dimana $p < 0,01$ yang berarti signifikan. Hasil tersebut menyatakan bahwa hipotesis dari penelitian ini dapat diterima. Lebih lanjut $R^2 = 0,507$ yang artinya, *problem focused coping* mampu memoderatori hubungan antara stres kerja dan *work life balance* pada karyawan wanita sebesar 50,7%.

Kata kunci: *work life balance*, stres kerja, *problem focused coping*, karyawan wanita

***RELATIONSHIP BETWEEN WORK STRESS AND WORK LIFE BALANCE
WITH PROBLEM FOCUSED COPING AS MODERATOR***

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ABSTRACT

This study aims to determine the role of problem focused coping in the correlation between job stress and work life balance on female employees. The hypothesis of this study is the use of problem focused coping affect the size of the role of the level of work stress on work life balance in the female employee. Subject of the study (N = 106) a female employee in one banking company in Yogyakarta, with a married status. Retrieving data using work life balance scale (20 item), job stress scale (9 item), and the scale of problem focused coping (9 item). Data were analyzed using Moderated Regression Analysis (MRA) with software SPSS version 16.0 for Windows. The result showed a regression coefficient of -0,087 where $p < 0.01$, which means a significant. Therefore, the hypothesis of this study is accepted. Furthermore, $R^2 = 0.507$ which means problem focused coping is able to moderate the relationship between job stress and work life balance of female employee with effective contribution 50.7%.

Keywords: *work life balance, job stress, problem focused coping, female employee*