

PENGARUH *WORK FAMILY CONFLICT* TERHADAP *PARENTING SELF EFFICACY* PADA IBU BEKERJA DI JAWA BARAT

ABSTRAK

Menjadi ibu bekerja bukanlah suatu hal yang mudah, tidak sedikit ibu yang bekerja mengalami konflik dalam pekerjaan dan juga ketidakyakinan dalam proses pengasuhan. Penelitian ini bertujuan untuk mengetahui pengaruh *work family conflict* terhadap *parenting self efficacy* pada ibu bekerja di Jawa Barat. Metode penelitian yang digunakan adalah metode penelitian kuantitatif dengan pendekatan regresi dan melibatkan 100 responden. Teknik sampling yang digunakan yaitu *Purposive sampling* dengan metode pengumpulan data menggunakan kuesioner dalam bentuk *google form* yang berisi dua alat ukur yaitu skala *work family conflict* (18 item) dan skala *parenting self efficacy* (28 item). Teknik analisis data dalam penelitian ini menggunakan analisis regresi linear sederhana. Berdasarkan hasil analisis data, ditemukan signifikansi yaitu 0,000 dan (β) -1,301 dengan *R Square* 0,524. Hal ini menunjukkan *work family conflict* memiliki pengaruh negatif terhadap *parenting self efficacy* pada ibu bekerja di Jawa Barat. sehingga dapat diartikan bahwa semakin tinggi *work family conflict* maka akan semakin rendah *parenting self efficacy* pada Ibu bekerja

Kata Kunci : *Work family conflict*, *Parenting self efficacy*, Ibu Bekerja

THE INFLUENCE OF WORK FAMILY CONFLICT ON PARENTING SELF EFFICACY IN WORKING MOTHERS IN WEST JAVA.

ABSTRACT

Being a working mother is not an easy thing, quite a few working mothers experience conflicts at work and also lack of confidence in the parenting process. This research aims to determine the effect of work family conflict on parenting self-efficacy in working mothers in West Java. The research method used is a quantitative research method with a regression approach and involving 100 respondents. The sampling technique used is purposive sampling with data collection methods using a questionnaire in the form of a Google form which contains two measuring instruments, namely the work family conflict scale (18 items) and the parenting self efficacy scale (28 items). The data analysis technique in this research uses simple linear regression analysis. Based on the results of data analysis, significance was found, namely 0.000 and (β) -1.301 with an R Square of 0.524. This shows that work family conflict has a negative influence on parenting self-efficacy in working mothers in West Java. so it can be interpreted that the higher the work family conflict, the lower the parenting self efficacy of working mothers

Keywords: Work family conflict, Parenting self efficacy, Working Mothers