

ABSTRAK

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Judul Skripsi: **“Peran *Work-Family Balance* dan *Trait Mindfulness* terhadap *Psychological Well-Being* pada Orangtua Bekerja di Usia Dewasa Madya serta Tinjauannya dalam Islam”**

Individu yang berada dalam tahapan usia dewasa madya sering disebut sebagai *sandwich generation*, yaitu masa dimana individu masih memiliki anak dan orangtua yang harus diurus dan pekerjaan yang harus dijalani. Studi terdahulu menemukan bahwa individu yang berusia dewasa madya lebih rentan terhadap stres dibandingkan usia lainnya dikarenakan peran ganda yang dimiliki, yang kemudian memengaruhi *psychological well-being*. Studi terdahulu juga menemukan bahwa *trait mindfulness*, yaitu kemampuan untuk menyadari pengalaman saat ini sepenuhnya, berkorelasi positif dengan *psychological well-being*. Oleh karena itu, penelitian ini bertujuan untuk melihat peran *work-family balance* dan *trait mindfulness* terhadap *psychological well-being* pada orangtua bekerja di usia dewasa madya (N=200). Penelitian ini menggunakan skala multidimensional untuk *mindfulness* (FFMQ) dan *psychological well-being* (PWBS) dan skala unidimensional untuk *work-family balance* (WFBS). Hasil uji regresi ganda mengindikasikan bahwa *work-family balance* dan *trait mindfulness* memiliki peran yang signifikan dalam memprediksi *psychological well-being*. Dikarenakan penggunaan alat ukur *mindfulness* yang bersifat multifaset, hasil juga menunjukkan bahwa bersama dengan *work-family balance*, dimensi-dimensi *mindfulness* yang berkontribusi secara signifikan terhadap semua dimensi *psychological well-being* adalah *describing* dan *acting with awareness*. *Work-family balance* dan *non-judging of inner experience* memprediksikan *psychological well-being* dimensi *environmental mastery*. Hasil korelasi semiparsial kuadrat mengindikasikan bahwa *work-family balance* memiliki kontribusi unik yang lebih tinggi terhadap *psychological well-being* dibandingkan *trait mindfulness*. Dalam Islam, dikatakan bahwa apabila kewajiban untuk merawat keluarga dan bekerja dilakukan dengan kondisi yang tenang dan *khusyu'*, individu tersebut akan memperoleh kesejahteraan psikologis.

Kata Kunci: *Work-family balance*; *Trait mindfulness*; *Psychological well-being*; Orangtua bekerja; Dewasa madya

ABSTRACT

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Title : **“The Role of Work-Family Balance and Trait Mindfulness on the Psychological Well-Being of Middle-Aged Working Parents with a Review in the Islamic Perspective”**

Adults in their midlife stage of development are conventionally termed as the sandwich generation, meaning the age where they still have children living at home, aging parents to care for, as well as the need to work. Previous studies have shown that middle-aged adults are more prone to stress than others due to the multiple roles they have, which ultimately affects their psychological well-being. As such, work-family balance may have the potential to predict psychological well-being. In addition, Islam teaches its *ummah* to obtain a balance between work and family lives by dividing time. Previous studies have also shown trait mindfulness, a person's ability to be fully aware of present experiences, to be positively correlated with psychological well-being. The concept of *khushoo'* in Islam, meaning to be aware and attentive, is similar to mindfulness and is also known to increase the level of contentment. Hence, this study aimed to explore the roles of work-family balance and trait mindfulness on the psychological well-being of middle-aged working parents (N=200). Multidimensional scales for mindfulness (FFMQ) and psychological well-being (PWBS) were used, whereas level of work-family balance were obtained using a unidimensional scale (WFBS). Results from multiple regression indicate that work-family balance and trait mindfulness play a significant role in predicting psychological well-being. As this study used a multifaceted scale of mindfulness, results specifically show that along with work-family balance, it is the describing and acting with awareness facets which significantly contribute to all dimensions of psychological well-being. Work-family balance and non-judging of inner experience significantly predicts the environmental mastery dimension of psychological well-being. Squared semipartial correlation indicate that work-family balance has a higher unique contribution to psychological well-being than trait mindfulness.

Keywords: Work-family balance; Trait mindfulness; Psychological well-being; Working parents; Midlife; Middle age