

ABSTRAK

Tujuan dalam penelitian ini adalah untuk mengetahui perbedaan work life balance ditinjau dari karakteristik kepribadian ekstrovert dan introvert. Hipotesis yang diajukan dalam penelitian ini adalah terdapat perbedaan *work life balance* ditinjau dari karakteristik kepribadian *ekstrovert* dan *introvert* pada Perawat. *Work life balance* dengan kecenderungan karakteristik kepribadian *ekstrovert* pada perawat lebih tinggi daripada *work life balance* dengan kecenderungan karakteristik kepribadian *introvert* pada perawat. Subjek yang terlibat dalam penelitian ini berjumlah 29 perawat wanita yang bekerja di RSUD Ciamis dan sudah mempunyai anak dengan rentan usia 0-12 tahun. Data penelitian ini didapat melalui skala *work life balance* (Wicaksono, 2018) dan *Myers-Briggs Type Indikator (MBTI)* yang kemudian dianalisis menggunakan teknik uji beda *mann whitney*. Hasil uji beda menunjukkan nilai $Z = -4.503$ ($p < 0,01$) sehingga dapat disimpulkan bahwa terdapat perbedaan *work life balance* ditinjau dari karakteristik kepribadian *ekstrovert* dan *introvert*, dimana nilai *work life balance* pada kepribadian *ekstrovert* lebih tinggi dibandingkan nilai *work life balance* pada kepribadian *introvert*.

Kata kunci: *Ektrovert, Introvert, Work Life Balance*

ABSTRACT

The purpose of this study was to determine the differences in work life balance in terms of extrovert and introvert personality characteristics. The hypothesis proposed in this study is that there is a difference in work life balance in terms of the extrovert and introvert personality characteristics of the female nurse. Work life balance with the tendency of extrovert personality characteristics among female nurses is higher than work life balance with tendencies of introvert personality characteristics among female nurses. The subjects involved in this research were 29 female nurses who worked at Ciamis Regional Hospital and already had children aged 0-12 years. This research data was obtained through a work life balance scale (Wicaksono, 2018) and the Myers-Briggs Type Indicator (MBTI) which was then analyzed using the Mann Whitney different test technique. The results of the different test show that the value of $Z = -4.503$ ($p < 0.01$) so that it can be concluded that there are differences in work life balance in terms of extrovert and introvert personality characteristics, where the work life balance value of extrovert personality is higher than the work life balance value of personality. introvert.

Keywords: *Extrovert, Introvert, Work Life Balance*