

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *career adaptibility* dengan *subjective wellbeing* pada ibu bekerja. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif yang signifikan antara *career adaptibility* dengan *subjective wellbeing* pada ibu bekerja. Subjek penelitian ini adalah ibu bekerja yang memiliki usia 21-60 tahun dan memiliki anak minimal 1 tahun dengan jumlah 105 orang. Metode pengumpulan data pada penelitian ini menggunakan skala *subjective well-being* dan skala *Career adaptability*. Metode analisis data menggunakan metode analisis korelasi product moment dari Karl Pearson. Hasil analisis data diperoleh nilai koefisien korelasi (r_{xy}) sebesar 0,000 ($p \leq 0,01$). Hal ini menunjukkan ada hubungan positif yang signifikan antara *career adaptibility* dengan *subjective wellbeing*. Nilai koefisien determinasi (R^2) 0.660 hal tersebut menunjukkan bahwa variabel *career adaptibility* memberikan sumbangan efektif sebesar 66% terhadap *subjective wellbeing* dan sisanya 43% dipengaruhi oleh faktor lain.

Kata Kunci: *career adaptibility, subjective wellbeing, ibu bekerja*

ABSTRACT

This research aims to determine the relationship between career adaptability and subjective well-being in working mothers. The hypothesis proposed in this research is that there is a significant positive relationship between career adaptability and subjective well-being in working mothers. The subjects of this research were working mothers aged 21-60 years and had children at least 1 year old with a total of 105 people. The data collection method in this research uses the subjective well-being scale and the Career adaptability scale. The data analysis method uses the product moment correlation analysis method from Karl Pearson. The results of data analysis obtained a correlation coefficient (r_{xy}) value of 0.000 ($p \leq 0.01$). This shows that there is a significant positive relationship between career adaptability and subjective well-being. The coefficient of determination (R^2) value of 0.660 shows that the career adaptability variable makes an effective contribution of 66% to subjective well-being and the remaining 43% is influenced by other factors.

Keywords: *career adaptability, subjective well-being, working mothers*