

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial suami dengan *psychological well being* pada ibu yang bekerja. Hipotesis pada penelitian ini yaitu ada hubungan positif antara dukungan sosial suami dengan *psychological well being* pada ibu yang bekerja. Subjek dalam penelitian ini adalah wanita yang bekerja di Ponorogo. Subjek dalam penelitian ini sebanyak 103 wanita. Pengumpulan data dilakukan dengan Skala *Psychological Well Being* dan Skala Dukungan Sosial Suami. Metode analisis data yang digunakan adalah analisis Pearson Correlation. Berdasarkan hasil penelitian, hipotesis diperoleh koefisien korelasi sebesar $r_{xy} = 0.310$ dengan taraf signifikansi sebesar $p = 0.000$ ($p < 0.010$), yang berarti ada hubungan positif yang signifikan antara dukungan sosial suami dan *psychological Well Being* pada ibu yang bekerja. Diterimanya hipotesis dalam penelitian ini menunjukkan koefisien determinasi (R^2) yang memperoleh sumbangan efektif sebesar 0.096 atau 9,6% dari dukungan sosial suami untuk *psychological well being* dan sisanya dipengaruhi oleh faktor lainnya, seperti: factor demografis (meliputi: usia, jenis kelamin, dan budaya) dan penguasaan lingkungan.

Kata kunci : *psychological well being*, dukungan sosial suami, ibu yang bekerja

ABSTRACT

This study aims to determine the relationship between husband's social support with psychological well being in working mothers. The hypothesis of this study is that there is a positive relationship between husband's social support and psychological well being in working mothers. The subjects in this study were women who worked in Ponorogo. The subjects in this study were 103 women. Data collection was done with the Psychological Well Being Scale and the Husband's Social Support Scale. The data analysis method used is Pearson Correlation analysis. Based on the results of the study, the hypothesis obtained by the correlation coefficient of $r_{xy} = 0.310$ with a significance level of $p = 0.000$ ($p < 0.010$), which means there is a significant positive relationship between social support of husband and psychological Well Being in working mothers. The acceptance of the hypothesis in this study shows the coefficient of determination (R^2) which gets an effective contribution of 0.096 or 9.6% of the husband's social support for psychological well being and the rest is influenced by other factors, such as: demographic factors (including: age, sex, and culture) and environmental control.

Keywords: *psychological well being, husband social support, working mother.*

