

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial suami dengan *work life balance* pada guru wanita di Indramayu. Hipotesis yang diajukan dalam penelitian ini adalah ada hubungan positif antara dukungan sosial suami dengan *work life balance* pada guru wanita di indramayu. Subjek dalam penelitian ini berjumlah 35 orang, yaitu guru wanita yang sudah menikah dan berusia 20-40 tahun. Metode pengumpulan data dalam penelitian ini menggunakan skala dukungan sosial suami dan skala *work life balance*. Hasil analisis data dengan uji korelasi *Product Moment* korelasi antara dukungan sosial suami dengan *work life balance* ( $r_{xy}$ )= 0.495 ( $p < 0.01$ ) yang berarti ada korelasi yang positif antara dukungan sosial suami dengan *work life balance*, sehingga hipotesis diterima. Koefisien determinasi ( $R^2$ ) menunjukkan bahwa dukungan sosial suami terhadap *work life balance* berkontribusi sebesar 24.5% dan 75.7% berasal dari faktor lain. Faktor faktor lain tersebut yang mempengaruhi *work life balance* diantaranya seperti faktor sosial, faktor individu dan faktor organisasi. Faktor sosial meliputi, tanggung jawab pengasuhan pada anak. Faktor Individu meliputi, kepribadian, *psychological well-being*, kecerdasan emosi. Faktor organisasi meliputi, *work arrangements*, *work support*, stress kerja.

**Kata kunci:** dukungan sosial suami, *work life balance*, guru wanita.

## **ABSTRACT**

*This study aims to know the relationship between husband's social supports with work life balance.. The hypothesis proposed in this study is that there is a positive relationship between husband's social supports with work life balance on teachers in Indramayu. Subjects in this study amounted to 35 people, they are female teachers who has been married and aged 20-40 years. The method of collecting data in this study is using the scale of husband's social supports and work life balance scale. The result of analysis with correlation test of Product Moment correlation between husband's social supports with work life balance is  $(r_{xy}) = 0.495$  ( $p < 0.01$ ) which means there is a positive correlation between husband's social supports with work life balance, so the hypothesis is accepted. The coefficient of determination ( $R^2$ ) shows that husband's social supports contributes 24.5%, to the work life balance and 75.7% comes from other factors. factors that affect work life balance include social factors, individual factors and organizational factors. Social factors include, the responsibility of care for children. Individual factors include, personality, psychological well-being, emotional intelligence. Organizational factors include, work arrangements, work support, work stress.*

**Keywords:** *husband's social support, work life balance, female teachers.*