

## Intervensi manajemen stres pada wanita multiperan: studi pada wanita bekerja dalam periode postpartum = Stress management intervention for women with multiple roles case study of working women in postpartum period

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### Abstrak

[<b>ABSTRAK</b><br>

Besarnya jumlah wanita bekerja di DKI Jakarta saat ini menunjukkan bahwa para wanita saat ini memegang banyak peran dalam hidupnya. Semakin banyak peran yang dipegang meningkatkan resiko para wanita untuk mengalami role overload dan distress. Distres yang dialami seseorang diketahui memiliki dampak negatif pada diri dan lingkungannya. Wanita multiperan yang mengalami distress tidak hanya merugikan dirinya sendiri, tetapi juga berpotensi menimbulkan dampak negatif bagi perkembangan bayi, konflik dengan pasangan, keluarga, rekan kerja, hingga orangtua. Telah diketahui bahwa pemberian intervensi menggunakan teknik manajemen stres menjadi salah satu alternatif untuk membantu mengelola stres yang dialami oleh para wanita yang memiliki anak. Penelitian ini dilakukan dengan memodifikasi teknik manajemen stres LivingSMART dan menggunakan bentuk intervensi kelompok. Tujuan dari pemberian intervensi ini adalah untuk memberikan teknik-teknik yang dapat membantu proses penyesuaian emosional dan menurunkan tingkat distress para wanita multiperan, khususnya pada ibu bekerja dalam periode postpartum. Program manajemen stres LivingSMART yang telah dimodifikasi kemudian dinamakan ?Stress Management Program for New Moms?. Program ini dilaksanakan selama lima sesi mingguan yang masing-masing berlangsung selama 90 menit. Hasil penelitian ini menunjukkan bahwa intervensi manajemen stres dapat memberikan dampak positif pada para partisipan, seperti meningkatkan kemampuan mengenali stresor dan mengenali reaksi stres yang dialami, menurunkan tingkat stres, serta meningkatkan kemampuan penggunaan teknik relaksasi, meditasi, dan visual imagery

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The large number of working women in Jakarta nowadays shows that women currently hold many roles in their life. It increases the risk of women to experience role overload and distress. Distress experienced by an individual known to have some negative impacts on themselves and their environment. Multiple role women experiencing distress not only hurt themselves, but also potentially harm the development of the baby, causing conflicts with their partner, family, co-workers, and also their parents and in-laws. It is known that the administration of the intervention using stress management techniques became one of the alternatives to help manage stress experienced by women who have children. This thesis was carried out by modifying the LivingSMART stress management techniques and was using group intervention. The purpose of this intervention is to provide

techniques that can help the process of emotional adjustment and to reduce the distress levels of multiple role women, in particular on working mothers in the postpartum period. LivingSMART stress management program that has been modified, then called "Stress Management Program for New Moms". The program is implemented for five weekly sessions, each lasting 90 minutes. These results indicate that stress management interventions have some positive impacts on the participants, such as improving the ability to identify and recognize the stressors experienced stress reactions, reducing stress levels, and improving the ability to use relaxation techniques, meditation, and visual imagery.;The large number of working women in Jakarta nowadays shows that women currently hold many roles in their life. It increases the risk of women to experience role overload and distress. Distress experienced by an individual known to have some negative impacts on themselves and their environment. Multiple role women experiencing distress not only hurt themselves, but also potentially harm the development of the baby, causing conflicts with their partner, family, co-workers, and also their parents and in-laws. It is known that the administration of the intervention using stress management techniques became one of the alternatives to help manage stress experienced by women who have children. This thesis was carried out by modifying the LivingSMART stress management techniques and was using group intervention. The purpose of this intervention is to provide techniques that can help the process of emotional adjustment and to reduce the distress levels of multiple role women, in particular on working mothers in the postpartum period. LivingSMART stress management program that has been modified, then called "Stress Management Program for New Moms". The program is implemented for five weekly sessions, each lasting 90 minutes. These results indicate that stress management interventions have some positive impacts on the participants, such as improving the ability to identify and recognize the stressors experienced stress reactions, reducing stress levels, and improving the ability to use relaxation techniques, meditation, and visual imagery., The large number of working women in Jakarta nowadays shows that women currently hold many roles in their life. It increases the risk of women to experience role overload and distress. Distress experienced by an individual known to have some negative impacts on themselves and their environment. Multiple role women experiencing distress not only hurt themselves, but also potentially harm the development of the baby, causing conflicts with their partner, family, co-workers, and also their parents and in-laws. It is known that the administration of the intervention using stress management techniques became one of the alternatives to help manage stress experienced by women who have children. This thesis was carried out by modifying the LivingSMART stress management techniques and was using group intervention. The purpose of this intervention is to provide techniques that can help the process of emotional adjustment and to reduce the distress levels of multiple role women, in particular on working mothers in the postpartum period. LivingSMART stress management program that has been modified, then called "Stress Management Program for New Moms". The program is implemented for five weekly sessions, each lasting 90 minutes. These results indicate that stress management interventions have some positive impacts on the participants, such as improving the ability

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