Hubungan antara Resiliensi dengan Stres Pengasuhan pada Ibu yang Bekerja Selama Pandemi COVID-19 = The Relationship Between Resilience with Parenting Stress in Working Mothers During The COVID-19 Pandemic

Farhani Dea Asy-Syifa, author

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Abstrak

Perempuan yang menjadi ibu sekaligus pekerja merupakan salah satu subjek yang paling terdampak dari perubahan aktivitas kerja selama pandemi COVID-19. Kemampuan resiliensi berperan penting untuk menghadapi situasi sulit, sehingga resiliensi menjadi salah satu faktor individu ibu bekerja untuk tidak mengalami dampak psikologis berkelanjutan. Penelitian ini bertujuan untuk mengidentifikasi lebih lanjut gambaran tingkat resiliensi dan stres pengasuhan serta hubungan antara resiliensi dengan stres pengasuhan pada ibu yang bekerja selama pandemi COVID- 19. Penelitian ini menggunakan metode penelitian kuantitatif dengan desain penelitian studi korelasi. Sebanyak 296 ibu bekerja terlibat pada penelitian ini dan dikumpulkan melalui teknik convenience sampling. Hasil analisis univariat menemukan bahwa lebih dari sebagian ibu bekerja memiliki tingkat resiliensi tinggi (53.7%) dan sebagian besar memiliki tingkat stres pengasuhan rata-rata (66.5%) selama pandemi COVID-19. Analisis bivariat dengan uji chi-square dilakukan untuk menganalisis hubungan antara resiliensi dan stres pengasuhan dan hasil yang dapatkan nilai p value=0.001 sehingga terdapat hubungan antara resiliensi dengan stres pengasuhan pada ibu yang bekerja selama pandemi COVID-19. Resiliensi yang tinggi perlu dipertahankan, salah satu upayanya dengan promosi kesehatan mental agar dapat menurunkan kondisi stres yang dialami ibu bekerja.

......Women who become mothers and workers are one of the subjects most affected by changes in work activities during the COVID-19 pandemic. Resilience ability plays an important role in dealing with difficult situations, so resilience is one of the individual factors for working mothers to not experience ongoing psychological impacts. This study aims to further identify the level of resilience and parenting stress and the relationship between resilience and parenting stress in working mothers during the COVID-19 pandemic. This research uses quantitative research methods with a correlation study research design. A total of 296 working mothers were involved in this study and were collected through convenience sampling technique. The results of the univariate analysis found that most of the working mothers had a high level of resilience (53.7%) and an average level of parenting stress (66.5%) during the COVID-19 pandemic. Bivariate analysis with chi-square test was conducted to analyze the relationship between resilience and parenting stress and the results obtained p value = 0.001 so that there is a relationship between resilience and parenting stress in working mothers during the COVID-19 pandemic. High resilience needs to be maintained, one of the efforts is by promoting mental health in order to reduce the stress conditions experienced by working mothers.