

# Peran Common Dyadic Coping sebagai Moderator dalam Hubungan antara Parenting Stress dan Well-Being pada Periode Transisi menjadi Orang Tua Baru = The Moderating Role of Common Dyadic Coping in The Relationship Between Parenting Stress and Well-Being in The Transition Period of Becoming First-Time Parents

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## Abstrak

Pada periode transisi menjadi orang tua baru, individu seringkali dihadapkan dengan kondisi yang menimbulkan stres. Berdasarkan penelitian sebelumnya, stres yang dialami memiliki hubungan dengan well-being dari orang tua. Dengan demikian, dibutuhkan strategi yang tepat agar well-being orang tua tetap terjaga meskipun stres pengasuhan tidak dapat dihindari. Penelitian ini bertujuan untuk melihat peran common dyadic coping sebagai moderator dalam hubungan parenting stress dan well-being dalam periode transisi menjadi orang tua baru. Alat ukur yang digunakan pada penelitian ini meliputi Parental Stress Scale (PSS), The PERMA-Profilier, dan Dyadic Coping Inventory (DCI). Data diperoleh dari 342 partisipan (N perempuan = 307, M usia = 27.97, SD usia = 3.988). Hasil analisis data menggunakan Hayes PROCESS menunjukkan bahwa emotion-focused common dyadic coping dapat secara signifikan memoderasi hubungan antara parenting stress dan well-being ( $b=0.1529$ ,  $t=3.6358$ ,  $p<0.001$ ), sedangkan problemfocused common dyadic coping tidak signifikan memoderasi hubungan antara parenting stress dan well-being ( $b=0.0875$ ,  $t=1.9146$ ,  $p>0.05$ ). Temuan ini meningkatkan pentingnya peran dukungan dari pasangan dalam bentuk menghibur, menenangkan satu sama lain dan berkegiatan bersama untuk menjaga well-being orang tua dari dampak negatif stres pengasuhan.

.....During the transition period of becoming first-time parents, individuals often face stressful conditions. Previous research has shown that the stress experienced is related to the well-being of parents. Therefore, effective strategies are needed to maintain the well-being of parents even though parenting stress is inevitable. This study aims to examine the role of common dyadic coping as a moderator in the relationship between parenting stress and well-being during the transition to becoming first-time parents. The measurements used in this study include the Parental Stress Scale (PSS), The PERMA-Profilier, and the Dyadic Coping Inventory (DCI). Data were obtained from 342 participants (N female = 307, M age = 27.97, SD age = 3.988). Data analysis using Hayes PROCESS showed that emotion-focused common dyadic coping can significantly moderate the relationship between parenting stress and well-being ( $b=0.1529$ ,  $t=3.6358$ ,  $p<0.001$ ), while problem-focused common dyadic coping does not significantly moderate the relationship between parenting stress and well-being ( $b=0.0875$ ,  $t=1.9146$ ,  $p>0.05$ ). This finding highlights the importance of the role of support from partners in the form of comforting, consoling each other, and engaging in activities together to protect the well-being of parents from the negative impact of parenting stress.