

## **HUBUNGAN ANTARA DUKUNGAN SOSIAL DAN *WORK-LIFE BALANCE* PADA WANITA PEKERJA USIA DEWASA DINI**

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### **ABSTRAK**

Penelitian ini bertujuan untuk menguji hubungan antara dukungan sosial dan *work-life balance* pada wanita pekerja usia dewasa dini. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif antara dukungan sosial dan *work-life balance* pada wanita pekerja usia dewasa dini. Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian korelasional. Responden dalam penelitian ini adalah 79 wanita usia dewasa dini yang bekerja di PT Panen Mas Jogja. Alat pengumpul data yang digunakan berupa skala *work-life balance* dan skala dukungan sosial. Koefisien reliabilitas skala *work-life balance* adalah sebesar 0,842, sedangkan koefisien reliabilitas skala dukungan sosial adalah sebesar 0,857. Hasil uji korelasi *Pearson Product Moment* menunjukkan koefisien korelasi yang diperoleh sebesar 0,409 dengan taraf signifikansi 0,000. Hasil tersebut mengindikasikan bahwa terdapat hubungan yang positif dan signifikan antara dukungan sosial dan *work-life balance* pada wanita pekerja usia dewasa dini.

Kata Kunci: dukungan sosial, *work-life balance*, wanita pekerja, usia dewasa dini

***CORRELATION BETWEEN SOCIAL SUPPORT AND WORK-LIFE BALANCE  
AMONG WORKING WOMEN IN EARLY ADULTHOOD***

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***ABSTRACT***

*This study aimed to examine the relationship between social support and work-life balance among working women in early adulthood. The hypothesis of this study was that there was a positive relationship between social support and work-life balance among working women in early adulthood. This research was a quantitative method using correlational study. Participants in this study were 79 working women in early adulthood in PT Panen Mas Jogja. Data were collected used work-life balance scale and social support scale. The reliability coefficient of work-life balance scale is 0.842, while the reliability coefficient of social support scale is 0.857. Data were analyzed by using Pearson Product Moment Correlation. The results of data analyzed showed correlation coefficient is 0.409 with a significance level of 0.000. These finding indicates that there is a positive and significant relationship between social support and work-life balance among working women in early adulthood.*

*Keyword: social support, work-life balance, working women, early adulthood*

