

## HUBUNGAN ANTARA PARENTING SELF-EFFICACY DENGAN PSYCHOLOGICAL WELL-BEING PADA IBU SINGLE PARENT

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### ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *parenting self-efficacy* dengan *psychological well-being* pada ibu *single parent*. Hipotesis yang diajukan dalam penelitian ini ialah terdapat hubungan positif antara *parenting self-efficacy* dan *psychological well-being* pada ibu *single parent*. Subjek dalam penelitian ini adalah 146 ibu *single parent* yang memiliki anak dengan rentang usia 5-12 tahun. Penelitian ini merupakan penelitian kuantitatif dengan teknik pengambilan sampel *non-probability sampling*. Metode pengumpulan data dalam penelitian ini menggunakan dua skala yang diadaptasi ke dalam Bahasa Indonesia, yaitu skala *parenting self-efficacy* (Coleman & Karraker, 2000) dan *Ryff's Psychological Well-being Scale* (RPWBS). Uji coba skala menghasilkan koefisien reliabilitas pada skala *parenting self-efficacy* sebesar 0,916 dan pada *Ryff's Psychological Well-being Scale* sebesar 0,934. Data penelitian dianalisis dengan menggunakan teknik korelasi *Pearson Product Moment Correlation* karena data berdistribusi normal. Hasil uji korelasi menunjukkan skor koefisien korelasi sebesar 0,681 dan nilai signifikansi sebesar  $p = 0,000$  ( $p < 0,05$ ). Berdasarkan hasil tersebut, dapat disimpulkan bahwa terdapat hubungan positif yang signifikan antara *parenting self-efficacy* dan *psychological well-being* pada ibu *single parent*.

**Kata kunci:** *parenting self-efficacy, psychological well-being, ibu single parent*

**CORRELATION BETWEEN PARENTING SELF-EFFICACY WITH  
PSYCHOLOGICAL WELL-BEING IN SINGLE MOTHERS**

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**ABSTRACT**

*This research aims to determine the correlation between parenting self-efficacy with psychological well-being in single mothers. The hypothesis proposed that there was a positive correlation between parenting self-efficacy and psychological well-being in single mothers. The respondents were 146 single mothers who had 5-12 years old child. This research was a quantitative study with non-probability sampling technique. The method of the data collection in this research used two adaption scales, namely parenting self-efficacy scale (Coleman & Karraker, 2000) and the Ryff's Psychological Well-being Scale (RPWBS). From the try-out of scales, the reliability of coefficients on parenting self-efficacy scale was 0,916 and the Ryff's Psychological Well-being Scale was 0,934. The research data was analyzed using Pearson Product Moment Correlation technique because the data was normally distributed. The result showed that parenting self-efficacy is correlated positively with psychological well-being with the value of correlation test was 0,681 and significance level ( $p$ ) was 0,000 ( $p < 0,05$ ). Based on this, it can be concluded that there was a significant positive correlation between parenting self-efficacy and psychological well-being in single mothers.*

**Keywords:** *parenting self-efficacy, psychological well-being, single mothers*