

## ABSTRAK

Andrea, Evelyn Margaretha. 2023. Hubungan antara Persepsi terhadap Kemampuan Pemecahan Masalah dan Keseimbangan Kehidupan-Kerja pada Mahasiswa yang Bekerja. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji hubungan antara persepsi terhadap kemampuan pemecahan masalah dan keseimbangan kehidupan-kerja pada mahasiswa yang bekerja. Hipotesis dalam penelitian ini yaitu terdapat hubungan negatif antara persepsi terhadap kemampuan pemecahan masalah dengan *Work Interference with Personal Life* (WIPL) dan *Personal Life Interference with Work* (PLIW), serta terdapat hubungan positif antara persepsi terhadap kemampuan pemecahan masalah dengan *Work Enhancement of Personal Life* (WEPL) dan *Personal Life Enhancement of Work* (PLEW). Partisipan dalam penelitian ini adalah 347 mahasiswa yang bekerja dengan rentang usia 18-25 tahun. Data penelitian ini menggunakan 2 skala adaptasi, yaitu *Problem Solving Inventory* (PSI) milik Heppner dan Petersen (1982) dan *Work-Life Balance Scale* (WLB) milik Fisher et al. (2009). Analisis dalam penelitian ini menggunakan teknik non parametrik *Spearman's Rho*. Hasil dari penelitian ini menunjukkan bahwa terdapat hubungan negatif dan signifikan antara PSI dan WIPL ( $r=-0,147$ ;  $p=0,003$ ), terdapat hubungan negatif dan signifikan antara PSI dan PLIW ( $r=-0,286$ ;  $p=0,000$ ). Selain itu, terdapat hubungan positif dan signifikan antara PSI dan WEPL ( $r=0,317$ ;  $p=0,000$ ) dan terdapat hubungan positif dan signifikan antara PSI dan PLEW ( $r=0,360$ ;  $p=0,000$ ).

**Kata kunci:** persepsi terhadap kemampuan pemecahan masalah, keseimbangan kehidupan-kerja, mahasiswa yang bekerja

## ABSTRACT

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This study aimed to determine the relationship between problem solving appraisal and work-life balance in working students. There were four hypotheses. This research hypothesized a negative relationship between problem solving appraisal with Work Interference with Personal Life (WIPL) and Personal Life Interference with Work (PLIW), and a positive relationship between problem solving appraisal with Work Enhancement of Personal Life (WEPL) and Personal Life Enhancement of Work (PLEW). Participants in this study were 347 working students with an age range of 18-25 years. The data were collected utilizing adaptation scale Heppner and Petersen's Problem Solving Inventory (PSI) (1982) and Fisher et al.'s Work-Life Balance Scale (WLB) (2009). The analysis in this study used Spearman's Rho non-parametric technique. The results of the analysis demonstrated there was negative and significant relationship between PSI and WIPL ( $r=-0.147$ ;  $p=0.003$ ) and there was negative and significant relationship between PSI and PLIW ( $r=-0.286$ ;  $p=0.000$ ). And there was positive and significant relationship between PSI and WEPL ( $r=0.317$ ;  $p=0.000$ ) and there was positive and significant relationship between PSI and PLEW ( $r=0.360$ ;  $p=0.000$ ).

**Keywords:** problem solving appraisal, work-life balance, working students