

ABSTRAK

Sinthawati, A. A. (2025). Hubungan *Time Management* dan *Work-Life Balance* pada Mahasiswa yang Bekerja *Part time*. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Penelitian ini bertujuan untuk mengetahui hubungan yang positif antara *time management* dengan *work-life balance* pada mahasiswa yang bekerja *part time* di Indonesia. berdasarkan tinjauan teoretis, hipotesis yang diajukan dalam penelitian menyatakan adanya hubungan yang positif antara *time management* dan *work-life balance* pada mahasiswa yang bekerja *part time*. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan desain pengumpulan data survei *cross-sectional*. Sebanyak 174 mahasiswa yang bekerja *part time* di Indonesia berusia 18-25 tahun menjadi responden penelitian. Instrumen pengukuran *time management* disusun oleh peneliti berdasarkan konsep Macan et al. (1990), terdiri dari 17 item dengan koefisien reliabilitas sebesar 0,88. Sementara itu, *work-life balance* diukur menggunakan skala yang dikembangkan berdasarkan konsep Fisher et al. (2009), terdiri dari 12 item dengan koefisien reliabilitas sebesar 0,90. Analisis data dilakukan menggunakan teknik analisis *Spearman's Rho* karena data yang tidak berdistribusi normal. Hasil penelitian ini menunjukkan adanya hubungan negatif yang signifikan antara *time management* dan *work-life balance* pada mahasiswa yang bekerja *part time* ($r = -0.348$; $p = 0.000$). Artinya, semakin tinggi kemampuan *time management* mahasiswa yang sedang bekerja *part time*, semakin rendah tingkat *work-life balance* yang dirasakan.

Kata kunci: mahasiswa paruh waktu, *time management*, *work-life balance*

ABSTRACT

Sinthawati, A. A. (2025). The Relationship between Time Management and Work-Life Balance in Students Who Work Part time. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University

This study aims to examine the relationship between time management and work-life balance among part-time university students in Indonesia. Based on theoretical considerations, the proposed hypothesis stated that there would be a positive relationship between time management and work-life balance in this population. The study employed a correlational quantitative approach with a cross-sectional survey design. A total of 174 part-time working students aged 18 to 25 participated as respondents. The time management instrument was developed by the researcher based on the concept of Macan et al. (1990), consisting of 17 items with a reliability coefficient of 0.88. Meanwhile, work-life balance was measured using a scale developed based on the framework by Fisher et al. (2009), consisting of 12 items with a reliability coefficient of 0.90. Data analysis was conducted using Spearman's Rho due to the non-normal distribution of data. The results revealed a significant negative correlation between time management and work-life balance among part-time student workers ($r = -0.348$; $p = 0.000$). This indicates that the higher the time management ability of part-time students, the lower the level of work-life balance they experience.

Keywords: *part time students, time management, work-life balance*