

ABSTRAK

Giovanni, Theresia Anindya. 2025. Hubungan antara Resiliensi dan *Work-Life Balance* pada Mahasiswa Magang. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi dan *work-life balance* pada mahasiswa magang. Terdapat empat hipotesis yang diajukan dalam penelitian ini, yakni (1) terdapat hubungan negatif antara resiliensi dan *work interference with personal life* (WIPL); (2) terdapat hubungan negatif antara resiliensi dan *personal life interference with work* (PLIW); (3) terdapat hubungan positif antara resiliensi dan *work enhancement of personal life* (WEPL); (4) terdapat hubungan positif antara resiliensi dan *personal life enhancement of work* (PLEW). Partisipan dalam penelitian ini adalah 217 mahasiswa magang yang berusia 18-25 tahun dengan waktu kerja 40 jam atau lebih per minggu. Penelitian ini menggunakan metode penelitian kuantitatif korelasional dengan teknik pengambilan sampel *non-probability sampling*. Alat pengumpulan data dalam penelitian ini menggunakan adaptasi dari *Connor-Davidson Resilience Scale* ($\alpha = 0,901$) dan modifikasi dari *Work-Life Balance Scale* (α WIPL = 0,806; α PLIW = 0,741; α WEPL = 0,649; α PLEW = 0,803). Analisis data dalam penelitian ini menggunakan uji korelasi non-parametrik *Spearman's Rho* untuk menguji hubungan antara resiliensi dengan dimensi WIPL, WEPL, dan PLEW. Hubungan antara resiliensi dan PLIW dianalisis dengan uji korelasi parametrik *Pearson Product Moment*. Hasil penelitian menunjukkan (1) terdapat hubungan negatif dan signifikan antara resiliensi dengan WIPL ($r = -0,216$; $p = 0,001$); (2) terdapat hubungan negatif dan signifikan antara resiliensi dengan PLIW ($r = -0,229$; $p < 0,001$); (3) terdapat hubungan positif dan signifikan antara resiliensi dengan WEPL ($r = 0,275$; $p < 0,001$); (4) terdapat hubungan positif dan signifikan antara resiliensi dengan PLEW ($r = 0,307$; $p < 0,001$).

Kata kunci: mahasiswa magang, resiliensi, *work-life balance*

ABSTRACT

Giovanni, Theresia Anindya. 2025. The Relationship between Resilience and Work-Life Balance among Internship Students. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to examine the relationship between resilience and work-life balance in internship students. Four hypotheses are proposed: (1) resilience has a negative relationship with work interference with personal life (WIPL); (2) resilience has a negative relationship with personal life interference with work (PLIW); (3) resilience has a positive relationship with work enhancement of personal life (WEPL); and (4) resilience has a positive relationship with personal life enhancement of work (PLEW). The participants in this study consisted of 217 internship students aged 18-25 who worked 40 hours or more per week. This study used a quantitative correlational method and a non-probability sampling technique. The scale in this study used the adapted Connor-Davidson Resilience Scale ($\alpha = 0.901$) and a modified scale from the Work-Life Balance Scale (α WIPL = 0.806; α PLIW = 0.741; α WEPL = 0.649; α PLEW = 0.803). Data were analyzed using Spearman's Rho to examine relationships between resilience and WIPL, WEPL, and PLEW, and Pearson correlation to examine relationships between resilience and PLIW. Results showed that: (1) there was a negative and significant relationship between resilience and WIPL ($r = -0.216$; $p = 0.001$); (2) there was a negative and significant relationship between resilience and PLIW ($r = -0.229$; $p < 0.001$); (3) there was a positive and significant relationship between resilience and WEPL ($r = 0.275$; $p < 0.001$); and (4) there was a positive and significant relationship between resilience and PLEW ($r = 0.307$; $p < 0.001$).

Keywords: *internship students, resilience, work-life balance*