

ABSTRAK

Pranaswari, N.L.M.A. (2026) Hubungan antara Persepsi terhadap Dukungan Suami dengan Efikasi Diri Perempuan Hindu-Bali dalam Menjalani Tiga Peran (*Triple Roles*). *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Perempuan Hindu-Bali dituntut untuk menjalani tiga peran sekaligus (*triple roles*), meliputi peran domestik, produksi, dan sosial-keagamaan, yang berpotensi menimbulkan stres dan gangguan kesejahteraan psikologis. Efikasi diri menjadi faktor krusial dalam membantu perempuan menghadapi kompleksitas tuntutan tersebut, dan diduga dipengaruhi oleh persepsi terhadap dukungan suami selaku pasangan utama. Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi terhadap dukungan suami dengan efikasi diri perempuan Hindu-Bali dalam menjalani tuntutan tiga peran. Penelitian menggunakan pendekatan kuantitatif korelasional dengan 249 subjek perempuan Hindu-Bali yang telah menikah, memiliki anak, bekerja, dan aktif dalam kegiatan adat dipilih melalui teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan Skala Persepsi terhadap Dukungan Suami ($\alpha = 0,981$) dan Skala *New General Self-Efficacy* (NGSE) yang dimodifikasi sesuai dengan konteks tiga peran ($\alpha = 0,906$). Analisis data menggunakan uji korelasi Spearman's rho. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara persepsi terhadap dukungan suami dan efikasi diri ($r = 0,738$; $p < 0,001$), yang berarti semakin positif persepsi terhadap dukungan suami, maka semakin tinggi efikasi diri perempuan dalam menjalani tiga peran. Penelitian ini menyimpulkan bahwa dukungan suami merupakan faktor penting dalam meningkatkan efikasi diri perempuan Hindu-Bali, sehingga implikasinya keluarga dan masyarakat perlu membangun sistem dukungan yang lebih responsif terhadap peran ganda perempuan.

Kata kunci: efikasi diri, dukungan suami, *triple roles*, perempuan Hindu-Bali, psikologi budaya

ABSTRACT

Pranaswari, N.L.M.A. (2026) *The Relationship between Perceived Husband Support and Self-Efficacy among Balinese Hindu Women with Triple Roles*. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University

Balinese Hindu women are expected to simultaneously fulfill three distinct roles (triple roles), encompassing domestic, productive, and socio-religious responsibilities, a condition that carries considerable potential for stress and psychological well-being impairment. Self-efficacy constitutes a critical factor in enabling women to cope with the complexity of these demands, and is presumed to be influenced by their perception of spousal support as the primary relational partner. This study aims to examine the relationship between perception of husband's support and self-efficacy among Balinese Hindu women in navigating the demands of triple roles. Employing a quantitative correlational approach, the study involved 249 Balinese Hindu women who were married, had children, were employed, and actively participated in customary activities, selected through purposive sampling. Data were collected using the Perception of Husband's Support Scale ($\alpha = 0,981$) and a modified New General Self-Efficacy (NGSE) Scale adapted to the triple-role context ($\alpha = 0,906$). Data analysis was conducted using Spearman's rho correlation test. The findings indicate a significant positive relationship between perception of husband's support and self-efficacy ($r = 0.738$; $p < 0.001$), suggesting that the more positively women perceive their husband's support, the higher their self-efficacy in navigating triple roles. This study concludes that husband's support is a significant determinant of self-efficacy among Balinese Hindu women, implying that families and communities need to develop more responsive support systems that are attuned to women's multiple role demands.

Keywords: self-efficacy, husband's support, triple roles, Balinese Hindu women, cultural psychology