

ABSTRAK

Laili Faristin Sukma, 111711133074, Pengaruh Regulasi Diri dan *Coronavirus Anxiety* terhadap *Mental Well-being* pada Wanita Karier yang Menikah, Skripsi, Fakultas Psikologi Universitas Airlangga, 2020.

xvii + 88 halaman, 15 lampiran

Fenomena wanita karier yang bertambah setiap tahunnya menjadikan wanita memiliki beberapa konflik peran yang menyebabkan adanya penurunan kesejahteraan mental, apalagi selama pandemi COVID-19 seperti saat ini. Penelitian ini bertujuan untuk mengetahui pengaruh regulasi diri dan coronavirus anxiety terhadap mental well-being pada wanita karier yang menikah.

Mental well-being merupakan suatu hasil evaluasi seseorang mengenai pengalaman subjektif berupa kebahagiaan dan kepuasan hidup; serta adanya fungsi psikologis yang positif, hubungan baik dengan orang lain, dan self-realization (Brown, 2008). Regulasi diri merupakan keadaan individu dalam mengatur perilaku dan menjaga keseimbangan emosi agar tetap fokus pada apa yang sedang dikerjakan untuk mencapai tujuan (Schwarzer dkk, 1999). Dan coronavirus anxiety merupakan alat pemeriksaan kesehatan mental singkat untuk mengidentifikasi kasus kecemasan disfungsional yang terkait dengan virus corona (Lee, 2020).

Penelitian ini merupakan penelitian kuantitatif yang melibatkan 107 wanita karier yang menikah. Pengumpulan data dilakukan melalui survei daring yang tersusun atas Self-Regulation Scale (SRS), Coronavirus Anxiety Scale (CAS), serta The Warwick-Edinburgh Mental Well-being Scale (WEMWBS). Analisis data dalam penelitian ini menggunakan teknik regresi linear berganda dengan bantuan program SPSS 22.0 for Windows. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara regulasi diri dan coronavirus anxiety terhadap mental well-being pada wanita karier yang menikah, baik secara simultan maupun parsial.

Kata Kunci: *Regulasi Diri, Coronavirus Anxiety, Mental Well-being*

Daftar Pustaka, (1989 – 2020)

ABSTRACT

Laili Faristin Sukma, 111711133074, The Influences of Self-Regulation and Coronavirus Anxiety on Mental Wellbeing in Married Career Women, Undergraduate Thesis, Faculty of Psychology Universitas Airlangga, 2020.

xvii + 88 pages + 15 appendixes.

The phenomenon of career women has increased every year makes women have several role conflicts that cause a decrease in mental well-being, especially during the COVID-19 pandemic nowadays. This study aims to determine the influences of self-regulation and coronavirus anxiety towards mental well-being viewed from married career women.

Mental well-being is a result of one's evaluation of subjective experiences of happiness and life satisfaction; as well as the existence of positive psychological functions, good relations with other people, and self-realization (Brown, 2008). Self-regulation is an individual's condition in behavior and maintaining emotional balance in order to stay focused to achieve goals (Schwarzer et al, 1999). And coronavirus anxiety is a brief mental health screener to identify probable cases of dysfunctional anxiety associated with the coronavirus (Lee, 2020).

The research used quantitative study involving 107 married career women. Data collection was carried out through an online survey which was composed of The Self-Regulation Scale (SRS) developed by Schwarzer dkk (1999), The Coronavirus Anxiety Scale (CAS) developed by Lee (2020), and The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) developed by Brown (2008). The data analysis in this study used multiple linear regression techniques with the help of the SPSS 22.0 for Windows program. The results showed that there was a significant effect between self-regulation and coronavirus anxiety on mental well-being in married career women, either simultaneously or partially.

Keywords: *Self-regulation, Coronavirus Anxiety, Mental-Well-being*

References, (1989 – 2020)