

## ABSTRAK

Faradina Ayu Fitri, 110810024, Konflik Pekerjaan-Keluarga dan *Coping* pada *Single Mothers*, *Skripsi*, Fakultas Psikologi Universitas Airlangga Surabaya, 2012.

xv + 92 halaman, 11 lampiran

*Penelitian ini bertujuan untuk mengungkapkan deskripsi konflik pekerjaan-keluarga pada single mothers, sekaligus mengetahui coping yang dilakukan untuk menemukannya.*

*Penelitian ini menggunakan pendekatan kualitatif. Penelitian ini dilakukan pada 3 orang tua tunggal wanita. Penggalan data dilakukan dengan teknik wawancara dan catatan lapangan. Data yang diperoleh dianalisa dengan analisa tematik.*

*Hasil penelitian ini menunjukkan deskripsi konflik pekerjaan-keluarga pada single mothers dijelaskan dalam 5 dimensi yakni time-based work interference with family, time-based family interference with work, strain-based work interference with family, behavior-based work interference with family, dan behavior-based family interference with work. Konflik pekerjaan-keluarga berkurang ketika memiliki prinsip hidup bahwa hidup harus dinikmati, dibuat santai, dan support system yang baik. Coping yang dilakukan untuk mengatasi work family conflict yang dirasakan single mothers ada 3 yaitu, direct action, help-seeking, dan avoidance/resignation. Pemilihan coping tidak tergantung dimensi konflik pekerjaan-keluarga yang dirasakan, tetapi tergantung individu yaitu nilai, pemikiran, perasaan, dan tindakan.*

***Kata kunci:*** konflik pekerjaan-keluarga, coping, single mothers

Daftar pustaka, 45 (1992-2011)

## ABSTRACT

Faradina Ayu Fitri, 110810024, Work Family Conflict and Coping of Single Mothers, *Undergraduate Thesis*, Psychology Faculty of Airlangga University Surabaya, 2012.

xv + 92 pages, 11 attachments

*This research aimed to reveal the description of work family conflict of single mothers, also discover the coping they used.*

*This research was using qualitative approach. It was done on 3 single mothers. It carried out interviews and field note as data collecting. The collected data were analyzed by thematic analysis technique.*

*The result of this research showed that descriptions of work family conflict of single mothers were explained in 5 dimensions. There were time-based work interference with family, time-based family interference with work, strain-based work interference with family, behavior-based work interference with family, and behavior-based family interference with work. Work family decrease when the value was enjoy life, relax, and had good support system. Coping used to overcome work family conflict felt by single mothers are 3 kinds. There were direct action, help-seeking, and avoidance/resignation. The selection of coping didn't depend on the dimensions of work family conflict faced, but depends on the individual value, thinking, feeling, and action.*

**Keywords:** *work family conflict, coping, single mothers*

References, 45 (1992-2011)