

Abstrak

Meaning in life merupakan suatu pemahaman dan perasaan seseorang akan pentingnya eksistensi dan signifikansinya dalam kehidupan. Bagi wanita karir yang berkeluarga, menemukan makna hidup menjadi tantangan tersendiri karena mereka berpotensi mengalami *work family conflict* yang dapat menjadi salah satu faktor yang mempengaruhinya. Penelitian ini bertujuan untuk mengonfirmasi hubungan *work family conflict* dengan *meaning in life* pada wanita karir yang berkeluarga. Metodologi penelitian yang digunakan yaitu kuantitatif korelasional. Subjek penelitian ini adalah 135 wanita karir yang berkeluarga di Provinsi Jawa Barat yang peroleh melalui teknik *purposive sampling*. Alat ukur yang digunakan adalah *Work Family Conflict Scale* (Carlson et al., 2000) berdasarkan teori Greenhaus dan Beutel (1985) dan *Meaning in Life Questionnaire* (Steger dkk., 2006) yang telah dimodifikasi oleh Delinda (2018). Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *work family conflict* dan *meaning in life* dengan koefisien korelasi sebesar -0,203.

Kata Kunci : *work family conflict, meaning in life, wanita karir yang berkeluarga*



Abstract

The meaning in life is an understanding and feeling of an individual about the importance of their existence and significance in life. For married career women, finding meaning in life becomes a unique challenge, as they have the potential to experience work-family conflict, which can be one of the influencing factors. This research aims to confirm the relationship between work-family conflict and meaning in life among married career women. The research methodology used is quantitative correlational. The research subjects are 135 married career women in West Java Province obtained through purposive sampling techniques. The measurement tools used include the Work Family Conflict Scale (Carlson et al., 2000) et al., 2000) based on the theories of Greenhaus and Beutel (1985) and the Meaning in Life Questionnaire (Steger et al., 2006), which has been modified by Delinda (2018). The results of the study show a significant negative relationship between work-family conflict and meaning in life with a correlation coefficient of -0,203.

Keywords : *work-family conflict, meaning in life, married career women*

