

**HUBUNGAN ANTARADUKUNGAN SOSIAL DAN KONFLIK PERAN  
GANDA TERHADAP KESEJAHTERAAN PSIKOLOGIS  
KARYAWATI PT. SC ENTERPRISES SEMARANG**

Oleh:  
Defi Indriani  
Fakultas Psikologi Universitas Islam Sultan Agung Semarang

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dan konflik peran ganda terhadap kesejahteraan psikologis karyawan PT. SC Enterprises Semarang. Metode yang digunakan adalah metode kuantitatif. Subjek penelitian berjumlah 163 karyawan dengan metode *simple random sampling*. Pengambilan data dilakukan dengan memberikan 3 skala, yaitu skala kesejahteraan psikologis, dukungan sosial, dan konflik peran ganda.

Uji hipotesis pertama menunjukkan adanya hubungan yang signifikan antara dukungan sosial dan konflik peran ganda terhadap kesejahteraan psikologis karyawan PT. SC Enterprises Semarang dengan korelasi ( $R_{y(1,2)}$ ) sebesar 0,285,  $F_{hitung}$  sebesar 7,077 dengan taraf signifikansi sebesar 0,001 ( $p < 0,05$ ). Uji hipotesis kedua menunjukkan bahwa ada hubungan positif yang signifikan antara dukungan sosial dengan kesejahteraan psikologis ( $r_{1y} = 0,241$  dengan taraf signifikansi  $p = 0,002$  ( $p < 0,05$ )). Uji hipotesis ketiga menunjukkan bahwa ada hubungan negatif yang signifikan antara konflik peran ganda terhadap kesejahteraan psikologis dengan hasil korelasi ( $r_{1y} = -0,195$  dengan taraf signifikansi  $p = 0,012$  ( $p < 0,05$ )). Dengan demikian dapat disimpulkan bahwa hipotesis pertama, hipotesis kedua, dan hipotesis ketiga dalam penelitian ini diterima.

Kata Kunci : Kesejahteraan psikologis, dukungan sosial, dan konflik peran ganda.

**THE CORELATION BETWEEN PERCIEVED SOCIAL SUPPORT  
AND WORK FAMILY CONFLICT WITH PSYCHOLOGICAL WELL-BEING  
EMPLOYEE PT. SC ENTERPRISES SEMARANG CITY**

By:

Defi Indriani

Faculty of Psychology Sultan Agung Islamic University Semarang

**ABSTRACT**

*This study was to investigate the correlation between perceived social support and work family conflict with pshycological well-being employee PT. SC Enterprises Semarang. The method applied by the writer was a quantitative study. The samples of this study consisted of 163 employee that were taken by using simple random sampling method. The data were collected by applying 3 scales which were pshycological well-being scale, perceived social support scale, and work family conflict scale.*

*The first hypothesis test showed that there was a significant the correlation between perceived social support and work family conflict with pshycological well-being employee PT. SC Enterprises Semarang ( $R_{y(1,2)}$  was 0.285,  $F_{value}$  was 7,077 and the sig value was 0.001,  $p < 0.05$ ). The second hypothesis indicated that there was a positive the correlation between perceived social support and pshycological well-being ( $r_{1y} = 0.241$  and the sig value was  $p = 0.002$ ,  $p < 0.05$ ). The third hypothesis indicated that there was a negative significant the correlation between work family conflict and psychological well-being ( $r_{1y} = -0,195$  and the sig value was  $p = 0.012$ ,  $p < 0.05$ ). It can be concluded that the first hypothesis, the hypothesis second and third hypothesis in this study received.*

*Keywords: psychological well-being, perceived social support, and work family conflict*