

Happiness of Working Mothers Through Family Life Stages

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The happiness of working mothers greatly affects the well-being of family. The objective of this study is to examine the happiness of working mothers in the stages of family life cycle of having: (a) the first child aged 0-35 month old; (b) the first child at pre-school age; (c) the first child at school age; (d) the first child at adolescent age; and (e) the first child who has married, by controlling the effect of work-family balance. Participants were 526 working mothers with children and a working husband. Data were collected using the Happiness Scale and the Work-Family Balance Scale. Data were analyzed using ANCOVA. The results showed that there were differences in the happiness of working mothers at different stages of family life cycles ($F = 2.55; p < .05$). Working mothers with the first child at pre-school age had the highest level of happiness, whilst those with the married first child had the lowest level of happiness. The levels of working mothers' happiness were mostly influenced by the level of work-family balance rather than family life cycle.

Keywords: happiness, family lifespan, work-family balance

Kebahagiaan ibu bekerja sangat besar pengaruhnya terhadap kesejahteraan keluarga. Penelitian ini bertujuan untuk mengetahui tingkat kebahagiaan ibu bekerja pada tahap keluarga dengan: (a) anak pertama usia 0-35 bulan; (b) anak pertama usia pra-sekolah; (c) anak pertama usia sekolah; (d) anak pertama usia remaja; dan (e) anak pertama yang sudah menikah, dengan mengendalikan pengaruh tingkat keseimbangan kerja-keluarga. Subjek penelitian adalah 526 ibu bekerja yang memiliki anak dan suaminya juga bekerja. Pengumpulan data menggunakan Skala Kebahagiaan dan Skala Keseimbangan Kerja-Keluarga. Analisis data menggunakan ANAKOVA. Hasil penelitian menunjukkan terdapat perbedaan tingkat kebahagiaan ibu bekerja ditinjau dari tahap perkembangan keluarga ($F = 2.55; p < .05$). Ibu bekerja pada tahap keluarga dengan anak pertama usia pra-sekolah memiliki tingkat kebahagiaan paling tinggi, ibu bekerja pada tahap keluarga dengan anak pertama sudah menikah memiliki tingkat kebahagiaan paling rendah. Tingkat kebahagiaan ibu bekerja lebih dipengaruhi oleh tingkat keseimbangan kerja-keluarga daripada tahap perkembangan keluarga.

Kata kunci: kebahagiaan, rentang kehidupan keluarga, keseimbangan kerja-keluarga

Happiness is a key to success. Individuals who are happy tend to have a greater capacity to increase productivity and performance. Individuals who are happy also tend to have good health and a longer lifespan (Diener & Chan, 2011). Individuals who are happy have the qualities that are expected by many people. They are more participative in the community, well-liked by others, have fewer divorces, live longer, and have a good working performance (Staw et al., cited in Diener, 2000).

According to Weiten, Dunn, and Hammer (2012),

various studies that have been conducted showed that the factors that have important influence on happiness are: (a) love, marriage, and relationship satisfaction factors; (b) work factor, and (c) genetic and personality factors. The results of research on happiness in Indonesian society showed that the most important source of happiness is family (Jaafar, Mohammed, Hanapiah, Afiatin, & Sugandi, 2008; Afiatin, 2009; Anggoro & Widhiarso, 2010). Various changes to structure, function and development of the family will affect the level of happiness of the family members.

According to Rashid, Nurdin, Omar, and Ismail (2011), family and work are very important components for most people, and have a huge impact on

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