

**PENGARUH *WORK FAMILY CONFLICT* TERHADAP KEPUASAN  
HIDUP IBU PEKERJA PERKEBUNAN X DI JEMBER**

**Chika Aditya Yanuar Dhani<sup>1</sup>, Danan Satriyo Wibowo<sup>2</sup>, Festa Yumpi  
Rahmanawati<sup>3</sup>**

**INTISARI**

Ibu pekerja buruh menghadapi permasalahan dalam menyeimbangkan peran ganda selain mengurus rumah tangga juga membantu perekonomian dalam keluarga, yang menimbulkan beban fisik maupun psikologis. Ketidakseimbangan peran ini berdampak pada menurunnya kepuasan hidup, terutama karena pekerjaan dan keluarga menjadi faktor utamanya. Penelitian ini bertujuan mengetahui pengaruh *work-family conflict* terhadap kepuasan hidup ibu pekerja buruh perkebunan X di Jember dengan desain kuantitatif korelasional. Subjek penelitian berjumlah 79 orang, dipilih menggunakan teknik *accidental sampling*. Instrumen yang digunakan adalah skala WFC dari Greenhaus & Beutell (1985) dengan 20 item (reliabilitas 0,925) serta SWLS dari Diener, Lucas, & Smith (1999) dengan 21 item (reliabilitas 0,895). Analisis data menggunakan regresi linier sederhana menunjukkan nilai  $F = 86,957$  dengan  $\text{Sig. } 0,000 < 0,05$ , sehingga  $H_1$  diterima. Hasil penelitian membuktikan adanya pengaruh signifikan *work-family conflict* terhadap kepuasan hidup, dengan koefisien beta -0,728 yang menunjukkan hubungan negatif: semakin tinggi konflik peran, semakin rendah kepuasan hidup, dan sebaliknya. Penelitian selanjutnya disarankan melibatkan sektor pekerjaan lain dan populasi yang lebih luas untuk memperkuat generalisasi temuan.

**Kata Kunci : Kepuasan Hidup, Ibu Pekerja, *Work Family Conflict*.**

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<sup>1</sup>Peneliti

<sup>2</sup>Dosen Pembimbing 1

<sup>3</sup>Dosen pembimbing 2

***The Influence of Work-Family Conflict on Life Satisfaction of Female  
Plantation Workers at Plantation X in Jember***

**Chika Aditya Yanuar Dhani<sup>1</sup>, Danan Satriyo Wibowo<sup>2</sup>, Festa Yumpi  
Rahmanawati<sup>3</sup>**

**ABSTRACT**

*Female plantation workers face challenges in balancing dual roles, not only managing household responsibilities but also contributing to the family's economic needs, which leads to both physical and psychological burdens. This role imbalance affects life satisfaction, with work and family being the primary contributing factors. The present study aims to examine the effect of work-family conflict on the life satisfaction of female plantation workers at Plantation X in Jember, employing a quantitative correlational design. The study involved 79 participants selected through accidental sampling. The instruments used were the Work-Family Conflict Scale developed by Greenhaus & Beutell (1985) consisting of 20 items (reliability = 0.925) and the Satisfaction With Life Scale (SWLS) by Diener, Lucas, & Smith (1999) consisting of 21 items (reliability = 0.895). Data analysis using simple linear regression showed an F-value of 86.957 with Sig. 0.000 < 0.05, thus H1 was accepted. The findings confirmed a significant effect of work-family conflict on life satisfaction, with a beta coefficient of -0.728, indicating a negative relationship: the higher the role conflict, the lower the life satisfaction, and vice versa. Future research is recommended to include workers from other sectors and a broader population to strengthen the generalizability of the findings.*

**Keywords : Female workers, Life satisfaction Work-family conflict.**

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<sup>1</sup>Researchers

<sup>2</sup>Supervisor 1

<sup>3</sup>Supervisor 2