

# Hubungan antara occupational stress dan parenting self efficacy pada Ibu bekerja di PT Sri Rejeki Isman Tbk dengan anak berusia kanak-kanak madya = relationship between occupational stress and parenting self efficacy among working mother with middle age children of PT Sri Rejeki Isman Tbk

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## Abstrak

[PT. Sri Rejeki Isman Tbk. merupakan pabrik tekstil-garmen terbesar di Asia Tenggara yang memperkerjakan ribuan pekerja, termasuk ibu dengan kanak-kanak madya. Penelitian ini bertujuan untuk mengetahui hubungan antara occupational stress dan parenting self-efficacy pada ibu bekerja di PT. Sri Rejeki Isman Tbk. Penelitian cross sectional ini menggunakan teknik accidental sampling terhadap 109 partisipan menggunakan kuesioner Self-Efficacy for Parenting Task Index (SEPTI) dan Occupational Role Questionnaire (ORQ). Hasil penelitian menunjukkan bahwa terdapat hubungan negatif signifikan antara occupational stress dan parenting selfefficacy ( $R = -.326$ ;  $p = .001$ ; two tailed). Penelitian ini merekomendasikan pelatihan coping stres guna meningkatkan parenting self efficacy pada ibu bekerja serta penambahan wawancara mendalam untuk mendapatkan hasil yang komprehensif., PT. Sri Rejeki Isman Tbk. is the largest integrated vertical textile-garment manufacturing in South East Asia that employs thousands labors, including mother with middle-age children. The aim of this research is to investigate the relationship between Occupational Stress and Parenting Self Efficacy among working mother with middle-age children in PT. Sri Rejeki Isman Tbk. This cross sectional research uses accidental sampling technique in 109 participants using Self Efficacy for Parenting Task Index (SEPTI) and Occupational Roles Questionnaire (ORQ). The result of this research shows that there is a significance correlation between Occupational Stress and Parenting Self Efficacy ( $R = -.326$ ;  $p = .001$ ; two tailed). This research recommends stress coping training to promote Parenting Self Efficacy in working mother, and in-depth interview to attain more comprehensive results.]