

Peran Common Dyadic Coping sebagai Moderator dalam Hubungan antara Stres Eksternal dan Stres Internal pada Pasangan Dual Earner = The Role of Common Dyadic Coping as Moderator in the Relationship between External Stress and Internal Stress in Dual Earner Couples

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Abstrak

Jumlah tenaga kerja perempuan di Indonesia terus meningkat setiap tahun. Hal ini mulai menggeser peran gender tradisional menjadi egaliter sehingga memunculkan struktur keluarga baru, yaitu dual earner. Pasangan dual earner merupakan suami dan istri yang bekerja keduanya. Penelitian ini bertujuan untuk melihat apakah terdapat hubungan positif yang signifikan antara stres eksternal dan stres internal. Selain itu, penelitian ini ingin mengetahui apakah common dyadic coping dapat memoderasi hubungan stres internal dan stres eksternal. Partisipan penelitian merupakan 164 individu dari pasangan dual earner yang berusia di atas 20 tahun. Alat ukur yang digunakan adalah Multidimensional Stress Questionnaire For Couples (MSF-P) dan Dyadic Coping Inventory (DCI). Analisis data menggunakan analisis korelasi dan regresi untuk melihat efek moderasi. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara stres eksternal dan stres internal ($r=0.742$, $p<0.01$, one tailed). Selain itu, hubungan keduanya dimoderasi oleh common dyadic coping secara signifikan ($b = 0.11$, 95% CI [0.02, 0.19], $t = 2.55$, $p<0.05$). Hasil ini dapat dijadikan acuan intervensi mengenai common dyadic coping untuk meminimalisasi tingkat stres eksternal dan internal pada pasangan dual earner.

.....The number of female workers in Indonesia continues to increase every year. This has begun the shift of traditional gender role to egalitarian gender role which gives a rise to a new family structure, namely the dual earner. Dual earner couples are husband and wife who both work. The aim of this study is to assess whether there is a significant positive relationship between external stress and internal stress. Aside from that, this study aims to the role of common dyadic coping in moderating the relationship between external stress and internal stress. Participants of this study are 164 individuals of dual earner couple aged above 20 years. Measuring instruments in this study are Multidimensional Stress Questionnaire For Couples (MSF-P) dan Dyadic Coping Inventory (DCI). The datas were analyzed using correlation analysis and regression analysis to assess the moderation effect. Results indicated that there is a significant positive relationship between external stress and internal stress ($r=0.742$, $p<0.01$, one tailed). Furthermore, that relationship is moderated by common dyadic coping significantly ($b = 0.11$, 95% CI [0.02, 0.19], $t = 2.55$, $p<0.05$). These results can be used as a reference for interventions regarding common dyadic coping to minimize external stress and internal stress levels in dual earner couple.