

Kontribusi Kecerdasan Emosional terhadap Flourishing pada Ibu Bekerja Usia Dewasa Madya = The Contribution of Emotional Intelligence to Flourishing Among Working Mothers in Middle Adulthood

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Abstrak

Ibu bekerja menghadapi tantangan dalam menyeimbangkan peran di pekerjaan dan keluarga. Agar dapat menjalankan peran ganda secara efektif, ibu bekerja perlu memiliki flourishing. Flourishing mengacu pada sejauh mana individu memenuhi dimensi PERMA dan menjadi indikator utama well-being. Penelitian ini menguji kontribusi kecerdasan emosional terhadap flourishing pada 133 ibu bekerja usia 40–65 tahun menggunakan BEIS-10 dan PERMA-Profil. Kecerdasan emosional adalah kemampuan mengamati, membedakan, dan memanfaatkan emosi diri sendiri dan orang lain. Hasil menunjukkan kecerdasan emosional berkontribusi terhadap flourishing ibu bekerja, terutama pada dimensi engagement. Temuan ini menunjukkan bahwa memiliki kecerdasan emosional penting bagi peningkatan flourishing ibu bekerja di berbagai aspek kehidupan.

.....Working mothers face challenges in balancing their roles at work and within the family. To effectively manage these dual roles, working mothers need to possess flourishing. Flourishing refers to the extent to which individuals value each of the five dimensions PERMA and serves gold-standard of well-being. This study examines the contribution of emotional intelligence to flourishing among 133 working mothers aged 40–65, using BEIS-10 and PERMA-Profil. Emotional intelligence is ability to monitor, discriminate, and utilize one's own emotions and others. The results show that emotional intelligence contributes to flourishing working mothers, particularly in the dimension of engagement. These findings highlight the importance of emotional intelligence in enhancing the flourishing of working mothers various life aspects.