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**PENGARUH *PARENTING SELF EFFICACY*
TERHADAP *PARENTING STRESS* YANG DIMODERASI *COPING STRESS*
PADA IBU YANG BEKERJA DI KOTA BANDUNG**

Skripsi

Disusun untuk memperoleh gelar Sarjana Psikologi
Departemen Psikologi Fakultas Ilmu Pendidikan
Universitas Pendidikan Indonesia



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**DEPARTEMEN PSIKOLOGI
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
BANDUNG
2020**

Ghania Amalia, 2021

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**Oleh
Ghania Amalia**

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Psikologi pada Departemen Psikologi Fakultas Ilmu Pendidikan

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ABSTRAK

Ghania Amalia (1503474). *Pengaruh Parenting Self Efficacy terhadap Parenting Stress yang Dimoderasi Coping Stress pada Ibu Bekerja di Kota Bandung.* Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia Bandung (2020).

Penelitian ini bertujuan untuk mengetahui pengaruh *parenting self efficacy* terhadap *parenting stress* pada ibu yang bekerja yang dimoderasi *coping stress* di Kota Bandung. Pendekatan penelitian menggunakan pendekatan kuantitatif. Jumlah responden pada penelitian ini sebanyak 248 orang ibu bekerja yang berdomisili di Kota Bandung. Penelitian ini menggunakan tiga instrumen, yaitu *Parenting Stress Index (PSI)* untuk mengukur *parenting stress*, *Self-Efficacy for Parenting Tasks Index (SEPTI)* untuk mengukur *parenting self efficacy* dan *Coping Orientation to Problem Experienced (COPE)* untuk mengukur *coping stress* pada ibu bekerja. Teknik analisis pada penelitian ini menggunakan teknik analisis *Moderated Regression Analysis (MRA)*. Penelitian ini menghasilkan: 1) Terdapat pengaruh *parenting self efficacy* terhadap *parenting stress* pada ibu bekerja; 2) Terdapat pengaruh *coping stress* terhadap *parenting stress* ibu bekerja; 4) *coping stress* tidak memoderasi pengaruh *parenting self efficacy* terhadap *parenting stress* ibu bekerja. Sehingga dapat disimpulkan bahwa *parenting self efficacy* dan *coping stress* dapat menurunkan *parenting stress* pada ibu bekerja secara terpisah.

Kata kunci: parenting, self efficacy, stress, coping

ABSTRACT

Ghania Amalia (1503474). *The Effect of Parenting Self Efficacy towards Parenting Stress Moderated Coping Stress on Working Mother in Bandung.* Bachelor's Thesis. Department of Psychology, Faculty of Education Science, Indonesian University of Education. Bandung (2020).

This study aims to determine the effect of parenting self efficacy on parenting stress that are moderated by coping stress in the city of Bandung. The research approach uses a quantitative approach. The number of respondents in this study were 248 working mother in the city of Bandung. This study uses three instruments, namely Self-Efficacy for Parenting Tasks Index (SEPTI) to measure parenting self efficacy, Parenting Stress Index (PSI) to measure parenting stress and Coping Orientation to Problem Experienced (COPE) to measure coping stress. The analysis technique in this study uses the Moderated Regression Analysis (MRA) analysis technique. This research results: 1) There is a parenting self efficacy effect on parenting stress; 2) There is an influence of coping stress on parenting stress; 3) Coping stress didn't moderates the effect of parenting self efficacy on parenting stress. From this study, it can be concluded that the presence of parenting self efficacy and coping stress on working mother can decrease parenting stress separately.

Keywords: parenting, self efficacy, stress, coping

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