

**WORK FAMILY CONFLICT PADA IBU BEKERJA  
PENDAMPING PEMBELAJARAN DARING**

**TESIS**

Diajukan untuk Memenuhi Sebagian dari Syarat  
untuk Mendapatkan Gelar Magister Pendidikan  
Program Studi Psikologi Pendidikan



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**PROGRAM STUDI  
PSIKOLOGI PENDIDIKAN  
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UNIVERSITAS PENDIDIKAN INDONESIA  
2022**

**WORK FAMILY CONFLICT PADA IBU BEKERJA  
PENDAMPING PEMBELAJARAN DARING**

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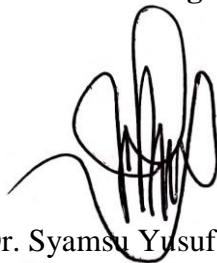
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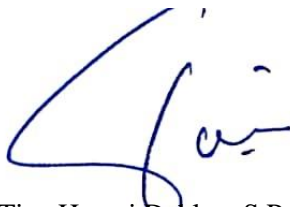
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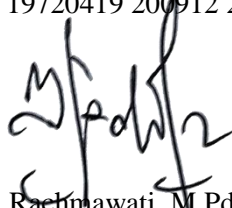
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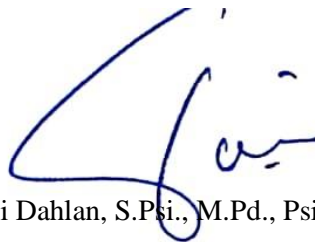


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## **PERNYATAAN KEASLIAN**

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Yang membuat pernyataan,

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## KATA PENGANTAR

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Tesis ini mengungkap dan membahas konflik yang terjadi pada ibu rumah tangga yang juga memiliki peran ganda sebagai ibu pekerja Tesis ini berjudul: “*Work Family Conflict* pada Ibu Bekerja Pendamping Pembelajaran Daring”

Penelitian ini dilatarbelakangi oleh kondisi Indonesia yang sedang dilanda pandemi Covid-19, adanya pembatasan ruang dan waktu baik dari regulasi maupun operasional dalam masa darurat pandemi di berbagai lini kehidupan dapat menimbulkan ketidakstabilan peran yang dijalani oleh ibu bekerja. Praktek pendidikan dan proses pembelajaran juga harus bersinergi dengan kebijakan pembatasan sosial. pembelajaran yang biasa dilakukan dalam ruang kelas dan bertatap muka berubah menjadi belajar dari rumah, hal tersebut bukan perkara mudah untuk dilakukan, mengingat jam belajar dan waktu bekerja ibu untuk bekerja yang bersamaan.

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Tesis ini terdiri dari 5 bab, BAB I Pendahuluan, BAB II Tinjauan Pustaka, BAB III Metodologi Penelitian, BAB IV Analisis dan Pembahasan, BAB V Kesimpulan dan Rekomendasi. Bagian tersebut secara lebih rinci akan dijelaskan sebagai berikut: BAB I: Menjelaskan tentang latar belakang penelitian, rumusan penelitian, tujuan penelitian, manfaat penelitian dan struktur organisasi tesis. BAB II: Memaparkan tinjauan teoritis tentang disiplin belajar, fungsi disiplin belajar, tujuan disiplin belajar, aspek disiplin belajar, macam-macam disiplin belajar dan faktor-faktor yang memengaruhi disiplin belajar. BAB III: Menjelaskan tentang pendekatan penelitian dan desain penelitian, populasi dan sampel penelitian,

prosedur penelitian, pengumpulan data, dan teknik analisis data. BAB IV: Menjabarkan mengenai hasil dan pembahasan juga analisis *work family conflict* ibu bekerja selama pandemic Covid-19. BAB V: Memaparkan mengenai penutup, yang berisi tentang simpulan, implikasi dan rekomendasi bagi pihak yang telah membaca hasil penelitian ini. Lampiran: bagian yang berisi tentang tabel, gambar dan dokumentasi hasil wawancara, serta hal lainnya yang mendukung keberhasilan penelitian ini

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Bandung, Juli 2022

Penulis

## ABSTRAK

Alya Ulfah Az-Zahra 1803318. *Work Family Conflict* pada Ibu Bekerja Pendamping Pembelajaran Daring. Program Studi Psikologi Pendidikan. Sekolah Pascasarjana Universitas Pendidikan Indonesia. Prof. Dr. Syamsu Yusuf L.N, M.Pd., Dan Dr. Nandang Budiman, M.Si.

Penelitian ini dilatarbelakangi oleh adanya tupangtindih peran yang terjadi pada ibu bekerja selama pandemi Covid-19. Selain harus menjalankan peran sebagai pekerja dan memenuhi peran sebagai ibu rumah tangga, dalam masa pandemi ibu juga harus menjadi guru untuk mendampingi anak dalam pembelajaran *daring*. Tujuan dari penelitian ini adalah untuk mengungkapkan gambaran *work family conflict* selama pandemi seperti latar belakang ibu untuk bekerja, konflik yang terjadi pada ibu bekerja dan upaya yang dilakukan untuk mengurangi konflik. Penelitian ini dilakukan pada empat ibu bekerja yang memiliki putra-putri pada tingkat Sekolah Dasar dengan latar belakang yang berbeda. Metode penelitian yang dilakukan pada penelitian ini adalah kualitatif dengan pendekatan fenomenologi. Berdasarkan analisis data dapat disimpulkan bahwa selama pandemi ibu mengalami *time based conflict*, *strain based conflict* dan *behaviour based conflict*. Faktor penyebabnya dari pekerjaan, keluarga dan dari diri sendiri, upaya yang dapat dilakukan untuk meminimalisir konflik tersebut dapat dilakukan dengan melakukan hal yang disukai seperti berjalan-jalan, berdiskusi dan menonton acara TV kesukaan.

Kata Kunci: *Work Family Conflict*, Pembelajaran Daring.

## **ABSTRAK**

Alya Ulfah Az-Zahra 1803318. *Working Mother's Work Family Conflict during Online Learning Companion*. Program Studi Psikologi Pendidikan. Sekolah Pascasarjana Universitas Pendidikan Indonesia. Prof. Dr. Syamsu Yusuf L.N, M.Pd., Dan Dr. Nandang Budiman, M.Si.

This research is based by the role overload that occurs in working mothers during the Covid-19 pandemic, they have to carry out their roles as workers and fulfill their roles as housewives, during the pandemic, working mothers also have to take a role as teachers to help and guide children in daring learning. The purpose of this study is to provide an overview of work family conflict during the pandemic such as the background of working mothers, conflicts that occur in working mothers and the efforts made to minimize conflict. This research examines four working mothers with primary school children from socioeconomic backgrounds. According to data analysis, it can be said that during the pandemic, mother identified conflict that was time based conflict, strain based conflict dan behaviour based conflict. Conflicts can caused by work related factor, family related factors and idividual related factors. Working mother can reduce the conflict by engaging in activities such as going for walks, sharing and watch favorite TV programs.

Keywordi: *Work Family Conflict, Online learning*.

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