

ABSTRACT

The Effect of Coping Strategies on Work-Life Balance in Working Mothers

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The increasingly advanced economic development and increasing education today make many housewives not only do domestic work, but also work in the formal sector. The problem that often occurs in working mothers is that they will face different challenges than working women who are not yet married or have children. The involvement of a woman who is in the position of two roles causes obstacles in achieving work-life balance where one role may be done well, but in the other role there are problems. This study aims to see the effect of coping strategies on work-life balance in working mothers. The subjects involved in this study were 410 working mothers, the measuring instruments used in this study were The Brief COPE to measure coping strategies and WLBS to measure work-life balance. The research method used was the quantitative method and logistic regression test to see the effect given by coping strategies on work-life balance. The results of this study found a tendency to have a low effect on work-life balance in working mothers.

Keywords: *Coping strategy, working mother, work-life balance*

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