

ABSTRACT

THE EFFECT OF WORK-FAMILY CONFLICT ON MOTHERS'S PSYCHOLOGICAL WELL-BEING WHO HAS ELEMENTARY SCHOOL CHILDREN IN JAKARTA

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This study aims to determine the effect of work-family conflict on mother's psychological well-being who has elementary school children in Jakarta. The research method used is quantitative. Collecting data in this study through an online questionnaire with google form. Respondents of this study were 339 subjects. This study uses Ryff's Scale Psychological Well-Being (RPWB) and Work-Family Conflict Scale (WFCS). The hypothesis test in this research is using simple linear regression. The results of this study are that there is a significant negative effect on work-family conflict on psychological well-being in mothers who have elementary school children in Jakarta. So, the higher the work-family conflict, the lower the psychological well-being. On the other hand, the lower the work-family conflict, the higher the psychological well-being. The contribution of work-family conflict to psychological well-being is 6.9%.

Keywords: *Work-Family Conflict, Psychological Well-Being, Working Mothers, Elementary School Children, Jakarta*

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