

ABSTRACT

THE INFLUENCE OF GRATITUDE ON WORK-LIFE BALANCE IN WORKING MOTHERS

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This study aims to determine the influence of gratitude on work-life balance in working mothers.. Participant in this study were 360 working mothers and had at least one child. totaling 360 respondents. The measuring tool used to measure work-life balance is the Work-Life Balance Scale and the measuring tool for gratitude is the Gratitude Questionnaire Six Item Form (GQ-6). The research method used is a quantitative approach with logistic regression analysis techniques. The results obtained in this study found that there was a significant positive influence between gratitude on work-life balance. The results of the logistic regression test show that gratitude has a significant effect on work-life balance in working mothers with a value of $X^2(358)= 31,062$, $p<0.001$. The conclusion of the results of this study shows that there is an influence of gratitude on work-life balance in working mothers.

Keywords: Work-Life Balance, Gratitude, Working Mothers.

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