

Association Between Parenting Stress And Work Life Balance In The Time Of The Covid-19 Pandemic

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Abstract

When the COVID-19 pandemic occurred, various activities are required to be at home, this is what triggers parents to carry out their role to be more and more. This study aims to see the association between Parenting Stress and Work life Balance during the COVID-19 pandemic. Subjects involved in this study were 182 respondents parents aged 21-60 years, who work in JABODETABEK and have children who are currently School From Home. Data collection used the work life balance scale (Fisher, et al., 2009) and the Parental Stress Scale (Berry & Jones, 1995). The data analysis used Spearman's Rho correlation technique, which shows that there is a positive relationship between work life balance and Parenting Stress in parents during the COVID-19 Pandemic. This is expressed based on the value of $r = 0.931$ and $p = 0.000$ ($p < 0.05$). The findings of this study indicate that an increase in parenting stress is directly proportional to an increase in work-life balance during the COVID-19 pandemic, and conversely, a decrease in parenting stress is associated with a decrease in work-life balance.

Keywords: Parents, Work Life Balance, Parenting Stress, COVID-19

INTRODUCTION

Based on data from *World Health Organization* almost every country in the world are experiencing the COVID-19 pandemic. The latest data on February 10, 2021 for the total number of cases is 107,000,000 people, of which 60,100,000 have recovered and 2,360,000 have died. Meanwhile, in Indonesia, the number of cases is 1,180,000 people, of which 983,000 have recovered and 32,167 have died (World Health Organization, 2020). As an effort to control the transmission of the disease, restrictions on direct social interaction have been implemented. Government Regulation No. 21 of 2020 (PP No. 21) governs the application of PSBB in an attempt to expedite the treatment of the COVID-19 pandemic (Government Regulation, 2020). The positive impact supports the method *work from home* help get *Work Life balance* better such as work quality, loyalty, saving time, money and energy (Cinni, Warriar, & Rosa, 2019). There are factors that can influence *Work Life Balance*. Personality characteristics, Job characteristics, attitudes, and family characteristics (Schabracq et al., 2003). During the pandemic, family characteristics became the main factor in the emergence of conflict. *Work Life Balance* in individuals who are married. The obstacles felt can be like being disturbed by the presence of family while working, especially if you already have children, it could be that our work is left behind because of taking care of the family (Septina, 2020). The demands of work and teaching load result in an increased risk of parents experiencing negative emotions such as impatience, irritability and boredom which have an impact on family welfare and child care (Wardani & Ayriza, 2020). Previous research has shown that there is an increase in stress in working parents during the pandemic with clinical anxiety to high depression (Luo et al., 2019). Imbalance *work life balance* and the difficulty in dividing time between working and helping children study at home causes *Parenting stress* (Alisma & Adri, 2020). Aspects *Parenting Stress* according to Abidin (Dardas & Ahmad, 2015) it includes parental stress experiences, dysfunctional parent-child interactions, and difficult child behavior. The indicators of child behavior that can sometimes make parenting easier or more difficult are: *Child temperament*, *Child demands* and

Compliance. *Compliance* Children in fulfilling everything are very dependent on their parents. It is not uncommon for children to always ask for what they want directly to their parents without looking at the situation and conditions that occur. because of the many demands of life, parents often become targets of anger and abuse (Chung & Lippe, 2020).

Deater and Deckard (2017) said that becoming a parent is a great potential in the development of an individual's personality. The transfer of responsibility becomes greater and the stages of facing various challenges for some people to become parents is a difficult journey and involves worry about their children. There is a time between puberty and full-fledged maturity known as early adulthood. Sociologist Kenneth Kenniston used the word "youth" (Santrock, 2010) to describe people between the ages of 18 and 40, who are considered to be in the early stages of maturity. As they take on additional responsibilities, young adults are expected to adapt their attitudes, desires, and ideals to fit the new roles they play. Erikson (Papalia, 2008) defines identity as a conception of self, goal setting, values, and beliefs that are held firmly by a person. Early adulthood according to Erikson ranges from 20 to 30 years. This period is a transition period from adolescence to adulthood. Furthermore, it is predicted that early adults can also adapt on their own (Hurlock, 2002). According to studies (Sovitriana et al., 2023), it's important to be especially careful when adjusting at work. Work productivity may be overcome so that stress at work is not an issue through the adjustment process.

Based on the description above, parents' ability to adapt is very important to keep their jobs and take care of their families during the pandemic, so that all activities can run optimally. The large role and responsibility of parents if not balanced properly can actually affect their lives and work. Therefore, the author is interested in finding out more about the relationship between *Parenting Stress* with *Work Life Balance* During the COVID-19 Pandemic.

RESEARCH METHODS

Research respondents.

This study obtained a sample of 182 people. The characteristics are:

1. Aged 21 - 60 years.
2. Despite the COVID-19 epidemic, you still need to work outside the home.
3. Work in Jakarta, Bogor, Depok, Tangerang, Bekasi
4. Having a child who is *School From Home*

Research design.

Researchers typically use a random sampling strategy to study a population using a quantitative approach. This quantitative method is not only clear and general, but also organized, specific, testable, and reliable (Kumar, 2011). The non-probability sampling approach used in this study does not guarantee that every segment of the population has an equal chance of being sampled (Sugiyono, 2010).

Research instruments.

The measuring instrument used by researchers uses a scale *Parental Stress Scale* owned by Judy O. Berry and Warren H. Jones (1995). The Parenting Stress Scale consists of 18 items divided into 10 items *favorable* and 8 items *unfavorable*. Measuring instrument *Parental Stress Scale* consists of 4 aspects, namely the aspects *parental rewards* 5 item *parental stressor* 6 item *lack of control* 3 item *Parental Satisfaction* 3 items. Next variables *Work Life balance* in this study was measured using *Work Life balance scale* (WLBS) from Fisher, Bulger and Smith (2009) which consists of 17 items which are derived from 4 dimensions *Work Interference with Personal Life* (WIPL), *Personal Life Interference With Work* (FLU), *Personal Life Enhancement Of Work* (PLEW) this *Work Enhancement Of Personal Life* (WEPL). This measuring instrument

is adapted from the original by being translated into Indonesian which consists of 6 positive statement items (*favorable*) and 11 negative statement items (*unfavorable*).

Research procedures.

In order to collect data, an online survey was given from January 7, 2021, until January 25, 2021. Distributing the poll on social media allowed us to reach a huge number of potential respondents in a short amount of time. Information was collected by use of the Google Forms application. Out of a total of 210 questions, only 182 were deemed suitable for data processing in the study. The focus of our inquiry was on recent cultural occurrences. In order to examine The validity and reliability test results were analyzed using SPSS 22 for Windows.

Data analysis.

Data analysis is carried out using *software* SPSS version 25. Construct validity testing is done to see how far the test results are able to describe a theoretical construct that is to be measured. Item validity testing can be declared valid if the item score or value is above 0.3 (Anastasi & Urbina, 2007). Construct validity testing is done by *software* SPSS Version 25 by looking at the results *Corrected Item-Total Corelation* in the total items table.

III.6.1.1 Validity Test *parental stress scale*

Item	Mark corrected Item Total Correlation	Criteria
1	,744**	Valid
2	,578**	Valid
3	,514**	Valid
4	,617**	Valid
5	,631**	Valid
6	,688**	Valid
7	,627**	Valid
8	,720**	Valid
9	,722**	Valid
10	,775**	Valid
11	,678**	Valid
12	,733**	Valid
13	,572**	Valid
14	,547**	Valid
15	,607	Valid
16	,549	Valid
17	,727**	Valid
18	,400	Valid

Table 1 Validity Test Results *Parental Stress Scale*

Based on table 1, all items are valid because the validity value is <0.3.

Validity Test Results *Work Life Balance Scale*

Dimension Validity Test Results *Work Interference with Personal Life*

Item	Mark corrected Item Total Correlation	Criteria
1	,688**	Valid
6	,708**	Valid
13	,751**	Valid
15	,821**	Valid
17	,752**	Valid

Table 2 Validity Test Results *Work Interference with Personal Life*

Based on table 2, all items are valid because the validity value is <0.3.

Dimension Validity Test Results *Personal Life Interference with Work*

Item	Mark corrected Item Total Correlation	Criteria
2	,504**	Valid
5	,686**	Valid
8	,539**	Valid
10	,618**	Valid
12	,745**	Valid
16	,573**	Valid

Table 3 Validity Test Results *Personal Life Interference with Work*

Based on table 3, all items are valid because the validity value is <0.3.

Dimension Validity Test Results *Personal Life Enhancement of Work*

Item	Mark corrected Item Total Correlation	Criteria
4	,759**	Valid
9	,553**	Valid
11	,373**	Valid

Table 4 Validity Test Results *Personal Life Enhancement of Work*

Based on table 4, all items are valid because the validity value is <0.3.

Dimension Validity Test Results *Work Enhancement of Personal Life*

Item	Mark corrected Item Total Correlation	Criteria
3	,554**	Valid
7	,718**	Valid
14	,681**	Valid

Table 5 Validity Test Results *Work Enhancement of Personal Life*

Based on table 5, all items are valid because the validity value is <0.3.

Reliability test

in this study, it was done by looking at the numbers *Cronbach Alpha* on software SPSS Version 25. The reliability coefficient is obtained if the calculation result is greater than 0.600 (Anastasi & Urbina, 1997).

Reliability Results Parental Stress Scale

The reliability value of the items produced in the reliability test *parental stress scale* is 0.914. Azwar (2012) stated that the interpretation of the reliability coefficient is relative, and depends on the assessor or user of the test itself, whether it can be said to be reliable or not. So in this study, the measuring instrument is declared reliable for use because it is above the coefficient number 0.6.

	Cronbach's Alpha	N of Items
<i>parental stress scale</i>	,914	18

Table 6 Reliability Results *Parental Stress Scale***Reliability Results Work Life Balance Scale**

Dimensi	Cronbach's Alpha	N of Items
<i>Work Interference with Personal Life</i>	,790	5
<i>Personal Life Interference with Work</i>	,846	6
<i>Personal Life Enhancement of Work</i>	,644	3
<i>Work Enhancement of Personal Life</i>	,716	3

Table 7 Reliability Results *Work Life Balance Scale*

Results from reliability tests on the four dimensions of the work-life balance scale show that the work-life interference dimension is at 0.790, the personal life interference dimension is at 0.846, the work-life enhancement dimension is at 0.716, and the personal life dimension is at 0.644. Since the dependability coefficient values of the work-life balance dimensions are more than 0.60, it is obvious that they are suitable for the study application.

Data Analysis Methods

In order to assess research hypotheses and determine the strength and direction of a link between two variables, the Spearman's correlation test is utilized.

Coefficient Interval	Relationship Level
0,00 – 0,199	Very weak
0,20 – 0,399	Weak
0,40 – 0,599	Currently
0,60 – 0,799	Strong
0,80 - 1,000	Very strong

Table 8 Interpretation of Correlation Values

RESULT AND DISCUSSION**Overview of Research Respondents**

The description of the research respondents is categorized based on demographic data, namely age, last education, number of children, age of children, income, and length of divorce. The researcher obtained 182 respondents based on the characteristics that have been determined.

Classical Assumption Test

Normality Test Kolmogorov-Smirnov

Data normality testing using the test *Kolmogorov-Smirnov One Sample* can be seen in the following table:

	Asymp. Say	Information
<i>Unstandardized residual</i>	0,200	Normal

Table 9 Normality Test *Kolmogorov-Smirnov***Hypothesis Testing Results****Correlation Test Results of Work Life Balance With Parenting Stress**

	Spearman Correlation	Sig. (2- tailed)
<i>work intereference with personal life (WIPL)</i>	,987**	0,000
<i>personal life interference with work (feather)</i>	,627**	0,000
<i>personal life enhancement of work (PLEASE)</i>	,521**	0,000
<i>work enhancement of personal life (WEPL)</i>	,902**	0,000

Table 10 Correlation Test Results of Work Life Balance With Parenting Stress

Based on table 4.15, a positive correlation can be seen between *Work Life Balance With Parenting Stress* of 182 respondents, working parents domiciled in JABODETABEK who have children *school from home* obtained correlation values on the dimensions *work intereference with personal life (WIPL)* $r = 0.987$ with a significance of 0.000. The correlation value on the dimensions *personal life interference with work (PLIW)* $r = 0.627$ with a significance of 0.000. correlation value on the dimension *personal life enhancement of work (PLEW)* $r = 0.521$ with a significance of 0.000. correlation value on the dimension *work enhancement of personal life (WEPL)* $r = 0.902$ with a significance of 0.000.

Discussion

The main motivation for doing this study was to establish a connection between the COVID-19 epidemic, stress among parents, and the importance of work-life balance. The research found that parents who reported high levels of stress were the ones who had a hard time juggling job and daycare. This provides more evidence that parents had elevated stress levels associated with parenting during the COVID-19 epidemic. Correlation data per dimension indicated that greater dimensionality had a greater preference. More time spent on work led to greater parenting stress, and vice versa. The level of interference between parents' personal and work lives increased as parenting stress increased, and vice versa. When a person's work-life balance improved, childcare became less important, and vice versa. Parents' stress levels increased as their personal life dimensions, such as their work, increased, and vice versa

CONCLUSION

Through statistical analysis and hypothesis testing regarding the relationship between work-life balance and parenting stress during the COVID-19 pandemic, it can be concluded that:

1. Sizes Measures of the how a parent deals with the stress of the COVID-19 pandemic is strongly correlated with how much their work life interferes with their personal life.
2. Work-life improvement dimensions, which measure the extent to which an individual's personal life may enhance the quality of their profession. The COVID-19 Pandemic and Coping with Stress as a Parent are Highly Correlated
3. Dimensions *personal life enhancement of work* which measures the extent to which personal life can improve the quality of work. It has a significant relationship with *Parenting Stress From the Mass COVID-19 Pandemic*

Handling the COVID-19 Stress as a parent, you're likely to experience a pandemic if you don't pay attention to the ways in which your profession might benefit your personal life.

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