

## ABSTRAK

### GAMBARAN *WORK-LIFE BALANCE* PADA MAHASISWA KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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**Latar Belakang :** *Work-Life Balance* memiliki makna kemampuan seseorang untuk menyeimbangkan pekerjaan serta kehidupan pribadi. Pada mahasiswa, *Work-Life Balance* tersebut menuntut mahasiswa mampu menyeimbangkan peran-perannya dalam kehidupan mencakup pendidikan, kehidupan pribadi, dan pekerjaan jika ada.

**Metodologi :** Penelitian ini menggunakan metode kuantitatif deskriptif. Teknik pengambilan sampel menggunakan *simple random sampling* dengan sampel sebanyak 90 mahasiswa Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman. Kuesioner Putri (2021) telah digunakan dalam penelitian ini.

**Hasil Penelitian :** Hasil analisis menunjukkan bahwa tingkat *work-life balance* mahasiswa cenderung tinggi pada kategori *Work Interference with Personal Life* (WIPL) sebanyak 40 partisipan (44,4%), kategori *Personal Life Interference Work* (PLIW) 26 partisipan (29,9%), kategori *Work/Personal Life Enhancement* (WPLE) sebanyak 18 partisipan (20%), dan Kategori Balance sebanyak 6 partisipan (6,7%).

**Kesimpulan :** Mayoritas mahasiswa keperawatan berada pada kategori *Work Interference with Personal Life* (WIPL) dimana walaupun dengan jadwal perkuliahan yang padat, mereka tetap dapat melaksanakan aktivitas lain dengan baik.

**Kata Kunci :** Mahasiswa, *Work-Life Balance*, WIPL, PLIW, WPLE

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## ABSTRACT

### AN OVERVIEW OF WORK-LIFE BALANCE IN NURSING STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

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**Background :** Work-Life Balance means a person's ability to balance work and personal life. For students, Work-Life Balance requires students to be able to balance their roles in life including education, personal life and work if any.

**Methods :** This research uses descriptive quantitative methods. The sampling technique used simple random sampling with a sample of 90 Nursing students, Faculty of Health Sciences, Jenderal Soedirman University. The Putri Questionnaire (2021) has been used in this research

**Results :** The results of the analysis show that the level of student work-life balance tends to be high in the Work Interference with Personal Life (WIPL) category with 40 participants (44.4%), Personal Life Interference Work (PLIW) category with 26 participants (29.9%), category Work/Personal Life Enhancement (WPLE) was 18 participants (20%), and the balanced category was 6 participants (6.7%).

**Conclusion :** The majority of nursing students are in the WIPL (Work Interference with Personal Life) category where even with a busy study schedule, they can still carry out other activities well.

**Keywords :** students, work-life balance, WIPL, PLIW, WPLE

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