

**HUBUNGAN KONFLIK PERAN GANDA DAN TINGKAT
STRESS DENGAN *BURNOUT SYNDROME* PADA KELUARGA
DI KELURAHAN BAHAGIA SELAMA MASA PANDEMI
COVID-19**

Widhi Nurfadillah

Abstrak

Kondisi *burnout syndrome* rentan terjadi pada orang tua terlebih pada masa pandemi covid-19. Ketidaksiapan orang tua terutama yang bekerja dengan peran ganda yang muncul secara tiba-tiba akan menimbulkan konflik peran ganda. Konflik yang terjadi memicu timbulnya stress yang dialami dan apabila terjadi terlalu lama maka akan menimbulkan kondisi *burnout syndrome* yang akan berdampak pada kondisi fisik dan emosi individu. Penelitian ini bertujuan untuk menganalisis hubungan antara Konflik Peran Ganda dan Stress dengan *Burnout* pada orang tua. Penelitian ini menggunakan alat ukur *Depression Anxiety Stress Scale* (DASS42), *Maslach Burnout Inventory* (MBI) dan *Work and Family Conflict Scale* (WAFCS) dengan desain penelitian *Cross Sectional* dan uji statistik *Chi Square* dengan CI 95% yang menggunakan teknik *random sampling* sebanyak 220 responden di Kelurahan Bahagia. Uji chisquare didapatkan hasil konflik peran ganda dengan *burnout* (p value 0,012) dan stress dengan *burnout* (p value 0,035), yang dapat disimpulkan adanya hubungan antara konflik peran ganda dan stress dengan *burnout syndrome*. Disarankan orang tua dapat menghindari stress yang berasal dari peran ganda agar tidak terjadi kondisi *burnout syndrome*.

Kata kunci : *burnout syndrome*, konflik peran ganda, orang tua, stress

**THE RELATIONSHIP OF MULTIPLE ROLE CONFLICT AND
STRESS LEVEL WITH BURNOUT SYNDROME IN FAMILY
AT KELURAHAN BAHAGIA DURING THE COVID-19
PANDEMIC**

Widhi Nurfadillah

Abstract

The condition of burnout syndrome is prone to occur in older people, especially during the COVID-19 pandemic. The unpreparedness of parents, especially those who work with multiple roles that appear suddenly will lead to dual role conflicts. Conflicts that occur trigger the emergence of stress experienced and if it occurs for too long it will cause burnout syndrome conditions which will have an impact on the physical and emotional conditions of individuals. This study aims to analyze the relationship between Multiple Role Conflict and Stress with Burnout in parents. This study used measuring instruments Depression Anxiety Stress Scale (DASS42), Maslach Burnout Inventory (MBI) and Work and Family Conflict Scale (WAFCS) with a Cross Sectional research design and Chi Square statistical test with 95% CI using random sampling technique as many as 220 respondents. in the Kelurahan Bahagia. The chi-square test shows that there is a dual role conflict with a burnout (p value of 0.012) and stress with a burnout (p value of 0.035), which can be concluded that there is a relationship between multiple role conflict and stress with burnout syndrome. It is suggested that parents can avoid stress that comes from multiple roles so that burnout syndrome does not occur.

Keywords: burnout syndrome, dual role conflict, parents, stress