

ABSTRACT

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Problem-focused Coping Working Women on Sandwich Generation who Experience Role Conflict; Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC; Program Studi S-1 Psikologi, Universitas Tarumanagara, (i-x; P1-P5; L1-L9)

Sandwich generation is a situation where middle-aged individuals are at the center of the responsibility between caring for children and their elderly parents. In sandwich generation, the task of becoming a caregiver is usually left to women. However, with social demands and economic conditions, some women are required to undergo multiple roles by having to work outside the home while taking care of the family. The diversity of tasks and responsibilities undertaken can lead to role conflicts that, if they occur continuously, can cause stress. Stress relief to stress in general can be done in two ways, namely, emotion-focused coping and problem-focused coping. However, in a state of dual conflict, these women are required to be quick in doing everything like making decisions and taking action. Therefore a problem-focused coping strategy is needed that focuses more on changing the problem or condition than emotion-focused coping. This study aims to obtain a problem-focused coping picture of women working in sandwich generation in overcoming the role conflict experienced. The subjects of the study consisted of four mothers of middle age with different levels of education and socioeconomic status. The research method used is qualitative method with non-probability sampling technique. This study took place from April 2017 until May 2017. The research findings show that the four subjects used problem-focused coping strategy in the form of planful-problem coping.

Keywords: problem-focused coping, working women, middle adult, sandwich generation