

ABSTRAK

Adelia Azhari Putri. 220541100007. Hubungan *Self-Efficacy* dengan Resiliensi Keluarga pada *Dual Earner Family* Di Era Revolusi Sosial 5.0. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura.

Tujuan penelitian ini adalah untuk mengetahui hubungan *self-efficacy* dengan resiliensi keluarga pada *dual earner family* di era revolusi sosial 5.0. Penelitian ini menggunakan metode kuantitatif melalui pendekatan korelasional dengan teknik analisis *pearson correlation*. Penentuan sampel dilakukan menggunakan teknik *purposive sampling* dengan jumlah dalam sampel penelitian sebanyak 100 subjek yang terdiri laki-laki dan perempuan yang telah menikah, dan bekerja. Pengumpulan data menggunakan skala *self-efficacy* dan resiliensi keluarga yang disebarkan melalui kuesioner secara online dan offline. Hasil uji korelasi menunjukkan bahwa *self-efficacy* memiliki hubungan yang positif dan signifikan dengan resiliensi keluarga melalui koefisiensi sebesar 0,524 dengan signifikansi 0,000 ($>0,05$) artinya semakin tinggi *self-efficacy* individu maka akan semakin tinggi pula resiliensi keluarganya sehingga hipotesis dalam penelitian ini terbukti diterima. Angka indeks korelasi terletak dalam rentang yang berada dalam tingkat hubungan “sedang” antara *self-efficacy* dan resiliensi *dual earner family* di era revolusi sosial 5.0. Faktor dominan yang berperan pada variabel *self-efficacy* terdapat pada dimensi *generality* sebesar 38,17%, sementara pada variabel resiliensi keluarga terdapat pada aspek komunikasi sebesar 36,28%.

Kata kunci: *self-efficacy*, resiliensi keluarga, *dual earner family*, era revolusi sosial 5.0

ABSTRACT

Adelia Azhari Putri. 220541100007. The Relationship between Self-Efficacy and Family Resilience in Dual Earner Families in the Era of Social Revolution 5.0. Study Program of Psikology, Fakultas Social dan cultural sciences, University of Trunojoyo Madura.

The purpose of this study is to determine the relationship between self-efficacy and family resilience in dual-earner families in the era of the 5.0 social revolution. This study uses a quantitative method through a correlational approach with Pearson correlation analysis. The sample was determined using purposive sampling with a total of 100 subjects consisting of marriagemen and women who are employed. Data collection used self-efficacy and family resilience scales distributed through online and offline questionnaires. The correlation test results show that self-efficacy has a positive and significant relationship with family resilience through a coefficient of 0.524 with a significance of 0.000 (>0.05), meaning that the higher an individual's self-efficacy, the higher their family resilience, thus proving the hypothesis in this study. The correlation index figure is in the “moderate” range between self-efficacy and the resilience of dual-earner families in the era of the 5.0 social revolution. The dominant factor that plays a role in the self-efficacy variable is in the generality dimension at 38.17%, while in the family resilience variable, it is in the communication aspect at 36.28%.

Key words: *self-efficacy, family resilience, dual-earner family, era of the 5.0 social revolution*