

ABSTRAK

Firdayani. 210541100047. Konflik Peran Ganda pada Tenaga Kerja Wanita Indonesia di Kunak, Sabah, Malaysia. Skripsi. Program Studi Psikologi. Jurusan Ilmu Sosial dan Ilmu Budaya. Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunodjoyo Madura.

Tenaga Kerja Wanita (TKW) Indonesia di Kunak, Sabah, Malaysia menjalani kondisi kerja yang berat di Perkebunan kelapa sawit dengan jam kerja yang panjang, khususnya pada mereka yang *single parent*/jauh dari suami harus menjalankan peran sebagai ibu tunggal yang dimana mereka mengalami kesulitan terhadap pengasuhan anak ketika mereka sedang bekerja. Tuntutan pekerjaan yang tinggi dan tanggung jawab keluarga yang besar menyebabkan mereka berada dalam situasi yang rawan mengalami konflik peran ganda. Tujuan penelitian ini adalah untuk mengetahui bagaimana gambaran konflik peran ganda pada Tenaga Kerja Wanita Indonesia di Kunak, Sabah, Malaysia. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Informan penelitian ini berjumlah tiga orang Tenaga Kerja Wanita Indonesia yang bekerja di perkebunan kelapa sawit di Kunak, Sabah, Malaysia. Pemilihan sampel menggunakan *purposive sampling* yaitu informan dipilih sesuai dengan kriteria yang sudah ditentukan. Teknik pengumpulan data yaitu menggunakan wawancara semi-terstruktur. Analisis data menggunakan model Miles dan Huberman. Teknik pemeriksaan keabsahan data menggunakan Triangulasi sumber. Hasil penelitian menunjukkan bahwa konflik peran ganda TKW di Kunak secara nyata mengalami keterbatasan waktu bersama anak akibat jam kerja yang panjang di perkebunan kelapa sawit sehingga harus membawa atau menitipkan anak di tempat orang lain, kelelahan fisik dan tekanan emosional karena harus menanggung peran sebagai pencari nafkah utama dan sebagai ibu secara bersamaan, dan adanya perubahan perilaku seperti lebih mudah emosi, marah, serta kebiasaan berbicara keras di tempat kerja terbawa ketika berinteraksi dengan anak di rumah. Konflik peran ganda ini berdampak pada kondisi fisik berupa kelelahan kronis dan kurang istirahat serta dampak psikologis seperti stres, rasa bersalah, cemas, dan emosi yang tidak stabil. Penelitian ini memberikan wawasan mengenai relitas psikologis TKW dalam menjalani peran ganda sebagai pekerja perkebunan dan sebagai ibu ditengah keterbatasan waktu, tenaga, dan tekanan hidup.

Kata Kunci : Konflik Peran Ganda, Tenaga Kerja Wanita, Pekerja Migran, Ibu tunggal, Perkebunan Kelapa Sawit

ABSTRACT

Firdayani, 210541100047. *Work-family Conflict among Indonesian Female Migrant Workers in Kunak, Sabah, Malaysia. Thesis. Pscyhology Study Program. Department of Social and Cultural Sciences. Faculty of Social and Cultural Sciences. University of Trunodjoyo Madura.*

Indonesian female migrant workers in Kunak, Sabah, Malaysia work under physically demanding conditions in palm oil plantations with long working hours. Those who are single mothers or live apart from their husband must also carry out the role of sole caregivers, which creates difficulties in child care while they are working. High job demands combined with heavy family responsibilities place these women in a vulnerable position to experience work – family conflict. This study aims to describe the work – family conflict experienced by Indonesian female migrant workers in Kunak, Sabah, Malaysia. This study employed a qualitative method with a case study approach. The informants consisted of three Indonesian female migrant workers employed in palm oil plantations Kunak, Sabah, Malaysia, selected through purposive sampling bases on predetermined criteria. Data were collected using semi-structured interviews. Data were analyzed using the Miles and Huberman model, and data validity was ensured through source triangulation. The research result indicate that work – family conflict among female migrant workers in Kunak is reflected in limited time spent with their children due to long working hours in the plantations, which forces them to bring their children to work or leave them in the care of others. In addition, they experience physical exhaustion and emotional strain from having to fulfill the roles of primary breadwinner and mother simultaneously. Changes in behaviour, such as becoming more easily irritated, angry, and speaking harshly at work, are also carried over into their interactions with their children at home. These conflicts result in physical impacts such as chronic fatigue and lack of rest, as well as psychological impacts including stress, feelings of guilt, anxiety, and emotional instability. This study provides insight into the psychological realities of female migrant workers in managing dual roles as plantation workers and mothers amid limitations of time, energy, and life pressures.

Keywords : *Work-Family Conflict, Indonesian female migrant workers, Women migrant workers, Single mothers, Palm oil plantations.*