

Pengaruh *Work Life Balance*, Dan *Self Esteem* Terhadap *Subjective Well-Being* Pada *Driver Gojek* Di Karawang

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ABSTRAK

Kesejahteraan (*Well-being*) merupakan hal yang selalu ingin dicapai oleh manusia, karena dianggap sebagai hal yang penting dalam kehidupan. Setiap orang akan berupaya untuk mencapai kesejahteraannya dengan segala upaya yang dilakukan, salah satunya menjalani profesi menjadi *driver Gojek*. Karyawan dapat dikatakan memiliki *subjective well-being* yang tinggi jika mereka puas dengan pekerjaannya dan lebih sering mengalami pengalaman emosi yang positif dan jarang mengalami pengalaman emosi yang negatif. *Driver* memilih profesi tersebut karena keseimbangan kehidupan kerja atau disebut juga *work life balance*, selain itu faktor yang memengaruhi *subjective well being* yaitu *self-esteem*. Penelitian ini dilakukan untuk melihat pengaruh dari *work life balance* dan *self esteem* terhadap *subjective well-being* pada *driver gojek* yang ada di Karawang. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif, teknik pengambilan sampling menggunakan insidental. Jumlah partisipan sebanyak 220 partisipan *driver* di Karawang, pengambilan data menggunakan kuesioner yang terdiri dari tiga skala, yaitu skala *work life balance*, *self-esteem scale*, dan *satisfaction with life scale*. Uji hipotesis dalam penelitian ini menggunakan analisis regresi berganda, berdasarkan hasil analisis data menunjukkan $\text{Sig.F } 0,005 < 0,05$ ($p < 0,05$) sehingga terdapat pengaruh antara variabel *work life balance* dan *self esteem* terhadap *subjective well being*. Besarnya pengaruh sebesar 10,4% ($R^2 = 0,104$) dan selebihnya 89,6% dipengaruhi oleh faktor lain.

Kata kunci: *Driver Gojek*, *Work-life Balance*, *Self-esteem*, *Subjective Well-being*.

***The Effect of Work Life Balance, and Self Esteem on Subjective Well-Being in
Gojek Drivers in Karawang***

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ABSTRACT

Well-being is something that humans always want to achieve because it is considered as an important thing in life. Everyone will strive to achieve their welfare with all the efforts made, one of which is undergoing the profession of being a Gojek driver. Employees can be said to have high subjective well-being if they are satisfied with their work and more often experience positive emotional experiences and rarely experience negative emotions. Drivers choose this profession because of work-life balance, besides the factors that affect subjective well-being, namely self-esteem. This research was conducted to see the effect of work-life balance and self-esteem on the subjective well-being of motorbike taxi drivers in Karawang. The method used in this research is quantitative method. The sampling technique uses incidental sampling. The number of participants as many as 220 driver participants in Karawang, data collection using a questionnaire which consists of three scales, namely the work-life balance scale, self-esteem scale, and satisfaction with life scale. Hypothesis testing in this study used multiple regression analysis, based on the results of data analysis showing Sig.F 0.005 < 0.05 ($p < 0.05$) so that there is an influence between work-life balance and self-esteem variables on subjective well being. The amount of influence is 10.4% ($R^2 = 0.104$) and the remaining 89.6% is influenced by other factors.

Keywords: Gojek Driver, Work-life Balance, Self-esteem, Subjective Well-being.