

## **ABSTRACT**

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**The Relation between Work Stress and Psychological Well-Being on Working Married Women (Sandi Kartasasmita, M.Psi.); Faculty of Psychology, Undergraduate Program, Tarumanagara University, (62 pages, P 1 – P 4).**

This research examine the relation between work stress and psychological well-being. Work stress is defined as condition where an individual physically and psychic are threatened by unbalance between work ability, work demand and another extern condition. Theory of multi dimension psychological well-being (Ryff, 1989; Ryff and Keyes, 1995) is used in this quantity research. Psychological well-being is defined as a condition where an individual could feel prosperity in body and soul. Psychological well-being has six dimension, there are self-acceptance, positive relation with others, autonomy, environmental mastery, purpose in life, and personal growth. This research intend to know if there is a relation between work stress and psychological well-being. The subject of this research (n = 44) are working married women, who have been chosen by accidental sampling technique. The result of this research showed that there is no relation between work stress and psychological well-being.

Key Words : Work Stress, Psychological Well-Being.