

Abstract

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Roles of *Work Life Balance* to *Job Performance* with *Subjective Well-being* as a Mediator; Dr. Rostiana, M. Si., Psi & Kiky Dwi Hapsari, M.Psi,; Undergraduate Program in Psychology, Tarumanagara University, (i-xvi; R1–R10; Appdx 1-68)

The aim of this research is to know the role of work life balance in job performance mediated by subjective well-being. The participants of this research are 212 women workers in PT. X by using purposive sampling technique. The type of this research is non-experimental research with quantitative method. Data was collected using questionnaires and processed using SPSS version 20.00. This research used regression test to analyze the data. The Baron and Kenny method (1986) was used to testing mediation. Sobel test (Sobel, 1982) was used to testing indirect effect of work life balance in job performance mediated by subjective well-being. The results showed that subjective well-being served as partial mediation of the work life balance and job performance. Furthermore, additional data analysis results showed that there is a positive and significant correlation between work-life balance and age of participants.

Keywords: work life balance, job performance, subjective well-being.