

GAMBARAN *WORK LIFE BALANCE* PNS DI KANTOR BKPP SLEMAN SELAMA PPKM DARURAT

**Tiara Indah Perdanawati
Tabah Aris Nurjaman**

Program Studi Psikologi, Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
tiaraindahperdanawati@gmail.com

ABSTRAK

Pandemi COVID-19 yang meluas mengakibatkan pemerintah Indonesia melakukan langkah preventif guna menekan penyebaran virus dengan menerapkan kebijakan PPKM Darurat. Salah satu kebijakan PPKM Darurat ialah pembatasan aktivitas bekerja berdasarkan pada sektor pekerjaannya dengan pembagian WFO-WFH. Masalah saat Work From Home tidak hanya sebatas masalah teknis tetapi juga melibatkan peran keluarga agar Work Life Balance dapat tercapai. Penelitian ini bertujuan untuk mengetahui gambaran work life balance PNS di kantor BKPP Sleman selama PPKM Darurat. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Metode pengumpulan data pada penelitian ini menggunakan wawancara semi-terstruktur, observasi non-partisipan dan dokumentasi. Wawancara dan observasi yang dilakukan berdasarkan pada aspek yang di kemukakan oleh Greenhaus, Collins, & Shaw (2003) Teknik pengambilan sampel pada penelitian ini menggunakan teknik purposive sampling dengan subjek berjumlah tiga orang berjenis kelamin pria dan wanita yang berusia 36-45 tahun serta merupakan PNS di Kantor BKPP Sleman yang melakukan WFH di masa PPKM Darurat. Hasil penelitian menunjukkan bahwa ketiga subjek dapat menyeimbangkan antara urusan pekerjaan dan kewajiban di rumah di masa PPKM Darurat.

Kata Kunci: COVID-19, PPKM Darurat, Work Life Balance

DESCRIPTION OF PNS WORK LIFE BALANCE IN BKPP SLEMAN OFFICE DURING EMERGENCY PPKM

**Tiara Indah Perdanawati
Tabah Aris Nurjaman**

Psychology Study Program, Faculty of Business & Humanities
University of Technology Yogyakarta
tiaraindahperdanawati@gmail.com

ABSTRACT

The widespread COVID-19 pandemic has resulted in the Indonesian government taking preventive steps to suppress the spread of the virus by implementing the Emergency PPKM policy. One of the Emergency PPKM policies is the limitation of work activities based on the sector of work with the distribution of WFO-WFH. The problem when working from home is not only a technical problem but also involves the role of the family so that work life balance can be achieved. This study aims to describe the work life balance of civil servants at the BKPP Sleman office during Emergency PPKM. This study uses a qualitative method with a case study approach. Data collection methods in this study used semi-structured interviews, non-participant observation and documentation. Interviews and observations were carried out based on the aspects put forward by Greenhaus, Collins, & Shaw (2003). The sampling technique in this study used a purposive sampling technique with three subjects, male and female, aged 36-45 years and were civil servants. at the Sleman BKPP Office who conducted WFH during the Emergency PPKM. The results showed that the three subjects were able to balance work and obligations at home during the Emergency PPKM.

Keywords: COVID-19, Emergency PPKM, Work Life Balance