ABSTRAK

Angga Purniawan (2026). Pengaruh *Work-life Balance* terhadap *Psychological Well-being* dengan *Family Support* sebagai Variabel Moderasi pada *Driver* GrabFood di Kabupaten Ngawi. Skripsi. Program Studi Manajemen, Fakultas Ekonomi dan Bisnis, Universitas PGRI Madiun. Dosen Pembimbing (I) Dr. Karuniawati Hasanah, S. E., M. M. Dosen Pembimbing (II) Ririh Anggraini Setyahety, S. E., M. M.

Penelitian ini bertujuan untuk menganalisis pengaruh *Work-life Balance* terhadap *Psychological Well-being*, serta menguji peran *Family Support* sebagai variabel moderasi pada hubungan tersebut, pada *driver* GrabFood di Kabupaten Ngawi. Penelitian ini menggunakan pendekatan kuantitatif dengan desain eksplanatori. Sampel penelitian berjumlah 130 *driver* GrabFood di Kabupaten Ngawi yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui kuesioner berskala Likert dan dianalisis menggunakan *Moderated Regression Analysis* (MRA) dengan bantuan program SPSS.

Hasil penelitian menunjukkan bahwa *Work-life Balance* berpengaruh positif dan signifikan terhadap *Psychological Well-being*. *Family Support* juga terbukti berpengaruh positif dan signifikan secara langsung terhadap *Psychological Well-being*. Namun demikian, hasil uji MRA menunjukkan bahwa *Family Support* tidak mampu memoderasi pengaruh *Work-life Balance* terhadap *Psychological Well-being*. Temuan ini mengindikasikan bahwa peningkatan kesejahteraan psikologis *driver* GrabFood lebih ditentukan oleh kemampuan individu dalam mengelola keseimbangan antara pekerjaan dan kehidupan pribadi, sementara dukungan keluarga berperan secara langsung tanpa memperkuat maupun memperlemah hubungan antara kedua variabel tersebut.

Kata Kunci: *Work-life Balance*, *Psychological Well-being*, *Family Support*, *Moderated Regression Analysis*

ABSTRACT

Angga Purniawan (2026). The Effect of Work-life Balance on Psychological Well-being with Family Support as a Moderating Variable among GrabFood Drivers in Ngawi Regency. Undergraduate Thesis. Management Study Program, Faculty of Economics and Business, Universitas PGRI Madiun. Supervisors (I) Dr. Karuniawati Hasanah, S.E., M.M. Supervisors (II) Ririh Anggraini Setyahety, S.E., M.M.

This study aims to analyze the effect of Work-life Balance on Psychological Well-being and to examine the role of Family Support as a moderating variable in this relationship among GrabFood drivers in Ngawi Regency. This study uses a quantitative approach with an explanatory design. The research sample consisted of 130 GrabFood drivers in Ngawi Regency, selected using a purposive sampling technique. Data were collected through a Likert-scale questionnaire and analyzed using Moderated Regression Analysis (MRA) with the assistance of the SPSS program.

The results show that Work-life Balance has a positive and significant effect on Psychological Well-being. Family Support is also proven to have a direct, positive, and significant effect on Psychological Well-being. However, the MRA test results show that Family Support is not able to moderate the effect of Work-life Balance on Psychological Well-being. This finding indicates that the improvement of GrabFood drivers' Psychological Well-being is more determined by their individual ability to manage the Balance between work and personal life, while Family support plays a direct role without strengthening or weakening the relationship between the two variables.

Keywords: *Work-life Balance, Psychological Well-being, Family Support, Moderated Regression Analysis*