

**STRESS REVIEW FROM CAREER MOTHERS WHO HAVE
CHILDREN AGED 11-13 YEARS OLD IN MOJOPANGGUNG
KELURAHAN RT 01 / RW 01 SUB-DISTRICT GIRI, BANYUWANGI
REGENCY**

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Abstract

The stress felt by career mothers is caused by two responsibilities that must be carried out simultaneously, namely women are required to be responsible for their work, and take care of their household. This study aims to determine what factors cause stress in career mothers, to find out the efforts made by career mothers in dealing with stress and to determine the success of career mothers in Mojopanggung Village, RT 01 / RW 01, Giri District, Banyuwangi Regency in dealing with the stress they feel.. The type and research approach in this study used qualitative methods with a descriptive approach. The participants of this study were career mothers aged approximately 30-60 years, had children aged 11-13 years, women who worked for more than 1 year. with the number of working hours 20-40 hours per week. The results of this study indicate that the four subjects feel stressed, the factors that cause stress include problems at work such as, the amount of work that makes them tired and thinking, causing frustration for career mothers, followed by family problems with family problems such as problems in *intimate relations* with husbands. , conflicts with husbands or children and financial problems and the efforts made in overcoming stress by the four subjects succeeded in overcoming stress, including, praying, sincerely, taking a walk (*refreshing*), taking a short break, solving problems that are being experienced, and build good communication with *customers*.

Keywords: *Career stress Coping Stress*

INTRODUCTION

Work stress factors are all the maximum efforts made by humans, either through movement of the body or mind to increase and meet needs, either individually or collectively (Fachrudin, 2017, p. 59). So work can also be interpreted as an activity carried out by a person to earn income in the form of money or goods, by expending energy or thoughts. In a household in general, those who have an obligation to work are a man or a husband.

The husband has an obligation to earn a living, while a wife basically focuses on being a housewife and taking care of and educating her children at home. Due to high economic pressure, many women enter the public sphere to work. Currently, women do not only act as mothers who are only housewives but also have other roles, namely as career women or working mothers.

The role of women has shifted from traditional to modern. The wife is required to help

the family economy by helping her husband find additional income, so there is a mention of "career woman". Career women are strongly associated with jobs that make money.

Working mothers will have little time for family, but after all, mothers must still carry out their obligations as housewives properly. Career mothers often experience conflict in their lives between their roles inside and outside the home. But it is undeniable that there are still many women who still choose to be career mothers for different reasons. Although basically women tend to spend time at home in terms of taking care of the household. The basic reason for working mothers is to help fulfill the family's economy.

The current phenomenon is an opportunity for women to work because many agencies choose to employ a woman. It is not uncommon to find a woman working in an office, serving as a staff in a company and

there are even women who are leaders in the business world. So that not only men are able to occupy this position. As a survey conducted by *Grand Thornton* shows that women occupy senior positions in companies in the world, this has increased over the last 12 months, the Southeast Asia region occupies the second position in the world, namely 34% of the highest positions in companies are women (Putri, 2020, p. 1).

When mothers carry out both roles, namely as housewives and mothers work simultaneously, either from the family or from work, it makes fulfilling the demands of one role more difficult because it also fulfills the demands of the other role. Working mothers must be able to carry out their dual roles as well as possible both at work and at home.

Housewives who choose to work will face dual role conflicts as career women and mothers who take care of the household. The dual role conflict of women exists in several aspects including parenting patterns, communication with husband and children, closeness to family, pressure from career and setting priorities. Career mothers must be able to play individual roles as well as possible both at work and at home. The inability to overcome a problem that exists in the mother will be a burden that is felt, as well as a pressing situation on the mother.

The pressure on the mother will cause the mother to feel uncomfortable with the routine she does. The discomfort felt by the mother if left alone can cause stress. According to Hager, stress is very individual and basically destructive if there is no balance between the individual's mental endurance and the perceived burden. A source of stress does not always result in psychological or physiological disturbances, whether or not an individual is disturbed depends on his perception of the events he is experiencing (Ramadhani, 2020, p. 27).

The stress felt by career mothers is caused by two responsibilities that must be carried out simultaneously, namely women are required to be responsible for their work, and are responsible for taking care of their household.

Especially during the current Covid-19 pandemic, children are conducting online learning activities. This means that a mother should accompany her children to achieve maximum learning. The role of a mother is very influential in learning achievement, but in reality there are many difficulties faced by mothers in teaching children at home because children feel the teaching system between mothers and teachers at children's schools is different, this makes children not serious in learning, plus mothers are tired because after work. So that it becomes a new challenge for career mothers and must be able to manage their time well. Especially during the Covid-19 pandemic, because many things don't work as they should, which will support the triggering of stress in career mothers. This research is very important to do as a reference for career mothers who have the same case as career mothers in this study.

Based on the explanation that has been presented, the description of stress in career mothers needs to be studied and investigated in more depth so that it is clearer about the factors that cause career mothers in the Mojopanggung village RT 01 / RW 01 to experience stress. The second is about the efforts that have been made by career mothers in dealing with the stress they experience, and the third is to determine the success of career mothers in dealing with stress. This study focuses on career mothers in Mojopanggung Village, RT 01 /

RW 01, Giri Subdistrict, Banyuwangi Regency with the aim of providing insight for other career mothers who have similar cases to deal with their problems, and become a means of venting for career mothers in Mojopanggung Village, RT 01 / RW 01. Giri District, Banyuwangi Regency.

Career Mother Definition

central role is as a giver of love, caring for children's growth and development, both physical and psychological health, and creating warmth in the household. However, with the demands that cause a woman to choose to become a career mother. Career women are adult women who are involved or working and doing work or professions outside the home who have the ability, talent or a profession in the field they are doing (Jamillah, 2020, p. 93).

Career women are women who do work according to their field of knowledge and expertise. In general, career women are women who have higher education and have a fairly high status in their work and work (Satata, 2020, p. 166).

Career mothers are housewives who in addition to carrying out their household duties also have responsibilities in carrying out their roles as workers outside the home with the amount of time used is 40 hours a week (Thohiroh, 2020, p. 22)

Based on the opinions of the figures above, it can be concluded that career mothers are working women who are married and have a dual role, namely as housewives and as workers who get salaries or rewards other than money in accordance with their field of knowledge and expertise, in order to assist in fulfilling the family's economy and career mothers will have its own role in the family. The role of career mothers in their families is to help the household economy, so that the source of family income is not only one but there are two sources. This will have a positive effect on nutrition, improving education, housing, clothing, vacations and entertainment. The role of career mothers in their families is very large in creating a quality generation, especially during the COVID-19 pandemic, which requires women to have multiple roles both in their families and in their careers.

Definition of Stress

Stress is a condition in which a person cannot adjust himself between his abilities and the demands received by the individual, causing negative anxiety within himself. Stress is often associated with a person's mental or psychological stability in dealing with life problems (Mikiyal, 2020, p. 09).

According to Hager stress is very individual and basically destructive if there is no balance between the individual's mental endurance and the perceived burden, but dealing with a source of stress does not always result in psychological or physiological disturbances, whether or not the individual is disturbed depends on his perception of the events that occur. experienced (Ramadhani, 2020, p. 27).

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According to Sarafino, the factors causing stress are the first individual factors, at the individual level, factors can come from the parents and children, the second is family factors, at this level can come from financial problems and family structure, as well as factors that encourage stress the third is environmental factors (Ramadhani, 2020, p. 28)

Based on the opinions of the figures above, it can be concluded that stress is a form of a person's response, both physically and mentally, to a change in his environment that is felt to be disturbing and causes him to be threatened, stressed. experienced by individuals are often triggered by things that come from within the individual (*internal*) and from outside (*external*) and worsening emotional and physical states in life. In simple terms, stress is defined as the body's response to life itself, as well as the physical and emotional reactions of the self to change to the demands of an unpleasant situation and are considered harmful to

their well-being.

Developmental Tasks for Middle Adult Ages 30-60 Years

Many changes occur in middle adulthood. According to Monks, Knoers et al. Middle adulthood is the age at which a person has begun to decline in physical aspects and increase responsibilities. At this middle age, a person is more mature in thinking, but sometimes there is unpreparedness related to physical changes that have an impact on his psyche. At this middle age, a person is also more meaningful in his life, doing positive things that are beneficial for himself and others (Saswati, 2019, p. 24).

Middle adulthood is starting to live independently. More concerned with the social environment, doing useful activities. Psychosocial changes in middle adulthood occur because of problems that occur in life related to work and family. (Saswati, 2019, p. 25). Entering middle adulthood, there are many changes experienced by a person. According to Santrock in middle adulthood, a person will experience physical changes and cognitive changes, physical changes for example, skin that is not as firm as it used to be. (Wijaya, 2021, p. 5)

According to Gilbert Brim, middle adulthood is a time of change and conflict. So that middle adulthood is called a unique period. (Wijaya, 2021, p. 5). Entering middle adulthood, there are many changes experienced by a person. According to Santrock in middle adulthood, a person will experience physical changes and cognitive changes, physical changes for example, skin that is not as firm as it used to be. (Wijaya, 2021, p. 5)

It can be concluded that the developmental task of middle adulthood is a period marked by activities that are full of heavy responsibilities. The task of middle adult development is to prepare themselves to educate and guide their children so that their children as the next generation are able to become better human beings and benefit themselves and others. In middle adulthood, they are able to break away from dependence on others, especially from their parents, both economically and psychologically, they will strive to become more independent people. Someone who is an adult should be able to solve the problem well because he can control his emotions properly, and the individual has started to think and can choose which one is good for him. If the tasks in early adulthood are not completed properly, it can result in an individual's mental condition that causes feelings of restlessness such as stress or anxiety.

Developmental Tasks for Teenagers Age 11-13

According to Sarwono, an early teenager aged 11-13 years at this stage is still surprised by the changes that occur in his body. Adolescents develop new thoughts, are quickly attracted to the opposite sex, and are easily aroused erotically, at this stage early teens are difficult to understand and be understood by adults (Mambrasar, 2021).

According to the Directorate of Child Health Development, early teens aged 11-13 years can experience anxiety, especially about their body appearance which has an impact on increasing self-awareness. Hormonal changes cause emotions to change easily, feelings of belonging to peers have an impact on having a gang or group of friends (Fatimah, 2020, p. 44).

Adolescent developmental tasks (Fatimah, 2020, p. 37). The task of development is something that must be fulfilled or done by adolescents. This developmental task may include environmental expectations for adolescents and their behavior, as well as developmental tasks for adolescents, namely:

- a. Accept the situation and appearance and use the body effectively.
- b. Learn to act according to gender (as male or female).
- c. Can achieve new and more mature relationships with peers, both same-sex and old-sex.
- d. Achieve socially responsible behavior.
- e. Achieve emotional independence, both towards parents and other adults.

It can be concluded that adolescence is a period of transition from childhood to

adulthood. At this time humans cannot be said to be adults but also cannot be called children. Adolescence includes physical, intellectual, emotional and social development. Characterized by the development of a dependent attitude to their parents, starting to have interests of the opposite sex, being able to develop communication by hanging out with the same sex and the opposite sex and having unstable emotions.

Research Theories

This study uses 4 research theories related to stress in career mothers, namely:

1. Definition of Close Relationships (Intimate Relationship)

According to Bowlby, personal relationships between individuals are often seen in terms of romantic relationships, which have become a central part of social life. Attachment is the relationship between parents and their children, but attachment can also be associated with romantic adult relationships (Renanda, 2018, p. 33).

According to Santrock, attachment is a close emotional bond between two people. Attachment usually refers to a relationship between two people who have strong feelings for each other and do a lot of things together to continue the relationship. someone who is in a relationship he will feel safe and show a sense of interest and trust in his partner (Renanda, 2018, p. 33).

According to Giddens, this intimate relationship is idealized as a form of relationship between individuals and is perpetuated in the social order through the institution of marriage, however, the intimacy or romantic relationship system gradually changes along with the changing social order in society (Azziza, 2020, p. 1).

According to some of the figures above, it can be concluded that a close relationship is defined as a relationship based on emotional attraction. Close relationship to build intimacy with the aim of establishing a relationship in the long term.

2. Definition of Conflict

Humans, according to a prominent philosopher named Aristotle, are referred to as *Zoon Politicon*, which means humans are social creatures. This gives birth to a logical consequence where humans always try to organize, socialize, and interact with all components in their environment in order to meet their needs in the context of being social beings (Asiah, 2017, p. 1)

Conflict is something that is inherent in human life, when interacting, communicating, and establishing relationships with various parties in various conditions and events (Asia, 2017, p. 59)

Conflict reflects incompatibility, either because of incompatibility or because of differences. According to Clinton conflict is antagonistic psychological relations, related to unusual goals, hostile emotional attitudes and different value structures (Johar & Sulfinadia, 2020, p. 37).

According to Arumwardani, conflict arises in situations where there are two or more people. more needs, wants, hopes, and goals where the situation is not in line or collides with each other (Mikiyal, 2020, p. 18).

The factors that cause conflict according to (Asia, 2017, p. 96). 1.

Emotions

Emotions have a close relationship with the occurrence of conflict and the process of conflict interaction.

2. Anger

In dealing with conflict situations, goals that are not achieved because they are blocked by the conflict opponent will cause the parties involved in the conflict to become angry.

3. Stress

Individuals who face conflict, especially individuals who do not have sufficient experience in dealing with conflict can experience stress. 4. Aggression

In conflict interactions, aggression often occurs, aggression can be carried out by one party to the opponent of the conflict or the parties involved in the conflict to mutually aggressive each other.

Based on the opinions of the figures above, it can be concluded that conflict is a reaction that occurs over differences of opinion or views, values, goals to be achieved that cause uncomfortable conditions both within individuals, and between groups, and is expressed by getting rid of each other to achieve their respective goals.

3. Definition of Frustration

According to Kartono, frustration is a condition where a need cannot be met and a goal cannot be achieved so that it fails (Wakhidah, 2017, p. 12)

According to Maramis, frustration arises when there is a cross direction between individual desires and individual goals or objectives. There are frustrations that come from outside, for example: natural disasters, accidents, death, a loved one, norms and customs, on the contrary, frustration comes from within the individual such as: physical disabilities, failure in business and morals (Ramadhani, 2020, p. 30).

Frustration is also a symptom where an individual feels disappointed and dissatisfied, this can happen because the individual is dissatisfied with his current state, or fails to plan what has been planned (Suciana, 2020, p. 25).

According to Sanggadah in (Wakhidah, 2017, p. 14) there are several things that affect frustration, namely:

1. Environmental Factors The

state of disappointment and shock experienced by individuals for failing to achieve goals caused by obstacles that come from outside the individual, including the natural surroundings in the form of tragic events, the wrong system of interpersonal relations, social norms, laws and customs.

2. Personal

Factors Factors that are initiated by someone because they lack or even do not have the physical and even mental abilities to achieve goals or ideals.

3. Conflict Factors
Frustration that occurs in a person because there is an inner conflict within oneself to achieve goals.

Based on the opinions of the figures above, it can be concluded that frustration is a feeling of disappointment due to the obstruction of a desire and the existing reality is not in accordance with the desired expectations and disappointment occurs repeatedly so that it disturbs the psychological balance both emotions and actions.

4. Definition *Coping Stress*

According to Rosalina & Haspari said that *coping stress* is a behavior that changes the mind constantly and an effort in the form of action to overcome internal and external pressures that cause stress (Rahma, 2021, p. 3)

According to Taylor, Peplau, and Sears *coping stress* is a person's way to manage demands that are considered burdensome or exceed one's abilities. These demands can come from internal or environmental sources (Sihombing, 2021, p. 51).

Aspects of *coping with stress* according to Carver, Scheir, and Wientraub (Sihombing, 2021, p. 51) mention aspects of *stress coping* namely:

1. Self-activity, an action to try to eliminate the causes of stress or improve the consequences in a direct way.
2. Planning, thinking about how to overcome the causes of stress, among others, by making a strategy for action, thinking about the steps that need to be taken in dealing with a problem.
3. Self-control, individuals limit their involvement in competitive or competitive activities and do not act in a hurry.
4. Seeking social support that is instrumental, namely with advice, assistance or information.
5. Acceptance, something that is full of stress and circumstances that force him to overcome the problem.

6. Religiosity, the individual's attitude of calming and resolving problems religiously and his relationship vertically to God.

From some of the opinions of the figures above, it can be concluded that *coping stress* is a person's efforts or efforts to overcome the stress he is experiencing. Coping with stress in various ways, both by solving problems and also praying to God. If the efforts made by someone are successful in overcoming the stress that is being felt. So that the stress felt by an individual is not prolonged and the individual can continue all his activities normally as usual.

RESEARCH METHODS

The implementation of a research must use the right research method so that the results are in accordance with what is expected. So in this study using the type of descriptive qualitative research. According to Sugiyono, qualitative research methods are used to examine an object whose condition is natural (Mursidi, 2019,

p. 66). According to Moleong, qualitative research methods are used to understand the phenomena of what is experienced by research subjects holistically, described in the form of language words in a special natural context by utilizing various scientific methods (Mursidi, 2019, p. 66).

According to Moloeng, qualitative research namely to understand phenomena about what is experienced by research subjects such as behavior, perceptions, motivations, actions, and others holistically, by means of descriptions in the form of words and language in a special natural context by utilizing various natural methods (Baskara, 2020, p. 25)

According to Creswell, the purpose of descriptive qualitative research is to include various information related to the phenomena explored in the study, research participants, and research locations (Baskara, 2020, p. 26). The advantage of descriptive qualitative is that it can examine in depth to find patterns that appear in these events, briefly and simply (Yuliani, 2018, p. 84).

The reason for using descriptive qualitative research is to obtain complete data and prioritize the actions taken to describe the factors that cause stress in career mothers, as well as the efforts that have been made by career mothers in dealing with stress and also to know the success of career mothers in dealing with stress that is felt more specifically, transparent and in-depth, by collecting the deepest data that shows the importance of the depth and detail of the data being studied

. The data collection technique in this study used interview, observation and documentation techniques, then in this study there were 7 subjects that fit into the category, namely career mothers who included in the middle adult category, namely age 30-60 years, having children aged 11-13 years and working for more than 1 year, but the author only took 4 subjects in this study. The criteria for the subject are Career mothers who already have children aged 11-13 years, Middle adult women aged approximately 30-60 years, work that is intended not only to work in an office but to work in anything that earns income and progress in life, women who work in a period of more than 1 year.

RESULTS AND DISCUSSION

Data Analysis

of Factors Causing Stress in Career Mothers

Based on interviews that have been conducted with four career mothers who have a middle adult age category of 30-60 years old, have children aged 11-13 years and have worked for more than one year. The following analysis of the data obtained in this study is associated with stress theory according to Badeni, stress comes from work and the work environment and can also come from sources outside of work (Teguh, 2020, p. 131).

According to Sarafino, the factors causing stress are the first individual factors, at the individual level, factors can come from the parents and children, the second is family factors, at this level can come from financial problems and family structure, as well as factors that encourage stress the third is environmental factors (Ramadhani, 2020, p. 28). According to Surya, five kinds of sources that can cause stress include, frustration or anxiety, conflict, pressure, changes that occur inside or outside the individual, and mistakes in thinking (Mikiyal, 2020, p. 12).

In data analysis on four subjects selected career mothers according to predetermined categories stated that the stress experienced by NH, TA and KP was caused by work factors, SH subjects said that the cause of stress they experienced was caused by factors from family or home

. What career mothers feel also includes *intimate relation*, conflicts and frustrations, as stated by the four subjects in this study. In the results of interviews with NH, SH and 4 subjects, they said that in carrying out a dual role as a housewife and also as a career mother, there was a change in *intimate relationships*.

The results of this data analysis can be related to Santrock's theory which says that attachment is a close emotional bond between two people. Attachment usually refers to a relationship between two people who have strong feelings for each other and do a lot of things together to continue the relationship. Someone who is in a relationship will feel safe and show a sense of interest and trust in their partner (Renanda, 2018, p. 33).

From the results of the interview, it was stated that the four subjects of career mothers in this study said that in carrying out dual roles as housewives and career mothers. Mothers have experienced conflicts with either their husbands or children which can trigger stress. From the statements conveyed by the four career mothers in this study, the four career mothers have experienced conflicts with their husbands or children, because children are difficult to manage, differences of opinion so that an emotion arises that invites conflict both between mother and child or husband and wife.

In data analysis on 4 subjects selected career mothers according to predetermined categories stated that TA and KP subjects who had felt frustrated in carrying out dual roles as housewives and also as career mothers

From the statements submitted by TA and KP subjects stated that have experienced frustration, frustration that occurs in both subjects due to problems either from work or from family so that reality is not as expected.

It can be concluded from the statements submitted by the four subjects that the factors that cause stress in carrying out their dual roles as career mothers and housewives are caused by factors from work. The work factors in question include failure at work, work piling up and also fatigue at work that can cause career mothers to feel frustrated. In addition to factors from work, the stress felt by career mothers is also caused by factors from family or home, namely tired of the routines they do at home, factors that cause stress experienced by career mothers include problems in *intimate relations* between career mothers and their husbands, conflicts with husbands. or children, so it can be concluded that the stress felt by career mothers has various factors, both from work or from home (family).

Efforts to Overcome Stress in Career Mothers

according to Rosalina & Haspari said that *coping stress* is a behavior that changes the mind constantly and an effort in the form of action to overcome internal and external pressures that cause stress (Rahma, 2021, p. 3). According to Lazurus & Folkman defines *coping stress* as a strategy to manage behavior. (Sihombing, 2021, p. 51). According to Taylor, Peplau, and Sears *coping stress* is a person's way to manage demands that are considered burdensome or exceed one's abilities. These demands can come from internal or environmental sources (Sihombing, 2021, p. 51).

In the analysis of data on 4 subjects of career mothers who were selected according to predetermined categories, it was stated that NH and KP subjects said that their efforts to cope with stress included taking walks, taking short breaks. Based on the results of data analysis

on the subject of TA and SH said that the efforts made were by continuing to work, completing work matters, building good communication with *customers*.

Based on the analysis of the data on the four subjects above, it can be concluded that the efforts made in overcoming stress include, praying, taking a walk (refreshing), taking a short break, solving the problems that are being experienced, and building good communication with customers. theory of coping with stress. As the theory according to Rosalina & Haspari says that coping with stress is a behavior that changes the mind constantly and an effort in the form of action to overcome internal and external pressures that cause stress (Rahma, 2021, p. 3). According to Lazurus & Folkman defines coping stress as a strategy to manage behavior.

(Sihombing, 2021, p. 51). According to Taylor, Peplau, and Sears coping stress is a person's way to manage demands that are considered burdensome or exceed one's abilities. Tuntutan tersebut dapat berasal dari internal maupun lingkungan (Sihombing, 2021, p. 51)

Success in Coping with Stress In Career Mothers

According to Hager stress is very individual and basically destructive when there is no balance between endurance mental individuals with loads yang the perceived, however dealing with a source of stress does not always result in psychological or physiological disturbances, whether or not the individual is disturbed depends on his perception of the events he is experiencing (Ramadhani, 2020, p. 27).

that the efforts that had been made in overcoming stress were successful. feltprolonged, so that career mothers can resume their activities well, this can be related to the theory of stress.

Discussion of Research Results

In this study we tried to answer the formulation of the problem, namely the first regarding the factors that cause stress in career mothers, efforts to overcome stress in career mothers and the success of career mothers in dealing with stress according to data obtained from the field.

The stress factors for each individual also vary between one subject and another, such as stress factors in NH subjects including work factors due to failure in their business. Factors causing stress on the subject of TA include work factors, the number of jobs, unable to complete work on time due to lack of employees. The stress factor of the SH subject includes being tired in carrying out his dual role, and also thinking about something. Factors causing stress experienced by KP subjects include tired of working and tired of taking care of the house.

Factors that cause stress in career mothers are also due to problems in *intimate relations* with their husbands, conflicts and frustrations, such as in the NH subject that the NH subject had experienced problems in *intimate relations* with her husband, but the problem was not an excessive problem and the problem was quickly resolved , the subject of NH has also experienced conflict because the children are difficult to manage and conflict because there is a problem with her husband. TA subjects have experienced problems with their husbands, because sometimes TA subjects feel like getting angry for no reason or vent their problems to their husbands, TA subjects have also experienced conflicts due to differences of opinion with their husbands or children which causes TA subjects to get angry. The subject of SH has experienced conflicts with children due to naughty children so that the subject of SH is angry. The subject of KP has experienced *intimate relations* because there is a misunderstanding between the mother and husband also because of tiredness so that the subject of KP is easily emotional, the subject of KP has also experienced conflicts with children due to naughty children, hard to eat, KP subjects rarely conflict with their husbands but often conflicts with children KP subject has also experienced frustration due to many problems from family and work and not excessive frustration.

In this study, the four subjects said that the efforts made to deal with stress were

successful, each career mother had a different effort in dealing with their respective stress, as stated by the four subjects in this study. In subject 1, NH copes with stress by *refreshing* and solving stressful problems. On the subject of TA in dealing with stress, the efforts made are praying, creating an *enjoyable*, and building good communication with *customers*. On the subject of SH that in dealing with stress by working. On the subject of KP the efforts made in overcoming stress include taking a short break and doing *refreshing*.

So it can be concluded that the factors that cause stress experienced by the four subjects of career mothers are diverse, including work factors, workload, work problems, housework, fatigue, problems with *intimate relations*, conflict and frustration. Coping with stress in career mothers also varies, including by praying, solving problems that are being experienced, taking a walk or *refreshing*, taking a short break, and even being able to forget stress by working

So stress is not a scary thing if you are able to process stress and deal with it wisely and wisely.

The existence of this research provides insight for other career mothers in dealing with the stress they feel in carrying out their dual roles who have similar cases. With this research, it becomes a means of venting for the 4 subjects of career mothers who are being studied in the problems they are experiencing. This research is very interesting to do, besides getting information and insight, it can also help some career mothers by listening to their stories during research. This research is also very interesting to do further research by providing variants and determining the subject widely, so that it can describe the factors that cause stress, efforts to cope with stress and its success widely.

CONCLUSION

The conclusion that can be drawn from this study is stress on career mothers in Mojopanggung Village, RT 01 / RW 01, Giri Subdistrict, Banyuwangi Regency, which is included in the category of mild and not prolonged stress. thoughts that cause frustration in career mothers, followed by family problems with family problems such as problems in *intimate relations* with husbands, conflicts with husbands or children and financial problems with failures in their business causing losses. How to deal with stress by praying, taking a walk / *refreshing*, living sincerely and not considering a burden, taking a short break, working and meeting with friends or employees. This strengthens the opinion or theory previously put forward by Sarafino, namely the first is individual factors, at the individual level, the factors can be sourced from the personal parents and children, the second is family factors, at this level can be sourced from financial problems and family structure, as well as factors that encourage the emergence of the third stress, namely environmental factors (Ramadhani, 2020, p. 28)

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