

ABSTRACT

The purpose of this research is to examine the relationship between social support, occupational stress, and psychological well-being among hospital nurses in Semarang City, with the mediating variable being work-life balance. Nurses' mental health may be negatively impacted by the high stress levels experienced when working in a 24-hour service system, which is why this study was initiated. The study's methodology was quantitative, and it made use of a purposive sampling strategy. 100 registered nurses from several hospitals in Semarang City agreed to participate in the research. Surveys were administered in order to gather data, which was then analyzed using PLS-SEM. The findings demonstrated that psychological well-being was positively and significantly impacted by social support, and negatively and significantly impacted by job stress. The relationships between social support and psychological well-being and between job stress and psychological well-being were both shown to be substantially moderated by work-life balance. These results show that nurses' mental health is affected by a variety of variables, including social influences, job pressure, and the capacity to maintain a work-life balance. In order to enhance the mental health of nurses, hospitals should do more to foster social support and implement regulations that encourage a healthy work-life balance.

Keywords: Social Support, Job Stress, Work-Life Balance, Psychological Well-Being, Nurses