

Hubungan antara efikasi diri dalam keputusan karier dengan problem focused coping style pada mahasiswa universitas indonesia =
Relationship between career decision self efficacy and problem focused coping style on undergraduate students of universitas indonesia

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Abstrak

Penelitian ini bertujuan untuk melihat ada tidaknya hubungan antara efikasi diri dalam keputusan karier dengan problem-focused coping style yang terdiri dari approach dan avoidance problem-focused coping style pada mahasiswa S1 Universitas Indonesia. Sampel penelitian ini berjumlah 516 mahasiswa S1 semester empat Universitas Indonesia dari semua fakultas. Efikasi diri dalam keputusan karier diukur menggunakan Career Decision Self-Efficacy Short Form (Taylor dan Betz, 1983), dan Problem-Focused Coping Style diukur menggunakan Problem-Focused Styles of Coping (Heppner, Cook, Wright, dan Johnson, 1995) yang telah diadaptasi dan dimodifikasi oleh peneliti.

Hasil penelitian ini menunjukkan korelasi positif antara efikasi diri dalam keputusan karier dengan approach problem-focused coping style ($r= 0.282$, $p<0.01$). Hasil penelitian juga menunjukkan bahwa terdapat korelasi negatif antara efikasi diri dalam keputusan karier dengan avoidance problem-focused coping style ($r= -0.107$, $p<0.01$). Disarankan agar mahasiswa menerapkan approach problem-focused coping style untuk meningkatkan efikasi diri dalam keputusan karier, serta menghindari penerapan avoidance problem-focused coping style.

<hr>This research was conducted to examine the relationship between career decision self-efficacy with problem-focused coping style, consists of approach and avoidance problem-focused coping style on undergraduate students of Universitas Indonesia. Samples of this research are 516 4th semester undergraduate students from 13 faculties of Universitas Indonesia. Career decision self-efficacy was measured by Career Decision Self-Efficacy Short Form from Taylor and Betz (1983), and Problem-Focused Coping Style was measured by Problem- Focused Style of Coping (Heppner, Cook, Wright, and Johnson, 1955) which has been adapted and modified by the researcher.

The results are, there is a significant positive relationship between career decision self-efficacy and approach problem-focused coping style ($r= 0.282$, $p<0.01$), also there is a significant negative relationship between career decision selfefficacy and avoidance problem-focused coping style ($r= -0.107$, $p<0.01$). Based on the results, suggest that undergraduate student to enhance career decision self-efficacy by using approach problem-focused coping style.