

## Hubungan antara academic buoyancy dan adaptabilitas karier pada siswa sekolah menengah pertama kelas 9 = The relationship between academic buoyancy and career adaptability in s grade 9

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### Abstrak

Penelitian ini ditujukan untuk melihat hubungan antara academic buoyancy dan adaptabilitas karier pada siswa kelas 9. Adaptabilitas karier adalah kesiapan individu dalam menghadapi tugas-tugas yang terprediksi untuk mempersiapkan dan turut berperan dalam pekerjaan, serta mampu mengatasi situasi tidak terduga yang mungkin muncul karena adanya perubahan dalam pekerjaan dan kondisi kerja. Pada siswa kelas 9, tantangan karier sebagian besar datang dari kehidupan akademiknya di sekolah, terlebih ketika akan menghadapi masa transisi karier dari siswa SMP menjadi siswa SMA. Kemampuan beradaptasi terhadap karier dapat membantu siswa mencapai kesuksesan karier di masa depan. Di samping itu, upaya siswa untuk menjadi adaptif terhadap perubahan dalam kariernya tersebut perlu diiringi dengan adanya kemampuan diri untuk terus berhasil mengatasi segala tantangan yang dihadapi. Terlebih dalam konteks akademik, istilah yang menggambarkan kesiapan siswa untuk berhasil mengatasi tantangan yang muncul di kehidupan akademiknya adalah academic buoyancy.

Penelitian ini dilakukan dengan menggunakan alat ukur Academic Buoyancy Martin Marsh, 2008 yang dikembangkan oleh Nurafifah 2011 berdasarkan lima faktor academic buoyancy dan alat ukur Career Adapt-Abilities Scale Savickas Porfeli, 2012 yang diadaptasi oleh peneliti untuk mengukur academic buoyancy dan adaptabilitas karier. Partisipan penelitian berjumlah 597 siswa kelas 9 dari dua SMP Negeri di Depok. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara academic buoyancy dan adaptabilitas karier pada siswa kelas 9  $r = 0,535$  dan  $p = 0,000$  pada LoS 0,01. Hasil mengindikasikan bahwa semakin tinggi academic buoyancy siswa maka semakin tinggi pula adaptabilitas kariernya. Berdasarkan hasil penelitian ini, penting bagi siswa kelas 9 untuk memiliki adaptabilitas karier dalam berespon secara adaptif menghadapi masa transisi karier dan melewati segala tantangan karier di sepanjang kehidupannya.

.....The aim of this research is to find the relationship between academic buoyancy and career adaptability in 9th grader students. Career adaptability defined as readiness to cope with the predictable tasks of preparing for and participating in the work role and with the unpredictable adjustments prompted by the changes in work and work conditions. For 9th grader students, in near future of their career, they will face a transition from junior to senior high school students, and all the changes it brings. On the other side, the efforts student make to become adaptable in every change will best be put together with the ability to keep success in dealing with every challenge. Particularly in 9th grader students, challenges mostly come in academic setting. At this point, a term that reflects students rsquo ability to do such thing is academic buoyancy, refers to readiness to successfully deal with academic setbacks, named difficulties, obstacles, and challenges that occurs in academic context.

In this research, Academic Buoyancy Scale from Martin and Marsh 2008 that has been developed by Nurafifah 2011 and Career Adapt Abilities Scale Savickas Porfeli, 2012 were used to measure academic buoyancy and career adaptability among students. Participants are 597 students of grade 9 from two junior

high schools in Depok.

Result shows that there is a positive and significant relationship between academic buoyancy and career adaptability  $r = 0,535$   $p = 0,000$   $LoS = 0,01$  . The results indicates that the higher the academic buoyancy of the students, the higher their career adaptability will be. Based on the results of this study, it is important for students in grade 9 to have career adaptability in responding adaptively to face a career transition period and all career challenges throughout their lives.