

# Peran Harapan Orang tua dalam Memoderasi Pengaruh Kecerdasan Emosi terhadap Efikasi Diri dalam Keputusan Karier Siswa SMA = The Role of Parental Expectation in Moderating the Effect of Emotional Intelligence toward Career Decision Self-Efficacy on High School Student

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## Abstrak

Penelitian ini bertujuan untuk menguji pengaruh kecerdasan emosi terhadap efikasi diri dalam keputusan karier yang dimoderasi oleh harapan orang tua. Menurut teori perkembangan karier, siswa SMA yang berusia 14-18 tahun berada pada tahap eksplorasi. Dalam tahapan ini, siswa dituntut untuk menilai kapasitas diri mereka dalam menghadapi tantangan di masa depan. Padahal, siswa SMA masih ditemukan belum dapat memutuskan masa depan mereka sepenuhnya secara mandiri. Adanya peran orang tua yang termanifestasikan melalui harapan orang tua pun membentuk persepsi bagi anak-anaknya. Penelitian ini dilakukan terhadap 785 siswa SMA di enam sekolah wilayah Jabodetabek dengan menggunakan metode *convenience sampling*. Alat ukur yang digunakan dalam penelitian ini yaitu, *career decisions self-efficacy scale short form* (CDSE-SF) untuk efikasi diri dalam keputusan karier, *wong and law emotional intelligence scale* (WLEIS) untuk kecerdasan emosi, dan *parental expectation scale* (PES) untuk harapan orang tua. Teknik analisis data yang digunakan adalah analisis moderasi melalui PROCESS oleh Hayes. Hasil penelitian menunjukkan bahwa terdapat pengaruh kecerdasan emosi terhadap efikasi diri dalam keputusan karier yang dimoderasi oleh harapan orang tua,  $b = 0,006$   $p < 0,05$ . Keterbatasan penelitian yang berkaitan dengan alat ukur membuat perlunya dilakukan perbaikan pada beberapa item alat ukur CDSE-SF, serta memberitahukan pada partisipan agar saat menjawab pertanyaan mengenai harapan orang tua perlu membayangkan salah satu orang tua mereka. Implikasi penelitian ini bagi pihak sekolah dan psikolog sekolah dapat merancang program bimbingan karier bagi siswa agar siswa lebih yakin dalam menjalani tugas-tugas yang berkaitan dengan keputusan karier. Selain itu, psikolog sekolah juga dapat memberikan pemahaman bagi orang tua mengenai peran harapan orang tua terhadap keputusan karier anak-anaknya.

.....The present study examined the effect of emotional intelligence on career decision self-efficacy with parental expectation as a moderating variable. Career development theory states that students aged 14-18 years are in the exploration stage of life. Students are thus required to assess themselves, especially their capability to face future challenges. However, the role of parents remains relatively crucial during this stage because adolescents are still unable to fully make decisions about their future. In addition, parents expect the continuation of their childrens studies. This case is especially true in Asian culture, which illustrates the major role that parents play in their childrens lives. A total of 785 high-school students from Jabodetabek, Indonesia, were recruited using the convenience sampling method. Instruments used in this study were Career Decisions Self-Efficacy Short Form (CDSE-SF) for career decisions self-efficacy, Wong and Law Emotional Intelligence Scale (WLEIS) for emotional intelligence, and Parental Expectation Scale (PES) for parental expectation. Moderation analysis was used as the data analysis technique through PROCESS. Results confirmed the moderating role of parental expectations on emotional intelligence and career decision

self-efficacy  $b = 0,006$   $p < 0.05$ . Limitations in this study that researchers also did not revise several items on the CDSE-SF. In addition, researcher could give instructions for participants to imagined one of their parents when they were filled out parental expectations scale. This limitations could be a concern for future study. Implications for school and school psychologist could create career guidance programs for students based on competence in career decisions. Implications for school and school psychologist could create career guidance programs for students based on competence in career decisions. School psychologist could also provided the understanding for parent about the role of parental expectations in their childrens career decisions.