

Pengaruh Perilaku Eksplorasi Karier dan Kongruensi Karier Orang tua-Anak pada Adaptabilitas Karier di Mahasiswa = The Effects of Career Exploration Behavior and Parent-Child Career Congruence on Career Adaptability in College Students

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Abstrak

Mahasiswa semester akhir khususnya akan mengalami masa transisi, dan perlu mengembangkan kesiapan sebelum terjun ke dunia kerja. Adaptabilitas karier dapat membantu mahasiswa untuk menghadapi tugas yang diprediksi maupun tidak diprediksi di dunia kerja nantinya. Penelitian ini bertujuan untuk melihat pengaruh perilaku eksplorasi karier dan kongruensi karier orangtua-anak pada adaptabilitas karier secara bersamaan dan melihat variabel mana yang lebih berkontribusi pada adaptabilitas karier. Partisipan yang terlibat dalam penelitian ini merupakan mahasiswa semester akhir, mulai dari semester 6 di Jabodetabek (N = 538). Alat ukur yang digunakan adalah Career Adapt-Abilities Scale, Career Exploration Behavior, dan The Adolescent-Parent Career Congruence. Data yang diperoleh kemudian di analisis menggunakan uji regresi berganda. Hasil penelitian menunjukkan bahwa terdapat pengaruh signifikan secara bersamaan perilaku eksplorasi karier ($t = 6.545, B = 0.315, p < 0.001$) dan kongruensi karier orangtua-anak ($t = 4.752, B = 0.195, p < 0.001$) pada adaptabilitas karier. Penelitian juga menunjukkan kontribusi perilaku eksplorasi karier lebih besar pada adaptabilitas karier dibandingkan kongruensi karier orangtua-anak. Hasil penelitian dapat digunakan untuk mahasiswa dalam rangka meningkatkan kemampuan adaptabilitas karier melalui kegiatan eksplorasi dan kongruensi.

.....College students in their final year will experience transition and need to develop readiness before entering the workforce. Career adaptability can help the college students to deal with the predicted and unpredictable tasks in the workforce later. This study aims to investigate the effects between career exploration behavior and parent-child career congruence simultaneously on career adaptability. The participants involved in this research were 538 college students spread over Jabodetabek. Career Exploration Behavior, Career Adapt-Abilities Scale, and The Adolescent-Parent Career Congruence were used to assess participants' exploration behavior, career adaptability, and career congruence. Data were analyzed using Multiple Linear Regression. Results of this research indicated that career exploration behavior ($t = 6.545, B = 0.315, p < 0.001$) and parent-child career congruence ($t = 4.752, B = 0.195, p < 0.001$) simultaneously affect career adaptability. The results showed that career exploration behavior gives a greater contribution than parent-child career congruence on career adaptability. This study is applicable for college students to improve their career adaptability through exploration activities and congruence.