

Peran Self-Compassion sebagai Mediator pada Hubungan antara Peer Relatedness dan Efikasi Diri dalam Keputusan Karier Siswa SMA = The Role of Self-Compassion as a Mediator in the Relationship Between High School Students Peer Relatedness and Career Decision Self-Efficacy

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Abstrak

Penelitian ini adalah penelitian kuantitatif yang bertujuan untuk melihat pengaruh self-compassion sebagai mediator dalam hubungan antara peer relatedness dan efikasi diri dalam keputusan karier. Peneliti menggunakan adaptasi Bahasa Indonesia dari alat ukur The Youth Relatedness Scale untuk mengukur peer relatedness, Self-Compassion Scale untuk mengukur self-compassion, dan Career Decision Self-Efficacy Scale-Short Form untuk mengukur efikasi diri dalam keputusan karier. Sampel dalam penelitian ini berjumlah 650 orang siswa SMA kelas XI dan XII dari berbagai area di Jabodetabek. Hasil analisis menunjukkan bahwa self-compassion memiliki pengaruh yang signifikan dalam memediasi hubungan antara peer relatedness dan efikasi diri dalam keputusan karier siswa SMA ($p < 0.05$). Hasil dari penelitian ini dapat memberikan implikasi praktis bagi sekolah agar dapat menciptakan iklim kelas dan sekolah yang kompak dan suportif, serta lebih melatih keterampilan sosial siswa agar dapat membangun hubungan pertemanan yang positif yang dapat mendukung perkembangan kariernya.

.....This quantitative research aims to see the effect of self-compassion as a mediator in the relationship between peer relatedness and career decision self-efficacy. Researcher used Indonesian adaptation from The Youth Relatedness Scale to measure peer relatedness, Self-Compassion Scale to measure self-compassion, and Career Decision Self-Efficacy Scale-Short Form to measure self-efficacy in career decisions. The sample in this study are 650 high school students in 11th and 12th grade from various areas in Greater Jakarta. The results of the analysis showed that self-compassion had a significant influence in mediating the relationship between high school students peer relatedness and career decision self-efficacy ($p < 0.05$). The results of this study can have practical implications for schools to create a unified and supportive classroom and school climate, and train students social skills better so they could build positive friendships with peers that can support their career development.