

Peran fleksibilitas kognitif dan perceived social support terhadap efikasi diri keputusan karier mahasiswa selama pandemi = The role of cognitive flexibility and perceived social support on career decision self-efficacy among college students during pandemic.

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Abstrak

Penelitian ini bertujuan untuk melihat peran fleksibilitas kognitif dan perceived social support terhadap efikasi diri keputusan karier pada mahasiswa selama masa pandemi COVID-19. Pengambilan data dilakukan secara daring menggunakan kuesioner dalam bentuk google form. Alat ukur yang digunakan adalah Cognitive Flexibility Inventory (CFI), Multidimensional Scale of Perceived Social Support (MSPSS), dan Career Decision Self Efficacy-Short Form (CDSE-SF). Partisipan dalam penelitian terdiri dari 238 mahasiswa tingkat sarjana di perguruan tinggi negeri dan swasta yang ada di Indonesia. Analisis multiple regression digunakan melihat peran dari kedua variabel prediktor. Hasil penelitian menunjukkan bahwa fleksibilitas kognitif dan perceived social support secara simultan memiliki kontribusi yang signifikan terhadap efikasi diri keputusan karier mahasiswa ($R^2 = 0,233$, $p < 0,001$). Adapun implikasi dari penelitian ini dapat berkontribusi di dalam literatur psikologi pendidikan, spesifiknya di dalam perkembangan karier mahasiswa, serta menjadi masukan bagi perguruan tinggi dan praktisi/konselor karier dalam meningkatkan efikasi diri keputusan karier mahasiswa.

.....This study aims to examine the role of cognitive flexibility and perceived social support on career decision self-efficacy in college students during the COVID-19 pandemic. Data collection was using an online questionnaire with help of google form. The measuring tools used are Cognitive Flexibility Inventory (CFI), Multidimensional Scale of Perceived Social Support (MSPSS), and Career Decision Self Efficacy-Short Form (CDSE-SF). This study used google form online questionnaires to collect the data. Participants in the study consisted of 238 undergraduate students at public and private universities in Indonesia. Multiple regression analysis was used to see the role of the two predictor variables. The results showed that cognitive flexibility and perceived social support were able to predict college students' career decision self-efficacy ($R^2 = 0,233$, $p < 0,001$). The implications of this research can contribute to the educational psychology literature, specifically in the career development of college students and provide suggestions for universities and career practice/counselors in improving college students' career decision self-efficacy.