

# Hubungan Trait Mindfulness dengan Career Decision Making Self Efficacy pada Individu Dewasa Awal Lulusan Perguruan Tinggi = Relationship between Trait Mindfulness and Career Decision Making Self Efficacy in Emerging Adulthood College Graduates

Muhammad Rashad Putra Widiana, author

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## Abstrak

Fase eksplorasi karir pada individu dewasa awal tidak selalu berjalan lancar. Untuk mengatasi fenomena tersebut, mereka memerlukan kemampuan untuk mengambil keputusan karir yang tepat. Penelitian ini bertujuan untuk mencari hubungan terkait trait mindfulness dengan tingkat career decision making self efficacy (CDMSE) pada dewasa awal. Penelitian menggunakan metode korelasi untuk mencari hubungan antara kedua variabel. Partisipan merupakan lulusan perguruan tinggi yang berumur 18-25 (n=95). Alat ukur yang digunakan adalah Five Facet Mindfulness Questionnaire dan Career Decision Making Self Efficacy Scale yang sudah diadaptasi ke bahasa Indonesia. Hasil analisis menunjukkan terdapat hubungan signifikan secara positif antara variabel trait mindfulness dan CDMSE ( $r = 0,315$ ,  $p < 0,001$ ). Ditemukan dimensi non-reactivity dan problem solving memiliki hubungan signifikan yang kuat dibanding dimensi lain. Temuan ini dapat dijadikan sebagai dasar studi dengan topik mindfulness pada perilaku karir lainnya.

.....The career exploration phase in emerging adulthood individuals does not always progress smoothly. To tackle this issue, the ability to make well-informed career decisions becomes essential. This study aims to investigate how trait mindfulness is linked to the level of career decision making self efficacy (CDMSE) among emerging adulthoods. The study utilizes a correlation method to examine the relationship between these two variables. The participants in this study were college graduates aged 18-25 (n=95). The researchers used the Five Facet Mindfulness Questionnaire and the Career Decision Making Self-Efficacy Scale that had already been adapted into Bahasa. The analysis reveals a significant positive correlation between trait mindfulness and CDMSE ( $r = 0.315$ ,  $p < 0.001$ ). Particularly, the dimensions of non-reactivity and problem-solving exhibit stronger associations compared to other dimensions. These findings provide a foundation for future investigations into mindfulness and its impact on other career related behaviors.