

# Peran Persepsi Dukungan Sosial terhadap Adaptabilitas Karier pada Mahasiswa Tingkat Akhir yang Mengikuti Program Magang = The Role of Perceived Social Support on Career Adaptability among Final-Year Undergraduate Students Who Have Participated in Internship Program

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## Abstrak

Mahasiswa yang sedang mempersiapkan diri mereka memasuki dunia kerja dengan mengikuti kegiatan magang dapat menghadapi kesulitan yang memengaruhi adaptabilitas karier mereka. Penelitian ini bertujuan untuk melihat peran persepsi dukungan sosial terhadap adaptabilitas karier pada mahasiswa tingkat akhir yang mengikuti program magang. Penelitian ini juga hendak mengidentifikasi sumber persepsi dukungan sosial mana yang paling berperan dalam hubungan antara kedua variabel tersebut. Kriteria partisipan penelitian ini adalah mahasiswa sarjana tingkat akhir pada perguruan tinggi di Indonesia yang sedang atau pernah mengikuti program magang. Pengambilan data dilakukan menggunakan alat ukur Career Adapt-Abilities Scale (CAAS) dan Multidimensional Scale of Perceived Social Support (MSPSS). Teknik statistik korelasi Pearson dan multiple regression digunakan untuk menganalisis hubungan serta peran antara persepsi dukungan sosial dengan adaptabilitas karier. Hasil analisis menunjukkan terdapat hubungan positif yang signifikan antara persepsi dukungan sosial dengan adaptabilitas karier pada mahasiswa tingkat akhir yang mengikuti program magang. Akan tetapi, effect size antara kedua variabel tersebut tergolong kecil. Sementara itu, sumber persepsi dukungan sosial yang bersumber dari orang tua ditemukan sebagai satu-satunya sumber yang memiliki hubungan signifikan dengan adaptabilitas karier. Limitasi serta saran untuk penelitian selanjutnya dijelaskan dalam penelitian ini.

.....Undergraduate students who are preparing themselves to enter the workforce by participating in internships may face difficulties that affect their career adaptability. This study examines the role of perceived social support on career adaptability among final-year undergraduate students who have participated in an internship program. It also aims to identify which source of perceived social support plays the most significant role. The criteria for participants in this study are final-year undergraduate students in a university in Indonesia who are currently participating or have participated in an internship program. Data collection was carried out using the Career Adapt-Abilities Scale (CAAS) and the Multidimensional Scale of Perceived Social Support (MSPSS). Pearson's correlation and multiple regression techniques were used to analyze the relationship between the two variables. Results show that there is a positive and significant relationship between perceived social support and career adaptability. However, the effect size is considered small. Meanwhile, perceived social support from parents was found to be the only source with a positive and significant relationship with career adaptability. Limitations and suggestions for further research are described in this study.