

# Efektivitas Intervensi Karier STAR dalam Meningkatkan Adaptabilitas Karier dan Menurunkan Kesulitan Pengambilan-Keputusan Karier Siswa Kelas 10 SMA = The Effectiveness of STAR Career Intervention in Increasing Career Adaptability and Reducing Career Decision-Making Difficulty on 10th Grade High School Students

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## Abstrak

Siswa kelas 10 SMA dituntut untuk memilih jurusan yang pertama kali. Jika siswa salah memilih, dampaknya kedepannya siswa dapat merasa salah jurusan yang akhirnya dapat mengganggu produktifitas dan kesehatan mental. Dengan demikian, memilih pilihan karier pertama bagi siswa adalah hal yang sulit. Siswa membutuhkan dukungan sosial pihak eksternal untuk dapat mengatasi masalah kesulitan pengambilan keputusan karier dan adaptabilitas karier. Salah bentuk dukungan sosial yang dapat diberikan adalah intervensi karier dengan pendekatan pemrosesan informasi kognitif dan siklus belajar Kolb. Penelitian ini bertujuan untuk membuktikan pengembangan intervensi karier STAR terhadap penurunan kesulitan pengambilan keputusan karier dan peningkatan adaptabilitas karier siswa kelas 10 SMA. Penelitian ini merupakan penelitian cross-sectional dengan metode kuantitatif quasi-eksperimen two group pre-test-post-test design. Pengambilan sampel menggunakan teknik purposive sampling dengan kriteria subjek siswa SMA kelas 10 dan berada pada rentang usia 14-17 tahun. Peneliti mendapatkan 110 sampel dari dua sekolah berbeda. Analisis data menggunakan Paired Sample T-Test, MANOVA, dan Regresi Linear. Hasil penelitian ini adalah intervensi karier STAR dapat menurunkan kesulitan pengambilan keputusan karier dan meningkatkan adaptabilitas karier secara konsisten pada siswa kelas 10 SMA. Selain itu, setelah pemberian intervensi karier STAR, ditemukan kesulitan pengambilan keputusan karier memprediksi adaptabilitas karier. Intervensi karier STAR dalam penelitian ini dapat diterapkan oleh psikolog sekolah / guru BK / konselor pada umumnya.

..... Grade 10 high school students are required to choose their first major. If students make the wrong choice, in the future students may feel that they are in the wrong major which can ultimately interfere with productivity and mental health. Thus, choosing the first career choice for students is a difficult matter. Students need social support from external parties to be able to overcome difficulties in career decision making and career adaptability. One form of social support that can be provided is a career intervention with the cognitive information processing approach and the Kolb learning cycle. This study aims to prove the development of the STAR career intervention to reduce the difficulty of making career decisions and increase the career adaptability of 10th grade students of senior high school. This research is a cross-sectional study with a quasi-experimental quantitative method with a two group pre-test-post-test design. Sampling used a purposive sampling technique with the subject criteria being high school students in grade 10 and being in the age range of 14-17 years. Researchers got 110 samples from two different schools. Data analysis using Paired Sample T-Test, MANOVA, and Linear Regression. The results of this study are that the STAR career intervention can reduce the difficulty of making career decisions and increase career adaptability consistently in 10th grade high school students. In addition, after giving the STAR career intervention, career decision making difficulties can predict career adaptability. The STAR career

intervention in this study can be applied by school psychologists / counseling teachers / counselors in general.