

Peran Self-Compassion dan Career-Related Parent Support dalam Memprediksi Efikasi Diri Pengambilan Keputusan Karir pada Mahasiswa Tingkat Akhir = The Role of Self-Compassion and Career-Related Parent Support in Predicting Career Decision-Making Self-Efficacy among Final Year Undergraduate Students

Sheima Safitri Dubini, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920558281&lokasi=lokal>

Abstrak

Pengambilan keputusan karir merupakan tugas yang sangat penting bagi individu yang akan melalui transisi ke dunia karir, namun prosesnya tidak selalu mudah. Penelitian ini bertujuan untuk mengetahui apakah self-compassion dan career-related parent support dapat memprediksi efikasi diri pengambilan keputusan karir mahasiswa tingkat akhir di Indonesia. Partisipan penelitian ini adalah 233 mahasiswa tingkat akhir ($M = 21.67$ tahun, $SD = 0.77$). Penelitian ini menggunakan Skala Welas Diri (SWD) untuk mengukur self-compassion, Career-Related Parent Support Scale Indonesian Version (CRPS-Ind) untuk mengukur career-related parent support dan Career Decision-Making Self-Efficacy for Indonesian (CDMSE-Ind) untuk mengukur efikasi diri pengambilan keputusan karir. Analisis korelasi Pearson dan regresi linear berganda digunakan untuk menguji hipotesis penelitian. Hasil analisis menunjukkan bahwa self-compassion dan career-related parent support dapat memprediksi efikasi diri pengambilan keputusan karir sebesar 29,8%. Hasil penelitian mengimplikasikan bahwa self-compassion dan career-related parent support merupakan faktor yang penting untuk dimiliki mahasiswa. Hasil tersebut dapat menjadi pertimbangan bagi institusi untuk menyelenggarakan program yang dapat mengembangkan self-compassion pada mahasiswa serta memberikan gambaran tentang bentuk dukungan dari orang tua yang dibutuhkan terkait dengan pengembangan karir, khususnya bagi mahasiswa tingkat akhir di Indonesia.

.....Career decision-making is a very important task for individuals who are going through the transition to the career world, yet the process is not always easy. This study aims to determine whether self-compassion and career-related parent support can predict the career decision-making self-efficacy of final-year undergraduate students in Indonesia. The participants of this study were 233 final-year undergraduate students ($M = 21,67$ years, $SD = 0,77$). This study uses Skala Welas Diri (SWD) to measure self-compassion, Career-Related Parent Support Scale Indonesian Version (CRPS-Ind) to measure career-related parent support and Career Decision-Making Self-Efficacy for Indonesian (CDMSE-Ind) to measure career decision-making self-efficacy. Pearson correlation and multiple linear regression analysis were used to test the research hypotheses. The results of the analysis show that self-compassion and career-related parent support can predict career decision-making self-efficacy by 29,8%. Self-compassion and career-related parent support were found to have a large effect size on career decision-making self-efficacy. The results of the study imply that self-compassion and career-related parent support are important factors for final-year students. These results can be a consideration for institutions to organize programs to develop self-compassion for final-year undergraduate students. In addition, this research provides various forms of career-related support from parents that is needed for final-year undergraduates in Indonesia.