

[Adaptabilitas karier dan dukungan sosial pada Fresh Graduate S1: Studi korelasional di Wilayah Jabodetabek = Career adaptability and social support among S1 Fresh Graduates: A Correlational study in the Jabodetabek Area, Adaptabilitas Karier dan Dukungan Sosial pada Fresh Graduate S1: Studi Korelasional di Wilayah Jabodetabek = Career Adaptability and Social Support among S1 Fresh Graduates: A Correlational Study in the Jabodetabek Area]

Sadina Yasmin, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920572469&lokasi=lokal>

Abstrak

[Fresh graduate berada dalam fase transisi dari pendidikan ke dunia kerja yang sering disertai kebingungan arah karier dan tekanan memperoleh pekerjaan. Dalam fase ini, dukungan sosial menjadi sumber daya penting untuk membantu proses adaptasi. Penelitian ini bertujuan mengetahui hubungan antara dukungan sosial yang dirasakan dan adaptabilitas karier pada fresh graduate. Partisipan berjumlah 181 lulusan tahun 2023–2025 yang berdomisili di Jabodetabek, dengan usia ($M = 23,27$; $SD = 0,98$). Jabodetabek dipilih karena merupakan pusat aktivitas ekonomi dan konsentrasi pencari kerja tertinggi di Indonesia. Pengambilan sampel dilakukan secara convenience sampling, dengan instrumen Career Adapt-Abilities Scale Short Form (CAAS-SF) dan Multidimensional Scale of Perceived Social Support (MSPSS), yang mengukur dukungan dari keluarga, teman, dan figur signifikan lainnya. Hasil analisis korelasi Spearman menunjukkan hubungan positif yang signifikan antara dukungan sosial dan adaptabilitas karier ($r = 0,668$; $p < 0,001$). Penelitian ini menyarankan agar fresh graduate membangun jaringan dukungan sosial guna meningkatkan adaptabilitas dalam menghadapi tantangan dunia kerja.

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