

**PROGRAM BIMBINGAN KARIER DENGAN METODE *CAREER-STYLE*
UNTUK MENGEMBANGKAN ADAPTABILITAS KARIER
PESERTA DIDIK SEKOLAH MENENGAH ATAS**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat Memperoleh Gelar Magister
Pendidikan (M.Pd.) dalam Bimbingan dan Konseling



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**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2024**

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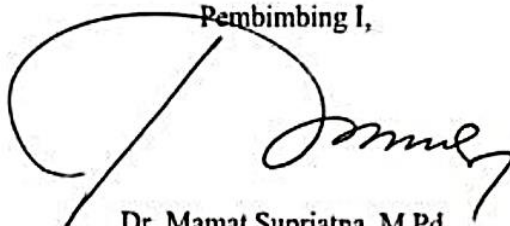
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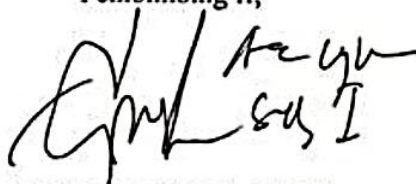
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**PERNYATAAN TENTANG KEASLIAN TESIS DAN PERNYATAAN
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dengan ini saya menyatakan bahwa tesis dengan judul “Program Bimbingan Karier dengan Metode *Career-style* untuk Mengembangkan Adaptabilitas Karier Peserta Didik Sekolah Menengah Atas” beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Demikian pernyataan ini saya buat dalam keadaan sadar dan tidak ada paksaan.

Bandung, Januari 2024

Yang Membuat Pernyataan



Eka Puteri Utami

KATA PENGANTAR

Tesis ini berjudul Program Bimbingan Karier dengan Metode *Career-style* untuk Mengembangkan Adaptabilitas Karier Peserta Didik Sekolah Menengah Atas, merupakan laporan tertulis untuk memenuhi salah satu syarat mengikuti ujian sidang Magister Pendidikan dalam rangka menyelesaikan studi jenjang strata dua (S2) Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Adaptabilitas karier merupakan suatu kemampuan seseorang yang dapat dikembangkan. Individu yang memiliki adaptabilitas karier tinggi mampu menyesuaikan diri dengan perubahan yang terjadi dalam menyelesaikan tugas perkembangan kariernya, meskipun sering mengalami kegagalan dan kesulitan. Pengembangan adaptabilitas karier sangat dimungkinkan dilaksanakan di sekolah menengah melalui bimbingan karier dengan metode *career-style* karena sebagian peserta didik sering menggunakan pengalaman hidupnya untuk menentukan masa depan.

Penelitian ini melibatkan peserta didik Sekolah Menengah Atas pada tahun pelajaran 2023/2024. Hasil penelitian ini diharapkan dapat memberikan manfaat kepada berbagai pihak, khususnya Guru Bimbingan dan Konseling dalam upaya mengembangkan adaptabilitas karier untuk mendukung tujuan peserta didik di masa mendatang.

Akhir kata, dengan segala kerendahan hati, penulis sangat terbuka dengan masukan, dan kritikan yang membangun dari pembaca atas keterbatasan-keterbatasan penelitian ini guna untuk perbaikan kualitas penelitian selanjutnya.

Bandung, Januari 2024

Penulis



Eka Puteri Utami

UCAPAN TERIMA KASIH

Segala puji bagi Allah Swt., yang selalu melimpahkan rahmat serta hidayah kepada hamba-Nya, dan atas kehendak-Nya penulis dapat menyelesaikan tesis ini. Sholawat dan salam senantiasa tercurah kepada baginda Rosulullah Muhammad Shollallahu'alayhiwasallam yang menjadi cahaya bagi kehidupan yang gelap gulita.

Selama proses penyusunan tesis ini, penulis memperoleh berbagai ilmu dan pengalaman yang sangat bermakna dengan uluran tangan dan bantuan berbagai pihak. Sehubungan dengan hal itu, dengan segala kerendahan hati penulis menyampaikan ucapan terima kasih tiada terhingga kepada semua pihak yang secara langsung telah memberikan fasilitas, bantuan, tenaga, dorongan, dan motivasi yang sangat berharga sehingga penulis dapat menyelesaikan tesis ini. Secara khusus, terima kasih dan apresiasi setinggi-tingginya penulis ucapkan kepada.

1. Dr. Mamat Supriatna, M.Pd., selaku Dosen Pembimbing I yang senantiasa meluangkan waktu, pikiran, dan tenaga untuk memberikan bimbingan, arahan, masukan, dan motivasi hingga terselesaikannya penyusunan tesis ini. Terima kasih, semoga kebahagiaan dan keberkahan selalu menaungi kehidupan bapak dan keluarga.
2. Dr. Eka Sakti Yudha, M.Pd., Dosen Pembimbing II sekaligus dosen pembimbing akademik yang telah membimbing, memotivasi, memberikan masukan, serta arahan dalam proses penyelesaian studi ini. Terima kasih, semoga kebahagiaan dan keberkahan selalu menaungi kehidupan bapak dan keluarga.
3. Prof. Dr. Juntika Nurihsan, M.Pd., Dr. Ipah Saripah, M.Pd., dan Drs. Sudaryat Nurdin Akhmad, M.Pd., yang telah bersedia meluangkan waktu dan pikirannya untuk menimbang instrumen penelitian penulis.
4. Prof. Dr. Uman Suherman AS, M.Pd., dan Dr. Ipah Saripah, M.Pd., yang telah bersedia melakukan validasi rasional terhadap program yang dirumuskan penulis.

5. Ahmad Yudiar, M.Pd., selaku guru Bimbingan dan Konseling yang telah bersedia melakukan validasi rasional terhadap program yang dirumuskan penulis.
6. Dr. Ipah Saripah, M.Pd., selaku Ketua Program Studi Bimbingan dan Konseling pada program Sarjana, Magister, dan Doktor yang telah memberikan berbagai kemudahan selama menempuh studi di BK FIP UPI.
7. Staf Tata Usaha Program Studi Bimbingan dan Konseling beserta Staf Bagian Akademik Fakultas Ilmu Pendidikan yang telah membantu dan memberikan kemudahan terkait administrasi selama penyusunan tesis.
8. Kepala Sekolah, Guru BK, Guru Bidang Studi, dan Peserta Didik SMA Negeri 1 Sungailiat yang telah membantu, memfasilitasi perizinan, serta bersedia menjadi partisipan dan responden penelitian penulis.

Merupakan suatu rentang waktu yang panjang selama penulis menempuh dan menyelesaikan studi, sehingga sangat mungkin banyak nama yang belum disebutkan. Semoga banyak makna dan hikmah yang tersimpan di setiap lembar dan sudut tulisan tesis ini.

Bandung, Januari 2024

Penulis



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ABSTRAK

Eka Puteri Utami (2023). Program Bimbingan Karier dengan Metode *Career-style* untuk Mengembangkan Adaptabilitas Karier Peserta Didik Sekolah Menengah Atas. Dibimbing oleh Dr. Mamat Supriatna, M.Pd. dan Dr. Eka Sakti Yudha, M.Pd. Program Studi Magister Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Adaptabilitas karier sangat penting dimiliki individu, terutama bagi peserta didik Sekolah Menengah Atas sebelum melanjutkan studi atau bekerja. Fakta di lapangan menyatakan bahwa angka pengangguran lulusan SMA masih sangat banyak dibandingkan lulusan dari satuan pendidikan lainnya, sehingga diperlukan program bimbingan karier yang dapat mengatasi permasalahan tersebut. Oleh karena itu, tujuan penelitian ini adalah untuk menguji efektivitas program bimbingan karier dengan metode *career-style* untuk mengembangkan adaptabilitas karier peserta didik Sekolah Menengah Atas. Penelitian ini menggunakan paradigma penelitian positivisme dengan pendekatan kuantitatif. Metode penelitian adalah eksperimen kuasi dengan metode *non-equivalent pretest-posttest kontrol group*. Partisipan dalam penelitian ini adalah peserta didik kelas XI SMA Negeri 1 Sungailiat, Tahun Ajaran 2023/2024. Teknik pengambilan sampel menggunakan *random assignment sampling*. Instrumen yang digunakan adalah instrumen adaptabilitas karier dengan teknik analisis data uji statistik parametrik uji anacova dan manacova. Berdasarkan hasil penelitian menunjukkan bahwa program bimbingan karier dengan metode *career-style* efektif untuk mengembangkan adaptabilitas karier peserta didik dengan perolehan nilai signifikansi sebesar $<0,001$. Hasil tersebut menunjukkan bahwa program bimbingan karier dengan metode *career-style* efektif untuk mengembangkan adaptabilitas karier peserta didik pada kelas eksperimen namun terdapat tiga indikator yang kurang efektif yakni indikator perencanaan, pemecahan masalah, dan pengaturan diri. Temuan pada penelitian ini dapat dijadikan alternatif layanan bimbingan karier untuk mengembangkan adaptabilitas karier peserta didik.

Kata Kunci: Bimbingan Karier, *Career-style*, Adaptabilitas Karier

ABSTRACT

Eka Puteri Utami (2023). Career Guidance Program using Career-style Method to Develop Career Adaptability for High School Students. Guided by Dr. Mamat Supriatna, M.Pd. And Dr. Eka Sakti Yudha, M.Pd. Master Study Program Guidance and Counseling. Faculty of Education. University of Education of Indonesia.

Career adaptability is very important for individuals, especially for high school students before continuing their studies or working. The fact in the field stated that the unemployment rate of high school graduates is still very high compared to graduates from other education units, so a career guidance program that can solve these problems is needed. Therefore, the purpose of this study was to test the effectiveness of career guidance programs using career-style methods to develop career adaptability of high school students. This study used a positivism research paradigm with a quantitative approach. The research method is a quasi-experiment with the non-equivalent pretest-posttest control group method. Participants in this study were students in class XI of SMA Negeri 1 Sungailiat, the 2023/2024 academic year. The sampling technique uses random assignment sampling. The instrument used is a career adaptability instrument with statistical test data analysis techniques parametric test anacova and manacova. Research shows that career guidance programs with career-style methods are effective in developing career adaptability for students with significance scores of <0.001 . These results show that career guidance programs with career-style methods are effective in developing the career adaptability of students in experimental classes but there are three less effective indicators: planning, problem solving, and self-regulation. The findings in this study could serve as an alternative to career guidance services to develop the career adaptability of students.

Keywords: Career Guidance, Career-style, Career Adaptability

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