

## ABSTRAK

**Ananda Rachmaniar. 2015. Kontribusi Stabilitas Emosi dan Kontrol Diri terhadap Kemampuan Pembuatan Keputusan Karier (Penelitian Deskriptif terhadap Siswa Kelas VIII SMP Negeri 1 Jatisari Tahun Ajaran 2014/2015). Tesis. Dibimbing oleh: Dr. Mubiar Agustin, M.Pd. Program Studi Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.**

Penelitian ini dilatarbelakangi oleh proses pembuatan keputusan karier siswa tingkat SMP yang masih dipengaruhi oleh emosi dan kontrol diri yang belum stabil dan cenderung mengikuti tuntutan dan aturan yang ada di lingkungannya. Penelitian ini bertujuan untuk melihat seberapa besar kontribusi stabilitas emosi dan kontrol diri terhadap kemampuan pembuatan keputusan karier. Penelitian menggunakan pendekatan kuantitatif dengan metode penelitian survey, disain penelitian survey, dan teknik *cross sectional*. Penelitian dilakukan di SMPN 1 Jatisari dengan mengambil subjek penelitian sebanyak 173 siswa kelas VIII Tahun Ajaran 2014/2015 yang ditentukan secara *random* menggunakan teknik *simple random sampling*. Instrumen penelitian yang digunakan adalah instrumen stabilitas emosi, kontrol diri, dan kemampuan pembuatan keputusan karier. Hasil penelitian menunjukkan secara empirik bahwa stabilitas emosi dan kontrol diri memiliki kontribusi terhadap kemampuan pembuatan keputusan karier siswa meskipun korelasinya rendah namun arahnya positif. Hal ini berarti bahwa dengan meningkatnya stabilitas emosi dan kontrol diri siswa maka akan berkontribusi terhadap peningkatan kemampuan pembuatan keputusan karier siswa.

***Kata kunci : Stabilitas Emosi, Kontrol Diri, Kemampuan Pembuatan Keputusan Karier, Siswa Kelas VIII.***

## **ABSTRACT**

***Ananda Rachmaniar. 2015. Contribution of Emotional Stability and Self-Control to the Ability of Career Decision-Making. (Descriptive Research of the Eighth Grade Students of SMP Negeri<sup>1</sup> 1 Jatisari Academic Year 2014/2015). A Thesis. Supervised by: Dr. Mubiar Agustin, M.Pd. Departement of Guidance and Counseling, School of Graduate Student. Indonesia University of Education.***

*The backgrounds from this research is process of career decision-making among junior high schools students is frequently influenced by their unstable emotion and self-control and tends to be governed by the demands and rules in their environment. The research aims to see the extent to which emotional stability and self-control contribute to the ability of career decision making. It adopted quantitative approach with survey method and design and cross-sectional technique. The research was conducted in SMPN 1 Jatisari with 173 eighth grade students of 2014/2015 academic year taken as the subjects through simple random sampling. The research instruments used were tests on emotional stability, self-control, and the ability of career decision making. Research results show that empirically emotional stability and self-control have contribution to the students' ability in career decision making, although it has low correlation with a positive tendency. The finding suggests that the students' improved emotional stability and self-control will contribute to the improvement in the ability of career decision making.*

***Keywords: Emotional Stability, Self-Control, The Ability of Career Decision Making, Eighth Grade Students.***

---

<sup>1</sup> Sekolah Menengah Pertama, equivalent to State Junior High School  
Ananda Rachmaniar, 2015