

ABSTRAK

Dini Safitri. (2018). Kontribusi Self-Efficacy Karir terhadap Eksplorasi Karir Peserta Didik (Studi Deskriptif terhadap Peserta Didik Kelas XII SMA Negeri 1 Cirebon Tahun Ajaran 2018/2019)

Penelitian ini dilatarbelakangi oleh rendahnya kemampuan peserta didik dalam melakukan eksplorasi karir berkaitan informasi-informasi yang menunjang bagi perkembangan karir khususnya pada peserta didik SMA. Salah satu faktor yang mempengaruhi eksplorasi karir adalah *self-efficacy* karir. Peserta didik yang memiliki *self-efficacy* karir yang tinggi akan memiliki keyakinan dan usaha yang kuat dalam menyelesaikan tugas-tugas perkembangan karir. Tujuan penelitian ini adalah untuk mendeskripsikan kontribusi *self-efficacy* karir terhadap kemampuan eksplorasi karir peserta didik kelas XII SMA Negeri 1 Cirebon tahun ajaran 2018/2019. Penelitian ini menggunakan pendekatan kuantitatif dengan metode deskriptif komparatif. Pengambilan sampel pada penelitian ini menggunakan teknik sampel jenuh. Sampel penelitian sebanyak 334 peserta didik. Temuan penelitian menunjukkan a) kecenderungan umum *self-efficacy* karir peserta didik kelas XII berada pada kategori cukup yakin, b) kecenderungan umum eksplorasi karir peserta didik kelas XII berada pada kategori sedang, dan c) *self-efficacy* karir berkontribusi sebesar 12,3% terhadap kemampuan eksplorasi karir peserta didik kelas XII dan selebihnya 87,7% dipengaruhi oleh faktor lain. Adapun persamaan regresi terhadap dua variabel yang diteliti yaitu $Y = 0,612 + 0,357X$. Artinya, jika setiap kenaikan 1 *self-efficacy* karir, maka kemampuan eksplorasi karir akan naik sebesar 0,357. Rekomendasi sebagai tindak lanjut penelitian diarahkan kepada upaya meningkatkan *self-efficacy* karir untuk mengembangkan eksplorasi karir peserta didik.

Kata Kunci: Self-efficacy karir, eksplorasi karir, peserta didik

ABSTRACT

Dini Safitri. (2018). The Contribution of Career Self-Efficacy toward Student's Career Exploration (Descriptive Research of the Twelfth Grade Students of SMA Negeri 1 Cirebon Academic Year 2018/2019)

This research was motivated by the lack of the student's ability in carrying out the career exploration related to the information that supports the development of the students career at senior high school (SMA). One of the factors that influence the career exploration is career self-efficacy. When the students have high career self-efficacy, they will have a strong confidence and effort in completing their career development tasks. The aim of the study is to describe the contribution of career self-efficacy toward the ability of student's career exploration of the twelfth grade students of SMA Negeri 1 Cirebon academic year 2018/2019. The study used a quantitative approach with a descriptive method. Sampling in this study using saturated sample techniques. The research sample was 334 students. The results of the study showed that the general tendency of career self-efficacy of the twelfth grade students is in the fairly sure category, b) the general tendency of career exploration of the twelfth grade students is in the moderate category, and c) career self-efficacy contributes 12.3% to the ability of career of the twelfth grade students and the remaining 87.7% is influenced by other factors. The regression equation for the two variables studied is $Y = 0.612 + 0.357X$. That means, if every 1 increase in career self-efficacy, then career exploration capabilities will increase by 0.357. Recommendation as a follow-up study is directed at efforts to improve career self-efficacy to develop student's career exploration.

Keywords: career self-efficacy, career exploration