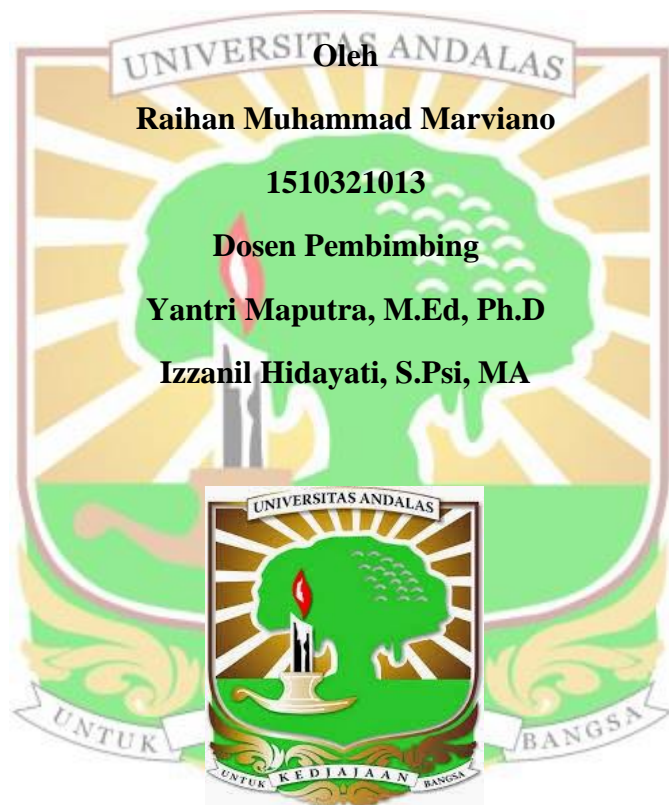


**PENGARUH *CAREER DECISION SELF-EFFICACY*  
TERHADAP *CAREER EXPLORATION* PADA MAHASISWA  
UNIVERSITAS ANDALAS**

**SKRIPSI**

**Dibuat Untuk Memenuhi Salah Satu Syarat Untuk Mendapatkan  
Gelar Sarjana Psikologi**



**PROGRAM STUDI PSIKOLOGI  
FAKULTAS KEDOKTERAN  
UNIVERSITAS ANDALAS  
PADANG**

**2020**



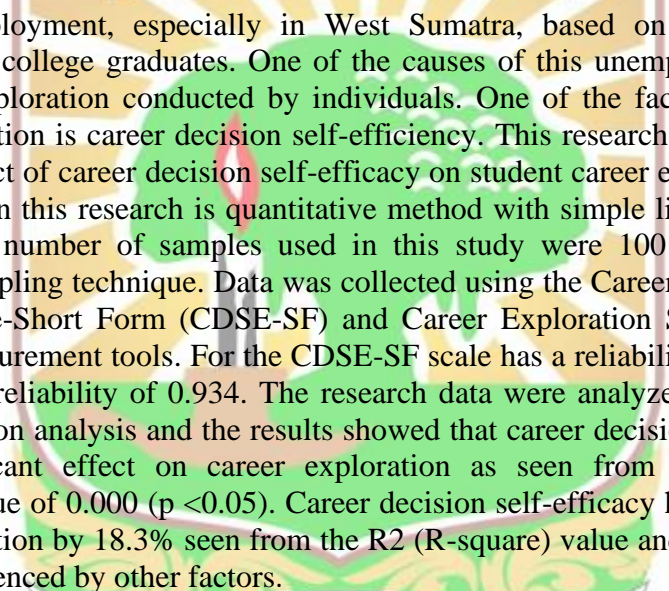
# **The Influence of Career Decision Self- Efficacy to Career Exploration at Student of Andalas University**

**Raihan Muhammad Marviano<sup>1)</sup> Yantri Maputra<sup>2)</sup> Izzanil Hidayati<sup>2)</sup>**

1) Student of the Psychology Major, Faculty of Medicine, Andalas University

2) Lecturer of the Psychology Major, Faculty of Medicine, Andalas University

## ***ABSTRACT***



Unemployment, especially in West Sumatra, based on 2019 data, is dominated by college graduates. One of the causes of this unemployment is the low career exploration conducted by individuals. One of the factors that affect career exploration is career decision self-efficacy. This research was conducted to see the effect of career decision self-efficacy on student career exploration. The method used in this research is quantitative method with simple linear regression analysis. The number of samples used in this study were 100 people with a purposive sampling technique. Data was collected using the Career Decision Self-Efficacy Scale-Short Form (CDSE-SF) and Career Exploration Survey-Revised (CES-R) measurement tools. For the CDSE-SF scale has a reliability of 0.965 and CES-R has a reliability of 0.934. The research data were analyzed using simple linear regression analysis and the results showed that career decision self-efficacy has a significant effect on career exploration as seen from the significant regression value of 0.000 ( $p < 0.05$ ). Career decision self-efficacy has an effect on career exploration by 18.3% seen from the R<sup>2</sup> (R-square) value and the remaining 81.7% is influenced by other factors.

**Keywords :** *Career Decision Self-Efficacy, Career Exploration, Unemployment*

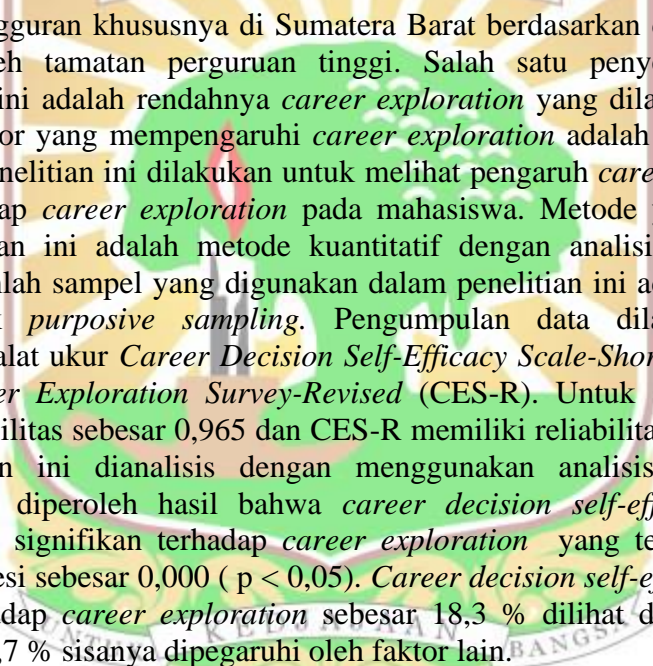
# **Pengaruh *Career Decision Self-Efficacy* Terhadap *Career Exploration* Pada Mahasiswa Universitas Andalas**

**Raihan Muhammad Marviano<sup>1)</sup> Yantri Maputra<sup>2)</sup> Izzanil Hidayati<sup>2)</sup>**

1) Mahasiswa Program Studi Psikologi, Fakultas Kedokteran, Universitas Andalas

2) Dosen Program Studi Psikologi, Fakultas Kedokteran, Universitas Andalas

## **ABSTRAK**



Pengangguran khususnya di Sumatera Barat berdasarkan data tahun 2019 didominasi oleh tamatan perguruan tinggi. Salah satu penyebab terjadinya pengangguran ini adalah rendahnya *career exploration* yang dilakukan individu. Salah satu faktor yang mempengaruhi *career exploration* adalah *career decision self-efficacy*. Penelitian ini dilakukan untuk melihat pengaruh *career decision self-efficacy* terhadap *career exploration* pada mahasiswa. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif dengan analisis regresi linear sederhana. Jumlah sampel yang digunakan dalam penelitian ini adalah 100 orang dengan teknik *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan alat ukur *Career Decision Self-Efficacy Scale-Short Form* (CDSE-SF) dan *Career Exploration Survey-Revised* (CES-R). Untuk skala CDSE-SF memiliki reliabilitas sebesar 0,965 dan CES-R memiliki reliabilitas sebesar 0,934. Data penelitian ini dianalisis dengan menggunakan analisis regresi linear sederhana dan diperoleh hasil bahwa *career decision self-efficacy* memiliki pengaruh yang signifikan terhadap *career exploration* yang terlihat dari nilai signifikan regresi sebesar 0,000 ( $p < 0,05$ ). *Career decision self-efficacy* memiliki pengaruh terhadap *career exploration* sebesar 18,3 % dilihat dari nilai  $R^2$  (*R-square*) dan 81,7 % sisanya dipegaruhi oleh faktor lain.

**Kata Kunci:** *Career Decision Self-Efficacy*, *Career Exploration*, Pengangguran