



Daftar Pustaka

- Aida, A. (2020). Efektivitas teknik assertive training untuk mengurangi konformitas pada siswa kelas viii di smpn 9 banjarmasin. *Jurnal Pelayanan Bimbingan Dan Konseling*, 3(1), 1–10. <https://ppjp.ulm.ac.id/journals/index.php/jpbk/article/view/1583>
- Akkermans, J., Richardson, J., & Kraimer, M. L. (2020). The Covid-19 crisis as a career shock: Implications for careers and vocational behavior. *Journal of Vocational Behavior*, 119, 103434. <https://doi.org/10.1016/j.jvb.2020.103434>
- Al-Jubari, I., Nurzulaika, S., Alif, A., & Mosbah, A. (2021). The Impact of Career Adaptability and Social Support on Job Search Self-Efficacy: A Case Study in Malaysia. *Aissa MOSBAH / Journal of Asian Finance*, 8(6), 515–0524. <https://doi.org/10.13106/jafeb.2021.vol8.no6.0515>
- Autin, K. L., Blustein, D. L., Ali, S. R., & Garriott, P. O. (2020). Career Development Impacts of COVID-19: Practice and Policy Recommendations. *Journal of Career Development*, 47(5), 487–494. <https://doi.org/10.1177/0894845320944486>
- Badan Pusat Statistika. (2024, May 6). *Tingkat Pengangguran Terbuka (TPT) sebesar 4,82 persen dan Rata-rata upah buruh sebesar 3,04 juta rupiah per bulan*. Badan Pusat Statistik Indonesia. <https://www.bps.go.id/id/pressrelease/2024/05/06/2372/tingkat-pengangguran-terbuka--tpt--sebesar-4-82-persen-dan-rata-rata-upah-buruh-sebesar-3-04-juta-rupiah-per-bulan.html>
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York, NY: W H Freeman.
- Bonsaksen, T., Kottorp, A., Gay, C., Fagermoen, M. S., & Lerdal, A. (2013). Rasch analysis of the General Self-Efficacy Scale in a sample of persons with morbid obesity. *Health and Quality of Life Outcomes*, 11(1), 202. <https://doi.org/10.1186/1477-7525-11-202>
- Boud, D. (2014). Introduction: making the move to peer learning. In D. Boud, R. Cohen, & J. Simpson (Eds.), *Peer Learning in Higher Education: Learning from and With Each Other* (pp. 1–20). New York: Routledge.
- Carnegie, M. (2023, February 16). Are Gen Z the most stressed generation in the workplace? *BBC Worklife*. <https://www.bbc.com/worklife/article/20230215-are-gen-z-the-most-stressed-generation-in-the-workplace>
- Chan, K., Ho, M. R., Chernyshenko, O. S., Bedford, O., Uy, M. A., Gomulya, D. M., Sam, E. Y. L., & Phan, W. M. J. (2012). Entrepreneurship, professionalism, leadership: A framework and measure for understanding boundaryless careers.



Journal of Vocational Behavior, 81(1), 73–88.
<https://doi.org/10.1016/j.jvb.2012.05.001>

Cho, K. W. (2023). Students' age and noncognitive traits predict writing self-efficacy and motivation. *Studies in Educational Evaluation*, 78, 101287. <https://doi.org/10.1016/j.stueduc.2023.101287>

Cho, K. W. (2023). Students' age and noncognitive traits predict writing self-efficacy and motivation. *Studies in Educational Evaluation*, 78, 101287. <https://doi.org/10.1016/j.stueduc.2023.101287>

Choi, K., & Kim, D.-Y. (2013). A cross cultural study of antecedents on career preparation behavior: Learning motivation, academic achievement, and career decision self-efficacy. *Journal of Hospitality, Leisure, Sport & Tourism Education*, 13, 19–32. <https://doi.org/10.1016/j.jhlste.2013.04.001>

Chuang, Y., Huang, T., Lin, S., & Chen, B. (2022). The influence of motivation, self-efficacy, and fear of failure on the career adaptability of vocational school students: Moderated by meaning in life. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.958334>

Creed, P. A., Fallon, T., & Hood, M. (2009). The relationship between career adaptability, person and situation variables, and career concerns in young adults. *Journal of Vocational Behavior*, 74(2), 219–229. <https://doi.org/10.1016/j.jvb.2008.12.004>

Creswell, J. W., & Clark, V. L. P. (2017). *Designing and Conducting Mixed Methods Research*. SAGE Publications.

Fachri, D., Purna, R. S., & Rahayuningsih, T. (2022). The effect of perceived social support on career adaptability in psychology students at andalas university who are in their final year during the covid – 19 pandemic. *Jurnal Psikologi Tabularasa*, 17(2), 97–106. <https://doi.org/https://doi.org/10.26905/jpt.v17i2.8476>

Fitri, F. F., Aiman, R. M. P., Angelica, C. N. R., Putri, N. T. A., & Saraswati, K. D. H. (2023). Career adaptability: Studi deskriptif pada karyawan gen z. *Jurnal Ilmiah Psyche*, 17(1), 39-56. <https://doi.org/10.33557/jpsyche.v17i1.2510>

Fitzgerald, A., Heary, C., Kelly, C., Nixon, E., & Shevlin, M. (2013). Self-efficacy for healthy eating and peer support for unhealthy eating are associated with adolescents' food intake patterns. *Appetite*, 63, 48–58. <https://doi.org/10.1016/j.appet.2012.12.011>

Gai, X., Gu, T., Wang, Y., & Jia, F. (2022). Improving career adaptability through motivational interview among peers: An intervention of at-risk Chinese college students majoring in foreign language. *Journal of Vocational Behavior*, 138, 103762. <https://doi.org/10.1016/j.jvb.2022.103762>

Ghosh, A., & Fouad, N. A. (2017). Career Adaptability and Social Support Among Graduating College Seniors. *The Career Development Quarterly*, 65(3), 278–283. <https://doi.org/10.1002/cdq.12098>

Hardy, S., Hallett, N., & Chaplin, E. (2019). Evaluating a peer support model of community wellbeing for mental health: A coproduction approach to evaluation. *Mental Health & Prevention*, 13, 149–158. <https://doi.org/10.1016/j.mhp.2019.01.007>

Huang, S., Wang, B., Li, X., Zheng, P., Mourtzis, D., & Wang, L. (2022). Industry 5.0 and Society 5.0—Comparison, complementation and co-evolution. *Journal of Manufacturing Systems*, 64, 424–428. <https://doi.org/10.1016/j.jmsy.2022.07.010>

Hui, T., Yuen, M., & Chen, G. (2018). Career Adaptability, Self-Esteem, and Social Support Among Hong Kong University Students. *The Career Development Quarterly*, 66(2), 94–106. <https://doi.org/10.1002/cdq.12118>

Ilyés, V., & Sebők, A. (2023). University peers and career prospects: The impact of university ties on early labor market outcomes. *Economics of Education Review*, 96, 102456. <https://doi.org/10.1016/j.econedurev.2023.102456>

Ismail, D. H., & Nugroho, J. (2022). Kompetensi Kerja Gen Z di Era Revolusi Industri 4.0 dan Society 5.0. *JIIP -Jurnal Ilmiah Ilmu Pendidikan*, 5(4), 1300–1307. <https://doi.org/10.54371/jiip.v5i4.566>

Jackson, D., & Tomlinson, M. (2020). Investigating the relationship between career planning, proactivity and employability perceptions among higher education students in uncertain labour market conditions. *Higher Education*, 80(3), 435–455. <https://doi.org/10.1007/s10734-019-00490-5>

Kaplan R. M. & Saccuzzo D. P. (2009). *Psychological testing : principles applications and issues* (7th ed.). Wadsworth Cengage Learning.

Kiefer, S. M., Alley, K. M., & Ellerbrock, C. R. (2015). Teacher and Peer Support for Young Adolescents' Motivation, Engagement, and School Belonging. *RMLE Online*, 38(8), 1–18. <https://doi.org/10.1080/19404476.2015.1164118>

Koly, K. N., Islam, Md. S., Potenza, M. N., Mahumud, R. A., Islam, Md. S., Uddin, Md. S., Sarwar, Md. A. H., Begum, F., & Reidpath, D. D. (2023). Psychosocial health of school-going adolescents during the COVID-19 pandemic: Findings from a nationwide survey in Bangladesh. *PLOS ONE*, 18(3), e0283374. <https://doi.org/10.1371/journal.pone.0283374>

Laird, Y., Fawkner, S., & Niven, A. (2018). A grounded theory of how social support influences physical activity in adolescent girls. *International Journal of Qualitative Studies on Health and Well-being*, 13(1), 1435099. <https://doi.org/10.1080/17482631.2018.1435099>



Lee, P. C., Xu, S. (Tracy), & Yang, W. (2021). Is career adaptability a double-edged sword? The impact of work social support and career adaptability on turnover intentions during the COVID-19 pandemic. *International Journal of Hospitality Management*, 94, 102875. <https://doi.org/10.1016/j.ijhm.2021.102875>

Lent, R. W., Brown, S. D., & Hackett, G. (2002). Social cognitive career theory. In D. Brown & Associates (Eds.), *Career choice and development* (4th ed., pp. 255–311). San Francisco, CA: Jossey-Bass.

Li, L., Peng, Z., Lu, L., Liao, H., & Li, H. (2020). Peer relationships, self-efficacy, academic motivation, and mathematics achievement in Zhuang adolescents: A moderated mediation model. *Children and Youth Services Review*, 118, 105358. <https://doi.org/10.1016/j.childyouth.2020.105358>

Luszczynska, A., Gutiérrez-Doña, B., & Schwarzer, R. (2005). General self-efficacy in various domains of human functioning: Evidence from five countries. *International Journal of Psychology*, 40(2), 80–89. <https://doi.org/10.1080/00207590444000041>

Maggiori, C., Rossier, J., & Savickas, M. L. (2017). Career Adapt-Abilities Scale—Short Form (CAAS-SF). *Journal of Career Assessment*, 25(2), 312–325. <https://doi.org/10.1177/1069072714565856>

Mao, C.-H., Hsu, Y.-C., & Fang, T.-W. (2016). Parental Support as Perceived by Taiwanese University Students during Career Development. *International Journal of Psychology and Behavioral Sciences*, 6(2), 63–70. <https://doi.org/10.5923/j.ijpbs.20160602.05>

Mikolajczak-Degrauwé, K., Slimmen, S. R., Gillissen, D., de Bil, P., Bosmans, V., Keemink, C., Meyvis, I., & Kuipers, Y. J. (2023). Strengths, weaknesses, opportunities and threats of peer support among disadvantaged groups: A rapid scoping review. *International Journal of Nursing Sciences*. <https://doi.org/10.1016/j.ijnss.2023.09.002>

Mönks, F. J., Knoers, A. M. P., & Haditono, S. R. (2019). *Psikologi perkembangan: pengantar dalam berbagai bagianya*.

Muslihati, M.-. (2017). A Study of Career Adaptability and Career Planning of Faculty of Education Students of Universitas Negeri Malang. *International Conference for Science Educators and Teachers (ICSET)*, 118, 917–922. <https://doi.org/10.2991/icset-17.2017.50>

Nachmias, S., & Walmsley, A. (2015). Making career decisions in a changing graduate labour market: A Hospitality perspective. *Journal of Hospitality, Leisure, Sport and Tourism Education*, 17, 50–58. <https://doi.org/10.1016/j.jhlste.2015.09.001>

Nguyen, H., Lim, K. Y., Wu, L. L., Fischer, C., & Warschauer, M. (2021). “We’re looking good”: Social exchange and regulation temporality in collaborative design.



Learning and Instruction, 74, 101443.
<https://doi.org/10.1016/j.learninstruc.2021.101443>

Nurfitriana, S., Hidayat, D. R., & Herdi, H. (2021). Adaptasi dan validasi konstruk Career Adapt-Abilities Scale versi Bahasa Indonesia untuk SMA. *Teraputik : Jurnal Bimbingan Dan Konseling*, 5(2), 257–265.
<https://doi.org/10.26539/teraputik.52727>

Ojala, J., Nikander, A., Aunola, K., De Palo, J., & Ryba, T. V. (2023). The role of career adaptability resources in dual career pathways: A person-oriented longitudinal study across elite sports upper secondary school. *Psychology of Sport and Exercise*, 67, 102438. <https://doi.org/10.1016/j.psychsport.2023.102438>

Orben, A., Tomova, L., & Blakemore, S.-J. (2020). The effects of social deprivation on adolescent development and mental health. *The Lancet Child & Adolescent Health*, 4(8), 634–640. [https://doi.org/10.1016/S2352-4642\(20\)30186-3](https://doi.org/10.1016/S2352-4642(20)30186-3)

Peterson, S. L. (1993). Career decision-making self-efficacy and institutional integration of underprepared college students. *Research in Higher Education*, 34(6), 659-685.

Puerto, S., & Kim, K. (2020). *Young workers will be hit hard by COVID-19's economic fallout*. ILO Voices. <https://voices.ilo.org/stories/young-workers-will-be-hit-hard-by-covid-19s-economic>

Putra, M. D. K., & Retnawati, H. (2020). Analisis Rasch terhadap instrumen General Self-Efficacy Scale-12 versi Bahasa Indonesia: studi komparasi Rating Scale Model (RSM) dan Partial Credit Model (PCM). *Indonesian Journal of Educational Assessment*, 3(1), 52-60

Rahmatika, S., & Aprilia, E. D. (2019). Perbedaan employability pada mahasiswa tingkat akhir di unsyiah ditinjau dari pengalaman berorganisasi. *Seurune: Jurnal Psikologi Unsyiah*, 2(1), 1-15.

Räisänen, J., Ojala, A., & Tuovinen, T. (2021). Building trust in the sharing economy: Current approaches and future considerations. *Journal of Cleaner Production*, 279, 123724. <https://doi.org/10.1016/j.jclepro.2020.123724>

Rasheed, M. I., Okumus, F., Weng, Q., Hameed, Z., & Nawaz, M. S. (2020). Career adaptability and employee turnover intentions: The role of perceived career opportunities and orientation to happiness in the hospitality industry. *Journal of Hospitality and Tourism Management*, 44, 98–107.
<https://doi.org/10.1016/j.jhtm.2020.05.006>

Rogers, M. E., Creed, P. A., & Ian Glendon, A. (2008). The role of personality in adolescent career planning and exploration: A social cognitive perspective. *Journal of Vocational Behavior*, 73(1), 132–142. <https://doi.org/10.1016/j.jvb.2008.02.002>



Salim, A. R. M., Istiasih, M. R., Rumalutur, N. A., & Biondi Situmorang, D. D. (2023). The role of career decision self-efficacy as a mediator of peer support on students' career adaptability. *Heliyon*, 9(4), e14911. <https://doi.org/10.1016/j.heliyon.2023.e14911>

Samosir, M. J., & Suharso, P. L. (2018). Efikasi Diri Dalam Pengambilan Keputusan Karier dan Parental Career-Related Behaviors: Berperankah Pada Komitmen Terhadap Pilihan Karier Remaja? *TAZKIYA Journal of Psychology*.

Savickas, M. L., & Porfeli, E. J. (2012). Career Adapt-Abilities Scale: Construction, reliability, and measurement equivalence across 13 countries. *Journal of Vocational Behavior*, 80(3), 661–673. <https://doi.org/10.1016/j.jvb.2012.01.011>

Soetjipto, H. P., Putra, M. D. K., Widhiarso, W., & Khakim, Z. (2023). Assessment of the psychometric properties of the Indonesian version of the General Self-Efficacy Scale-12 (GSES-12) in a sample of Indonesian high school students. *Psikohumaniora: Jurnal Penelitian Psikologi*, 8(2), 259–274. <https://doi.org/10.21580/pjpp.v8i2.18024>

Song, C., Hashim, S. B., Xu, X., & Ling, H. (2023). Career adapt-ability scale -short form: Validation among early career stage of Chinese university graduates. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1110287>

Sullivan, A., & Sheffrin, S. M. (2003). Economics: Principles in action. Upper Saddle River, New Jersey: Pearson Prentice Hall.

Supriatna, M. (2009). Layanan Bimbingan Karir di Sekolah Menengah. Bandung: Departemen Pendidikan Nasional Universitas Pendidikan Indonesia.

Sujarweni, V. W. (2014). *Metodologi penelitian : lengkap, praktis & mudah dipahami*.

van Rooij, E. C. M., Jansen, E. P. W. A., & van de Grift, W. J. C. M. (2017). Factors that contribute to secondary school students' self-efficacy in being a successful university student. *Research in Post-Compulsory Education*, 22(4), 535–555. <https://doi.org/10.1080/13596748.2017.1381301>

Wang, Z., & Fu, Y. (2015). Social Support, Social Comparison, and Career Adaptability: A Moderated Mediation Model. *Social Behavior and Personality: an international journal*, 43(4), 649–659. <https://doi.org/10.2224/sbp.2015.43.4.649>

Wentzel, K. R., Battle, A., Russell, S. L., & Looney, L. B. (2010). Social supports from teachers and peers as predictors of academic and social motivation. *Contemporary Educational Psychology*, 35(3), 193–202. <https://doi.org/10.1016/j.cedpsych.2010.03.002>

Widhiarso, W. (2010). *Berkenalan dengan analisis mediasi : regresi dengan melibatkan variabel mediator (bagian pertama)*. (Manuskrip tidak diterbitkan). Yogyakarta : Fakultas Psikologi Universitas Gadjah Mada.



Wilkinson, J. L. (2010). *The role of affective associations in smoking behavior*. The University of Nebraska-Lincoln.

Wilson, T. D. (2000). *Human Information Behavior*.

Xu, S., Yu, J., & Zhou, J. (2024). How knowledge sharing affects career adaptability: roles of knowledge depth, self-efficacy and reflective thinking. *Career Development International*. <https://doi.org/10.1108/cdi-06-2023-0192>

Zhang, H., & Huang, H. (2018). Decision-making self-efficacy mediates the peer support–career exploration relationship. *Social Behavior and Personality*, 46(3), 485–498. <https://doi.org/10.2224/sbp.6410>



UNIVERSITAS
GADJAH MADA

Peran Dukungan Teman Sebaya terhadap Kemampuan Adaptasi Karier dengan Efikasi Diri Sebagai Variabel

Mediator pada Mahasiswa di Yogyakarta

DESIRIA RENITA, Ardian Rahman Afandi, S.Psi., M.Psi., Psikolog

Universitas Gadjah Mada, 2024 | Diunduh dari <http://etd.repository.ugm.ac.id/>