

HUBUNGAN ANTARA EFIKASI DIRI, MOTIVASI PEMILIHAN JURUSAN, DAN IDENTITAS PROFESIONAL DENGAN PERILAKU PERSIAPAN KARIER MAHASISWA

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INTISARI

Latar belakang: Persiapan karier merupakan aspek yang penting bagi mahasiswa untuk mencapai tujuan karier yang diinginkan setelah menyelesaikan masa studinya. Efikasi diri dan faktor-faktor lain yang memengaruhi perilaku persiapan karier pada mahasiswa gizi perlu ditingkatkan sehingga mahasiswa dapat menjadi calon tenaga profesional yang mampu berkontribusi di bidang gizi. Akan tetapi, penelitian mengenai perilaku persiapan karier pada mahasiswa program studi sarjana gizi di Indonesia masih terbatas.

Tujuan: Mengetahui hubungan antara efikasi diri, motivasi pemilihan jurusan, identitas profesional, dan aspirasi karier dengan perilaku persiapan karier pada mahasiswa.

Metode: Penelitian ini menggunakan desain *cross-sectional* dengan subjek mahasiswa Program Studi Sarjana Gizi FK-KMK UGM (N=230). Variabel bebas berupa efikasi diri diukur menggunakan kuesioner *The Academic Self-Efficacy Scale* (TASES), sedangkan variabel terikat berupa perilaku persiapan karier diukur menggunakan kuesioner *Career Preparation Behavior Scale*. Selain itu, terdapat variabel antara berupa motivasi pemilihan jurusan, identitas profesional yang diukur menggunakan *Macleod Clark Professional Identity Scale* (MCPIS), dan aspirasi karier yang diukur menggunakan *Career Aspiration Scale* (CAS). Analisis bivariat dilakukan menggunakan uji korelasi *Spearman's Rank*, sedangkan analisis multivariat dilakukan menggunakan uji analisis jalur (*path analysis*).

Hasil: Efikasi diri berhubungan langsung dengan perilaku persiapan karier ($\beta = 0,346$ dan $p\text{-value} = 0,000$) dan aspirasi karier menjadi mediator dalam hubungan tersebut ($p\text{-value} = 0,046$). Variabel lama studi, pengalaman praktik, dan prestasi akademik tidak berhubungan langsung dengan perilaku persiapan karier ($p\text{-value} = 0,521, 0,346, \text{ dan } 0,056$).

Kesimpulan: Efikasi diri berhubungan secara langsung dengan perilaku persiapan karier serta berhubungan secara tidak langsung melalui aspirasi karier sebagai variabel mediator. Dengan demikian, institusi pendidikan dapat mengembangkan program yang dapat meningkatkan aspek efikasi diri dan aspirasi karier untuk mendukung persiapan karier mahasiswa.

Kata kunci: efikasi diri; identitas profesional; motivasi pemilihan jurusan; perilaku persiapan karier

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THE RELATIONSHIP BETWEEN SELF-EFFICACY, MAJOR SELECTION MOTIVATION, AND PROFESSIONAL IDENTITY WITH CAREER PREPARATION BEHAVIOR AMONG UNDERGRADUATE STUDENTS

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ABSTRACT

Background: Career preparation is a crucial aspect for students in achieving their desired career goals after completing their studies. Self-efficacy and other factors influencing career preparation behavior must be strengthened in order to prepare students to become future professionals who are capable of contributing to the field of nutrition. Nevertheless, research focusing on career preparation behavior among undergraduate nutrition students in Indonesia is still limited.

Objective: This study aims to understand the relationship between self-efficacy, major selection motivation, professional identity, and career aspiration with career preparation behavior among undergraduate students.

Method: This study uses a cross-sectional design with participants from undergraduate students enrolled in the Nutrition Study Program, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada (N=230). The independent variable of self-efficacy was measured using the Academic Self-Efficacy Scale (TASES), while the dependent variable of career preparation behavior was measured using the Career Preparation Behavior Scale. Mediating variables included major selection motivation, professional identity measured using the Macleod Clark Professional Identity Scale (MCPIS), and career aspiration measured using the Career Aspiration Scale (CAS). Bivariate analysis was conducted using Spearman's Rank correlation, while multivariate analysis was conducted using path analysis.

Results: Self-efficacy had a direct effect with career preparation behavior ($\beta = 0.346$, $p\text{-value} = 0.000$) and career aspiration served as a mediating variable ($p\text{-value} = 0.046$). Meanwhile, study duration, practical experience, and academic achievement did not show a significant direct association with career preparation behavior ($p\text{-value} = 0.521$, 0.346 , and 0.056).

Conclusion: Self-efficacy has both a direct effect on career preparation behavior and an indirect effect through career aspiration as a mediating variable. Therefore, educational institutions are encouraged to develop programs that enhance self-efficacy and career aspiration to support students' career preparation.

Keywords: self-efficacy; professional identity; major selection motivation; career preparation behavior

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