

Peran *Adversity Quotient* Dan *Emotional Intelligence* Terhadap *Career Decision Making Self-Efficacy* Pada Siswa Kelas 12 SMA X Yogyakarta

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Abstract. *Twelfth-grade high school students are in a critical transition phase that requires career decision-making. The process of career decision-making self-efficacy in late adolescence involves psychological readiness to navigate various choices and pressures. This study aimed to determine the role of adversity quotient and emotional intelligence on career decision-making self-efficacy among high school students. This study employed a quantitative survey method involving 254 Twelfth-grade students aged 17–18 from SMA X Yogyakarta. Data were collected offline using Google Forms by the Career Decision Self-Efficacy Scale–Short Form, Adversity Response Profile, and Wong and Law Emotional Intelligence Scale. Multiple linear regression analysis showed that adversity quotient and emotional intelligence simultaneously influenced career decision-making self-efficacy $F(2, 150) = 101, p < .001$. The combination of both predictor variables explained 44.6% of the variance in career decision-making self-efficacy ($R^2 = .446$). Emotional intelligence was found to be a significant predictor ($\beta = .8352, p < .001$). Conversely, adversity quotient did not significantly predict career decision-making self-efficacy ($\beta = -.0126, p = .766$). These findings suggest that the ability to manage emotions plays a more critical role in enhancing students' confidence in career decision-making.*

Keywords: *adversity quotient, career decision-making self-efficacy, emotional intelligence, career, adolescents*

Abstrak. *Siswa kelas 12 SMA berada pada fase transisi krusial yang menuntut pengambilan keputusan karier. Proses *career decision making self-efficacy* pada remaja akhir melibatkan kesiapan psikologis dalam menghadapi berbagai pilihan dan tekanan. Penelitian ini bertujuan mengetahui peran *adversity quotient* dan *emotional intelligence* terhadap *career decision making self-efficacy* pada siswa SMA. Penelitian menggunakan kuantitatif survei dengan partisipan 254 siswa kelas 12 SMA X Yogyakarta berusia 17–18 tahun melalui pengisian skala secara luring menggunakan Google Form dengan skala *Career Decision Self-Efficacy Scale–Short Form*, *Adversity Response Profile*, dan *Wong and Law Emotional Intelligence Scale*. Hasil analisis regresi linear berganda menunjukkan bahwa *adversity quotient* dan *emotional intelligence* secara simultan berperan terhadap *career decision making self-efficacy*, $F(2, 150) = 101; p < 0,001$. Kombinasi kedua variabel prediktor menjelaskan 44,6% varians dari *career decision making self-efficacy* ($R^2=0,446$). *Emotional Intelligence* ditemukan sebagai prediktor yang signifikan ($\beta=0,8352; p<0,001$). Sebaliknya, *Adversity Quotient* tidak memprediksi *career decision making self-efficacy* secara signifikan ($\beta=-0,0126; p=0,766$). Hasil penelitian menegaskan bahwa kemampuan mengelola emosi lebih berperan penting dalam meningkatkan keyakinan siswa terhadap keputusan karier.*

Kata kunci: *adversity quotient, career decision-making self-efficacy, emotional intelligence, karier, remaja*