

Peran *Occupational Self-efficacy* terhadap *Job Search Anxiety* pada Mahasiswa yang Pernah Menjalani Magang

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Abstrak. Transisi dari dunia pendidikan menuju dunia kerja merupakan fase krusial yang kerap memunculkan tekanan psikologis bagi mahasiswa, terutama dalam konteks persaingan dan pencarian kerja yang semakin kompetitif. Kondisi ini meningkatkan risiko munculnya *job search anxiety* mahasiswa menjelang kelulusan. Penelitian ini bertujuan untuk menguji peran *occupational self-efficacy* terhadap *job search anxiety* pada mahasiswa yang pernah menjalani program magang. Berdasarkan *Social Cognitive Theory*, keyakinan individu terhadap kemampuan dalam menjalankan tanggung jawab pekerjaan diprediksi berperan dalam menurunkan tingkat kecemasan pencarian kerja. Penelitian ini menggunakan metode kuantitatif dengan teknik *purposive sampling* pada 140 mahasiswa. Analisis data dilakukan menggunakan regresi linear sederhana. Dari hasil analisis, dapat diketahui bahwa *occupational self-efficacy* berperan terhadap *job search anxiety* dengan kontribusi sebesar 14,4% ($\beta = -0,417$; $p < 0,001$). Temuan ini menegaskan pentingnya penguatan *occupational self-efficacy* dalam mendukung kesiapan transisi mahasiswa ke dunia kerja secara lebih adaptif dan optimal.

Keywords: *occupational self-efficacy, job search anxiety, mahasiswa magang, transisi kerja*

Abstract. The transition from higher education to the workforce represents a crucial phase that often generates psychological pressure for students, especially within the context of increasingly competitive job markets and employment search processes. This situation increases the risk of job search anxiety as students approach graduation. This study aims to examine the role of occupational self-efficacy in predicting job search anxiety among students who have completed internship programs. Based on Social Cognitive Theory, individuals' beliefs in their capability to perform job-related responsibilities are expected to reduce job search anxiety. This research used a quantitative approach with purposive sampling involving 140 students. Data were analyzed using linear regression. The results indicate that occupational self-efficacy significantly and negatively predicts job search anxiety, accounting for 14.4% of the variance ($\beta = -0.417$; $p < 0.001$). These findings highlight the importance of strengthening

occupational self-efficacy to support a more adaptive and optimal school-to-work transition.

Keywords: *occupational self-efficacy, job search anxiety, internship students, school-to-work transition*