

Pengaruh Pelatihan “PLANS” Terhadap Efikasi Diri dalam Pengambilan Keputusan Karir pada Siswa SMK

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ABSTRAK

Remaja perlu melakukan perencanaan karir dengan menentukan pilihan program studi untuk melanjutkan pendidikan ke jenjang Perguruan Tinggi. Permasalahan di lapangan menunjukkan bahwa siswa kelas XI SMK masih belum bisa melakukan pengambilan keputusan pemilihan studi lanjut di Perguruan Tinggi. Tujuan dari penelitian ini adalah untuk menguji apakah pelatihan “PLANS” dapat meningkatkan efikasi diri dalam pengambilan keputusan karir siswa SMK. Eksperimen kuasi ini dilakukan dengan desain *the untreated control group design with dependent pretest and post test samples*. Pengumpulan data menggunakan skala efikasi diri dalam pengambilan keputusan karir. Subjek penelitian adalah 32 siswa kelas XI yang skor efikasi diri dalam pengambilan keputusan karir tergolong sedang (17 siswa kelompok eksperimen dan 15 siswa kelompok kontrol). Analisis data menggunakan anava campuran. Hasil analisis menunjukkan hipotesis terbukti, skor efikasi diri dalam pengambilan keputusan karir meningkat setelah mengikuti pelatihan “PLANS” pada kelompok eksperimen. Pelatihan PLANS memberikan kontribusi terhadap peningkatan efikasi diri dalam pengambilan keputusan karir sebesar 17,8%.

Kata kunci: perencanaan karir, efikasi diri, pengambilan keputusan karir, SMK

The Influence Of Training “PLANS” Against Efficacy Is Self In The Decision-Making Of The Careers In Vocational High School (SMK) Students

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ABSTRACT

Teens need to do career planning to determine the choice of courses for continuing their higher education. In the real situation, there is a problem from the field show that XI grade student of SMK still can not make decisions election further studies at the university. The purpose of this study was to test whether training "PLANS" can increase self-efficacy in career decision-making vocational students. Quasi experiment was conducted with the design the untreated control group design with pretest and posttest dependent samples. Collecting data using a scale of self-efficacy in career decision-making. The subjects were 32 students from XI grade were moderate scores of self-efficacy in career decision-making (17 students experimental group and a control group of 15 students). The data was analyzed by using ANOVA mixture. The results show the hypothesis is proven, self-efficacy score in career decision-making increased after training "PLANS" in the experimental group. PLANS training contributes to increased self-efficacy in career decision-making at 17.8%.

Keywords: career planning, self-efficacy, career decision-making, SMK