

**PERAN EFIKASI DIRI PENGAMBILAN KEPUTUSAN KARIR DAN
DUKUNGAN SOSIAL DALAM MEMPREDIKSI KECEMASAN KARIR
PADA MAHASISWA TINGKAT AKHIR**

Afif Andri Santoro dan Rina Mulyati

Program Studi Psikologi, Fakultas Psikologi, Universitas Islam Indonesia

email: afif.santoro@students.uui.ac.id

ABSTRAK

Mahasiswa tingkat akhir rentan mengalami kecemasan karier masa depan (*future career anxiety*) akibat ketidakpastian transisi dari dunia pendidikan ke dunia kerja. Penelitian ini bertujuan menguji peran career decision-making self-efficacy (CDMSE) dan dukungan sosial terhadap *future career anxiety* pada 280 mahasiswa dengan pendekatan kuantitatif dan *purposive sampling*. Data dikumpulkan menggunakan skala FCAS, CDMSE-SF, dan MSPSS, lalu dianalisis dengan regresi linear berganda. Hasil menunjukkan CDMSE dan dukungan sosial berpengaruh signifikan terhadap *future career anxiety*, $F(4,275) = 11,30$, $p < 0,001$, dengan Adjusted R^2 sebesar 0,129. Secara parsial, CDMSE dan dukungan *significant others* berpengaruh signifikan dalam menurunkan *future career anxiety*, sedangkan dukungan keluarga dan teman tidak signifikan. Temuan ini menegaskan bahwa keyakinan pengambilan keputusan karier dan dukungan *significant others* berkontribusi menurunkan kecemasan karier. Implikasinya, mahasiswa perlu meningkatkan CDMSE serta mengoptimalkan dukungan *significant others* dalam menghadapi transisi ke dunia kerja.

Kata Kunci: *Career Decision-Making Self-Efficacy*, Dukungan Sosial, *Future Career Anxiety*, Mahasiswa Tingkat Akhir.

THE ROLE OF CAREER DECISION-MAKING SELF-EFFICACY AND SOCIAL SUPPORT IN PREDICTING CAREER ANXIETY AMONG FINAL-YEAR STUDENTS

ABSTRACT

Afif Andri Santoro dan Rina Mulyati

Program Studi Psikologi, Fakultas Psikologi, Universitas Islam Indonesia

email: afif.santoro@students.uii.ac.id

Undergraduate students are vulnerable to experiencing future career anxiety due to uncertainty in facing the transition from education to the workforce. This study aims to examine the role of career decision-making self-efficacy (CDMSE) and social support in predicting future career anxiety among 280 students using a quantitative approach and purposive sampling technique. Data were collected using the FCAS, CDMSE-SF, and MSPSS scales, and analyzed using multiple linear regression. The results showed that CDMSE and social support had a significant effect on future career anxiety, $F(4,275) = 11.30$, $p < 0.001$, with an Adjusted R^2 of 0.129. Partially, CDMSE and significant others support significantly reduced future career anxiety, while family and peer support were not significant. These findings highlight that confidence in career decision-making and support from significant others contribute to reducing future career anxiety. The implication is that students need to enhance CDMSE and optimize support from significant others when facing the transition to the workforce.

Keywords: *Career decision-making self-efficacy, social support, future career anxiety, final-year university students*