

PENGARUH ADVERSITY QUOTIENT TERHADAP CAREER ADAPTABILITY PADA SISWA SMKN 1 CIJULANG DI KABUPATEN PANGANDARAN

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ABSTRAK

Penelitian ini didasari karena tingginya tingkat pengangguran yang berasal dari tamatan Sekolah Menengah Kejuruan. Selain itu, masih banyaknya siswa SMKN 1 Cijulang yang belum mengetahui perencanaan karir dan memiliki keragu-raguan akan karirnya kelak. Tujuan dari penelitian ini untuk mengetahui pengaruh adversity quotient terhadap career adaptability pada siswa SMKN 1 Cijulang. Penelitian ini merupakan penelitian kuantitatif dengan melibatkan 177 siswa kelas XI SMKN 1 Cijulang dan menggunakan teknik simple random sampling. Alat ukur yang digunakan adalah skala adversity quotient yang didasarkan pada dimensi menurut Stoltz (2000) dan skala career adaptability yang didasarkan pada dimensi Savickas (1997). Metode analisis data yang digunakan adalah analisis regresi sederhana. Berdasarkan hasil analisis regresi sederhana diperoleh bahwa terdapat pengaruh adversity quotient terhadap career adaptability, dengan nilai signifikansi sebesar 0,000 ($p < 0,05$). Adversity quotient berkontribusi sebesar 37% terhadap career adaptability. Berdasarkan uji lanjutan diketahui bahwa dimensi endurance pada adversity quotient memberikan kontribusi lebih besar terhadap career adaptability daripada dimensi yang lainnya. Adapun saran untuk pihak sekolah agar lebih memperhatikan siswa yang masih memiliki adversity quotient dan career adaptability sedang hingga rendah dan memberikan pembekalan atau peminatan lain yang dapat menunjang perencanaan karir siswa.

Kata Kunci: Adversity Quotient, Career Adaptability, Siswa SMK

THE EFFECT OF ADVERSITY QUOTIENT ON CAREER ADAPTABILITY IN STUDENTS OF SMKN 1 CIJULANG IN PANGANDARAN REGENCY

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ABSTRACT

This research is based on the high unemployment rate of Vocational High School graduates. Apart from that, there are still many students at SMKN 1 Cijulang who do not know about career planning and have doubts about their future careers. The aim of this research is to determine the effect of the adversity quotient on career adaptability in students at SMKN 1 Cijulang. This research is a quantitative research involving 177 class XI students at SMKN 1 Cijulang and using a simple random sampling technique. The measuring instruments used are the adversity quotient scale which is based on dimensions according to Stoltz (2000) and the career adaptability scale which is based on the dimensions of Savickas (1997). The data analysis method used is simple regression analysis. Based on the results of simple regression analysis, it was found that there was an influence of the adversity quotient on career adaptability, with a significance value of 0.000 ($p < 0.05$). Adversity quotient contributes 37% to career adaptability. Based on further tests, it is known that the endurance dimension of the adversity quotient makes a greater contribution to career adaptability than the other dimensions. There are suggestions for schools to pay more attention to students who still have moderate to low adversity quotient and career adaptability and provide other training or specializations that can support students' career planning.

Keywords: Adversity Quotient, Career Adaptability, Vocational Student