

ABSTRAK

GIOVANNI PAULINA PAKPAHAN. Hubungan antara *Self-Efficacy* Karir dengan Eksplorasi Karir pada Siswa Kelas IX SMP Negeri 22 Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* karir dengan eksplorasi karir pada siswa kelas IX SMP Negeri 22 Medan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Populasi penelitian adalah seluruh siswa kelas IX SMP Negeri 22 Medan yang berjumlah 281 siswa, dengan sampel sebanyak 118 siswa yang dipilih menggunakan teknik *random sampling*. Instrumen penelitian berupa skala *self-efficacy* karir (30 item, $\alpha = 0,899$) yang dikembangkan berdasarkan aspek *self-assessment, occupational information, decision making, planning, dan problem solving*, serta skala eksplorasi karir (31 item, $\alpha = 0,895$) yang dikembangkan berdasarkan aspek *self-exploration dan environmental exploration*. Analisis data menggunakan uji korelasi *Spearman's Rho* karena salah satu variabel tidak memenuhi asumsi normalitas. Hasil penelitian menunjukkan bahwa tingkat *self-efficacy* karir siswa berada pada kategori sedang (72,0%), begitu pula tingkat eksplorasi karir yang mayoritas berada pada kategori sedang (65,3%). Hasil uji hipotesis menunjukkan nilai signifikansi $p < 0,001$ ($p < 0,001 < 0,05$), sehingga terdapat hubungan positif yang signifikan antara *self-efficacy* karir dengan eksplorasi karir ($r = 0,618$), dengan kekuatan hubungan yang tergolong kuat. Koefisien determinasi menunjukkan bahwa *self-efficacy* karir memberikan sumbangan efektif sebesar 38,2% terhadap eksplorasi karir, sedangkan 61,8% dipengaruhi oleh faktor lain yang tidak diteliti. Hasil penelitian menunjukkan bahwa tingkat *self-efficacy* karir dan eksplorasi karir siswa mayoritas berada pada kategori sedang. Temuan ini mengindikasikan bahwa semakin tinggi *self-efficacy* karir yang dimiliki siswa, semakin tinggi eksplorasi karir yang dilakukan dalam mengenali potensi diri, mencari informasi karir, mempertimbangkan pilihan pendidikan lanjutan, dan mempersiapkan karir di masa depan.

Kata Kunci: *self-efficacy* karir, eksplorasi karir, siswa SMP, bimbingan dan konseling karir.

ABSTRACT

GIOVANNI PAULINA PAKPAHAN. The Relationship between Career Self-Efficacy and Career Exploration among Grade IX Students of SMP Negeri 22 Medan. Skripsi. Medan: Faculty of Education, State University of Medan 2026.

This study aimed to determine the relationship between career self-efficacy and career exploration among ninth-grade students at SMP Negeri 22 Medan. This study employed a quantitative approach with a correlational method. The population consisted of all 281 ninth-grade students at SMP Negeri 22 Medan, with a sample of 118 students selected using a random sampling technique. The research instruments consisted of a career self-efficacy scale (30 items, $\alpha = 0.899$) developed based on the aspects of self-assessment, occupational information, decision making, planning, and problem solving, as well as a career exploration scale (31 items, $\alpha = 0.895$) developed based on the aspects of self-exploration and environmental exploration. Data were analyzed using Spearman's Rho correlation test because one of the variables did not meet the normality assumption. The results showed that students' career self-efficacy was predominantly at the moderate level (72.0%), and career exploration was also predominantly at the moderate level (65.3%). The hypothesis test yielded a significance value of $p < 0.001$ ($p < 0,001 < 0,05$), indicating a significant positive relationship between career self-efficacy and career exploration ($r = 0.618$), with a strong correlation strength. The coefficient of determination indicated that career self-efficacy contributed 38.2% to career exploration, while the remaining 61.8% was influenced by other factors not examined in this study. The findings also showed that the majority of students had moderate levels of career self-efficacy and career exploration. These findings indicate that the higher students' career self-efficacy, the higher their level of career exploration in terms of recognizing their potential, seeking career information, considering further education options, and preparing for their future careers.

Keywords: career self-efficacy, career exploration, junior high school students, career guidance and counseling.

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