

ABSTRAK

Puput Ayuningsh, 2026. Pengaruh Efikasi Diri Akademik dan Dukungan Teman Sebaya terhadap Kematangan Karir. Skripsi Program Studi Bimbingan dan Konseling, FKIP, UNIVERSITAS PGRI MADIUN. Pembimbing (1) Dr. Ratih Christiana, M.Pd., (2) Beny Dwi Pratama, M.Psi.

Kematangan karir merupakan bekal penting bagi mahasiswa tingkat akhir dalam menghadapi transisi dari dunia perkuliahan ke dunia kerja. Namun, masih terdapat mahasiswa yang kurang yakin terhadap kemampuan akademiknya, ragu menentukan pilihan karir, serta belum memperoleh dukungan teman sebaya secara optimal. Penelitian ini bertujuan untuk mengetahui pengaruh efikasi diri akademik dan dukungan teman sebaya terhadap kematangan karir mahasiswa tingkat akhir Universitas PGRI Madiun.

Penelitian ini menggunakan pendekatan kuantitatif dengan metode *ex post facto*. Populasi penelitian berjumlah 583 mahasiswa tingkat akhir Universitas PGRI Madiun, sedangkan sampel sebanyak 237 mahasiswa ditentukan menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan skala efikasi diri akademik, dukungan teman sebaya, dan kematangan karir yang telah memenuhi uji validitas dan reliabilitas. Analisis data dilakukan menggunakan SPSS melalui uji normalitas, uji linearitas, uji multikolinearitas, analisis regresi linear berganda, uji t, uji F, dan koefisien determinasi (R^2).

Hasil penelitian menunjukkan bahwa (1) efikasi diri akademik berpengaruh positif dan signifikan terhadap kematangan karir ($t = 12,521$; Sig. = 0,000; koefisien regresi = 0,697); (2) dukungan teman sebaya berpengaruh positif dan signifikan terhadap kematangan karir ($t = 6,132$; Sig. = 0,000; koefisien regresi = 0,378); serta (3) efikasi diri akademik dan dukungan teman sebaya secara simultan berpengaruh positif dan signifikan terhadap kematangan karir ($F = 487,410$; Sig. = 0,000). Nilai koefisien determinasi ($R^2 = 0,806$) menunjukkan bahwa kedua variabel memberikan kontribusi sebesar 80,6% terhadap kematangan karir, sedangkan 19,4% dipengaruhi oleh faktor lain. Dengan demikian, semakin tinggi efikasi diri akademik dan semakin baik dukungan teman sebaya, semakin baik pula kematangan karir mahasiswa tingkat akhir Universitas PGRI Madiun.

Kata kunci: efikasi diri akademik, dukungan teman sebaya, kematangan karir.

ABSTRACT

Puput Ayuningsh, 2026. *The Influence of Academic Self-Efficacy and Peer Support on Career Maturity*. Undergraduate Thesis, Guidance and Counseling Study Program, Faculty of Teacher Training and Education (FKIP), Universitas PGRI Madiun. Advisors: (1) Dr. Ratih Christiana, M.Pd., (2) Beny Dwi Pratama, M.Psi.

Key Term: academic self-efficacy, peer support, career maturity.

This study aims to determine the influence of academic self-efficacy and peer support on career maturity among final-year students at Universitas PGRI Madiun. Career maturity is an essential asset for final-year students facing the transition from higher education to the workforce. However, some students still lack confidence in their academic abilities, remain uncertain in determining career choices, and have not yet received optimal peer support.

This study used a quantitative approach with an ex post facto method. The research population consisted of 583 final-year students at Universitas PGRI Madiun, with a sample of 237 students selected using purposive sampling technique. Data were collected using academic self-efficacy, peer support, and career maturity scales that had met validity and reliability requirements. Data analysis was conducted using SPSS through normality tests, linearity tests, multicollinearity tests, multiple linear regression analysis, t-tests, F-tests, and the coefficient of determination (R^2).

The results showed that (1) academic self-efficacy had a positive and significant effect on career maturity ($t = 12.521$; Sig. = 0.000; regression coefficient = 0.697); (2) peer support had a positive and significant effect on career maturity ($t = 6.132$; Sig. = 0.000; regression coefficient = 0.378); and (3) academic self-efficacy and peer support simultaneously had a positive and significant effect on career maturity ($F = 487.410$; Sig. = 0.000). The coefficient of determination ($R^2 = 0.806$) indicates that these two variables contributed 80.6% to career maturity, while the remaining 19.4% was influenced by other factors. Thus, the higher the academic self-efficacy and the better the peer support, the better the career maturity of final-year students at Universitas PGRI Madiun.