

CAREER PLANNING TRAINING TO IMPROVE SELF-EFFICACY IN CAREER DECISION MAKING (CAREER DECISIONS MAKING SELF EFFICACY)

Nurin Kristina¹, Miswan² & Setiaji Cahyono³

email : nurinkristina17@gmail.com¹, miswan.alfarizi2@gmail.com², setiaji.cahyono@polri.go.id³

Faculty of Psychology

Program Study Masters of Psychology

Persada Indonesia University Y.A.I. Jakarta INDONESIA

ABSTRACT

The research method used by researchers is experimental research with a randomized pre-test post-test control group design with 30 subjects divided into 2 groups, namely 15 experimental groups and 15 control groups. Data obtained by conducting interviews, observation, achievement test results and results of the psychological measurement scale. The results showed that the research hypothesis was accepted after performing the T-test. The results of the paired sample t-test before and after being given treatment in the form of career planning training obtained the results of $N = 15$, the value of $t = -5.075$, and the value of $p = 0.000$ ($p < 0.05$), so it can be concluded that there is a significant difference towards the level of self-efficacy in career decision making before and after being given training in the experimental group. While the results of the calculation of the independent sample t-test after being given treatment to the experimental group, the mean value of the experimental group = 82.93 and the mean value of the control group = 71.93, the value of $t = 3.644$, $p = 0.001$ ($p < 0.05$), So it can be concluded that there are differences in the level of self-efficacy in career decision making in the experimental group and the control group. After being given treatment in the form of training in the experimental group, the level of self-efficacy in the experimental group's career decision making was higher than the control group who did not get treatment.

Keywords: Career Planning Training, Career Decision Making Self-Efficacy.